

# LIFESTYLES



## BayFest says Mahalo!

Photos by Sgt. Alexis R. Mulero

More than 28,000 people entered the front gate of MCB Hawaii, Kaneohe Bay for another year of fun and excitement.

BayFest 2002 brought three days of rides, concerts, sports, demonstrations and awesome fireworks to light up the sky.

Clockwise from top: Last weekend, the skies were clear and the sunshine graced the bay as BayFest-goers enjoyed all there was to offer; Pfc. Brian Heimer, a machinegunner with Alpha Co., 1/3, teaches Katelyn Mahelona, a 5-year-old native of Kaneohe, how to operate a M2 .50 caliber machinegun; Family members, Sloan Gill, Chanel Perez, and Christy Bandt comfort MCB Hawaii, Kaneohe Bay mascot, Cpl. Danno during the festivities on Friday; Staff Sgt. Reginald Wallace, section leader, Weapons Co., 2/3, assists 7-year-old Joshua Nacion, a native of Waipio, Hawaii, with his pull-ups.



# Bands boast big cheers at Bayfest

**Cpl. Jason E. Miller**  
*Combat Correspondent*

Both local and mainland musical acts warmed up the main stage at BayFest's 2002 celebration aboard MCB Hawaii, Kaneohe Bay.

Musical talents ranged from the harsh, but soothing alternative sound of Atomic Eyes to the upbeat and poppy dance grooves of Hoku Ho, a young artist making a name for herself on the teen music scene.

The local acts, which graced the stage throughout the weekend, included such acts as EightOEight, Keahawai and Kapena. The added local sounds greatly impacted the Hawaiian feel of the festival.

One of the biggest highlights of the weekend was the Saturday night perfor-

mance of Collective Soul. Spectators and fans came from around the island and crowded the flightline aboard the base to witness the skillful playing of the five-album veteran band.

With such hits as "Shine" and "December," the five-man band wowed the crowds and shook the ground as they wailed away on their instruments.

Two of the band members even donned U.S. Marine Corps tee-shirts while playing on stage.

"We're really glad just to be playing here in Hawaii, and it makes it a little different that we're here on the Marine base," said Will Turpin, bass player for Collective Soul. "We like to come here any chance we get."

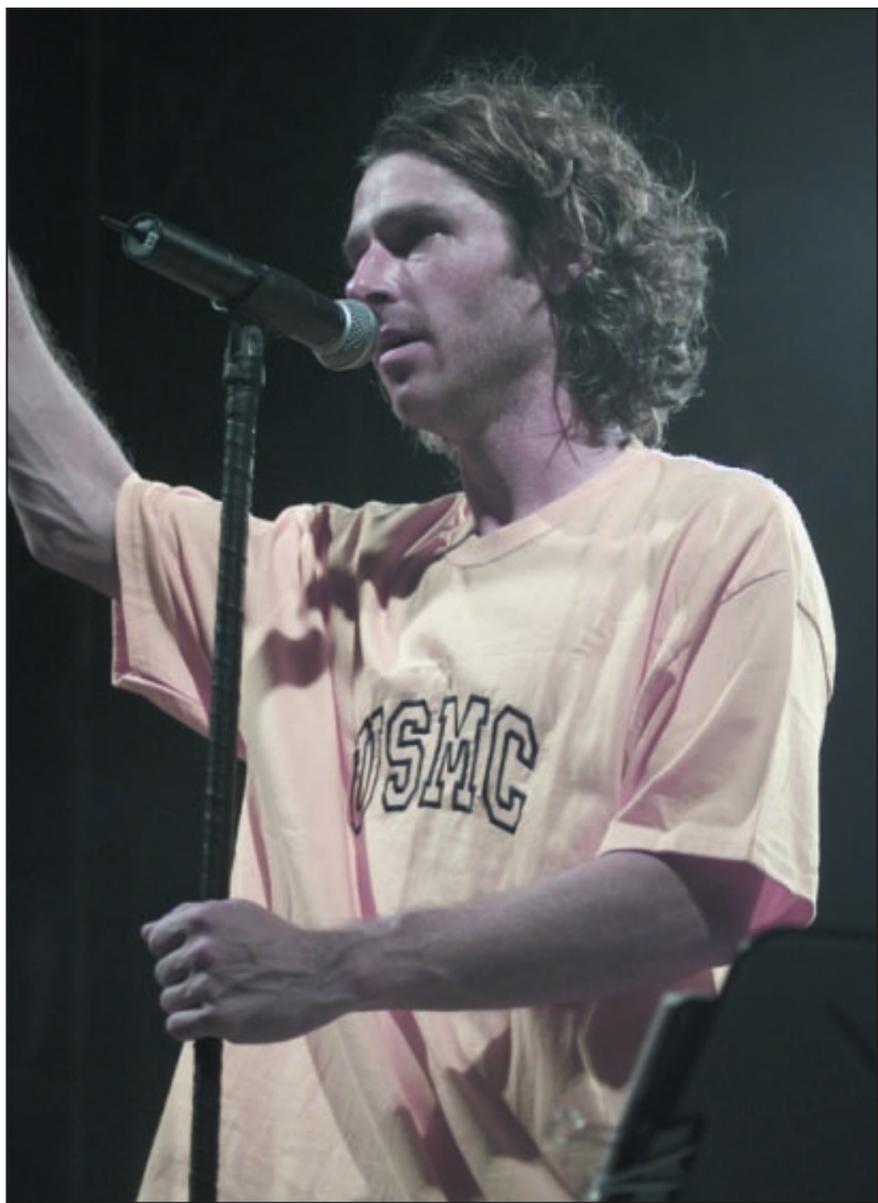
The young and beautiful Hoku Ho delighted fans with her energetic

stage presence and upbeat music. It seemed most of the attending audience knew all the words as they sang along with each number.

Hoku was one of many up and coming stars that played at Bayfest, along with the likes of Trickside and Atomic Eyes.

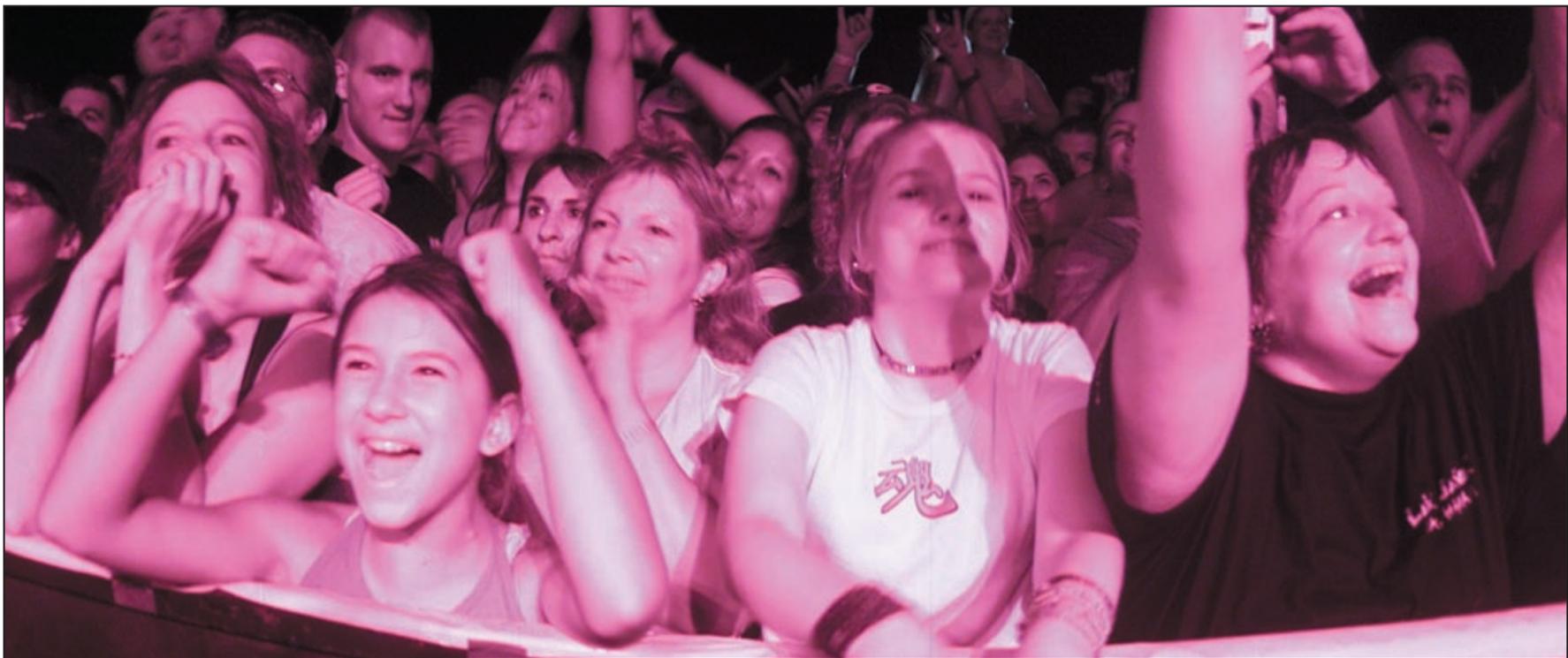
Country music fans were treated to live music Saturday when Dita Holifield and her band Detour South crowded the stage Western style, performing a number of popular country tunes.

Hip Hop and Rhythm and Blues fans danced all weekend to the beats a live DJ from Beatwave Productions. Nearly every genre of music was covered during the three-day BayFest and helped to make the event more than enjoyable for everyone there.



Cpl. Jason E. Miller

Ed Roland, lead singer of Collective Soul, wore a U.S.M.C. tee shirt during the band's performance at BayFest.



Cpl. Jason E. Miller

More than 28,000 people amassed for this year's BayFest celebration. Many of them attended concerts that the festival had to offer.



Cpl. Jason E. Miller



Staff Sgt. Jesus A. Lora



Staff Sgt. Jesus A. Lora

Clockwise from left: Kapena entertained the crowd by playing some of their old favorite songs on "ShakaSunday" last weekend at BayFest 2002; Collective Soul bass player points out the letters of his U.S.M.C. athletics jersey; The singer Hoku Ho sings her heart out at BayFest "Shaka Sunday."

# MCCS

MARINE CORPS COMMUNITY SERVICES

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## POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

### August

#### Today

**Federal Food Surplus Distribution** — All military I.D. cardholders who fall within income guidelines and household size may pick-up a free bag of groceries containing rice, applesauce, plums, corn, walnuts, raisins and trail mix.

Come to the WIC office,

Bldg. 244 - in the Base Theater complex - on Aug. 23, from 11:30 a.m. - 2:30 p.m.

For information, call Kim Gates at 257-7786.

**A New Do for School** — Make sure the kids look good as they head back to school with a new haircut and style. Starcuts, located in Mokapu Mall makes it affordable for every kid to look cool for school.

Right now through Sept. 6, all students will receive the "Back to School Special." This package includes \$2 off a haircut, shampoo and style package.

Starcuts gladly welcomes both appointments and walk-ins. Starcuts is in the business to make you shine.

For information, call 254-6585.

#### 24 / Saturday

**Mega Deals at Mega Video** — Entertainment doesn't have to cost a fortune.

All the latest blockbusters may be found at Mega Video located in the Mokapu Mall Shopping Complex.

Mega Video features daily specials that are guaranteed to save you big bucks.

Every Saturday when you rent any basic stock movie - no new releases - for regular price, you can rent the second stock film

for only \$1.

For more information, call 254-7560.

#### 26 / Monday

**Double Coupon Day** — It's a savings bonanza at the MCX Plantation Store and the MCX Annex Wiki Wiki Market.

Double coupon day equals huge savings.

Bring in your coupons and you'll save twice the face value. Some restrictions may apply.

Call your favorite convenience store for details. Plantation Store, 254-3890, Wiki Wiki Market, 254-7587.

#### 27 / Tuesday

**Key Volunteer Training** — All interested military spouses who would like to become a Key Volunteer may attend this day training Aug. 27 - 29 at the KV Center, Bldg. 3022 from 8:30 a.m. - noon.

Spaces are limited.

Call Toni Spofford for details at 257-2410.

**Men's Health Expo** — Active Duty Marines and Sailors, get the tips to get and keep you healthy from 10:30 a.m. - 1:30 p.m. at Anderson Hall.

Health Promotions Coordinator, Dan Dufrene will display information booths covering cholesterol, diet & nutrition, safe sex, fitness, drunk &

drugged driving interactive display and more.

For more information, call 254-7636.

#### 28 / Wednesday

**Catch the Lure of Information, Ticket & Tours** — Get out and enjoy your new paradise.

Have you experienced a Hawaiian Luau? How about a sunset dinner or whale-watching cruise?

These tropical excursions won't wipe out your bank account if you first visit the Information, Ticket & Tours (ITT) office at K-Bay or Camp H.M. Smith for discounted tickets. K-Bay ITT, 254-7563, Camp H.M. Smith ITT, 477-5143.

#### 29 / Thursday

**Your Thursday nights just got a little hotter at the Enlisted Club** — Once field day is over, get to the Enlisted Club for Thursday Night 25 cent Hot Wings and Alternative music from 6 p.m. - 1 a.m.

For more details call the E-Club at 254-7660.

### September

#### 3 / Tuesday

**Stressed out** — Can you tell the difference between good stress and bad stress? Are you aware of the harmful affects stress projects on your body and

mental health?

We all face challenges in life but it never hurts to discover proven methods to help better prepare you for stress and ways to manage it.

Join the professionals at Personal Services as they host a two-hour Stress Management workshop in Bldg. 216 from 2 - 4 p.m.

For reservations call the Counseling Services Department at 257-7780.

#### 5 / Thursday

**It's Back** — Green eggs & ham, the giving tree and the little train that could are making an appearance at the Base Library during storytime every Thursday at 10 a.m.

Preschool age children and their parents are invited to attend this hour of stories and crafts.

Each week Auntie Lori centers this hour on a special theme.

For more information, call 254-7624.

#### 9 / Monday

**Regal Pigskins & Pupus** — Cheer on your favorite football team every Monday night at the Staff NCO Rocker Room.

Doors open at 4:30 p.m. Plenty of free prizes and pupus will keep your gang coming back for more.

Each week the Rocker Room will feature a guest bartender and a King and

a Queen of the Quarter will be crowned.

Every King and Queen winner becomes eligible to win the regal recliner in a drawing during Super Bowl Sunday.

Kick off every week at the Rocker Room's Monday Night Football pigskin and pupu party.

For more details call 254-5592.

#### 13 / Friday

**Fairways Ballroom welcomes Little Italy** — With pasta this good you'll think you're in Italy.

Staff NCOs, their family and guests are invited to the Fairways Pasta Dinner, "A Touch of Italy," from 6 - 8:30 p.m.

Pasta patrons may choose from Penne, Linguine or Rotini pastas and watch the chef prepare it with a vegetable variety, meat medley and Alfredo, Marinara or Sun-Dried Tomato and Mushroom sauce.

This Pasta Dinner also includes a tossed and pasta salad, fruit platter, lasagna, and garlic bread.

Reservations and prepayment is recommended.

Adult prices are \$8, children ages 5 - 10 are \$5.50 and children 4 and under eat for free.

Walk-ins are welcome based on availability.

For more information, or reservation contact 254-5592.

## SM&SP



All events are open to single, active duty military.

The SM&SP Office is located in Bldg. 219. Call 254-7593, for information.

#### Program Review

**Congratulations to the new SM&SP elected officers:**

**President** — Sgt. Wayne Twaddell, SNCOA, Armory  
**Vice President** — HM3 Brandon Jackson, CSSG-3, 21st Dental  
**Secretary** — LCpl. Adam Hackett, CSSG-3  
**Recorder** — Sgt. John Johnson, HMT 301

Saturdays: Ocean-side Paintball lets your "inner-predator" come out to play on Sat. from 9 a.m. - 4 p.m. and Sun. noon - 5 p.m. Call SM&SP for information on equipment rental fees.

Aug. 31 - Sept. 2, Big Island Getaway. \$270 (\$100 deposit) Limited to first 16 to register. Jet setters will experience both Kona and Hilo in three days!.

Sept. 2, Beach Bash.

Sept. 13, Volunteers needed for the Shank & Slice Golf Tournament.

#### SM&SP Benefits

- At K-Bay Lanes — games at \$1.50 each, free shoe rental (Mon. - Thu.), and no-tap at \$15 on Thursday at 8:15 p.m.

#### We Got It Goin' On

Have your voice heard. Make a difference.

# Peanut butter is good at any age

## NAPS Featurettes

No matter what your age, peanuts and peanut butter can play an essential - and tasty - role in a nutritious diet.

As adults age, physical and metabolic changes alter daily nutritional requirements.

Unique nutrition-related issues can affect food preference and selection.

Peanuts are a nutrient-dense source of energy and provide protein, natural sources of vitamin E, folate, niacin, zinc, magnesium, phosphorous and dietary fiber. Peanuts also are naturally cholesterol-free and a good source of vegetable protein.

One ounce of peanuts provides five percent of the average energy needs for most adults over 50 and 10-12 percent of the recommended daily allowance of protein.

Bob Greene, celebrity fitness trainer and author, recommends incorporating nutrient-packed ingredients such as peanuts and peanut butter into a well-



NAPS

balanced diet.

Greene also praises peanuts for their widespread availability and versatility, especially when they are incorporated into sauces, marinades, dips, salad dressings and smoothies.

The National Peanut Board offers an exotic way to "sandwich" hunger and nutrition with a refreshing, island-inspired recipe:

For more recipes, visit the National Peanut Board web site at [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org).

## Caribbean Chicken Salad With Peanuts

- 1 head romaine lettuce, torn into pieces
- 1/2 cup sliced green onions
- 1 cup shredded grilled chicken
- 1 papaya, halved, seeded, peeled and sliced
- 1 cup raspberries
- 1/2 cup peanuts

## Chutney Dressing

In blender or food processor combine 1/2 cup each peanuts and mayonnaise, 1/4 cup chutney, 2 tablespoons each sugar and raspberry vinegar, and 1 teaspoon curry powder; blend until smooth. Makes about 1 1/3 cups of dressing.

- Prepare Chutney Dressing and set aside.
- Toss lettuce with green onions and divide among 4 serving plates.
- Top with chicken, papaya slices and raspberries; sprinkle with peanuts.
- Serve with Chutney Dressing.
- Yield: 4 servings (1/4 salad per serving).

## MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office.

Phone 254-7642 for recorded info.

Minority Report (PG13)

Bourne Identity (PG13)

Like Mike (PG)

Windtalkers (R)

Hey Arnold (PG)

Minority Report (PG13)

Power Puff Girls Movie (PG)

Today at 7:15 p.m.

Today at 9:45 p.m.

Saturday at 7:15 p.m.

Saturday at 9:45 p.m.

Sunday at 3:30 p.m.

Sunday at 7:15 p.m.

Wednesday at 7:15 p.m.

# On the menu

Anderson Hall will prepare the following this week:

<p><b>FRIDAY</b></p> <p><b>Lunch</b> Seafood Platter Fried Fish Nuggets Fried Shrimp Fried Scallops Breaded Oysters Lasagna Baked Ravioli Macaroni and Cheese Chewy Nut Bar Yellow Cake Layer w/Butter Cream Frosting Asst Fruit Pie</p> <p><b>Dinner</b> Roast Pork Loin Barbecued Chicken Mashed Potatoes Steamed Rice Chewy Nut Bar Yellow Layer Cake w/Butter Cream Frosting Asst Fruit Pie</p> <p><b>Specialty bar</b> (Lunch and Dinner) Pasta Bar</p> <p><b>SATURDAY</b></p> <p><b>Dinner Brunch</b> Herbed Rock Cornish Hen Grilled Strip Loin Steak Rice Pilaf Mashed Potatoes Asst Fruit Pie Chocolate Chip Cookies</p> <p><b>SUNDAY</b></p> <p><b>Dinner Brunch</b> Yankee Pot Roast Baked Ham Mashed Potatoes Candied Sweet Potatoes</p>	<p>Chocolate Layer Cake w/Chocolate Cream Frosting Asst Fruit Pie</p> <p><b>MONDAY</b></p> <p><b>Lunch</b> Meatloaf Creole Pork Chops Mashed Potatoes Pork Fried Rice Asst Fruit Pie Chocolate Chip Cookies</p> <p><b>Dinner</b> Baked Turkey and Noodles Baked Fresh Fish Rice Pilaf Asst Fruit Pie Chocolate Chip Cookies</p> <p><b>Specialty bar</b> (Lunch and Dinner) Pasta Bar</p> <p><b>TUESDAY</b></p> <p><b>Lunch</b> Beef Sukiyaki Pork Chop Suey Egg Foo Young Chinese Fried Egg Roll Steamed Rice Pork Fried Rice Asst Fruit Pie Chocolate Pudding</p> <p><b>Dinner</b> Creole Macaroni Baked Fish Filet Mashed Potatoes Noodles Jefferson Asst Fruit Pie Chocolate Pudding</p> <p><b>Specialty bar</b> (Lunch and Dinner)</p>	<p>Taco Bar</p> <p><b>WEDNESDAY</b></p> <p><b>Lunch</b> Bar-B-Que Spareribs Country Style Steak Steamed Rice Mashed Potatoes Asst Fruit Pie Oatmeal Cookies</p> <p><b>Dinner</b> Baked Chicken Beef Pot Pie Boiled Egg Noodles Mashed Potatoes Brownies Asst Fruit Pie</p> <p><b>Specialty bar</b> (Lunch and Dinner) Country Bar</p> <p><b>THURSDAY</b></p> <p><b>Lunch</b> Chicken Parmesan Baked Lasagna Baked Potatoes Strawberry Shortcake Peach Pie Banana Cream Pie</p> <p><b>Dinner</b> Chicken Vega Simmered Corned Beef Parsley Butter Potatoes Steamed Rice Apple Pie Oatmeal Cookies Asst Fruit Pie</p> <p><b>Specialty bar</b> (Lunch and Dinner) Taco Bar</p>
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# ==Marine Makepono==

“HAWAIIAN FOR “MARINE BARGAINS”

**Vehicles**

ties. Call 703-619-0538, or email durstbarky@yahoo.com.

**1993 Mazda 929**, 4 door, leather interior, tinted, sun roof, 87k. Asking \$6,500 Call 262-9250.

**Computer**

**For Sale**, Sony VA10 PCV 200, 256 MB, 233 MHZ, Pentium II, 4.0 GB zip drive, \$300 OBO. Call 398-1973 or 386-1214.

**Found**

**Gold ring**, found on the beach at the cove. Describe to claim. Call Jill at 254-1959.

**Miscellaneous**

**For Sale**, Washer and Dryer \$200, Portable Dishwasher \$250, 12X20 Green Berber with pad \$125, Light Blu 9X12 with pad \$50. Call 254-2536.

**Real Estate**

**House for Rent**, in Alexandria, Va., 4BR/2 bath, avail. Sept. 1., \$3,200 plus utili-

*Free Ads--Free Ads--Free Ads--Free Ads--Free Ads*

*Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service workers. Ads are free and will appear in two issues of the Hawaii Marine.*

*The deadline is at 4 p.m. the Friday of the week prior to publication. Forms may be filled out Monday - Friday from 7:30 a.m. to 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216, aboard Kaneohe Bay. Call 257-8840 for more.*

## Did you know?



NAPS

**A steak more than three inches thick is really considered a roast and should be cooked either by oven-roasting or pot-roasting. If you grill it, the outside will overcook and the inside will be underdone.**



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# WORD TO PASS

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## Windward Christian Homeschoolers Fundraiser

The Windward Christian Homeschoolers will be hosting One Nation, Under God, directed by Mr. Ron Bright, an exciting patriotic musical today and Saturday as a fundraiser at the Faith Baptist Church, 1230 Kailua Road at 7:30 p.m.

Tickets cost \$5 per person with open seating.

Today only, prior to the musical presentation, the Marine Forces Pacific Band will perform an outside concert beginning at 6:30 p.m.

For a minimal cost, a "Yankee Doodle Desert" will be available from 6:30 - 7:15 p.m. and after the show.

Tickets are available at the Agape Shoppe located on Maluniu Street or the Paradise Island Homeschool store in the Times Shopping Center in Kailua.

## Bishop Museum Slumber with Dinos

Family's are invited to snooze with Jurassic Park's largest stars during Bishop Museum's sleep overs to be held this summer.

The slumber parties are scheduled for today and Sept. 13 in conjunction with the Museum's newest exhibit, The Dinosaurs of Jurassic Park: the Life and Death of Dinosaurs.

Plenty of pre-historic fun to be had as families roam the exhibit and imagine a time long ago when the 20-foot dilophosaurus skeleton they see was

roaming the earth.

Guests will also enjoy a dino-mite movie, chomp down on a midnight pizza snack and explore the "Lost World" with hands-on activities.

The sleepovers will start at 6 p.m. and go until 8 a.m. the next day. A light breakfast will be provided.

The cost for the event is \$25 for ages 6 and older; children under 6 years are \$15. Bishop Museum Association Members will receive a \$5 discount from the regular price.

Families must bring their own sleeping gear. No more than two children per adult.

For reservations and information on this fun-filled night, call 848-4127.

## Executive MSIS Program Seminar offered by HPU

Hawaii Pacific University will give free presentations to inform the public about its newest graduate program, the Executive Master of Science in Information Systems at Hickam Air Force Base.

The presentation will be held at Hickam Officer's Club, Pikake Room, at 5:30 p.m. on Monday.

The presentations will cover key features of the EMSIS program, including curriculum, admissions, financial aid, faculty and program schedule information.

Military, veterans, family members, and civilian personnel interested in seeking an advanced education in the shortest time possible are invited to attend.

For more information, contact the HPU Graduate Admissions Office at 544-0279 or go online at [www.hpu.edu/em-sis](http://www.hpu.edu/em-sis).

## Hale Koa Offers Back to School Magic Show

The Hale Koa Hotel and Hawaiian Waters Adventure Park presents "Splash Back to School" with the hotel's annual back to school magic show on Tuesday.

Children ages 4 - 11 can enter to win four tickets to Disney on Ice and Hawaiian Waters Adventure Park VIP Passes.

Magician Curtis Kam will perform mind-boggling illusions, while Hawaii's fastest juggler will amaze with his speed and agility.

The spellbinding magic show offers children, ages 4 - 11, discounted ticket prices, a free goodie bag and a park coupon courtesy of Hawaiian Waters Adventure Park. Includes an all-you-can-eat buffet.

The doors to the Banyan Tree Showroom open at 6 p.m. The reduced ticket price is \$8.50 for children ages 4 - 11, a savings of \$3 off the regular admission. Tickets for adults are \$20.95 each.

Children must be between 4 - 11 years old to receive special ticket pricing and giveaways. Keiki under 4 are free.

For more information, call 955-0555, ext. 546.

## MCSF Provides Scholarships

Since its inception in 1962, the Marine

Corps Scholarship Foundation has provided financial assistance to children of active duty and former Marines, helping them to pursue higher education at accredited universities, colleges, vocational and technical schools.

The purpose of the Foundation is to help deserving young men and women develop as responsible citizens and civic leaders through education.

Thousands of people, corporate sponsors and other organizations donate their time, skill and talents to support fundraising efforts.

In the past 39 years, 15,000 scholarships have been awarded, totalling more than \$20.5 million.

Also, more than 350 children who lost parents in the line of duty, including those as a result of the Beirut Barracks terrorist attack or during Operation Desert Storm, received \$10,000 education bonds — regardless of their parents' branch of service.

Applicants, in addition to being children of Marines or former Marines, must demonstrate hard work, perseverance and a record of volunteering in their community.

You can support the MCSF through the Combined Federal Campaign (#2111), as well as during United Way drives.

Or, participate in a scholarship ball or golf tournament in your area, both of which raise funds for the MCSF.

To make a contribution or for more information about this nonprofit organization, visit our website at [www.marine-scholars.org](http://www.marine-scholars.org).

# Local recounts Vietnam musical odyssey

**Steve Kalnasy**

*Special to the Hawaii Marine*

In the late 1960's while the war in Vietnam raged, many of the college students, and most of the musicians of the time actively protested America's involvement in South East Asia.

While many of his contemporaries participated in the anti-war movement, Henry Kaponu KaiAihue of Kapahulu, Hawaii was serving in Vietnam as an entertainer to military personnel fighting the war.

Kaponu was a standout athlete in high school. He received a scholarship to play baseball at the prestigious Punahou Academy, and later from the University of Hawaii to play football. His dream was to be a professional football player, but that dream would not be realized due to a string of knee injuries, which forced him to quit the game.

Taking a break from school, Kaponu turned his focus to playing music. "I would entertain my friends and they encouraged me to play for an audience," said Kaponu.

Kaponu began to play professionally and quickly became a local favorite at the Aloha Surf Lounge, and other places in Honolulu.

In 1970, a friend putting together a group for a tour of Asia approached him about joining up. Agreeing, the friends became the backup for "Twin Sisters" in a duo from Chicago. They started off in Thailand, and after a month into the tour, they ended up in Vietnam.

Once there, they found out that their booking agent went bankrupt and there were only two tickets to get home.



Sgt. Alexis R. Mulero

**Hawaiian native, Henry Kaponu, who put his life on the line to entertain troops during the Vietnam War, will be performing with his long-time friend Cecilio Rodrigues on Aug. 23 - 24 at Kaponu's on the water at the Aloha Tower Marketplace in Honolulu.**

Kaponu and his partners gave the tickets to the girls and his first band "Pakalolo" was born. Stranded, with no place to stay and no money, it was three months before they got any work.

"We finally got work playing on military bases in the enlisted and officer's clubs," said Kaponu.

For the next year the band played all over the country at remote firebases. Marines assigned to Phu Bai awaited the arrival of Kaponu for one of these concerts. Kaponu was flown by a military

chopper to entertain the Marines, unaware of the raging typhoon in the area.

"The winds were too strong and we were put down in the middle of a field and the chopper left us," said Kaponu.

The group was lucky that there were no "unfriendlylies" in the area. They were eventually able to get a ride to Phu Bai where they played for the Marines of 2nd Battalion, 3rd Marines, and the Soldiers of the Army's 8th Radio Research Unit who were assigned to the base.

On many occasions, Henry and his

group found themselves in hostile surroundings.

"There was always the sound of weapons firing," said Kaponu. "Being civilians, we weren't allowed to carry a weapon. We are really lucky to be alive."

After returning to Hawaii in 1971, Henry was introduced to Cecilio Rodrigues and began an eight-year collaboration as the duo "Cecilio and Kaponu." Henry and Cecilio became one of the most recognized groups in Hawaii, the West Coast, and Japan.

Influenced by the likes of Bob Marley, Loggins and Messina, Eric Clapton and the Eagles, "C&K" became influential in the direction of island music.

In May of 2002, the Air Force approached Henry about recording a song that a former airman wrote honoring those who lost their lives in the attacks of September 11th.

"The song touched me, so I agreed to record it," said Kaponu. "May was military appreciation month and I wanted to contribute something to it."

This past July 4, Kaponu reunited with his friend and former partner Cecilio Rodrigues to perform for the military on Diego Garcia.

His experience during the war made a huge impact on him. "Going to Vietnam changed my life" said Kaponu. "It made me want to be a benefit to mankind." Kaponu smiled when he spoke about his recent trip to the Indian Ocean.

"The guys who were in Diego were really proud of what they were doing in Afghanistan," said Kaponu. "I have a lot of compassion, honor, and deep respect for them and for what they are doing."