

## Military families enjoy **Military Appreciation Day at the Honolulu Zoo**

Story and photos by  
**Blair Martin**

Contributing Writer

Military service members and their families enjoyed a free day at the Honolulu Zoo on June 28 in celebration of Military Appreciation Day, sponsored by the Honolulu Zoo, USO Hawai'i and the City and County of Honolulu as well as numerous local business sponsors.

The event served as a day of thanks to military members and families for their dedication and service to their country and was open to all active-duty, reserve and retired armed forces personnel and their families with a valid military ID card.

"It is important to honor our servicemen, women and their families with a day of food, entertainment and goodwill at one of the wildest places you can go in our community, the Honolulu Zoo," said Mayor Mufi Hannemann at the event. "All of us in Hawai'i owe so much to the members of our armed forces and the families that support them."

Ken Redman, Honolulu Zoo director, said he anticipated a record 8,000 people in attendance for the zoo's festivities. He also hoped that it would be a great opportunity for military families to connect with one another in the midst of high military deployment rates.

"There will be a lot of activities for the kids because this is a family event as well as an



opportunity for military folks to get together," said Redman. "All you have to do is show your military ID and in you come. It is free pickin' from that point on," he added.

From 9 a.m. to 2 p.m., onlookers were treated not only to regular zoo attractions, but also a bevy of leisure activities geared for families, such as animal mask coloring, temporary tattoos and fishing games. Free picnic lunches were also available to the first 8,000 guests.

Other highlighted attractions included the keiki zoo, where han-

dlers paraded some of the animals out of their stalls for interactions with the children. At a special chimpanzee snack time, guests learned more about chimps as the animals enjoyed an afternoon feeding.

Interior Communications Electrician 1st Class Nicholas Mercer from the Naval Media Center at Naval Station Pearl Harbor

said he and his family were enjoying all of the zoo's exhibits. "This is our second time at this event and we are having a great time," he said. "We would definitely encourage any military family to take advantage of this [opportunity] and enjoy a day at the zoo."

The event also boasted a variety of entertainment, including patriotic selections from the Royal Hawaiian Band, ukulele musician Roy Sakuma, and the Hana Hou Air Force Band of the Pacific.

Karl Kiyokawa, chairman of the USO Hawai'i advisory council, said the Military Appreciation Day at the Zoo is considered one of the "flagship" events USO Hawai'i sponsors every year for military service members and families.

"The overall mission of the USO is to support military troops and their families and what better way to do this than to enjoy a day in Hawai'i at the zoo," he said. "This event is even more special to us because the operations tempo is so high at this time and our military families are sacrificing a lot

right now. That is why it gives us a lot of satisfaction to be able to provide these kinds of events to them and show our support," he continued.

Normal military rates for the Honolulu Zoo are \$4 for adults and \$1 for children (ages 6-12). Admission is free for children ages five and under.

For more information about the Honolulu Zoo, visit [www.honolulu-zoo.org](http://www.honolulu-zoo.org). For more information about USO Hawai'i or for volunteer opportunities, visit [www.uso.org](http://www.uso.org).

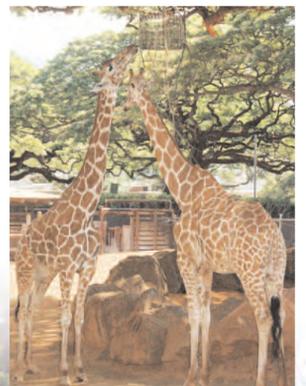




Photo courtesy of 808NDNZ

A Native American drum and dance troupe of Honolulu, 808NDNZ, will host a free powwow from 11 a.m.-6 p.m. on July 4 during the Fourth of July spectacular at Schofield Barracks.

## Native American group to perform July 4

A Native American drum and dance troupe of Honolulu, 808NDNZ, will host a free powwow from 11 a.m.-6 p.m. on July 4 during the Fourth of July spectacular at Schofield Barracks. Many of the members are grade school, high school, active military, military veterans and local

natives who have lived here in the islands for several years.

Representing many different Indian nations from across the United States and Canada, the troupe shares one heart, one sound and one beat of the drum to entertain audiences.

Native American arts and

crafts, fry bread, Indian tacos, children's booths and displays will be part of the highlight as well as singing and dancing. Volunteers are also welcome.

For more information, call Native Winds at 734-8018, Sacred Treasures at 548-6200 or Davy Malie at 383-0314.

### Sea Breeze Restaurant at Hickam closed

Due to a recent kitchen fire, the Sea Breeze main restaurant at Hickam Air Force Base will be closed until further notice. The Sand Bar and Grill will continue to operate with beverages and light snacks only (no food menu available).

Beginning July 1, patrons can contact the Sea Breeze for more information on the lunch operation. It will be open on the 4th of July with a limited menu.

Please call Jessielyn Victorino or Michael Medeiros at 449-9900 if you have lunch, special function, dinner reservations or questions.



## July 4th Block Party Schedule of Events

- 2 p.m. Outrageous games for active kids – free monster games and family fun in the main stage seating area
- 2-5 p.m. Japanese ship tour at Bravo Pier
- 2 p.m. Hawaii Academy trampoline team – conducting mini-trampoline lessons and hourly trampoline exhibitions throughout the day
- 3 p.m. Texas Hold ‘Em Poker Tournament
- 3:45 p.m. Broadway Baptist Church Chapel Choir with a patriotic performance – main stage
- 4 p.m. Hawai'i Championship Wrestling - under the big top, an hour-long action packed performance
- 4:30 p.m. Ka'ala Boys – Enjoy the sounds of the leading island reggae artists
- 5 p.m. Texas Hold ‘Em Poker Tournament
- 6 p.m. Hawai'i Championship Wrestling - under the big top – an hour-long action packed performance
- 6 p.m. EightOeight – Experience the high energy of this Grammy-award winning R&B group
- 6 p.m. Car show and shine awards ceremony
- 7 p.m. Texas Hold ‘Em Poker Tournament
- 7:18 p.m. Pause to honor Colors at sunset
- 7:30 p.m. Vegas trip winner announcement along with other prize giveaways
- 7:45 p.m. A hard hitting trio of comedy starring famous comedians: Bert Kreischer, host of Spike TV's Fresh Baked Video Games & Semi-Finalist on Last Comic Standing 2, Tom Segura, who has toured comedy clubs all over the world and shared the stage with some of today's biggest stars and headliner Russell Peters, worldwide comedy phenomenon who appeared on the "Tonight Show with Jay Leno," "Comedy Central" and HBO's "Def Comedy Jam."
- 9 p.m. A moving rendition of the National Anthem by the Broadway Baptist Church Chapel Choir followed by a spectacular fireworks display by the world-famous Grucci Family.

The schedule is subject to change without notice.

The event is free and open to active duty, reserve, retired, and Department of Defense, family members and sponsored guests. For safety reasons, barbecues, coolers, animals, tents and outside food and beverages are not permitted.

For more information, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

# 'Home of the Brave Quilt Project' returns to Pacific Aviation Museum

## Pacific Aviation Museum

What began as a grassroots effort to warm Soldiers during the Civil War has become a way of expressing the gratitude of a nation for Soldiers fallen in wartime. During the American Civil War, quilts sewn on the home front served as bedrolls and hospital blankets and offered a measure of comfort to those far away from their loved ones.

In that tradition, the "Home of the Brave Quilt Project" volunteers hand sew and present a homemade quilt to the family of every Soldier who has died in the conflicts in Iraq and Afghanistan.

Volunteers first brought their Hawai'i quilts to the Pacific Aviation Museum (PAM) on May 26 and encouraged all visitors to sign their names and write messages of hope and comfort to the families of Hawai'i's fallen sons and

daughters. Since response was so positive, the project is returning to the museum. No reservations are needed and all visitors to the museum are welcome to participate.

The quilt project will return to PAM from 10 a.m.-2 p.m. July 19 and Sept. 1.

General admission is \$14, adults; \$7, children, kama'aina and military admission, \$10 adults; \$5, children. Admission is free to museum members.

For more information, call 441-1000 or visit [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org).

Pacific Aviation Museum is located at 319 Lexington Blvd. in hangar 37 on Ford Island.

The 'Home of the Brave Quilt Project' will return to Pacific Aviation Museum on July 19 and Sept. 1.

Photo courtesy of Pacific Aviation Museum



**Free  
classified  
advertising  
for military  
in Hawaii  
Navy News**

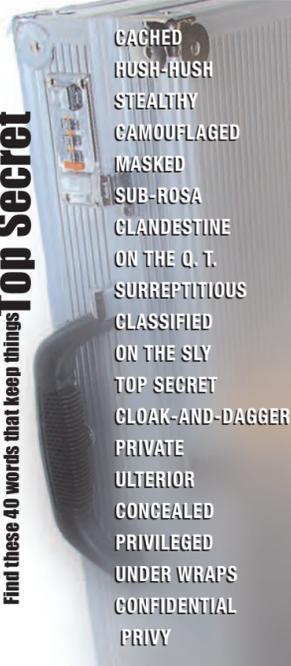
Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:

Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to [lkaneshi@honolulu.gannett.com](mailto:lkaneshi@honolulu.gannett.com)), by phone at 521-9111 or by visiting [www.honoluluadvertiser.com](http://www.honoluluadvertiser.com) and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

# Skylark CENTRAL

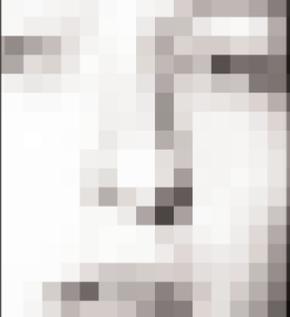
WORD SEARCH

Find these 40 words that keep things **Top Secret**



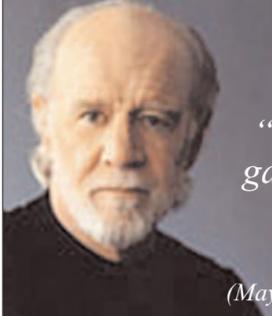
CACHED	UNDER-THE-TABLE
HUSH-HUSH	COVERT
STEALTHY	RESTRICTED
CAMOUFLAGED	UNDERCOVER
MASKED	CRYPTIC
SUB-ROSA	SECLUDED
CLANDESTINE	UNDERGROUND
ON THE Q. T.	DISGUISED
SURREPTITIOUS	SHIELDED
CLASSIFIED	UNDISCLOSED
ON THE SLY	EYES ONLY
TOP SECRET	SHIFTY
CLOAK-AND-DAGGER	UNREVEALED
PRIVATE	FURTIVE
ULTERIOR	SHROUDED
CONCEALED	VEILED
PRIVILEGED	GUARDED
UNDER WRAPS	SNEAKY
CONFIDENTIAL	WALLED OFF
PRIVY	HIDDEN

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**WHO SAID IT?**

"I THINK OF A HERO AS SOMEONE WHO UNDERSTANDS THE DEGREE OF RESPONSIBILITY THAT COMES WITH HIS FREEDOM."



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

*"It's never just a game when you're winning."*

- George Carlin  
(May 12, 1937-June 22, 2008)

WORD SEARCH SOLUTION

Find these 41 words and phrases that mean **Easy**



BASIC	SURE BET
LIKE FALLING OFF A LOG	EFFORTLESS
SETUP	NO TROUBLE
BREEZE	TRIVIAL
SIMPLE	ELEMENTARY
CAKEWALK	NO-BRAINER
LIKE SHOOTING FISH IN A BARREL	TURKEY SHOOT
SIMPLE AS ABC	FACILE
CHILD'S PLAY	NOTHING TO IT
SITTING DUCK	UNCOMPLICATED
CINCH	JOY RIDE
LIKE TAKING CANDY	PAINLESS
FROM A BABY	WALK IN THE PARK
SMOOTH SAILING	KID STUFF
DUCK SOUP	PICNIC
SNAP	WALKOVER
EASY	LARK
NO PROBLEM	PIECE OF CAKE
STRAIGHTFORWARD	WALTZ
EASY AS PIE	LIGHT WORK
NO SWEAT	PUSHOVER

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 K C U D G N I T T I S O T C Y L A  
 I I G B R A L A O I I S U K L U K N  
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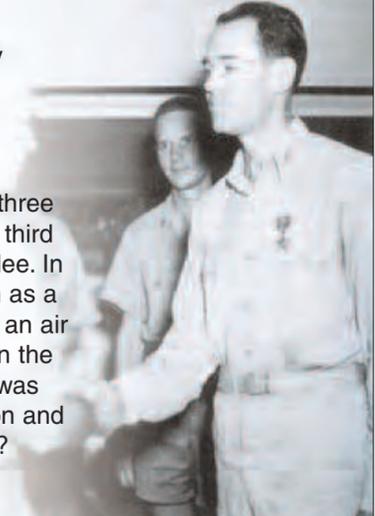
**This Week's Trivia**

Who commanded the U.S. Navy aircraft carrier force at the June 1942 Battle of Midway?

**Last Week's Question:**

This actor served in the Navy for three years, initially as a quartermaster third class on the destroyer USS Satterlee. In 1943, he received his commission as a lieutenant j.g. and was assigned to an air combat intelligence unit working in the central Pacific, during which he was awarded a Presidential Unit Citation and the Bronze Star. Who was he?

**Answer:**  
Henry Fonda



# Navy Region Hawai'i Manawa Nanea

LEISURE

## Morale Welfare & Recreation

### TEXAS HOLD'EM TOURNAMENTS

Active duty Single Sailors can win prizes and enjoy a free Texas Hold'em tournament every Wednesday at Liberty in Paradise (LIP). Registration is at 5:30 p.m. and the tournament begins at 6 p.m. FMI: 473-4279.



### INTRAMURAL VOLLEYBALL LEAGUES

The Intramural Men's Volleyball League will begin July 11 and run through September. The women's volleyball league will begin July 12. The league is only open to all active duty Navy commands connected with Pearl Harbor, Naval Computer and Telecommunications Area Master Station (NCTAMS), West Loch, Barbers Point and Naval Security Group Activity Kunia. Family members (18 and older) and Department of Defense employees are also eligible. All games will be played at Naval Station Gym. Registration is free. FMI: 473-2494 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

### OFF-ROAD DRIVING AT NCTAMS

Join the Outdoor Adventure Center (OAC) on July 12 for an off-road driving experience at NCTAMS. Transportation to NCTAMS from Pearl Harbor will be provided. Riders should meet at the OAC by 8:30 a.m. Departure time will be at 9 a.m. The cost is \$15 which includes all equipment (helmet, goggles, gloves, elbow pads, kneepads and shin pads). Riders must be 18 years old and above. FMI: 473-1198.

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

## Community Calendar

### July

#### July 7 (through Aug. 7) -

Commander, Navy Installation's Command (CNIC) is giving all Sailors, family members and military retirees the opportunity to provide feedback on various topics by participating in an online survey. Beginning July 7 and continuing through Aug. 7, customers can log on to [www.cfgroup.net/ffr](http://www.cfgroup.net/ffr) to access and complete the survey. The information and feedback obtained from the survey will be used by CNIC to enhance current programs and improve Navy quality of life in regard to Morale, Welfare and Recreation (MWR) and bachelor housing programs. Some of the programs being surveyed include MWR, child and youth programs, Fleet and Family Service Centers and bachelor housing. This is the opportunity to inform CNIC of any likes or dislikes and help make the Navy experience better for not only the Sailors, but also their families. Customer feedback is truly appreciated and highly encouraged, so please take the time to participate.



**At a glance-** Volunteers are needed to help with fundraising efforts for the Pearl Harbor Memorial Fund. The organization is working to raise the funds necessary to replace the Museum and Visitors Center of the USS Arizona Memorial at Pearl Harbor. Volunteers will work at the visitor center of the USS Arizona Memorial. The volunteers will distribute literature, collect donations, and act as "ambassadors of aloha." FMI: 487-3327, ext. 22 or email [areser@pearlharbormemorial.com](mailto:areser@pearlharbormemorial.com)

## Sharkey Showtimes



### The Chronicles of Narnia (PG)

"Prince Caspian" finds the Pevensie siblings pulled back into the land of Narnia, where a thousand years have passed since they left. The children are once again enlisted to join the colorful creatures of Narnia in combating an evil villain who prevents the rightful prince from ruling the land.

#### TODAY

7:00 PM You Don't Mess With the Zohan (PG 13)

#### SATURDAY

2:30 PM The Chronicles of Narnia (PG)

5:15 PM Speed Racer (PG)

7:45 PM Iron Man (PG 13)

#### SUNDAY

4:45 PM You Don't Mess With the Zohan (PG 13)

7:15 PM Sex and the City (R)

#### THURSDAY

7:00 PM Iron Man (PG 13)



# Knock out the top preventable diseases

Brian P. Smith

TriWest Healthcare Alliance

Five health conditions are responsible for two out of every three adult male deaths in America. With the odds against him, what can a man do to effectively fight back?

The Center for Disease Control and Prevention (CDC) reports that five diseases account for more than 65 percent of the deaths of American men. Faced with those frightening statistics, it is more important than ever to make sure men are doing what they can to guard against those deadly diseases: heart disease, cancer, stroke, lung disease and diabetes.

While it is unclear why men may be more at-risk for these diseases than woman, TRICARE (the Department of Defense health care program serving active duty service members, National Guard and Reserve members, retirees and their families) will cover preventive screenings and tests to help beneficiaries avoid preventable conditions.

"A lot of people don't really understand how powerful preventative measures can be," said Frank 'Mac' Maguire, M.D., senior vice president of health care services at TriWest Healthcare Alliance, TRICARE's west region contractor.

Recognizing the leading health threats, a man can better understand the steps to take that may reduce the risks and help avoid the leading causes of death. Lifestyle changes can lessen some of the risks.

For those with a higher risk for any of the diseases, it is very important to discuss screenings with a primary care manager (PCM). Clinical preventive care services for family members

and retirees are generally covered by TRICARE without a referral. Active duty service members should coordinate all preventive services through their PCM or military treatment facility.

View a list of TRICARE-covered services online under the "medical" tab at [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit).

## Heart disease

Topping the list is heart disease, responsible for more than one-quarter of the deaths. Reduce the risk of heart disease and its deadly partner, coronary artery disease, by treating the conditions that contribute to them: high cholesterol, diabetes and high blood pressure.

TRICARE coverage includes blood pressure and cholesterol screenings. To lower the risk of heart disease, the CDC recommends not smoking, eating a healthy diet, exercising and following the doctor's directions for any prescribed medications.

## Cancer

While lung cancer is the most common form, all types of cancer cause almost 25 percent of deaths in American men. Smokers are most at risk for lung cancer and family history can play a role for all cancers. Build a defense against cancer with a healthy diet, exercise and by avoiding known causes of cancer, like exposure to the sun's UV rays.

Those with cancer in their family should discuss regular health screenings with their PCM. TRICARE coverage for colonoscopies, prostate exams and certain blood tests may have certain medical or risk factor criteria.

## Stroke

Not always deadly, a stroke can also paralyze. Although family history can be responsible for risk fac-

tors, the American Stroke Association suggests making healthy lifestyle choices to help control risk factors like high blood pressure and diabetes. These choices can include lowering cholesterol levels, controlling high blood pressure, exercising and eating healthy. The appropriate tests and screenings should be coordinated with a PCM.

## Lung disease

Associated with lung cancer, chronic obstructive pulmonary disease (COPD) can also include infections, emphysema, some forms of asthma and chronic bronchitis. Respiratory-related conditions can be made worse by smoking and by poor air quality. Reduce risks by not smoking and working with a PCM to manage any other breathing-related issues.

## Diabetes

Excess body fat (and family medical history) can affect how the body uses blood sugar (glucose). The CDC estimates that 80 percent of diabetics are overweight. Maintaining a healthy weight through diet and exercise as well as following a PCM's recommendations can help reduce treatable risk factors.

For those who suffer from congestive heart failure, asthma or diabetes, TriWest offers a voluntary condition (disease) management program, offering education to eligible TRICARE beneficiaries to help them manage their condition. Visit the healthy living portal on [www.triwest.com](http://www.triwest.com) for more information on the program and for more healthy resources.

It is important to recognize unhealthy habits and decide to make a change for healthy living. TRICARE's clinical preventive care and regular screenings, from a PCM, can help monitor disease risk factors.



## Construction projects around Pearl Harbor

Naval Facilities Engineering Command Hawai'i

### Scheduled road work and parking closures:

#### Ford Island:

- Parking areas and through traffic on the south side of building 39 will be closed for underground waterline installation crossing the area. The area will be secured from building 39 to the Pacific Warfighting Center construction site. The no entry area will be marked with barriers and signage. Work will result in no parking and closed through traffic for the duration through Aug. 1.
- One lane of Lexington Boulevard will be closed for underground waterline installation. The road will be secured at a location approximately midpoint between buildings 54 and 39. Through access will be provided via signs, barriers and flagmen directing traffic. Work will result in minimal traffic disruptions during working hours. Dates for this one lane closure are July 23 - 25.

#### Marine Barracks:

The following areas will be affected by underground utility installation efforts for the new Navy Environmental & Preventative Medicine Unit 6 (NEPMU-6) building in the near future:

- Neville Way near buildings 227 and 222 from July 8 - 11.
- Marine Barracks Way by building 202 from July 14 - Aug. 1.
- Russell Avenue by buildings 1572 and 397 from Aug. 4 - 19.

#### West Loch:

The following schedule has been set for phase two installation of a new 12-inch waterline at West Loch:

- July 4 - 11. Installation will cross 18th Street just west of the Barracks Road and 18th Street intersection. This is for a connection to an existing waterline. One lane will remain open at all times and traffic will be contraflowed.
- July 11 to Aug. 5. Installation will progress adjacent to Barracks Road toward the bachelor enlisted quarters area.
- Aug. 5 - 15. Installation will be within the roadway fronting the bachelor enlisted quarters area. One lane will remain open at all times and traffic will be contraflowed. Work will progress in the area toward Iroquois Drive.
- Aug/ 18 - 19. Installation will cross Iroquois Drive and connect to an existing waterline.

#### Scheduled long-term road closures:

Fleet and Industrial Center Pearl Harbor:

- Construction will cause portions of Simms Street between wharf K-9 and building 1900 to be closed through Sept. 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.