

Historic Chinatown *offers exotic departure for military families*



Story and photos by
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Contributing Writer

For adventure seekers interested in an exotic departure from normal island activities, downtown Honolulu's Chinatown offers a rich blend of history and cultural landmarks as well as a great place to shop and eat culturally authentic food.

Located in the heart of Honolulu's downtown, Chinatown is a dynamic multi-cultural community that includes Vietnamese, Laotian, Chinese, Japanese, Thai, Filipino, Korean and Hawaiian cultures.

The 15-block historic district is best enjoyed on foot so visitors can consume the dynamic fusion of Southeast Asian cultures reflected in the architecture, the earthy aromas from nearby herbal medicine shops and the colorful lanterns and décor appearing from the store windows lining the crowded streets.

Chinatown's rich history

Chinatown's history dates back more than two centuries with early Chinese immigrants migrating to Hawai'i in the early 1800s. Its population would nearly double in 1852, when a large wave of contract Hawaiian laborers decided to trade their jobs at the sugar plantation fields around the island for jobs as merchants at produce and shop stands found in the marketplace.

In 1886, a three-day massive fire destroyed more than 7,000 Chinese and 350 native Hawaiians' homes as well as more than eight blocks of Chinatown. After the fire, the Legislative Assembly adopted laws to regulate all re-building of Chinatown to be in accordance with fire precautions. However, in 1900, the Board of Health deliberately set another large fire in an effort to wipe out the bubonic plague spreading through Chinatown.

Chinatown became a popular tourist destination in the 1930s when visiting ships were docked only a short distance away, at Nu'uuanu Street. In the 1940s, Chinatown evolved into a mysterious neighborhood where prostitution had been legalized. During that time, Sailors and other serv-

ice members were known to frequent local pool halls and tattoo parlors during their last remaining hours before being shipped overseas.

Over the years, Chinatown has undergone many renewal efforts in an attempt to retain its cultural identity as well as attract more tourists visiting the area. Such renovations have added greatly to the eclectic charm of the historic district.

Sites and attractions

One of the most visited areas of Chinatown is the Maunakea Marketplace Food Court, which is open 365 days a year. The pedestrian-friendly marketplace is an inexpensive alternative to Waikiki's Ala Moana Shopping Center and houses about 400 square feet of vendor stalls. Visitors can enjoy freshly picked produce not to mention freshly slaughtered delicacies such as fish, beef and pork at affordable prices.

Visitors craving more eclectic activities can visit art exhibits, buy precious jades from local merchants, or make an offering at a Buddhist temple.

Cultural highlights and traditions are also celebrated each year. For example, the 2008 Chinese New Year "the Year of the Rat" was commemorated with an annual festival and parade, including kung fu martial artists, acrobats and an elaborate Chinese dragon dance performance.

One may also find several hidden gardens tucked away from the crowded streets and off the beaten path. One lush retreat is found behind the Joseph P. Mendonca Building, one of the first buildings rebuilt after the Chinatown Fire of 1900. The historic two-story building holds small businesses on the first level and luxury apartments on the second. Often used during private parties, the Mendoca garden offers a serene place of contemplation in contrast to the busy hustle and bustle of the city.

Today, Chinatown remains one of the most popular locations in Hawai'i. Its maze of shops, eateries and art galleries continues to attract visitors from all over the world, seeking a multi-cultural community with a unique flair. For more information on Chinatown, visit www.chinatownhi.com.



Building good self-esteem in school age children

The Fleet and Family Support Center (FFSC), Navy Region Hawai'i will offer a "Building Good Self-Esteem in School Age Children" workshop from 10 a.m. to noon on Sept. 11 at the Moanalua Navy Services Center at 4827 Bougainville Drive (near the Navy Exchange and Navy-Marine Golf Course). High self-esteem can be a parent's greatest ally for cooperation. Parents will

learn how to use the special "language of encouragement" to improve self-esteem of children, ages five to 11 years old. The class is free of charge and open to active duty, reserve, retired personnel, family members and

Department of Defense employees. FFSC Customer Service desk operational hours is Monday through Thursday 7 a.m. to 4:45 p.m. and Friday from 7 a.m. to 4 p.m. For more information, call 474-1999 or visit www.greatlife-hawaii.com.



Boot Camp for new dads

The Fleet and Family Support Center (FFSC) Navy Region Hawai'i will hold a boot camp for new fathers from 9 a.m. to 12:30 p.m. on Sept. 13 at the Health Clinic Makalapa, directly inside the Makalapa Gate of Pearl Harbor. Experienced fathers, who already have babies two - four months old, will instruct the three-hour workshop. The

class is free of charge and open to all active duty, reserve, retired personnel, family members and Department of Defense employees. Another workshop will be held on Oct. 11. FFSC Customer Service desk is open Monday through Thursday from 7 a.m. to 4:45 p.m. and on Friday from 7 a.m. to 4 p.m. For more information, call 474-1999 or visit

STORY IDEAS?

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Email: hnn@honoluluadvertiser.com

Hawaii Navy News

GOT SPORTS?

email us at:

hnn@honoluluadvertiser.com



Proper, safe physical training information available online

The Center for Personal and Professional Development has recently posted the Physical Training Series on the "Health and Wellness," located at the Navy Knowledge Online website. Developed in conjunction with the Navy and Marine Corps Public Health Center, this series is a tool designed to assist health and fitness professionals in providing safe and effective conditioning to Sailors. Available in both printable and computer based format, these tools have interactive videos demonstrating the proper techniques to keep Sailors fit and injury free. Series addresses the following topics: postural alignment, warm-up and dynamic stretching, aerobic conditioning and body movement skills. For more information, visit the Navy Knowledge Online website at www.nko.navy.mil.



Retreat for military couples

Chaplains Religious Enrichment Development Operation (CREDO) will hold a weekend retreat from 6 p.m. Sept. 19 to 10 a.m. Sept. 21 for military couples in need of a relaxing getaway. The non-denominational retreat is an opportunity for couples to learn how to talk about problems without arguing, how to enrich their love lives and understand each other at a deeper and more meaningful level.

CREDO also offers programs to support command effectiveness. Instructors offer specialized Team Building Training to increase unit effectiveness and productivity as well as warrior transition training for units and individual augments. CREDO can also assist with KV and ombudsman programs by offering Care for the Caregiver sessions. Call for detailed program information or to schedule a training event. To register for the couples retreat or for more information about CREDO services, call 257-1919 or e-mail andrea.baggett@navy.mil.

Free tobacco cessation resources available to your command

One area that will immediately help your command and base-wide cessation programs are free resources. These resources are targeted to the busy lifestyles of our shipmates and families.

For active duty service members:

The "You Can Quit" program is found at www.ucanquit2.org. This Web site is specifically for active duty personnel. It offers those wishing to quit a variety of free resources including: a quit coach, quit plan development, pod casts, chat rooms, e-card reminders, and planning calendars. Clinics and commands can order free cessation materials that are service-specific by going to the website or contacting dottobacco@shs.net.

For active duty and DoD employees:

The "Quit Now" program is available at



1800quitnow.cancer.gov. This new Web site is a collaboration between the DoD and the National Cancer Institute (NCI). It is free to all DoD employees (not just active duty) and provides free quit hotlines (1-800-QUIT-NOW) and counselors,

as well as links all the state quit lines to a single national phone number and Web-based service. This service is also linked to the smoke free Web site, at www.smoke-free.gov, which offers online cessation support to patients.

To report...

Fraud, Waste or Abuse

Contact Commander, Navy Region Hawai'i Inspector General

- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

HOTLINE:
808-473-1782

EMAIL:
prlh-cnrhig@navy.mil

Skylark CENTRAL

WORD SEARCH

Find 34 words that describe the Youth

ADOLESCENT	TYKE	L A O N G N C T N A F N I O I Y
LAMB	INFANT	I N S I O P N H E D R S O E B O
SCHOOLGIRL	MOPPET	T N R H S L T E I O A L L U H U
BABY	URCHIN	T L L U A R Y O B L O O H C S N
LASS	INNOCENT	L N E M G V K W L E D L O S J G
SHAVER	NEWBORN	E F B E B R E N R S T L I R U E
BOY	WHIPPERSNAPPER	S R I A I N A R E C L A L E V R
LITTLE MISS SMALL	JUNIOR	Q H B N L I T T L E M I S S E G
FRY	PRETEEN	U Y T M N Y I I E N T R T T N E
CHILD	YOUNGER	I R O E T O S N D T U E S R I N
LITTLE ONE	JUVENILE	R F C E P B C L L S E G R I L E
STRIPLING	RUG RAT	T L W H I P P E R S N A P P E R
COLLEEN	YOUNGSTER	I L N Y I R O I N U J N S L D A
LITTLE SQUIRT	KID	D A L R O N I M O T O E T I L T
TEENAGER	SCHOOLBOY	T M R A E U U Y T I C E K N L I
GIRL	YOUTH	R S Y O S E T E E I R T P G E O
MINOR	LAD	E P H H N S C H O O L G I R L N

WHO SAID IT?
"Everywhere is walking distance if you have the time."

LAST WEEK'S WHO SAID IT?

"TIME IS THE COIN OF YOUR LIFE. IT IS THE ONLY COIN YOU HAVE, AND ONLY YOU CAN DETERMINE HOW IT WILL BE SPENT. BE CAREFUL LEST YOU LET OTHER PEOPLE SPEND IT FOR YOU."

- Carl Sandburg

WORD SEARCH SOLUTION

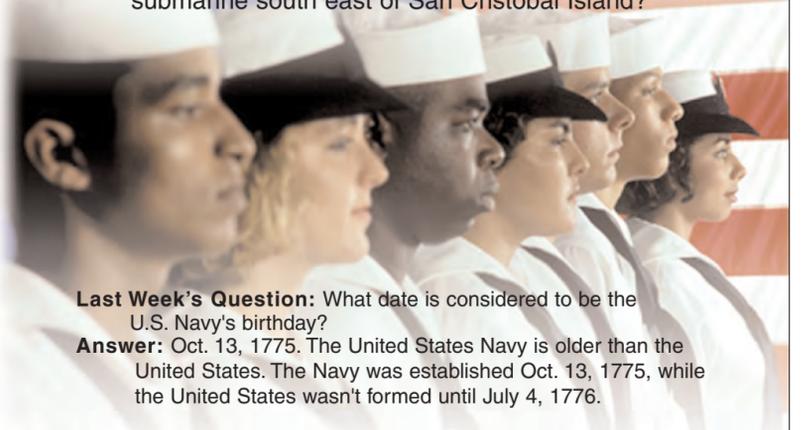
Find these 41 words to help you Dress up

- | | |
|-------------|-----------|
| APPAREL | DRESS |
| FROCK | LINGERIE |
| SPORTSWEAR | TURNOUT |
| ARRAY | DUDS |
| FULL DRESS | MUFTI |
| SUIT | UNDERWEAR |
| ATTIRE | ENSEMBLE |
| GARB | OUTFIT |
| SUNDAY BEST | UNIFORM |
| CIVVIES | FATIGUES |
| GARMENTS | RAGS |
| TAILS | WARDROBE |
| CLOTHES | FINERY |
| GETUP | RAIMENT |
| TATTERS | WEAR |
| CLOTHING | FLANNELS |
| GLAD RAGS | REGALIA |
| THREADS | WOOLENS |
| COSTUME | FOOTWEAR |
| HABILIMENT | SKIVVIES |
| TOGS | |

EMENNWEIALERAPPAH
 GIOFOOTWEARRESSE
 SSEDROENVWIEIMEOL
 IKDFRSLIATSSDUDO
 CIVVIESPARTGGTGGT
 UVEAMNSAODAEFOIAH
 AVNERSESORGITRE
 AILAGERDOTNMAAMS
 REGSUNDAYBESTEFEL
 ASHABILIMENTWONNE
 FWUEAGLINGERIEGTN
 EMNIRRUTHREADSASN
 TOUCTOFOSDETYARRA
 MROFINUINHDTUWBUL
 VRNNTUTUONRUTPEAF
 FTGNIHTOLCOSTUME

This Week's Trivia

On Sept. 15, which ship became the third major U.S. carrier to be lost in the Pacific theatre in 1942 when she was sunk by an enemy submarine south east of San Cristobal Island?



Last Week's Question: What date is considered to be the U.S. Navy's birthday?

Answer: Oct. 13, 1775. The United States Navy is older than the United States. The Navy was established Oct. 13, 1775, while the United States wasn't formed until July 4, 1776.

Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

PEE WEE SOCCER 2008

Registration for Pee Wee Soccer is Sept. 2-19 and is open to all military youth ages three to five years. Cost is \$35 per participant and includes a t-shirt and medal. FMI: 474-3501.

LINE DANCE WEEK AT THE COUNTRY BAR

Enter a line dance contest and win prizes during line dance week at the Country Bar. Sept. 8 – 13. Music will be provided by DJ Kevin. FMI: 473-1743.



NAVY PRELIMINARY ROUND FOR HALO 3 TOURNAMENT

The Navy will hold preliminary round for Halo 3 tournament begins at 7 p.m. on Sept. 9 at Beeman Center. The top four players in each game will represent the Navy on Sept. 19 at Beeman Center in the 4th Annual All Services Tournament. Free food and beverages will be provided. FMI: 473-4279 or www.greatlifehawaii.com.

NAVY PRELIMINARY ROUND FOR "CALL OF DUTY" PAINTBALL TOURNAMENT

The Navy will hold preliminary round for "Call of Duty" paintball tournament at 1 p.m. on Sept. 13 at Wheeler Army Base Paintball Field. The top four players will represent the Navy on Sept. 20 at Wheeler Army Base Paintball Field in the 4th Annual All Services Tournament. Free food and beverages will be provided. FMI: 473-4279 or www.greatlifehawaii.com.

OCEANS CPO CLUB CELEBRATES 34TH ANNIVERSARY

Oceans CPO club will celebrate its 34th anniversary on Sept. 12. Authorized patrons (E7-E9) are eligible to receive free pupus, cakes and prizes. FMI: 473-1743.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

September

9 ~ A military blood drive will be held at the rotunda of Navy Exchange (NEX) Mall at Pearl Harbor from 10 a.m. to 3 p.m. The process takes about 30-45 minutes but one pint of blood can save up to three lives. The NEX has teamed up with Tripler Blood Donor Center to aid in collection of life-giving support. FMI: 423-3274.

13 ~ "Day for Kids" will be held from 2 to 5 p.m. at Ward Field on Pearl Harbor. Military families will enjoy free family activities, food and games. Kids will have the opportunity to participate in various obstacles and challenges, interactive demonstrations and other activities. Kids (and parents) will also learn fitness and nutrition tips for healthier living. The event is open to all military-affiliated patrons and their sponsored guests. FMI: www.greatlifehawaii.com.

At a Glance

Weight Management classes will be held from 6 to 7:30 p.m. on Sept. 9 – Oct. 16 at Bloch Arena Fitness Center at Pearl Harbor. The six-week program includes a full physical assessment partnered with nutritional education. Cost is \$75 per person and program is open to all authorized patrons. A minimum of six participants is required to conduct the session. FMI: 473-0793 or www.greatlifehawaii.com.

During UH football season, Rainbow Bay Marina will offer a tailgating spot across from Aloha Stadium. The spot includes private parking, restrooms, free ice and outdoor games. Cost is \$5 per day. Advanced reservations are recommended and are issued first come, first served. FMI: 473-0279 or www.greatlifehawaii.com.

Sharkey Showtimes



Step Brothers (R)

Bremman Huff, a sporadically employed 39-year-old who lives with his mother, Nancy and Dale Doback, a terminally unemployed 40-year-old who lives with his father, Robert, are forced to live with each other as step brothers. When Robert and Nancy marry and move in together. As their narcissism and downright aggressive laziness threaten to tear the family apart, these two middle-aged, immature, overgrown boys will orchestrate an insane, elaborate plan to bring their parents back together. To pull it off, they must form an unlikely bond that maybe, will finally get them out of the house.

TODAY

7:00 PM Step Brothers (R)

SATURDAY

2:30 PM Space Chimps (G)
5:00 PM Journey to the Center of the Earth (PG)
7:00 PM The Dark Knight (PG 13)

SUNDAY

2:30 PM Space Chimps (G)
4:45 PM Hell Boy II: The Golden Army (PG 13)
7:15 PM The Dark Knight (PG 13)

THURSDAY

7:00 PM Mamma Mia (PG 13)





Photo courtesy of National Geographic

Kilauea Military Camp: Live from the crater's edge

Kilauea Volcano Joint Services Recreation Center

Blue skies and sunny weather continue to be the norm at Kilauea Military Camp (KMC) and Hawai'i Volcanoes National Park. A memorable vacation experience awaits you atop one of the world's most active volcanoes, Kilauea. Just a hundred feet from the camp, one discovers the majesty of Pele, the Goddess of Volcano, as she makes her presence known at her current home, Halema'uma'u Crater.

At the Kalapana coastline, bear witness to the breath and glow of her renewed activity at the Pu'u O'o vent creating new land. At times, one can view an unexpected display of lava fountains at the ocean's edge. This is Hawai'i's finest fireworks show!

Reservations can be made up to a year in advance. Rates start at \$67 per night (subject to change without notice). KMC is open to all active and retired military, members of the Reserve and National Guard, active and retired Department of Defense civilian employees, dependents and sponsored guests.

There are several specials running this month, including \$25 KMC Aloha Dollars for free gas or shopping, 20 percent off Deployment Special and a Wild Ginger Room & Tour Package. For more information on discounts, visit www.kmc-volcano/events/special.pdf.

To make reservations, call 967-8333 or 438-6707 (for direct dial from Oahu). Online reservations are available at www.kmc-volcano.com/reervations.asp or e-mail reservations@kmc-volcano.com.



How to submit stories and photos to Hawai'i Navy News

The staff of Hawai'i Navy News welcomes submissions of stories and photos from the Navy community and commands. Help us to tell the story about our Navy and its Sailors and their families.

Here are some guidelines to help you:

Hawai'i Navy News is published every Friday. The deadline for submissions is no later than close of business on Friday, a week prior to publication. Articles/photos should be submitted earlier than deadline when possible. It is also helpful if you let us know that you plan to submit a story and/or photo in advance of submission.

Timeliness is important. Submissions should be sent as soon as possible after the event, but no later than two weeks after the event in order to be considered for publication.

Submissions should be sent to hnn@honoluluadvertiser.com and also "cc" either the managing editor, Chief David Rush, at david.rush@navy.mil or the editor, Karen Spangler, at karen.spangler@navy.mil.

Submissions must contain the following elements:

- Byline of author of article and his/her title and

command.

- Photo credit (who took the photo).

- Cutline information which explains what is happening in the photo.

- Who, what, when, where and why.

Both first and last names, rates, ranks and warfare designations must be supplied for all of those who are mentioned in the story, quoted, and/or in cutline information. Positions and commands should also be provided for those who are quoted in the story.

Photos should be action photos, not shots of groups "posing" for the camera. If you need some additional guidance, please call us.

Photos should be at least 300 dpi if five by seven inches or slightly larger. This is necessary in order to ensure that the photo resolution is of high enough quality for newspaper printing. However, don't send huge photo files – resize large files before sending.

Ensure that stories/photos have been approved per the guidelines of your command prior to submission.

If any of the above information is missing, it must be supplied no later than 10 a.m. Tuesday (the week of

publication) or the story/photo will not be published.

Adherence to guidelines in meeting deadlines is critical in order for HNN to meet its publication deadlines. Regardless of the situation, our publication deadlines don't change.

Community calendar items should contain the who, what, where, when and why, be as concise as possible, and include a phone number that can be published with the item. Sending a flyer, power point, etc. with the information is not acceptable. The basic information should be compiled and provided in a Word document. Please refer to page B5 of Hawai'i Navy News for format for community calendar items. The same deadlines apply.

Make sure that you provide your contact information – phone number as well as email - with your submission. We need to be able to reach you quickly if we have questions.

We look forward to receiving and publishing your stories and photos. If you have additional questions or need more information, please call Hawai'i Navy News at 473-2890 or 473-3788.

STORY IDEAS?

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Hawaii Navy News