

Easter Events



Easter Sunrise Service

An Easter sunrise service will be held March 31 on the Battleship Missouri at 6 a.m. Another will be held at 6:15 a.m. at Bellows, led by Chaplain Andrew Johnson. An egg hunt for children ages 1-12 begins at 8:30 a.m. at Pavilion 5A. There will be candy and special prizes and a bouncy castle for keiki. A buffet breakfast will be served by the AAFES Eatery. Bring your Easter basket. For more information about Bellows events, call 259-4112. For more information about the Missouri service, call 473-3971. See page A-7 for a complete listing of Easter religious services.

Easter Sunday Brunch

Enjoy an Easter Sunday brunch at The Banyans on March 31. The spread features ham and turkey carving stations, peel-n-eat shrimp bar, omelet station, fruit and salad bar, hot biscuits with country gravy, home fried potatoes, fluffy pancakes, breakfast meats, hash brown, bakery-fresh dessert station, ice cream bar, an assortment of beverages and more. Keiki can enjoy egg hunting, photos with the Easter bunny and balloon sculptures. Seating times are 9 a.m. and 11:30 a.m. Cost is \$16.95 for adults and \$8.95 for 6-11-year-olds. Cost of the brunch for keiki age five and younger is \$1 times age. Reservations are required. For more information, call The Banyans at 473-1815.

Aquatics Easter Egg Hunt

Spend a day at the pool and enjoy "egg-citing" Easter fun. Children age eight and younger can hunt for candy-filled eggs strewn on the grounds surrounding the pools. Mingle with the Easter bunny and take pictures (don't forget your camera).

Schedules are as follows:

March 29, noon-1 p.m., NCTAMS Pool.

March 29, 3-6 p.m., Kona Breeze Pool.

(Keiki must dive into the pool to retrieve goodies.)

For more information, call the respective pool at 653-5306 (NCTAMS) and 684-5133 (Kona Breeze).

Pictures with the Easter Bunny

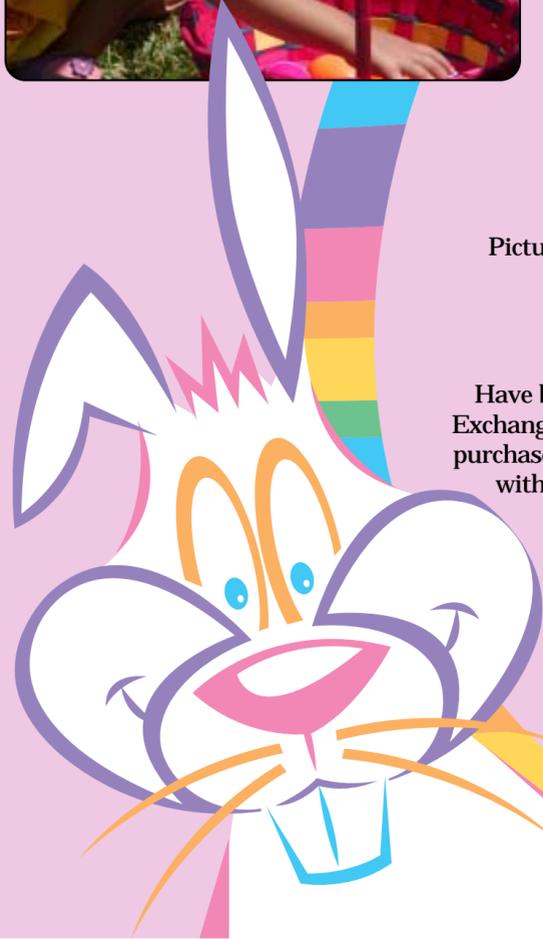
Pictures with the Easter Bunny are available at NEX Pearl Harbor Toyland from 4-7 p.m. March 29 and 10 a.m. to 4 p.m. March 30.

Breakfast with the Easter Bunny

Have breakfast with the Easter Bunny from 8-9:30 a.m. March 30 at the Navy Exchange Food Court. Tickets are \$5 per child (12 years and younger) and can be purchased at Toyland. Spend the morning having fun, getting your picture taken with the Easter Bunny and receiving prizes. Limited seating is available.

Easter coloring contest

Keiki can have fun and participate in the Navy's Exchange's Easter Egg Coloring Contest. Pick up coloring entry forms at Toyland through March 30. Feel free to draw your best design at the Crayola activity table at Toyland. All entries must be turned into Toyland by March 30. Winners will be judged by age group and notified by phone; the contest is open to children age 12 and younger.



Military services provide comprehensive health information Web sites

Sgt. 1st Class Kathleen Rhem
American Forces Press Service

Medical professionals agree that a well-informed patient is a better patient. Patients who learn about wellness and their own conditions, the reasoning goes, are better able to participate in their treatment and follow their doctors' instructions.

The medical departments of each of the military services have worked hard in recent years to provide their beneficiaries with comprehensive medical information on the Internet.

The Navy operates two comprehensive health and wellness information Web sites. The Virtual Naval Hospital, www.vnh.org/Patients.html, includes links to hundreds of articles on dozens of topics.

Individuals can get information on such subjects as back and musculoskeletal injuries, cholesterol, eye and hearing protection, dental care, and pregnancy and family planning. Wellness information on

tobacco use cessation, alcohol abuse and domestic violence prevention, nutrition and personal hygiene can also be found on this site.

The Navy site's psychological wellness section includes information on stress management, to include combat stress and suicide prevention. The Navy also includes a separate section dedicated to women's health issues, such as breast cancer, mammography, Pap tests and osteoporosis.

The Navy's Lifelines Web site also includes health-related information at www.lifelines2000.org/services/medical/index.asp. The site includes links to practical information such as when to call the pediatrician about a child's illness, how to find online information on military medical treatment facilities and how to update Defense Eligibility Enrollment Reporting System information.

The Army runs a site called Hooah 4 Health at www.hooah4health.com. The site,

maintained by the Army Center for Health Promotion and Preventive Medicine, addresses Army force health protection and readiness requirements, particularly for the reserve components.

"Citizen-soldiers juggle many different balls every day, but they cannot afford to drop the one ball that allows them to live a healthier, less stressful life," the site's introductory page says.

The site is divided into sections on body, mind and spirit resources. A dropdown menu of body resources, for instance, leads to such topics as blood pressure, diabetes, cholesterol, exercise injury prevention and weight loss. The site contains information on deployment health and environmental factors that can impact health. It also includes links to calculators that can help determine Army physical fitness test scores, body mass indexes and target heart rates.

The mind resources section includes information on dealing with stress, suicide prevention,

sleep and eating disorders and more. There's a "Mind Mirror Quiz" that can help pinpoint whether stress is a problem - and then leads a visitor through some coping techniques.

The experts who put together Hooah 4 Health maintain that spiritual fitness is an important facet of health and wellness. Links in this area include the Goldberg Well-Being Scale, a quiz designed to take one's "spiritual pulse," and an interactive quiz that helps determine one's resiliency and whether it's derived from a sense of spirituality.

The Air Force maintains a general information site called Crossroads that has a health information section at www.afcrossroads.com/medical/index.cfm.

A link to the Center of Excellence for Medical Multimedia, <http://cemm.org/index.asp>, is billed as a resource for Air Force medical professionals, but it's useful for patients as well. Click on the "products" button along the left side, for instance, and links

appear to interactive single-topic Web sites that include in-depth looks at pregnancy and childbirth, tonsil and adenoid surgery, arthroscopic knee surgery, and colonoscopy and sigmoidoscopy.

One link, "Robby Goes to the Hospital," is an interactive site for kids that follows a little bear named Robby Beanblossom on his trip to the hospital. The site follows Robby from the time he enters the lobby with his mom until he goes home after an operation. Along the way, he learns all about the laboratory, blood tests, the operating room and anesthesia.

A similar link, "Virtual Medical Center," provides much the same information in a format for adults.

Experts caution that medical information found on the Internet is not always accurate and is no substitute for a doctor's care. Information gleaned from reliable sources and sites, however, can be helpful in allaying patients' fears and help them make informed decisions about their own health care, they advised.