



HAWAII

the big island



One of Hawaii's most visited falls is Rainbow Falls, outside of Hilo.

Story and photos by
JO1 Jim Williams
Features Editor

The Big Island offers a little something for everyone.

"There's a good reason they call it the Big Island," said Boatswain's Mate 2nd Class(SW) Eric Swanson, from Naval Station Pearl Harbor, who recently returned from a island hopping trip with his wife Debbie. "And thanks to Kilauea (the volcano) lava flows, it's still growing."

The island, which claims the actual name Hawai'i, is the largest of the islands and anyone desiring to go "island-hopping" should expect to have to do some driving to see even a small fraction of what it has to offer.

"Where else can you build a snowman one moment, swim in the ocean a few hours later and finish your day watching actual lava flow into the sea," asked Mrs. Swanson.

Volcanoes National Park is one of the island's most unique attractions. Here visitors can find active volcanoes, which have been oozing hot lava continually since 1983, making them the most active volcanoes on earth.

"While the volcano hardly ever erupts in the spectacular fashion you see on the television," said park ranger Derick Wallis, "it's definitely still impressive to watch as the lava flows slowly into the ocean."

"However, if you want to walk out to the lava," he warned, "we recommend you wear socks and walking shoes or

boots. Also make sure to bring sunscreen and a hat and lots of water."

Apart from exploring the lava flow itself, the park preserves over 150 miles of trails, craters, lava tubes and black beaches. You can get park information by calling (808) 985-6000 or visiting www.nps.gov/havo.

The Big Island also boasts Hawaii's tallest mountain, Mauna Kea, standing at 13,796 feet. Usually snow capped in the winter, the summit is well-known for its extraordinary stargazing with NASA telescopes as well as winter snowboarding. Public access to telescopes is available and tours of the summit can be arranged to arrive by sunset and then enjoy hours of nighttime stargazing.

"It's perfect for sensational sunsets and breathtaking stargazing," said astronomer Bradley Davis. "Mauna Kea has the largest collection of telescopes and observatories in the world, giving you the chance to witness some of the best views of the clear night sky you'll ever experience."

Leaving the mountain, let's travel north to the rural cattle farming community of Waimea (also known as Kamuela) to find a whole other side of the Big Island - "paniolo" (cowboy) country.

"Here in Waimea, we're very open to sharing the culture and history of the ranch and the area," said Diane Quitquit, from Parker Ranch, the fifth largest ranch in the United States, "and to keep the paniolo spirit alive."

Parker Ranch is comprised of approximately 175,000 acres, 250 horses and 30,000 to 35,000 head of cattle and is open daily with wagon rides, museum tours, historic homes and shopping.

"One of the biggest industries on the Big Island is cattle ranching," said Isaac Haworth, a teamster who drives the wagon tours. "For those who want to get out and see some real livestock, we give you the opportunity to get out there and see the land."

The hours for the visitor center and museum are from 9 a.m. to 5 p.m. Wagon rides are offered from 10 a.m. to 2 p.m. Tuesdays-Saturdays.

For more information, call (808) 885-7655 or visit www.parkerranch.com.

Circling east, we discover one of the Big Island's two largest populat-



Top: A beach on the Kohala Coast on the east side of the Big Island.
Above: Kona coffee beans.

ed areas - Kailua-Kona. Most of the island's beach hotels lie along this stretch of black lava coastline with its contrasting white sands.

The town itself is a small attractive seaside town full of restaurants, shops and accommodations.

"The main street is like a quaint old shopping village, full of shops and restaurants," said Mrs. Swanson. "And it's a great place to catch some of the island's best sunsets."

Just north of Kailua-Kona are the scenic beaches of the Kohala Coast, where several large resorts have been developed around golf course complexes, perfect for those whose idea of a perfect vacation consists of sitting by the beach or pool, and drinking a fruity iced drink.

"A lot of the resorts consider themselves a destination in themselves," said Leanne Pletcher, marketing manger of the Hilton Waikoloa Village. "You really don't even have to leave the resort because we have the restaurants, the swimming, the activities, the beach, the spas and, of course, the option to just lay out and relax."

This area is also home to Dolphin Quest, a fun, educational interactive program where guests receive the rare opportunity to come face to face with actual dolphins.

"It's one of the most unique experiences on the island," said Patrick McLain, operations manager for Dolphin Quest. "There's no other place that offers a safe environment for both the dolphins and the guests."



Top: Resorts, like this one in Waikoloa, offer amenities that can be a vacation in itself.
Above: Sunset on Mauna Kea.

Participants learn about the dolphins' abilities and gain a personal appreciation for the importance of preserving the world's oceans and its inhabitants for future generations through a variety of programs for the whole family.

"It's such a great experience," McLain said. "When you get in the water with these guys, it's like going to a playground with a bunch of little kids and having a ball with them."

Dolphin Quest first opened beside the Hilton Waikoloa Village in 1988 as a model habitat for the dolphins to live, play and reproduce - free from the threats they face in the wild. Information and reservations can be found at (808) 886-2875 or by visiting www.dolphinquest.org.

Kailua-Kona is also home to some of the world's most famous coffee farms. On the slopes of the west coast dwell the coffee farms, which use the perfect climate with the strong morning sun and light afternoon drizzles, to produce the famous Kona coffee beans.

"We strongly believe in the quality of the coffee that comes from Kona," said Peter Sawyer, a Kona coffee farmer. "It has the reputation of being the best in the world, and we plan to keep producing the finest quality coffee beans possible."

Many of the farms offer tours where you may discover interesting facts like the fact that it takes almost seven pounds of hand-picked coffee cherry to produce one pound of roasted Kona coffee.

Another nearby tour well worth a visit is the Big Island Candy Factory, a locally-owned macadamia nut chocolate factory, outside of Hilo.

"We offer a one of a kind place that attracts both tourists and locals," said Sherrie Holi from Big Island Candies. "From the free samples you get in the showroom to our large viewing windows, where you can actually see how the products are all made by hand, we feel Big Island Candy is special and a can't miss experience while visiting the Big Island," she continued.

This brings us to the east coast and the other populated town of Hilo.

A tropical rainforest causes Hilo to be one of the wettest regions in Hawaii with an average of 130 inches of rain each year, giving this side of the island a whole different feel and look than the west.



Big Island Candies, near Hilo, offers guests a chance to see behind the scenes at a candy factory.

"We really like Hilo because it is so lush and green and we love the outdoors and hiking," said BM2 Swanson.

Rainbow Falls, a short drive from Hilo, is the most visited of the waterfalls. Upstream from Rainbow Falls is the compelling and infrequently visited Boiling Pots, a series of falls that spill violently into churning pools.

A little further out is Akaka Falls, which plummets 442 feet into a pool below.

"The waterfalls and parks look like the Hawaii you see in the postcards and in the movies," said Mrs. Swanson.

The Big Island of Hawaii has several names. It is sometimes called the orchid isle and sometimes the volcano isle. The abundance of names is just like the abundance of activities. Every visit could lead to a whole new experience or location. But according to Pletcher, from Waikoloa, it is not the numerous activities that attract so many people.

"I really think it is just the aloha spirit found here," she explained. "From the time you step off the plane in our outdoor airport, you just really know now you're in Hawaii. Some people just catch that spirit and just don't want to leave."

BM2(SW) Eric Swanson and his wife are just two of the many caught in the Big Island's spell.

"There is just something about it," he concluded. "We love it and have gone back a bunch of times. Usually as we return from one trip, Debbie is already planning on what we are going to do next time we go."



Waimea's Parker Ranch, the fifth largest ranch in the United States, offers wagon rides, museum tours, historic homes and shopping.



Dolphin Quest, in Waikoloa, offers both children and adults the opportunity to play with and learn about dolphins face to face.

Commentary

Island Flavors

JO1 Jim Williams

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A sample of flavors on the Big Island ...



Ken's House of Pancakes
1730 Kamehameha Ave.
Hilo, HI 96720
(808) 935-8711

As the only 24-hour coffee shop/diner on the entire Big Island, Ken's offers a very filling meal with a good dose of local color and flavor. While they do offer a few health-conscious meals and salads, I have to recommend you go crazy and try one of the omelets, or any one of the assortments of pancakes, French toast and Portuguese sweet breads. Those searching for more "local" dishes can try the saimin, or teri beef.

While the pancakes are the main attraction (according to the restaurant name), both my wife and I opted for omelets. I chose the popular crabmeat omelet in a Hollandaise sauce (\$9.10) and my wife the bacon and mushroom, topped with a mushroom gravy (\$7.65). Both dishes came with pancakes.

The omelets were overflowing with ingredients and prepared in a style that causes them to fluff up extra large, and be more than enough to fill most appetites. While the fluffy pancakes come with either a traditional maple syrup or a lilikoi (passionfruit) or coconut syrup. Some of the most popular pancakes are the mac nut and banana pancakes.

Ken's bottomless pot of Kona blend coffee adds the final touch finishing your large breakfast, which again, can be enjoyed anytime day or night.

In the tradition of many diners, they do offer nightly specials, like Wednesday's "prime rib" night and Sunday's "all-you-can-eat spaghetti night."

The only fault I find is that Ken's is one of Hilo's most popular eateries - sometimes causing a short wait for a table. But the good food and friendly service found at Ken's completely makes it worth the wait.

Overall, I find the "ono" (delicious) food, the decent prices and friendly small-town environment of Ken's make it well worth a stop while visiting the Hilo side of the Big Island.



Bubba's Burgers
75-5705 Kuakini Hwy.
Kailua-Kona, HI 96740
(808) 329-2966

While visiting the Kailua-Kona area, you may quickly realize how expensive it can be to eat out. If you are looking for an affordable meal, head for Bubba's Burgers in Kona, where the sign says they vow to cheat "tourists, drunks and attorneys."

Best of all, Bubba's not only dishes out humor, comical merchandise, and friendly service, but some really tasty old-fashioned burgers.

While they do offer grilled fresh fish and chicken sandwiches, as well as chili dogs, topped with Bubba's delicious locally famous Budweiser chili, the old-fashioned, locally grown, non-organic beef burgers are truly the main attraction.

During our recent visits to the burger joint, my wife selected the most popular burger, the "Double Bubba" (\$3.50 - two patties coming to one-third pound), while I dove into the hefty half-pound "Big Bubba" (\$4.50 - three patties at half a pound) once, and the "Slopper" (\$4.75 - served open-faced with chili) the following visit. Our children sampled the "Hubba Bubba" (\$5.75 - Bubba's version of a Hawaiian plate lunch, served with rice, hot dog, and chili) and the plain "Bubba" (\$2.50 - one patty coming to one-sixth of a pound), perfect for children.

Completing the experience, though, is definitely the atmosphere. Bubba's really creates the feel of an old-fashioned burger joint from the fifties and sixties. It's not just the 'oldies' playing overhead, the vintage Hawai'i posters on the wall and classic diner arrangement ... it is the staff. The helpful, friendly staff really put the final touches on this classic diner.

I find Bubba's Burgers to be an excellent choice for an enjoyable meal and one of the best deals in the Kailua-Kona area.



Kiawe Kitchen
Volcano Village
Volcano, HI 96785
(808) 967-7711

Located a short drive from Kilauea Military Camp (KMC) and Volcanoes National Park, comes nearby Volcano Village's latest dining experience ... Kiawe Kitchen.

Looking for something different, and affordable, I accidentally stumbled upon this treasure while looking for something quick and easy for dinner.

When I discovered the owner, Mark Kissner from Australia, had actually shipped in an actual wood-oven from Italy, and watched as the cook skillfully move the pizzas around, I knew this would definitely not be another pizza from a chain.

Strolling in from the chilly volcano area weather into the cozy 'bistro-like' dining room, overlooking the warm stone hearth and wood fire of the oven, also re-emphasized that I had found a prize.

Searching through the menu, which included a variety of traditional and innovative pizzas, salads and homemade pasta dishes, as well as entrees like fish, steak and rack of lamb (also cooked in the kiawe fired wood-oven), we selected the simple Pizza Margherita (\$11), topped with chunks of tomato, fresh mozzarella and basil.

These simple toppings were the perfect accompaniment for the closest thing I have tasted to a true Italian pizza crust since I last stood in downtown Venice. Slightly chewy, but also crisp, the crust charred just the right amount under the plentiful toppings. The quality of the crust, toppings and cheese shines and makes the pizza what a pizza is truly meant to be.

This winning combination of their good food, mixed with a good wine selection, and close proximity to the military campground, makes Kiawe Kitchen an excellent choice for dinner.



Kamuela Provision Company
425 Waikoloa Beach Drive
Waikoloa, HI 96738
(808) 886-1234

Having just returned from the Parker Ranch, we decided to search for the island's best steaks. I believe we may have found a contender at the Kamuela Provision Company (KPC), located beside the Hilton Waikoloa Village, which offers an excellent dining experience complete with tiki torches and a great view of the sunset as it melts into the Pacific.

KPC features fresh local ingredients, Parker Ranch Angus pride beef, and Kona cold-water lobster and seafood. We began our meal with a delicious golden fried macadamia nut shrimp (\$16), served with a passion orange chili cilantro dipping sauce. For or entrees, being in beef country, I chose the 11-ounce dry aged New York steak (\$36), which is aged for 28 days in the traditional method and containing no growth hormones or antibiotics, and served with herb roasted fingerling potatoes and fresh vegetables. My wife, desiring to enjoy flavors both from the land and sea ordered the "New Wave Surf and Turf" (\$45), which featured a tender filet of beef served on garlic mashed potatoes, topped with tempura lobster and seared foie gras.

Two of their most popular other dishes are the macadamia nut baked Hawaiian snapper (\$34), seared and brushed with mango chutney, coated with macadamia nuts and served with a Kahlua cream sauce, and the macadamia nut pesto crusted pork chops (\$27), served on a bed of red potato risotto. Complete your meal with the lilikoi crème brulee or unique smores dessert, where they bring out a small burner and you make the tasty treats right at your table), and a cup of Kona blend coffee and you have the makings of a memorable meal on your trip to the Big Island.



Photo by JO1 Jim Williams

Located near Kilauea crater (the world's most active volcano), Kilauea Military Camp offers military an up close look at the volcano.

Big Island military recreation area offers perfect getaway

JO1 Jim Williams
Features Editor

lunch and themed dinner buffets.

From picturesque waterfalls to fiery trails of colorful lava, the Big Island flows with countless outdoor activities and the Kilauea Military Camp (KMC) may provide the perfect home-base from which to enjoy these activities. Located near the rim of Kilauea crater (the world's most active volcano), inside Hawai'i Volcanoes National Park, KMC offers a private and relaxed setting at an affordable price. The unique recreational area also offers cooler temperatures and tranquil surroundings far from the crowded tourist beaches and cities.

Open to active-duty and retired military, reservists, DOD civilians, families and sponsored groups, with rates starting at \$45 a night (depending on your rank and size of cabin), KMC offers 78 deluxe cottages, apartments and dormitories. Each type of accommodation features all of the comforts of a hotel room, such as cable television, refrigerators, microwaves and coffee makers, but with added luxuries like decorative stained glass windows in the bedrooms, baseboard heaters and fire places for the often chilly evenings. Some are available with kitchenettes and jacuzzis for an additional price.

More than just a place to sleep, KMC features a bowling alley, laundry facilities, recreation center, general store, gas station, playground and fitness center. Or if a guest is hungry, they can grab a snack at the snack bar, hang out with friends and family at the "Lava Lounge" Bar, or enjoy a nice meal at the cafeteria which offers breakfast,

KMC also hosts several guided tours departing from the complex. Visitors can tour the more than 217,000 acres of lava fields, rainforests and deserts in Hawai'i Volcanoes National Park or walk through nearby lava tubes, before hiking down to experience the live lava flow making its way into the sea. When the conditions are favorable, smoke can be seen barreling into the air as the lava first impacts the water. Better yet, a nighttime visit will provide a much more dramatic view of the bright lava flow - it can be an experience of a lifetime.

There are also guided tours of the nearby town of Hilo, with its several surrounding picture-postcard waterfalls, the Mauna Loa Macadamia Nut Farm and the Big Island Candy Factory. For those who can't decide which tour to take, they can try one which circles the entire Big Island.

KMC can also help arrange other island activities like a helicopter tour of the volcano or the island, a fishing charter, or a day of golfing.

Ever since KMC originally opened as a business venture by a group of Hilo businessmen in 1916, it has been used for numerous reasons. But now, years later as a Joint Services Recreation Center and in prime condition after a major renovation completed in 2000, KMC is the perfect place to stay during your visit to the Big Island.

For more information, visit the camp's web page at www.kmc-volcano.com. For reservations, call (808) 967-8334 or on Oahu, call 438-6707 or e-mail them at reservations@kmc-volcano.com.



Photo by JO1 Jim Williams

Kilauea Military Camp offers 78 deluxe cottages, apartments and dormitories. For more information, visit the camp's web page at www.kmc-volcano.com.

MWR

Movie Call

Sharkey Theater, Pearl Harbor
(473-0726)

FRIDAY
7:00 p.m. The Lord of the Rings: Return of the King (PG 13)
SATURDAY
2:30 p.m. Peter Pan (PG)
6:30 p.m. Free Sneak Preview Starsky and Hutch (PG 13)
SUNDAY
2:30 p.m. Cheaper by the Dozen (PG)
4:30 p.m. The Lord of the Rings: Return of the King (PG 13)
THURSDAY
7:00 p.m. Torque (PG 13)

\$3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 children (6-11)

Memorial Theater, Hickam AFB
(449-2239)

FRIDAY
7:00 p.m. Along Came Polly (PG)
SATURDAY
2:00 p.m. Along Came Polly (PG)
SUNDAY
7:00 p.m. Along Came Polly (PG)
WEDNESDAY
7:00 p.m. Big Fish (PG 13)
THURSDAY
7:00 p.m. Big Fish (PG 13)

3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 children (6-11)

Sgt. Smith Theater,
Schofield Barracks
(624-2585)

FRIDAY
7:00 p.m. Teacher's Pet (PG)
SATURDAY
7:00 p.m. Chasing Liberty (PG 13)
SUNDAY
2:00 p.m. Chasing Liberty (PG 13)
WEDNESDAY
7:00 p.m. Chasing Liberty (PG 13)
THURSDAY
7:00 p.m. Torque (PG 13)

3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 children (6-11)



Along Came Polly: Reuben's plans for life and love career wildly off track when his bride dumps him on their honeymoon. Stunned and humiliated, he plans to play it safer than ever. But an encounter with Polly shoots him into a whirlwind of living in the moment activities.

Big Fish: Edward has always exaggerated his exploits and experiences when he left his small town in Alabama for adventures near and far. Nearly everyone has been spellbound by his tall tales over the years, everyone but his son, who has come home to take care of his dad and separate fact from fiction.

Chasing Liberty: The daughter of President James Foster, anxious for some breathing room, ditches her Secret Security detail Weiss and Cynthia and sets out across Europe with her boyfriend Ben.

Cheaper by the Dozen: When a football coach is offered the top job at Northwestern University, he sets out for Chicago with his wife and their 12 children.

Lord of the Rings: Return of the King: Hobbits Frodo and Sam push farther into the land of Mordor to destroy the ring of power. Traveling with them, in an uneasy alliance, is the deceitful Gollum, who brings them to the very heart of Mount Doom.

Peter Pan: One night in their nursery, young London siblings Wendy, John, and Michael Darling encounter a strange flying boy, who invites them to soar with him to Neverland.

Starsky and Hutch: Set in the 1970s in a metropolis called "Bay City," this is the tale of two police detective partners, Ken "Hutch" Hutchinson, and Dave Starsky, who always seem to get the toughest cases from their boss. Captain Dobey, rely on omniscient street informer Huggy Bear and race to the scene of the crimes in their souped-up 1974 Ford Torino hot rod.

Teacher's Pet: This is the story of a dog that is so curious about the world that he has taught himself how to read, and sneaks to school where he poses as a human.

Torque: A motorcycle racer is framed for murder by his long-time nemesis and a gang member, bringing the most notorious biker gang and its leader Trey after him for revenge.

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.

PAU HANA AT OCEAN'S CPO CLUB
Pau hana Fridays for E7s-E9s and guests are held each Friday at Ocean's CPO Club. Enjoy free pupus starting at 4 p.m. A DJ will spin the latest tunes from 6-9 p.m. For more information, call 473-1743.

PAJAMA JAM
Join the pajama jam event beginning at 8:30 p.m. tonight at the Country Bar at Club Pearl. Come dressed in your favorite sleepwear (PG-rated, please). Prizes will be given for the best bedroom attire. For more information, call 473-1743.

ABANDONED/SEIZED VEHICLE AUCTION
The next abandoned/seized vehicle auction will be held 8 a.m.-2 p.m. Feb. 28. Vehicles will be sold "as is" to the highest bidder. Bid on a single or groups of vehicles. Visit the MWR website at www.greatlifehawaii.com for a complete vehicle inventory and the auction information sheet. The abandoned/seized vehicle auction is open to the public and is sponsored by the USAA. Military and DoD patrons can access the sale lot by proceeding on South Avenue to the abandoned vehicle lot near the PHNSY and following "event parking" signs. Children under age 16 will not be allowed on the sale lot. For more information, contact the auto skills center at 422-2975.

FREE ADVANCE SCREENING AT SHARKEY THEATER
A free advance screening of the full-length feature film Starsky and Hutch will be presented Feb. 28 at Sharkey Theater. Showtime is at 6:30 p.m. and entry is free for the first 450 authorized patrons. The film doesn't open to the public until March 5. For other movie listings and show times, call 473-0726.

PEE WEE BASKETBALL
Registration for pee wee basketball (ages three-five) will be held from 9 a.m.-5:30 p.m. March 1-19 at the youth sports office, bldg. 3456 on Main Street, just off Valkenburgh Boulevard. At the time of registration, please bring player's birth certificate, current sports

Here's a look at off-duty events happening on Oahu's military bases for service members and their families.

To get your activity or event featured in the Community Calendar, e-mail your requests to the editor at hnn@honoluluadvertiser.com or fax submissions to Hawai'i Navy News at 473-2876.

Deadline for submissions is Thursday for the following week's issue. Items will run for four consecutive weeks on a space available basis (see footnote numbers after each event). After four weeks, they should be updated and resubmitted to HNN.

MISCELLANEOUS

BLOOD DRIVES

- March 1: 9 a.m.-noon, U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
 - March 5: 9 a.m.-noon, U.S. Army, 29th ENG BN, Fort Shafter.
 - March 8: 9 a.m.-noon, U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
 - March 15: 9 a.m.-noon, U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
 - March 22: 9 a.m.-noon, U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
 - March 25: 9 a.m.-noon, U.S. Air Force, Hickam Community Center, Hickam Air Force Base.
 - March 29: 9 a.m.-noon, U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
- For more information, call 433-6148.

MARDI GRAS FOLLIES

The 49th annual Mardi Gras Follies opens tonight at The Banyans at Naval Station Pearl Harbor. Performances will be held every weekend through March 27. The Las Vegas-style song and dance revue is a presentation of the Pearl Harbor Performing Arts Association (PHPAA). Directed by veteran showman Jack Cione, this year's revue will pay tribute to America's military forces with a salute to the red, white and blue performed by a cast of

physical (dated no more than one year ago) and a \$35 fee, which includes T-shirt, medal and certificate. The league is open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

WEIGHT MANAGEMENT CLASS

The next weight management class will be held March 2-April 18. Sessions are from 6-7:30 p.m. on Tuesdays and Thursdays. The program includes a full physical assessment, nutritional education and a certified fitness specialist to assist with cardiovascular workouts, resistance training, flexibility and strength conditioning. Advance registration is required by March 1. The cost is \$75. A minimum of five people is required to conduct the class. For more information, call 473-0793.

OPEN MIC 15 MINUTES OF FAME

Share your song at an open mic/open jam with the Notorious Northsiders starting at 7 p.m. March 3 at Beeman Center. Join the Notorious Northsiders on stage for a song or bring your instrument and sit in and jam. For more information, call 473-2582.

INTRAMURAL SOCCER/SOFTBALL LEAGUES

Intramural Soccer League starts March 6. Intramural Softball League starts March 9. Both leagues are open to active duty only from Pearl Harbor, Barbers Point, NCTAMS, West Loch and Kunia. Registration and participation is free. For more information, call 473-2494.

FREE YOUTH FITNESS ORIENTATION

Youth fitness orientations will be held at 9 a.m. March 6 at Bloch Arena and at 9 a.m. March 13 at Power Point Fitness Center. The orientations are for youth ages 10-15 years old and includes a facility tour, safety guidelines, an equipment usage demo and a review of the rules and regulations. An adult must accompany program participants. Reservations must be made by the Thursday prior to the class to reserve space. For more information or to reserve a spot, call 473-0793 (Bloch) or 682-5243 (Barbers Point).

NINE-PIN NO-TAP BOWLING TOURNAMENT

A nine-pin, no-tap bowling tournament will be held March 6 at Naval Station Bowling Center. The bowling event is held the first Saturday of each month. Check-in is at 6:30 p.m. and the tournament begins

at 7 p.m. The entry fee is \$20 per person, per tournament. For more information, call 473-2574.

MARCH MADNESS BASKETBALL DAY

March madness basketball day will be from noon-8 p.m. March 6 at the court behind Pearl City Community Center. Three-on-three is the name of the game and teams will be made from the players on the court. All military-affiliated teens (ages 13-17) are invited to participate. For more information, call 471-8914.

TEN PIN BLUE CARD

Earn free games of bowling. Interested bowlers can pick up their bowler's card at any Navy Bowling Center. When you bowl 10 games at a regular price within one month, you receive one game free. For more information, call 473-2651.

HAWAIIAN ISLANDERS ARENA FOOTBALL

Hawaiian Islanders arena football opens its season soon. The season includes eight home games (subject to change) at the Neal Blaisdell Arena. Season tickets (upper bowl sideline and upper bowl end zone seats) are now available through the Navy Region ITT offices. For more information, call 473-1190.

BECOME CDH CHILDCARE PROVIDER

Become a CDH childcare provider for military and DoD families. The deadline to apply for the next class is March 5. Participants must be 18 years or older, read and write English, and live in Navy family housing. Potential providers must attend an initial training class for a license to operate a childcare business. Those interested should apply at the Child Development Homes office in building 4 at the corner of Nimitz Highway and Camp Catlin Road between 8 a.m. and 5:30 p.m. Monday-Friday. Or visit the MWR website at www.greatlifehawaii.com for an application. For more information, call 471-8444.



SPECIAL EVENTS:

Free concert
Eliot Sloan live at Beeman Center beginning at 9 p.m. March 6. Lead singer and songwriter for pop group Blessid Union of Souls, Sloan helped shape the sound of 1990s music with hits like "Light in Your Eyes" and Blessid's number 1 hit, "I Believe." For

more information, call 473-0606.

Barracks Bash

Free concert for Single Sailors featuring The Lloyd Dobler Effect from 6-9 p.m. March 19 at Arizona Hall. Enjoy free barbecue, giveaways and more. For more information, call 473-4279.

March 1: XBOX Halo Tournament, free, 6 p.m. at LIP.
March 2: Go kart racing, \$25. Leave from LIP at 4 p.m.
March 3: Vegas night, free, 5 p.m. at LIP.

March 4: Starlet sunset dinner cruise, \$24. Leave from LIP at 3 p.m.
March 5: Waterskiing, \$5. Leave from LIP at 10 a.m.
March 6: Skydiving, \$125. Leave from LIP at 9 a.m.

March 7: Reading day, free books, 5 p.m. at LIP.
March 9: Sea Life Park, \$13. Leave from LIP at 10 a.m.

March 10: Around the island tour, bring money. Leave from LIP at 9 a.m.
March 11: Board game night, win prizes, free, 7 p.m. at LIP.

March 12: Polynesian Cultural Center, \$62.50. Leave from LIP at 4 p.m.
March 13: Hiking at Makapu'u, bring money. Leave from LIP at 10 a.m.

March 14: Eating contest, free, 1 p.m. at LIP.
March 15: Hawaiian Waters Adventure Park, \$21. Leave from LIP at 11 a.m.

March 16: Dave and Buster's/Cold Stone Creamery, bring money. Leave from LIP at 5 p.m.
March 17: Kualoa Ranch adventure, \$65. Leave from LIP at 10 a.m.

March 20: Waimea Falls, cost to be announced. Leave from LIP at 10 a.m.

March 21: Hawaii beach party/activities, \$80. Depart from LIP at 9 a.m.

March 27: Haleiwa for the day, \$2 and bring money. Depart from LIP at 10 a.m.

March 30: Valley of the Temples, \$4. Depart from LIP at 10 a.m.

Weekly events:

Sunday and Thursday: Movie and popcorn night, 6 p.m., free.

Monday: NFL football and pupus, 6:30 p.m., free.

Tuesday: 8-Tournament, 7 p.m., free.

Wednesday: Ping Pong Tournament, 6 p.m., free.

Community Calendar

USS PORT ROYAL OHANA

The USS Port Royal Ohana will hold a pizza party at 2:30 p.m. March 7 at the Moanaloa Community Center. Attendees may bring decorated pillowcases for the fence quilt for the pier. RSVP to portroyalohana@hotmail.com for the pizza party so that they may obtain an accurate count. For any questions or for more information, contact the careline at 591-7673 or Kristy at portroyalohana@hotmail.com. (1)

NEX

MAKEUP CONSULTATION

The Navy Exchange will host complimentary makeup consultations March 10-13. Representatives from Estee Lauder will be available to create a personalized skincare regime for customers. As part of the consultation, participants will receive a deluxe sample kit, while supplies last. To participate, make an appointment at the NEX Estee Lauder counter or call 423-3313. (1)

MEET THE AUTHOR

Steve Jackson, author of "Lucky Lady," will sign copies of his book at the Navy Exchange from noon-1 p.m. March 13. "Lucky Lady" tells the story of the World War II heroics of USS Santa Fe and Franklin. (1)

BUS SERVICE TO FORD ISLAND

The Navy Exchange now offers bus service from Ford Island to The Mall at Pearl Harbor. The NEX bus picks up riders daily at Navy Lodge Hawai'i, Ford Island Mini Mart and bldg. 55 at 8:30 a.m. and drops off riders at 11:30 a.m. (1)

PRICE MATCHING POLICY

The Navy Exchange will match the price of any identical item sold in any local store. Simply provide proof of the lower price and the NEX will match it. If the price difference is under \$5, they will match it on the spot. Some restrictions apply to the policy. Please see a sales associate for more information. (1)

FREE SAFETY INSPECTION

The Navy Exchange Autoport provides a free safety inspection to families of deployed Sailors. This service is available one week prior, after and during deployment periods. NEX Autoport is located on base, sub side. For more information, call 423-3226. (1)

SHOP AND WIN

The 2004 Shop NEX bumper stickers are available at any Navy Exchange location. Place a bumper sticker on your car for your chance to win a \$25 gift certificate from your Navy Exchange; winners are selected weekly. Winners are then entered in a grand prize drawing for a \$2,000 shopping spree at the Navy Exchange. (1)

ARMED SERVICES YMCA

ALIAMANU LOCATION:

The Aliamanu (AMR) branch of the Armed Services YMCA is located at 1875 Aliamanu Drive, Honolulu, Hawai'i 96818. The phone number is 833-1185, fax 834-3631, email is ASYMCAAMR@aol.com. Hours are 8 a.m.-1:30 p.m. Monday through Thursday.

T.O.P.S.

T.O.P.S. (Take Off Pounds Sensibly), a nonprofit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free. For more information, call Delcie at 623-1403. (3)

KEIKI CARE CLASS

Keiki Care classes provide childcare training, first aid and CPR certification for teenagers who would like to be babysitters. Upon successful completion of the course, the student will be placed on the Super Sitters' List. To sign up or for more information, call 833-1185. (3)

National Nutrition Month promotes healthy diet, exercise

Ingrid Mueller

Navy Morale, Welfare and Recreation Communications Group

March has been designated "National Nutrition Month," to promote the importance of nutrition and physical activity as key components in an individual's health today and in the future.

This year's "Eat Smart, Stay Healthy" theme emphasizes that a healthy lifestyle starts with healthy eating, and challenges all Americans to take responsibility for their nutrition and physical activity choices.

Healthy eating includes following a well-rounded diet that incorporates servings from all of the food groups. Sailors should avoid following fad diets, which are contrary to the Navy's culture of fitness and can be harmful.

"It's important to remember that carbohydrates are not fattening when consumed in appropriate serving sizes. Many people tend to over-consume carbohydrates, and those excess calories are stored as fat," explained Lt. Cmdr. Mike Criqui, Nutrition Program Officer/Physical Readiness Program Man-



Two Pearl Harbor-based Sailors work out during a MWR-sponsored exercise class.

U.S. Navy Photo

ager, Navy Personnel Command, Millington, Tenn. "When carbohydrates come from nutrient-dense sources such as fruits, vegetables, beans, legumes and real whole wheat grains, the dietary

fiber increases and fullness ensues." Examples of high-quality sources of protein include foods such as fish, turkey, chicken, wild game, soy, eggs and lean cuts of red meat. Dairy choices

should be selected from lower fat sources.

"Sailors should work to replace saturated fats in the diet with monounsaturated sources, such as olive and canola oil, and those containing omega three fatty acids, such as flaxseed oil," said Criqui. "It's also important to increase the daily consumption of water and other hydrating beverages that are sugar and calorie free."

Health promotion coordinators and registered dietitians are two resources that can help individuals achieve a healthy meal plan. For more information about Navy nutrition resources, visit the Navy Environmental Health Center Web site at www.nehc.med.navy.mil/hp.

Regular exercise also plays an essential role in weight control and maintaining a healthy lifestyle. But all too often, Sailors wait until the last minute to get ready for the semi-annual Physical Fitness Assessment (PFA).

"To constantly improve your fitness level and stay ready for the PFA, I recommend the concept of periodization, which means exercising consistently year-round with sessions of intense ac-

tivity, balanced with periods of active recovery," said Criqui. "In this fashion, a Sailor can balance intense training with bouts of different exercises that may augment or support primary goals, but don't continuously stress the body in the same way."

According to Criqui, periodization incorporates cross-training and exercising throughout the year, similar to consistently stepping on the accelerator pedal for a while and then easing off. "This way you don't burn out, and you minimize the risk for injury while your fitness level consistently improves," he said.

For more information and assistance on setting up a physical fitness program, Sailors are encouraged to contact their command fitness leader, who is responsible for managing the local command's Fitness Enhancement Program. Navy Morale, Welfare and Recreation facilities augment this program by providing fitness facilities and exercise equipment, as well as fitness trainers, aerobics instructors and aquatic specialists. For more information, visit www.mwr.navy.mil and click on "mission essential."

Charities benefit from Mardi Gras Follies

Karen S. Spangler

Assistant Editor

Tonight is the opening night of the 49th annual Mardi Gras Follies, a Las Vegas-style song and dance revue that is the main fundraiser for the Pearl Harbor Performing Arts Association (PHPAA) at Naval Station Pearl Harbor.

In 2003 alone, PHPAA contributed almost \$20,000; proceeds derived from the Follies show and other fund-raising efforts, to local military and civilian charities.

With the help of the contributions from PHPAA, organizations are able to provide more services to the military community and to recognize the efforts of their volunteers. Those funds offer a big helping hand to organizations in need.

Diane Thompson, president of Friends of Fleet and Family Support Center said, "They've been a blessing to us and the money has been well spent." Monies received from the PHPAA help to support many of Fleet and Family Support Center's (FFSC) programs through the Friends of FFSC. This includes training for the Sexual Assault Victim Intervention (SAVI) volunteer program and for the Navy family ombudsman program. The funds also support such endeavors as the spouse leadership continuum workshops and volunteer and ombudsman appreciation events.

The PHPAA has contributed to the Friends of FFSC for the past several years. "They have strongly supported us. They've been very generous," said Thompson.

The Joint Military Family Abuse Shelter is another organization that greatly benefits from the PHPAA's generosity. Brenda LeSieur, a support counselor at the shelter and donation coordinator, explained that 100 percent of the donations that are received are used for the residents at the shelter.

This provides for a variety of needs - ranging from phone cards - so that residents can contact family members who are a distance away - to personal items, such as clothing, personal care needs, diapers and baby wipes. "Some people have nothing when they come in here. They come in here with just the clothes on their back," LeSieur stated. Contributions also help to provide entertainment, such as movie tickets, for residents at the shelter and ensure that there are Christmas presents and birthday presents for those who must spend hol-

idays and birthdays away from home.

"We try to make things as homey as possible and make sure they don't feel displaced," said Cleo Lloyd, contracting officer representative for the shelter, as she talked about how the shelter helps families who are victims of domestic abuse. "It provides them a safe haven. It gives them an opportunity to focus on what's happening to them and what they can do to make changes in their lives for the better," she continued.

"Contributions are what is needed to keep us alive and help us keep helping our troops," said Connie Kraus, director of USO Hawai'i. Kraus said that PHPAA has given donations to the USO Hawaii organization for many years. "It benefits our overall program, including our airport centers and troop deployment program. Right now, much of our money is going toward our troop deployment program," she commented.

The Hickam, Pearl Harbor and Tripler branches of the American Red Cross also benefit from the contributions of PHPAA. Vivienne Edwards, station coordinator for the American Red Cross Armed Forces Emergency Services at Hickam and Pearl Harbor, explained that the monies are helpful and appreciated.

"We're very grateful for the help and we depend on donations made by PHPAA and other organizations," Edwards said.

According to Patti Chrzanowski, president of the Pearl Harbor Performing Arts Association and a featured performer in the Follies show, the Follies cast enjoys presenting the lavish Follies show every year. "The best part of it is that we are doing it as a service to others. We have the satisfaction of knowing that we are raising money for deserving non-profit organizations and having a great time doing it."

This is an opportunity to enjoy a glitzy, musical extravaganza that is the only show of its kind in Hawaii while, at the same time, making a contribution to local military and civilian charities.

The Mardi Gras Follies will take center stage for its 49th year with performances beginning tonight. Performances will be held every weekend through March 27.

Tickets are available at a cost of \$35, \$45 or \$50 per person and offer an evening of entertainment - including a buffet dinner, the Mardi Gras Follies show, tax, tip and free parking. A portion of the cost is also tax deductible. For tickets or more information, call 473-1703.

Tugging for charity



Photo by J01 Jim Williams

MASN Wayne Pitts from the Naval Station Pearl Harbor Security Department leads the group's tug-of-war team Feb. 20 at Richardson Field. The team, all wearing pink shirts, competed in an annual tug-of-war competition, which raises money for the Edward T. Earheart Memorial Scholarship Program. The scholarship program, created to honor a former Pearl Harbor Sailor who died at the Pentagon Sept. 11, 2001, annually raises money to assist local military family members graduating from high school.

STORY IDEAS?

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

Hawaii Navy News

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