



SUMMER CAMPS '08

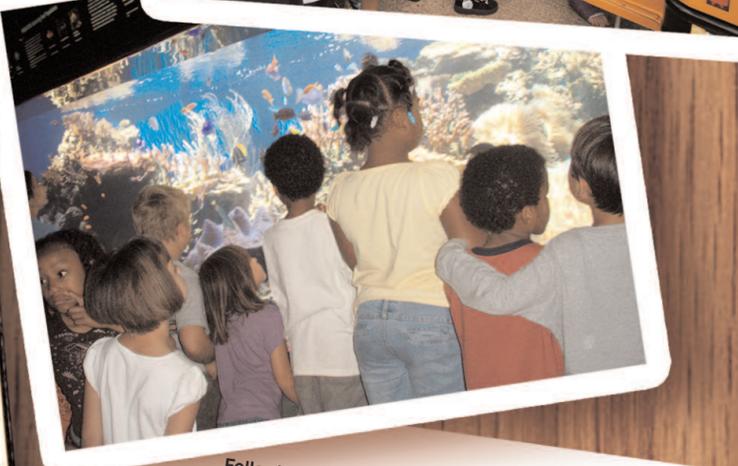
Anna Marie General

Fleet and Family Readiness Marketing

School is almost out and summer is approaching. So get ready for some exciting fun-filled activities from week-long sports camps like soccer and tennis at special camps like Camp Aloha, Junior Leader Program and Camp Adventure. Navy Region Hawai'i Morale, Welfare and Recreation (MWR) is offering a wide variety of summer camps for children to discover new experiences and foster new friendships. So have fun in the sun and make this summer an adventure to remember.

This year, summer camp sign-ups are a lot easier with online registration. All you need is a computer with Internet access and you're ready to go. It's that easy, no more long lines. If you don't have Internet access, Catlin Clubhouse has computer stations available for your use.

Registration begins May 12 at www.greatlifehawaii.com. Click on "families to MWR youth programs camps" or scroll through the "what's happening" section at the bottom of the homepage and click on Summer Camps 2008. MWR summer camps are open to active duty military families and all other eligible patrons, including Department of Defense civilian, Reservist and retiree family members. Call Catlin Clubhouse from 9:30 a.m. - 5 p.m. Monday through Friday at 421-1556 or visit www.greatlifehawaii.com.



Following are some of the camps that will be offered:

- Hawaiiana Camp (ages 6-12), July 14-18, call 473-0793
- Tough Teens Camp (ages: 13 - 17), June 23-27, call 473-1710
- Tough Tweens Camp (ages 10-12), June 30-July 3, call 473-1198
- Canoe paddling camp (ages 13-17), June 30-July 3 and July 14-18, call 473-0279.
- Sailing Camp (ages 8-17), June 9-13 and July 21-25, call 473-0279.
- Surfing Camp (ages 6 -17), June 9-13, June 16-20, June 23-27, July 14-18, July 21-25, call 421-1556.
- Bowling Camp (ages 7 -14), June 9-13, July 21-25, call 473-2651.
- Soccer Camp (ages 6 -12), June 16-20 and June 23-27, call 421-1556.
- Skateboarding Camp (ages 10 -17), June 30-July 3, July 7-11, call 421-1556.
- Mountain Biking Camp (ages 8 -17), June 9-13 and June 16-20, call 473-1198.
- Tennis Camp (ages 6 -17), June 9-13, 16-20 and 23-27, call 474-3501.
- Basketball Camp (ages 6 -12), June 23-27, June 30-July 3 and July 14-18, call 474-3501.
- Volleyball Camp (ages 10 - 17), June 16-20, call 474-3501.
- Golf Camp (ages 8 -12), July 14-18, call 421-1556.
- Outdoor Adventure Camp (ages 6 -17), June 9-13, 16-20 and 23-27, call 473-1198.
- Multi Sport Camp (ages 6 -12), July 7-11, call 474-3501.
- Camp Aloha (ages 8 - 17), June 16-19, 23-26, June 30-July 3, July 7-10 and 14-17, call 474-3501.
- Kauai Youth Aloha Camp (ages 13 - 17), July 21-25, call 474-3501.
- Camp Adventure (ages 6-12), June 9-July 25, call 421-1556.
- Jr Leader Program (ages 13 - 18), June 9-13 (training), June 16-July 26 (camp), call 421-1556.





Schedule a ride on the NEX shuttle



Beverly Borges

Marketing Manager, Navy Exchange Pearl Harbor

With gasoline prices hitting consumers hard at the pumps, more and more service personnel and their families are discovering an alternative available to driving themselves to and from the Navy Exchange (NEX) at Pearl Harbor.

The NEX provides a free, convenient, air-conditioned bus service to its members of the military community. The NEX bus fleet employs a fleet of nine buses that have 21 stops at various locations around Pearl Harbor, connecting them with the NEX Mall

and also to the Navy Lodge at Ford Island.

The NEX has launched new shuttle schedules with departure time to all their shuttle stop locations to make this service more convenient for their riders. These new schedules will allow riders to plan and schedule out their day.

Riding the NEX shuttle bus has become very popular and is especially helpful to the many large groups of visiting military on Oahu. The NEX shuttle service began operating in 1998.

In 2007, the Navy Exchange Shuttle Bus serviced 113,884 military riders that utilized the service. That is an average of approximately 9,500 per month, or 316

passengers per day. The shuttle bus fleet shows their busiest days as Friday, Saturday and Sunday when service members are on the go and need to get from here to there. Since the fleet travels on and off Pearl Harbor and Ford Island, riders need to have their military IDs with them if they will be riding as IDs are checked for all on-board.

Currently, there is a daily special route to Ford Island which leaves the Mall at 8 a.m. and has two stops, one at building 75 NEX Mini Mart and the second stop at the Navy Lodge.

More information on schedules and other details is also available at 423-3330.

Family helps Operation Homefront



Kim La Pointe and her family stand outside their house with items from their yard sale on April 26. All profits generated from the yard sale were donated to Operation Homefront, a non-profit organization that helps military families of deployed service members. La Pointe's yard sale raised more than \$100 for Operation Homefront with remaining items donated to the Navy Thrift Store.

U.S. Navy photo by Blair Martin

33rd Annual Wahiawa Pineapple Run set for May 10

Central Oahu Chief Petty Officers' Association, Naval Computer and Telecommunications Area Master Station Pacific

The Central Oahu Chief Petty Officers Mess announces the running of the 33rd annual Wahiawa Pineapple Run, beginning at 7 a.m. May 10.

"The Pineapple Run has a long history in Wahiawa. We're hoping to build the race back up to elite status again and we hope people can come out and enjoy the beautiful course," said Chief Jeff Brown, race director for this year's event.

"The course has changed over the years, but with the Central Oahu CPOA taking over the run back in 2006, we've settled on a course that appeals to the

serious runner as well as the casual walker," added Brown.

The 10K (6.2 miles) course begins at Ka'ala Elementary School on Kilani Avenue and heads west until meeting up with California Avenue. Heading east up California, runners turn left onto Kamehameha Highway heading north out along the pineapple field. Runners then turn left onto Kamanui Road, loop back onto Wilikina Drive, then back onto Kamehameha Highway. Finally, the runners turn left back onto Kilani Avenue and finish at Ka'ala Elementary.

"We feel this course is a scenic and safe course. We have taken great care to block off an entire lane of highway for the runners so they can enjoy the scenery without worrying about competing with vehicles," explained Brown.

As runners take part in this year's run and the post-run activities, they will be helping to support the Central Oahu Chief Petty Officer Mess. Money earned this year will assist the chiefs mess in providing funding and support for special community relations projects on Oahu throughout the year. These include projects such as "Operation Aloha," which feeds the homeless and less fortunate on the North Shore during the holiday season.

Following in Pineapple Run tradition, each participant will receive a pineapple and a Pineapple Run T-shirt. The deadline to register by mail is Saturday. Runners can also register at packet pick-up for a \$5 late charge. For more information, contact Brown at 653-5356 or log onto Active.com to register.

Hawaii Navy News Online
www.hawaii.navy.mil

Alcohol - how much is too much? TRICARE can help

Shari Lopatin

TriWest Healthcare Alliance

“One more won’t hurt me.”
“I can drive home fine.”
“I only drink on the weekends.”

“I don’t drink as much as everyone else.”

These are statements people sometimes use to justify their excessive drinking. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), roughly 14 million American adults abuse alcohol, whether as habitual drinkers or less-frequent binge drinkers.

Excessive alcohol consumption, whether over a short period or long period of time, increases the chance for accidental injury and death and may cause an increased chance for health problems such as heart disease, liver disease and stroke.

Why do people drink excessively? For most adults, moderate drinking (up to two drinks per day for men and one drink per day for women) causes few, if any, problems. Some situations, however, constitute no safe amount of alcohol: while pregnant, when driving, while under 21 years of age, or when taking certain medications.

Many who turn to excessive drinking do so to help relieve anxiety or stress,

including combat stress. A report from the NIAAA indicates “after a traumatic event, people often report using alcohol to relieve their symptoms of anxiety, irritability, and depression.”

A person can give many excuses for drinking excessively, for example, job stress, relationship problems or experiencing the death of a friend or family member. Sometimes people drink excessively due to social factors, such as peer pressure or having the need to “fit in.” Alcoholism can be genetic and some people are, therefore, more prone to drinking because they had a mother or father, grandmother or grandfather with alcohol dependency.

Regardless of the reason, admitting to a drinking problem should not cause anyone to feel ashamed. In fact, facing the truth may help those who are either addicted to or dependent on alcohol begin down the path to recovery. Often, people are reluctant to seek treatment for their drinking problems, thinking they can handle it on their own. Unfortunately, without treatment the problem can escalate quickly, resulting in severe legal, social or physical consequences. The sooner treatment is sought, the better the chances are of limiting long-term consequences.

How can you tell if someone has a drinking problem?

According to the NIAAA, answering the following four questions can help you identify a drinking problem in yourself or a loved one:

- Have you ever felt you should cut down on your drinking?

- Have people annoyed you by criticizing your drinking?

- Have you ever felt bad or guilty about your drinking?

- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

If the answer to any of these questions is yes, please discuss your concerns with a health care provider right away.

There are several options for those seeking treatment for alcohol dependence or abuse. Discuss all the treatment options with your primary care manager (PCM) or another trusted physician.

TRICARE will cover certain treatments for substance abuse. To use your TRICARE coverage, active duty service members must access all care through their PCM. Active duty family members with TRICARE Prime have coverage for up to eight group therapy visits with a referral from their PCM. Continuing therapy after the eighth visit will require a request from your PCM and authorization from TriWest. Certain other inpatient or other treatments

will require a referral and prior authorization.

Any applicable co-pays or cost-shares (based on the sponsor’s status and TRICARE program) will apply. Utilize network providers for the least out-of-pocket costs. You can see specific coverage and limitations by filling out a profile at www.tricare.mil/mybenefit. Choose the “mental health and behavior” tab, follow the link for “types of treatment” and then “treatment for substance disorders” on the left-side menu.

TriWest also offers a TRICARE behavioral health provider locator and appointment assistance service at 1-866-651-4970 (Monday through Friday, 8 a.m. to 6 p.m.) to help TRICARE Prime active duty service members and their families locate a local provider and make an appointment.

Call 1-888-TRIWEST (1-888-874-9378) for a TRICARE-authorized provider. **Additional resources** Keep in mind, other support groups and therapy treatments are also available. For additional help or for more information on alcohol abuse and dependency, check out these resources:

- www.triwest.com. Visit the behavioral health

portal under the “beneficiary services” section for a library of information and resources for the whole family. Beneficiaries can also call TriWest directly at 1-888-TRIWEST (1-888-874-9378).

- www.tricare.mil. Look under the “my benefit” section, then click on the “mental health and behavior” tab for information on covered support from TRICARE.

- www.militaryonesource.com. Go to “mind” on the left side of the screen, then choose “alcohol” for many resources available to active duty service members and their families.

- www.triwest.com. Visit the behavioral health

Skylark CENTRAL

WORD SEARCH

Find 35 words that are **Pests** considered

- ARGENTINE ANT
- FUR BEETLE
- PINE TREE ANT
- BAT
- FURNITURE BEETLE
- RACCOON
- BED BUG
- GOPHER
- RAT
- BLUE BOTTLE FLY
- GREEN BOTTLE FLY
- SILVERFISH
- CARPENTER ANT
- HORNET
- TERMITE
- CARPET BEETLE
- HOUSE FLY
- VELVETY TREE ANT
- CHIPMUNK
- MEALWORM
- WASP
- COCKROACH
- MOLE
- WEEVIL
- DEATH WATCH BEETLE
- MOUSE
- WOODLOUSE
- FIRE ANT
- ODOROUS HOUSE ANT
- WOODWORM
- FIREBRAT
- PAVEMENT ANT
- WOOLLY BEAR
- FLEA
- PHARAOH ANT

L C E U O A R G E N T I N E A N T I D
 O T A N O O C C A R E Y A Y A E N E T
 E D L R P P S A W O O L L Y B E A R O
 M U O E P D E S R D U F R M O T E Y E
 M T A R B E R I F P E E G T H C E L T
 C H I E O S N B O S E L O W E L R F V
 A O O Y L U V T U R S T A T T P T E E
 D R C G N O S O E S U T B E A I Y L E
 T N H K L L H H B R C O E E P N T T M
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 I N T M G O A E B U S E T B T R L B O
 F A E E I W E C F O A E M A A E E E W
 R E T W U T N A H O A R A H P E V U D
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 V I B E D B U G A W P F E U T N D B O
 L F A V H I A U L S F M O W R T M M W
 I B N I K R E A R R E M U F A O B A L
 S E E L T E E B E R U T I N R U F H E
 E P A V E M E N T A N T E I K E G T H

WHO SAID IT?
"Happiness and moral duty are inseparably connected."

LAST WEEK'S WHO SAID IT?
 "IT IS BETTER TO DESERVE HONORS AND NOT HAVE THEM THAN TO HAVE THEM AND NOT DESERVE THEM."
 - MARK TWAIN

WORD SEARCH SOLUTION

Find 43 words that **TELL IT ALL**

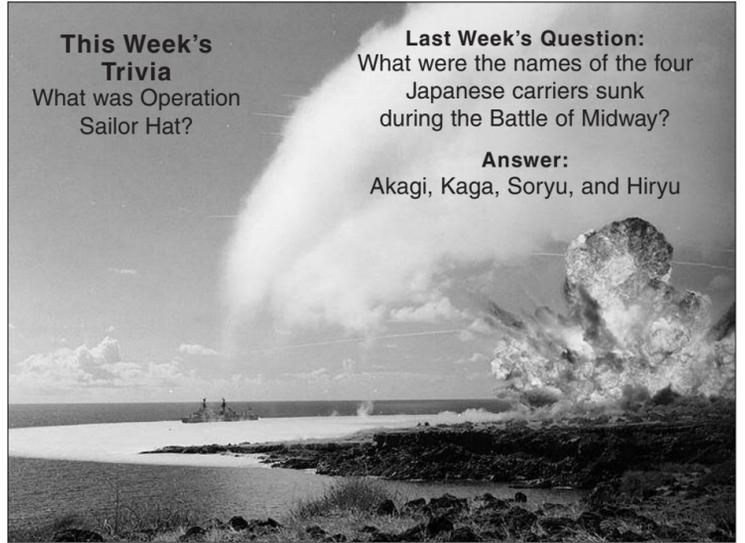
- ACKNOWLEDGE
- CONFESS
- RECITE
- ADMIT
- CONFIDE
- RELATE
- ADVERTISE
- DECLARE
- REPORT
- ANNOUNCE
- DESCRIBE
- REVEAL
- APPRISE
- DISCLOSE
- SING
- BABBLE
- DIVULGE
- SNITCH
- BARE
- EXPOSE
- SPILL
- BETRAY
- GOSSIP
- SQUEAL
- BLAB
- HINT TALK
- BLAZON
- IMPART
- TATTLE
- BLURT
- INFORM
- TELL
- BREATHE
- LEAK
- TRANSMIT
- BROADCAST
- PUBLICIZE
- UNVEIL
- BRUIT
- PUBLISH
- WHISPER
- COMMUNICATE

E S O P X E T A C I N U M M O C R
 E L U L R B S Y A R T E B T C E E
 T B L A B R A I A I G L E N C O P
 C T E E U U C B T T U L L I P S O
 U E S T I D R E R E A T H E N R
 C N Z L A T A T T L E E A G T I T
 O A V A N N O U N C E V D R M T E
 N S D E S C R I B E G E D A R C P
 F C U M I R E E O L L R L A O H E
 E Z I C I L B U E W U E P N F S B
 S T U I A T E L O S V M F H N I R
 S L A Z E R A N O Q I I E E I L N
 G N O L O A K C N U D H A T A B U
 A N G D E C L A R E L L W T P U A
 O I I A A R R O E A E S I R P P A
 P I S S O G E S O L C S I D E T L

This Week's Trivia
 What was Operation Sailor Hat?

Last Week's Question:
 What were the names of the four Japanese carriers sunk during the Battle of Midway?

Answer:
 Akagi, Kaga, Soryu, and Hiryu



Navy Region Hawai'i Manawa Nanea LEISURE

Morale Welfare & Recreation

♣ SINGLE SAILOR 6-ON-6 DODGEBALL TOURNAMENT
Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host 6-on-6 dodgeball tournaments today 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. To enter the June 28 tournament, registration is due by June 26. FMI: 473-4279.

♣ COUNTRY GOES LIVE AT CLUB PEARL
Dance and party to the western tunes of Anthony Ryan and the Ridgecrest Wranglers tonight from 8:30 p.m. to 3 a.m. at the Country Bar at Club Pearl. The band will perform again in June. FMI: 473-1743.



♣ CINCO DE MAYO
Celebrate Cinco de Mayo at Brews and Cues at Club Pearl from 4-6 p.m. May 5. There will be an early Cinco de Mayo fiesta at the Country Bar on Saturday. Enjoy free pupus, entertainment and a chance to win prizes. FMI: 473-0841.

♣ 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

Community Calendar

♣ May

♣ 2- The Pearl Harbor Personnel Support Detachment will be closed from 10 a.m. to 4 p.m. today for a command function. The PLR Symposium scheduled for May 1-2 will not be affected by these closures. PSD Pearl Harbor will reopen on May 5 for regular business. In case of emergency, contact the OOD at 306-8992.

♣ At a glance

♣ Spouses of all active duty pay grades are now included in the new eligibility requirements for the military spouse career advancement account (CAA) initiative. To get started, spouses must attend a CAA brief at the Fleet and Family Support Center (FFSC) Pearl Harbor at 9 a.m. on the first Thursday of the month. Spouses can also attend an individual brief by appointment at the Navy College Office, building 679, from 8-11 a.m. or 1-4 p.m. Monday through Friday. FMI: FFSC Pearl Harbor at 474-1999.

Sharkey Showtimes



Dr. Seuss' Horton Hears a Who! (PG 13)

One day, Horton the elephant hears a cry for help coming from a speck of dust. Even though he can't see anyone on the speck, he decides to help it. As it turns out, the speck of dust is home to the Whos, who live in their city of Whoville, Horton agrees to help the Whos and their home, but this gives him nothing but torment from his neighbors, who refuse to believe that anything could survive on the speck. Still, Horton stands by the motto that, "After all, a person is a person, no matter how small."

TODAY

7:00 PM Never Back Down (PG 13)

SATURDAY

2:30 PM Dr. Seuss' Horton Hears a Who! (G)

4:45 PM Drillbit Taylor. (PG 13)

7:00 PM Tyler Perry's Meet the Browns (PG 13)

SUNDAY

2:30 PM Dr. Seuss' Horton Hears a Who! (G)

4:45 PM Shutter (PG 13)

7:00 PM Doomsday (R)

WEDNESDAY

7:00 PM 10,000 BC (PG 13)



Help Operation Homefront sending a little aloha to deployed troops

Vickie Cariello

Operation Homefront

Operation Homefront is answering the call from deployed troops; they need a little aloha and they need it now.

Volunteers from Operation Homefront are kicking off the drive at 10 a.m. Sunday at the Pearl Harbor Navy Exchange. Collection boxes can be found at all five Lex Brodie's locations and the Pearl Harbor NEX. The collection of items is scheduled to run through May which is Military Appreciation Month.

The volunteers are collecting items now to ship to these brave Soldiers and deployed Marines, Sailors and Airmen, and need the community's help. They are requesting items that will tickle the senses and remind the deployed military 'ohana' of their Pacific Island home: A smell (like Kona coffee), a sound (Hawaiian music CD), a taste (macadamia nuts), or a sight (Hawaiian calendars) from the islands will boost the spirits of the brave military Ohana fighting to keep our country safe.

They plan to pack the boxes on June 8 so they will make it to the troops by

the 4th of July. One Soldier wrote to ask for packages for his company mates. He expressed his desire to have packages with items not easily found outside of Hawai'i. From Iraq, SPC Naira wrote:

"Personally it doesn't really matter to me what is sent, but I know that my fellow locals would love to have some cuttle fish and some mochi crunch snacks or something that can only be found in Hawai'i. I know that most of us have been away from the islands for about a year or more. So anything from home will be great. I really do like this idea and it will greatly help the moral of the Soldiers, especially those who seldom or never receive mail."

The Operation Homefront organization is also asking for the community to help with donations and funds to ship the boxes. During its holiday Aloha Care Package drive at the end of 2007, they shipped more than a ton and a half of aloha items to the troops. The cost for shipping was close to \$2,000.

For more information, visit www.operationhomefront.net/hawaii or contact Vickie Cariello at (866) 569-9185 or Hawaii@operationhomefront.net.

Applications for DEFY camp now being accepted

Drug Education for Youth Program

Representatives from the Drug Education For Youth (DEFY) Program will be accepting applications for DEFY camp from 10 a.m.-2 p.m. Saturday at the Pearl Harbor Commissary and May 10 at the Hickam Exchange.

Drug Education for Youth (DEFY) is a self-esteem building program developed by the Department of Defense (DoD) that provides kids with the tools they need to resist drugs, gangs and alcohol. The structured curriculum offers education, skill development and physical fitness facilitated by military and DoD civilian personnel.

DEFY produces kids with strong character, delivers leadership and life skills training for youth, and gives them the confidence to engage in positive, healthy lifestyles. They also participate in teambuilding activities and attend fun excursions. This is provided at no cost to the families.

U.S. Pacific Command Navy Element Camp Smith hosts the DEFY program for the Pearl Harbor Region, offering military and DoD families a chance to enroll their children between the ages of nine-12 years old in the DEFY Program for the upcoming year.

The non-residential summer camp runs July 8-18 at the Hickam AFB Air National Guard (HIANG), building 3417 (near Seabreeze and Hickam Beach). Daily program times are from 6:30 a.m.-5 p.m. Lunches and snacks are provided.

After the completion of the DEFY summer camp program, the youth meet one Saturday a



Courtesy photo

month to continue the relationship with their mentors through mentoring sessions, excursions and physical training.

Registration is on a first come/first served basis. Contact Yeoman 1st Class (YN1) Latasha Jones, USPACOM program coordinator, at 477-9327 or 227-4296 (latasha.jones1@pacom.mil) or YN2 Kristel Maldonado, USPACOM camp director, at 477-9599 (kristel.maldonado@pacom.mil)

Fax or email applications to 477-7279/477-8281. Receipt must be confirmed by calling 477-9327/477-9599.

If selected, commitment to the DEFY Program is required from July 2008 until graduation in May 2009.

For more information, visit the DEFY Web site at <http://www.donhq.navy.mil/defy/>.

Silver Dolphin Bistro

Lunch Menu for May 5-11

- Monday • Cream of mushroom soup, beef lasagna, bayou chicken, steamed rice, chicken gravy, steamed broccoli, steamed cauliflower, toasted garlic bread, brownies, blueberry pie, pineapple upside down cake.
- Tuesday • Chicken rice soup, baked fish, el rancho stew, boiled egg noodles, steamed rice, steamed green beans, corn on the cob, hot dinner rolls, apple pie, jelly roll.
- Wednesday (Filipino delicacies meal) • Pork sinigang soup, chicken adobo, fried lumpia, pancit miki, Filipino fried rice, stir fry vegetables, sweet and sour sauce, hot pandesal, assorted ice creams, vanilla cream pie, easy chocolate cake, mocha blanca.
- Thursday • French onion soup, Asian barbecued turkey, grilled pork chops, chicken gravy, savory bread dressing, mashed potatoes, steamed spinach, steamed cauliflower, hot dinner rolls, pumpkin pie, pineapple upside down cake.
- Friday • Chicken noodle soup, parmesan fish fillets, oven roasted beef, natural pan gravy, oven glo potatoes, steamed rice, steamed green peas, hot pandesal, peach pie, filled cake.
- Saturday • : Creole soup, charbroiled hamburgers/cheeseburgers/frankfurters, linguine with clam sauce, quick baked potatoes, vegetable combo, hot dinner rolls, chocolate chip cookies, apple pie, maple nut cake.
- Sunday • Beef barley soup, charbroiled hamburgers/cheeseburgers/frankfurters, Monte Cristo sandwiches, quick baked potatoes, vegetable combo, hot dinner rolls, white cake, sugar cookies, pumpkin pie.

Dinner Menu for May 5-11

- Monday • Pepper pot soup, garlic butter fish filet, turkey a la king, noodles Jefferson, buttered paprika potatoes, steamed carrots, club spinach, hot biscuits, chocolate macaroon cake, cherry pie, lemon chiffon pie.
- Tuesday • Barbecue beef cubes, glazed Cornish hens, chicken gravy, parsleyed potatoes, steamed rice, steamed mixed vegetables, steamed collard greens, hot dinner rolls, peach cobbler, sweet potato pie, devils food cake.
- Wednesday • Beef vegetable soup, cheddar chicken and broccoli, beef sukiyaki, chicken gravy, steamed rice, rissole potatoes, French fried okra, steamed asparagus, hot dinner rolls, assorted ice creams, strawberry shortcake, spice cake, peanut butter brownies.
- Thursday • : Vegetable supreme soup, chipper fish, Swedish meatballs, O'Brien potatoes, tossed green rice, Brussels sprouts parmesan, carrots and orange amandine, hot pandesal, meringue, oatmeal cookies, Boston cream pie, lemon meringue pie.
- Friday • Manhattan clam chowder, pineapple chicken, beef yakisoba, grilled pork fried rice, green beans nicoise, steamed mixed vegetables, hot dinner rolls, peach shortcake, cream puffs, blueberry pie.
- Saturday • Chicken gumbo soup, baked meat loaf, roast pork, brown gravy, mashed potatoes, steamed rice, calico corn, steamed broccoli, hot pandesal, applesauce cake, chewy nut bars.
- Sunday • Chicken vegetable soup, grilled ham slices, barbecued chicken, pineapple sauce, candied sweet potatoes, steamed rice, steamed cauliflower, steamed asparagus, hot pandesal, brownies, cherry crisp pie, pineapple chiffon pie.

*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.