

## SAILORS CLEAN UP PEARL HARBOR BIKE PATH IN OBSERVANCE OF *Earth Month*

**Blair Martin**

*Contributing Writer*

In observance of Earth Month, more than 100 Sailors from Navy Region Hawai'i volunteered April 19 to help clean a historic 13.5 bike path that runs along Pearl Harbor's waterfront. The Pearl Harbor Bike Path cleanup project is an annual environmental project of the City and County of Honolulu and one of the Navy's many community projects.

Approximately 350 volunteers, including Sailors and other civilian organizations, met at the Neil S. Blaisdell Park in Aiea before beginning the bike path cleanup. Lt. Maria Navarro, officer in charge of the Transient Personnel Unit at Naval Station Pearl Harbor, coordinated the Navy's volunteers and said she was pleased with the impressive volunteer turnout.

"This is a great event for all of us [in the Navy] to be involved with," she said. "Not only does this [event] show the local community that we



care about the environment and what their local area looks like, but it also gives Sailors some sort of tie to their duty station."

Navarro said she thought the event was a way to connect Sailors to the local Hawai'i community. "So often [in the military] you see people just come and go and never really connect with the local community," she explained. "This is a great chance for our Sailors to give back to the local community and meet the local people so they can feel a special tie to where they live," she added.

Lt. j.g. Chris Quinlog of Pearl Harbor Naval Shipyard and Intermediate Facility said he was eager to participate in cleaning a bike trail he routinely enjoyed while living in a nearby community. "When I first moved to Hawai'i, I lived close to this bike trail and was able to use it all of the time," he said. "I can also remember being disappointed by the condition the trail was constantly being left in and I also wanted to do something about it. So when this [opportunity] came along, I thought it was just great."

Quinlog said he was glad he and fellow Sailors were able to help clean the bike trail and hopes others will be able to benefit from their efforts. "I've been waiting awhile for my chance to take care of something I've been able to enjoy while being here," he said. "I consider it my privilege to clean up this trail."

Senior Chief Master-at-Arms (AW/SW) Warren Britton, Naval Station Pearl Harbor security, said the bike cleanup project was a way his whole family could be more active within their community.

"I decided to bring my family to this event because it is important for us to give back to the community we live in and keep the area we use clean," said Britton. "Since the Navy uses some of the real estate here, we [as Sailors] have a responsibility to do our part and preserve this area. This community project is a great opportunity for us to come together and lend a hand," he added.

Since 1970, April has been traditionally observed as Earth Month and designated as a time for many to become

more environmentally conscious. April 22 was officially observed as Earth Day this year. The Navy has been involved with a number of "environmental stewardship" efforts, both ashore and at sea, marking this month's Earth Day observance.

According to the U.S. Navy Chief of Information (CHINFO) "Rhumb Lines," the Navy's environmental stewardship efforts include reducing the number of hazardous material items onboard ships by 66 percent, converting all chlorofluorocarbon air-conditioning and refrigeration systems to help protect the ozone layer, and using shipboard paints with reduced air emissions to enhance air quality in port. The Navy has also expressed additional plans for reducing the pollution and environmental hazards for the safety and health of Sailors, according to the publication. For more information about Commander, Navy Region Hawai'i, visit <https://www.cnic.navy.mil/hawaii/Programs/FacilitiesandEnvironmental/EnergyConservation/index.htm>



# New shows at Hale Koa offer variety to Hawai'i experience

Karen S. Spangler

Editor

When the curtain of twilight falls on the Luau Garden at the Hale Koa Hotel, the stage comes alive with three new and exciting shows – offering a smorgasbord of entertainment featuring the Hawai'i experience.

With such variety in the Wednesday night musical extravaganzas, visitors to the Hale Koa are assured an enjoyable mix of Hawai'i's music, history and culture – presented in song, dance and narration.

"The shows provide unique experiences, but are equally exciting," said Lucy Lau, marketing coordinator at the Hale Koa.

The hotel is undergoing extensive renovations and its new shows are also intended to offer something different for hotel guests and visitors. "Things are changing. We wanted to try something new in 2008," explained Lau.

Nohelani Cypriano headlines "Experience Aloha," a journey through Hawai'i's entertainment



past that features a blend of all types of music, ranging from favorites from the 1940s World War II era to more contemporary jazz and country selections. Toss in some Elvis and Beatles and sprinkle with patriotic numbers and much-loved Hawaiian favorites and there's something that will appeal to everyone.

Cypriano, well-known local diva and award-winning recording artist,

proved that she can handle all song stylings well and seemingly effortlessly, whether crooning John Lennon's "Imagine" in both English and Hawaiian, or belting out a jazzy version of "Bali Hai."

The show remembered Elvis Presley and the time that he spent in the islands as the performers offered a medley of songs from "Blue Hawai'i," one of the movies that Presley filmed here.

In another highlight of the show, Dennis Graue, Cypriano's musical director, sang Louis 'Satchmo' Armstrong's "It's a Wonderful World." If you closed your eyes, you could easily believe that it was Armstrong singing the song that became his trademark.

"This song is dedicated to 'all angels in our lives and those far away from home,'" Cypriano told the audience as she sang "I Am Your Angel." At the same time, aerialist Andrea Torres performed acrobatics on ribbons suspended from the ceiling.

"Thank you so much for all you do for us," the songstress said at the beginning of a patriotic medley dedi-

cated to military service members and their families.

The three Wednesday night shows are billed as "Revisit Nostalgic Hawai'i." Marlene Sai, an award-winning actress and entertainer from Hawai'i, takes another journey through Hawai'i's past in "This is Hawai'i." The show weaves chants, songs and dance throughout the history of Hawai'i - from the traditional to the contemporary.

"Hawai'i – Forever Paradise" pays tribute to the islands of Hawai'i through songs, stories, legends, humor and hula. Presented by Malu Productions, the show offers a historical and educational performance that transports the audience from the birth of the islands to the Waikiki portrayed in Hollywood.

The "Revisit Nostalgic Hawai'i" productions, which include an extensive dinner buffet featuring island favorites, are ideal for the entire family. They alternate on Wednesday evenings, offering the opportunity for visitors to catch a different show each week.

The cost is \$39.95 (plus 10 percent

gratuity) for adults and \$24.95 (plus 10 percent gratuity) for children ages four-11.

Other entertainment venues at the Hale Koa are its "Magic Under the Moonlight" show, a look at the "light side of magic," and its popular luau show which provides an array of 'ono' foods along with entertainment headlined by popular local entertainer Glenn Medeiros.

For more than 32 years, Hale Koa has provided a home away from home for the military, retirees, and Department of Defense civilians and their guests. The world-class resort complex offers beautiful scenery, along with a variety of dining choices, entertainment and activities - not just for hotel guests, but for the military ohana who live in Hawai'i. "Whether they're stationed here or living here, we want them to feel like they're part of our family, part of the Hale Koa ohana," said Lau.

For more information or to purchase tickets, call the Hale Koa activities desk at 955-0555, ext. 546 or your local Information, Ticket and Travel Office.

# NMCRS program helps widows meet basic expenses

Lisa Aszklar

Navy-Marine Corps Relief Society

American Sailors and Marines the world over know they can turn to the Navy-Marine Corps Relief Society (NMCRS) for help in meeting their financial needs, from unexpected vehicle repairs to college tuition expenses.

Few realize, though, that the Navy-Marine Corps Relief Society continues to extend a helping hand, even beyond the death of the retired service member.

Through its Widow Supplement Program, NMCRS helps surviving spouses of retired Sailors and Marines meet their basic living expenses, thereby allowing them to live with dignity.

In fact, the society was founded more than a hundred years ago for exactly that purpose, to help widows and

orphans who had insufficient financial resources to meet their basic needs, and has grown from that core focus.

In those days, monthly "income supplements" of as little as \$5 were given to widows whose husbands had served their country as members of the Navy and Marine Corps. In many instances, the society also assisted with educational needs and job placement to allow these women to become self-sufficient.

By expanding the program to also include widowers of deceased Navy and Marine Corps retirees, the society's Widow Supplement Program has evolved with the times to reflect the changing needs of service members and families of the Navy and Marine Corps.

Today, program applicants must be 65 years of age or older, prove that their deceased service member retired from either the U.S.

Navy or Marine Corps, and demonstrate financial need based on a detailed evaluation of their financial records.

Along the way, each widow or widower is assured that all personal information remains confidential and is reviewed only by society personnel who have the applicant's best interests in mind.

The roster of available resources on which the Navy-Marine Corps Relief Society caseworkers rely has grown, too. Today, the organization works closely with dozens of federal, state and local agencies to assist surviving family members in obtaining every possible benefit available to them.

Although financial education has always been a hallmark of Navy-Marine Corps Relief Society's work, it's more important now than ever, said Martha Hodnett, senior case-

worker at NMCRS headquarters.

"We stress the importance of budgeting to meet the rising cost of basic needs, like rent, electricity, heat and food," Hodnett said. "We explain that there are more economical ways to obtain necessary medications than going to the local corner pharmacy and we discuss the dangers of relying on credit cards which sometimes have up-front fees that accrue whether they are used or not. In short, we become a lifeline of sorts for these elderly military widows."

Doty Clayton, NMCRS



Paula Hodges

director of casework, pointed out that "supplement" doesn't mean "entitlement;" rather, it is a gift from the society. "A supplement may be raised, lowered or removed altogether, depending on the yearly evaluation that each case undergoes," she explained. "That way, if the individual's circumstances change, their benefit changes, too."

Because the Widow Supplement Program is strictly need-based, help from the society invariably means the difference between living and subsisting and Paula Hodges is proof.

When her husband died of a heart attack nine years after retiring from naval duty, Hodges threw herself into her job. Then, she learned she had cancer. Unable to work while she received medical treatment, her bills quickly mounted

and she turned to Navy-Marine Corps Relief Society for help.

Today, Hodges is proud to be living on her own, thanks in part to the monthly assistance she receives from the society's Widow Supplement Program.

"Navy-Marine Corps Relief Society has been a lifesaver for me," she said. "Without them I couldn't make ends meet. The society personnel have done everything in their power to help me and they make me feel like I just belong. Their work really is a donation of love."

Navy-Marine Corps Relief Society is proud to stand behind our Sailors, Marines and their families, as we have for the last 104 years. Contact your local NMCRS office for more information on their programs or to schedule an appointment.

# Construction projects around Pearl Harbor

## Naval Facilities Engineering Command Hawai'i

### Revitalizing the Makalapa Fitness Center

Tucked away in the Makalapa crater, the Makalapa Fitness Center has long been used as a place to exercise, hold command ceremonies, and host social events.

Naval Facilities Engineering Command Hawai'i and Navy Region Morale, Welfare and Recreation (MWR) surveyed and designed \$40,000 of work for minor touch-ups.

This included repainting the gym, cleaning locker rooms, replacing tile, replacing fixtures, filling in low spot

in the field, and expanding irrigation and hydro-seeding the field.

MWR also improved the baseball diamond by installing new bases and skinning the field. However, more is to be done and NAVFAC Hawai'i's acquisition personnel expect to award a \$400,000 contract in May. Work is expected to commence in June with additional work scheduled in the future.

The center is comprised of a small gym, several athletic courts, a pavilion and a large field. Planned improvements include doubling the gym's exercise space, grading and leveling the field for athletic competitions, and improving the pavilion and flag pole landscaping for com-

mand ceremonies. The project will be phased with work commencing on the field in the summer. Once complete, the Makalapa Fitness Center will provide the fleet and their families a safe and desirable place to workout, gather, and celebrate.

### Scheduled road work and parking closures:

#### Naval Station Pearl Harbor:

- Nimitz Gate (inbound only) will be closed for work to replace the safety loops and detectors from 7 p.m. today to 5 a.m. Saturday. Access during this time will be through the Makalapa Gate

- Nimitz Gate (outbound only) will be closed for work to replace the

safety loops and detectors from 7 p.m. May 9 to 5 a.m. May 10. Access during this time will be through the Makalapa Gate.

- Makalapa Gate will be closed for work to replace the safety loops and detectors from 7 p.m. May 23 to 5 a.m. May 24. Access during this time will be through Nimitz Gate.

#### Submarine base area:

- Repairs to F-76 and JP-8 fuel lines along North Road will close six parking stalls on either side of the North Road-Bole Lane intersection through May 17.

#### Fleet and Industrial Supply Center, Pearl Harbor:

- Repairs to a conveyor roof will affect traffic between buildings 474

and 475 along Vincennes Avenue through June 11.

- Construction will close portions of Simms Street between wharf K-9 and building 1900 through Sept. 30.

#### Ford Island:

- Due to public-private venture housing construction, a new temporary road has been opened from Chafee Boulevard to provide access to the area near Wasp Boulevard north of the Chafee intersection. Construction will be ongoing through June 30.

#### Pearl Harbor Naval Shipyard:

- Installation of a sewer main will cause the closure of one lane on Lake Erie Avenue during normal working hours through Aug. 15.

# STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

Phone: (808) 473-2888

Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

**Hawaii Navy News**

# Skylark CENTRAL

**WORD SEARCH**  
Find 43 words that **TELL IT ALL**

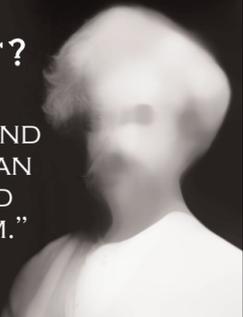
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REPORT	BETRAY	PUBLICIZE
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 P I S S O G E S O L C S I D E T L

**WHO SAID IT?**

"IT IS BETTER TO DESERVE HONORS AND NOT HAVE THEM THAN TO HAVE THEM AND NOT DESERVE THEM."



LAST WEEK'S **WHO SAID IT?**

*"Be civil to all; sociable to many; familiar with few; friend to one; enemy to none."*

- BENJAMIN FRANKLIN



**WORD SEARCH SOLUTION**  
Find 35 words used to **Noises** call out different kinds of

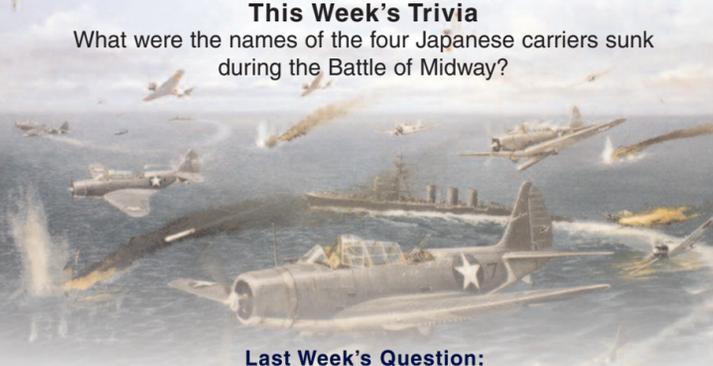
BARK	SQUEAL	YAWP
HALLOO	BELLOW	CATERWAUL
SQUAWK	HOOT	SCREAM
BAWL	THUNDER	YELL
HOLLER	BLARE	CLAMOR
	HOWL	SCREECH
	WAIL	YELP
	BOOM	CROW
	KEEN	SHOUT
	WHOOOP	YIP
	CACKLE	CRY
	LAUGH	SHRIEK
	YAP	YOWL
	CALL	EXCLAIM
	ROAR	SQUALL



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 S Q U A L L S O O B L  
 Q P T W B A P O O H W  
 U I O A U I T O C H A  
 C Y L A A M M K R A B

**This Week's Trivia**

What were the names of the four Japanese carriers sunk during the Battle of Midway?



**Last Week's Question:**  
Who is credited for creating Navy SEALs?

**Answer:**  
The U.S. Navy SEALs were established by President John F. Kennedy in 1962 as a small, elite maritime military force to conduct unconventional warfare.

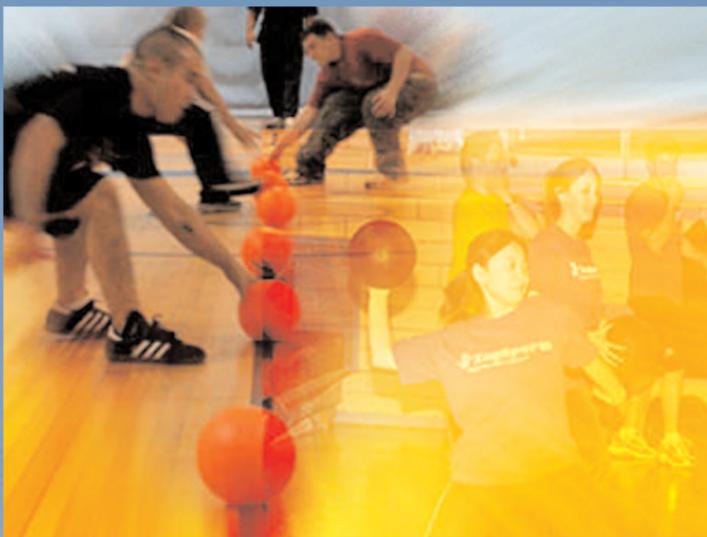
# Navy Region Hawai'i Manawa Nanea

LEISURE

## Morale Welfare & Recreation

**SPRING FATHER/DAUGHTER DANCE**  
Navy Region Hawai'i Morale, Welfare and Recreation (MWR) and Fleet and Family Support Center (FFSC) will host the spring father/daughter dance tonight from 7 to 10 p.m. tonight at the Moanalua Terrace Community Center. The event is free to all eligible MWR patrons and will include entertainment and refreshments for all ages. FMI: 474-1999, ext. 6102.

**SINGLE SAILOR 6-ON-6 DODGEBALL TOURNAMENT**  
MWR will host 6-on-6 dodgeball tournaments on May 2 and June 28 at the Bloch Arena gym. The tournaments are free and open to single Sailors. The events will start at 5 p.m. and will be double elimination with prizes awarded to the top team winners. For the May 2 tournament, register by April 30 and for the June 28 tournament, register by June 26. FMI: 473-4279.



**WEDNESDAY NOONERS AT BEEMANS**  
Every Wednesday at noon, single Sailors will be able to enjoy lunchtime tournaments of pool, darts and ping pong at Beeman Center. The events are free and open to only single Sailors. FMI: 473-4279.

For more information on Navy Region Hawai'i MWR events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

## Community Calendar

### April

**26** - Bodybuilders representing the Navy, Army, Air Force and Marine Corps will compete in the 25th Annual Armed Forces Hawai'i Bodybuilding Championship at 7 p.m. Saturday at Sharkey Theater at Naval Station Pearl Harbor. The evening show will feature various categories in the men's and women's bodybuilding divisions. Admission is \$10 per person. FMI: 473-0784 or 473-2494.



**30** - A free advanced movie screening will be presented at 7 p.m. Saturday at Sharkey Theater by Navy Region Hawai'i MWR. The first 450 eligible patrons will be seated. FMI: 473-0726.

### May

**1** - Registration for summer swim lessons begins May 1 at Scott Pool. The program runs from June until September at Scott, Towers and Arizona pools. Classes are open to all Navy Region Hawai'i MWR patrons of all ages. FMI: call 473-0394 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

## Sharkey Showtimes



### Penelope (PG 13)

This modern day romantic tale is about Penelope's inspiring journey, a mysterious family secret and the power of love. With all odds against her, in order for Penelope to break the family curse, she must find true love with "one of her own kind". Penelope is born to wealthy socialites and she meets a string of suitors in her parent's futile attempt to break the curse. Max, posing as a prospective suitor, is really a handsome down-on-his luck gambler that finds himself falling for Penelope. He doesn't want to disappoint her. Fed up by his betrayal and determined to live life on her own terms, Penelope breaks free from her family and ventures into the world alone.

#### TODAY

7:00 PM Penelope (PG 13)

#### SATURDAY

No Movie will be shown  
25th Annual Armed Forces  
Body Building Championship

#### SUNDAY

2:30 PM College Road Trip (G)  
4:45 PM 10,000 B.C. (PG 13)  
7:00 PM The Bank Job (r)

#### WEDNESDAY

7:00 PM Advanced Screening (PG 13)



# Military spouse CAA expands eligibility

Aprille Riffle

Navy College Office

Spouses of all active duty pay grades are now included in the new eligibility requirements for the military spouse career advancement account (CAA) initiative. This time-limited demonstration project is designed to find an effective way of helping military spouses stationed on Oahu to pursue the education and training necessary to have a portable career.

The U.S. Department of Labor and U.S. Department of Defense have identified the following portable career fields: healthcare, education, financial services, information tech-

nology, skilled trades, homeland security, business/ management, hospitality management and human resources.

Training and education is designed to assist participants complete a license/certification or degree (funded training limited to two years) in one of the nine portable fields. The accounts are managed locally through the State of Hawai'i Department of Labor and Industrial Relations One-Stop Career Center at the Navy College Office (NCO) at Pearl Harbor.

Grants are awarded up to \$3,000 per year and are renewable one additional year. Complete eligibility and program information is located at [www.caa.mil.spouse.org](http://www.caa.mil.spouse.org). Military OneSource (MOS) has also expanded services to military spouses seeking

help with career advancement account applications and other career-related matters between the hours of 8 a.m. to 8 p.m. Eastern time Monday-Friday (1-800-342-9647), [www.militaryonesource.com](http://www.militaryonesource.com).

To get started, spouses must attend a CAA brief at the Fleet and Family Support Center Pearl Harbor (474-1999) at 9 a.m. on the first Thursday of the month. Or, spouses can attend an individual brief by appointment at the Navy College Office, building 679, second floor from 8-11 a.m. or 1-4 p.m. Monday through Friday.

Following the CAA brief, spouses are advised to schedule an appointment with the One-Stop Career Center through the NCO (473-5705).



Courtesy photo

Aly Rickard, Jill Rickard and Judy Kosaka the fitness team conquered a field of more than 10 teams with a time of 1:13:31, placing first in their division and second overall.

## Pearl Harbor women's fitness team takes top division win

Navy Region Hawai'i Morale, Welfare and Recreation

The women's fitness team from Navy Region Hawai'i Morale, Welfare and Recreation won first place in their division in the Iroquois Point Island Club Triathlon which was held March 30. The race was the first triathlon of the season with more than 300 competitors participating.

The Pearl Harbor fitness team from Bloch Arena conquered a field of more than 10 teams with a time of 1:13:31, placing first in their division and second overall.

Jill Rickard, Bloch Arena recreation assistant, swam an open ocean 750-meter swim with a time of 11:44. Judy

Kosaka, fitness director, completed a 13-mile flat fast bike course with a time 37:17. Aly Rickard, personal trainer, ran 3.7 miles with a time of 24:43, clinching the first place title.

Navy MWR at Pearl Harbor offers a triathlon training camp at Richardson Pool. Training is held from 4-6 p.m. every Monday and Wednesday.

Kosaka said she noticed a significant improvement in her overall stamina, lost seven pounds, and dropped 10 minutes from her last bike race after completing the training. For those who don't want to complete an entire triathlon on their own, teams are a good option for first time racers.

For more information, contact the Bloch Arena Fitness Center at 473-0793.

### Silver Dolphin Bistro

<p style="text-align: center;">Lunch Menu for April 28-May 4</p> <ul style="list-style-type: none"> <li>• Monday • Cream of chicken soup, braised beef cubes, roast turkey, mashed potatoes, steamed rice, chicken gravy, club spinach, steamed carrots, hot dinner rolls, yellow cake, chocolate cream pudding, apple pie.</li> <li>• Tuesday • Beef noodle soup, oven fried fish, pork chop suey, chow mein noodles, rice pilaf, steamed asparagus, fried cabbage, hot pandesal, pumpkin pie, maple nut cake.</li> <li>• Wednesday • Doubly good chicken soup, grilled steak smothered with onions, shrimp scampi, quick baked potatoes, tossed green rice, steamed peas and celery, sautéed mushrooms and onions, toasted garlic bread, peanut butter cake, mocha Blanca, chocolate cream pudding.</li> <li>• Thursday • Tomato soup, simmered corned beef, turkey cutlets, steamed rice, Franconia potatoes, turkey gravy, steamed wax beans, broccoli parmesan, hot dinner rolls, butter-scotch brownies, chocolate cream pie, jelly roll.</li> <li>• Friday • New England clam chowder, roast pork loin, fish amandine, brown gravy, mashed potatoes, steamed rice, steamed asparagus, hot French bread, peach pie, brown sugar cake.</li> <li>• Saturday • Cream of mushroom soup, charbroiled hamburgers/cheeseburgers/ frankfurters, sloppy Joe sandwich, baked beans, vegetable combo, devil's food cake, apple crunch, blueberry pie.</li> <li>• Sunday • Vegetable soup, charbroiled hamburgers/cheeseburgers/frankfurters, baked tuna and noodles, vegetable combo, hot dinner rolls, gingerbread cookies, easy chocolate cake.</li> </ul>	<p style="text-align: center;">Dinner Menu for April 28-May 4</p> <ul style="list-style-type: none"> <li>• Monday • Corn chowder soup, sweet and sour pork spareribs, southern fried catfish, au gratin potatoes, steamed rice, herbed broccoli, steamed carrots, hot pandesal, meringue, oatmeal cookies, Boston cream pie, lemon meringue pie.</li> <li>• Tuesday • Beef barley soup, Caribbean chicken, beef brogul, mix gravy, paprika potatoes, steamed rice, simmered spinach, eggplant parmesan, hot dinner rolls, peach shortcake, cream puffs, blueberry pie.</li> <li>• Wednesday • Logging soup, herbed chicken, beef sauerbraten, chicken gravy, orange rice, mashed potatoes, steamed zucchini, steamed asparagus, hot pandesal, assorted ice creams, applesauce cake, chewy nut bars, strawberry chiffon pie.</li> <li>• Thursday • Chicken rice soup, country fried steak, Creole fish, natural gravy, baked potatoes, steamed rice, steamed broccoli, sautéed mushrooms and onions, hot French bread, brownies, cherry crunch, pineapple pie.</li> <li>• Friday • Manhattan clam chowder, hot and spicy chicken, beef yakisoba, Filipino fried rice, O'Brien potatoes, French fried okra, fried cabbage, hot pandesal, easy chocolate cake, chocolate chip cookies, cherry pie.</li> <li>• Saturday • Mulligatawny soup, Cajun meat loaf, baked turkey and noodles, brown gravy, mashed potatoes, steamed zucchini, wax beans, steamed mixed vegetables, hot dinner rolls, lemon cookies, chocolate cream pudding, éclairs, cheesecake.</li> <li>• Sunday • Beef bouillon soup, grilled pork chops, chicken cacciatore, tossed green rice, rissole potatoes, steamed whole kernel corn, simmered peas and carrots, hot cornbread, chocolate chip cookies, coconut cake, rainbow pie.</li> </ul>
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\*A salad bar, dessert bar and beverage bar are also available for each lunch and dinner meal.  
Note: The galley may make changes to this menu when necessary to provide substitutions.

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