## MWR PHONE DIRECTORY & HOURS

**BEACH COTTAGE - AFTER HOURS**
*(PHONE NUMBER FOR EMERGENCIES ONLY)*

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
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<tbody>
<tr>
<td>MONDAY – FRIDAY</td>
<td>5 PM - 8:30 AM</td>
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<tr>
<td>SATURDAY &amp; SUNDAY</td>
<td>3 PM - 10 AM</td>
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**BEACH COTTAGE - RESERVATION OFFICE**

<table>
<thead>
<tr>
<th>Check-in: 3 PM / Check-out: 11 AM</th>
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<tbody>
<tr>
<td>BLDG. 1293 • 335-4752</td>
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<tr>
<td>MONDAY – FRIDAY 8:30 AM - 5 PM</td>
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<tr>
<td>SATURDAY, SUNDAY &amp; HOLIDAYS 10 AM - 3 PM</td>
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</tbody>
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**CHILD DEVELOPMENT CENTER (CDC)**
*(AGE 6 WEEKS - 5 YEARS) • BLDG. 1283 • 335-4453*

<table>
<thead>
<tr>
<th>MONDAY – FRIDAY</th>
<th>6 AM - 5 PM</th>
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**FITNESS CENTER**

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<thead>
<tr>
<th>BLDG. 1264 • 335-4379</th>
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<tbody>
<tr>
<td>MONDAY – FRIDAY 5:30 AM - 8:30 PM</td>
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<tr>
<td>SATURDAY, SUNDAY &amp; HOLIDAYS 9:30 AM - 5 PM</td>
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**LIBERTY CENTER**

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<tr>
<th>BLDG. 1355-B • 335-4346</th>
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<tr>
<td>DAILY 24 HOURS A DAY</td>
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**MANA MOTORS AUTO SKILLS CENTER**

<table>
<thead>
<tr>
<th>BLDG. 1326 • PHONE: 335-4439</th>
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<tbody>
<tr>
<td>TUESDAY – FRIDAY NOON - 8 PM</td>
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<tr>
<td>SATURDAY 9 AM - 5 PM</td>
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**MANA SPLASH SWIMMING POOL – AQUATICS**

<table>
<thead>
<tr>
<th>BLDG. 1302 • 335-4391</th>
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| MONDAY, WEDNESDAY & FRIDAY:
  | 11 AM - 1:30 PM |
  | 1:30 PM - 5:30 PM |
| SATURDAY, SUNDAY & HOLIDAYS:
  | 11 AM - 5 PM |

**MOVIE HOUSE**

<table>
<thead>
<tr>
<th>BLDG. 1315 • 335-4210</th>
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<tr>
<td>FRIDAY - SUNDAY FIRST MOVIE 7:00 PM</td>
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**COMMUNITY RECREATION CENTER**

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<tr>
<th>BLDG. 1293 • 335-4195</th>
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<tbody>
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<td>MONDAY – FRIDAY 8:30 AM - 5 PM</td>
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<tr>
<td>SATURDAY, SUNDAY &amp; HOLIDAYS 10 AM - 3 PM</td>
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**SHENANIGANS – ALL-HANDS CLUB/BAR**

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<thead>
<tr>
<th>BLDG. 1308 • 335-4706</th>
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<tbody>
<tr>
<td>TUESDAY – THURSDAY 4 PM - 9 PM</td>
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<td>FRIDAY 4 PM - 1 AM</td>
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<td>SATURDAY 4 PM - 10 PM</td>
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**SHENANIGANS – DINING ROOM**

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<th>BLDG. 1308 • 335-4708</th>
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<tbody>
<tr>
<td>LUNCH TUESDAY - FRIDAY 11 AM - 1 PM</td>
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<tr>
<td>DINNER TUESDAY - SATURDAY 5 PM - 9 PM</td>
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</table>

**SHENANIGANS – CATERING OFFICE**

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<thead>
<tr>
<th>BLDG. 1308 • 335-4708</th>
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<tbody>
<tr>
<td>MONDAY – FRIDAY 8 AM - 4 PM</td>
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**SPECIAL EVENTS**

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<tr>
<th>BLDG. 1267 • 335-4380</th>
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<td>MONDAY – FRIDAY 8 AM - 4 PM</td>
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**TICKETS & TRAVEL**

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<th>BLDG. 1293 • 335-4195</th>
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<td>MONDAY – FRIDAY 8:30 AM - 5 PM</td>
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<tr>
<td>SATURDAY, SUNDAY &amp; HOLIDAYS 10 AM - 3 PM</td>
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**YOUTH CENTER – SCHOOL AGE CARE**
*(AGE 5 – 12) • BLDG. 1318 • 335-4419*

| MONDAY, TUESDAY, THURSDAY, FRIDAY 2 PM - 5 PM |
| WEDNESDAY 1:15 PM - 5 PM |

**YOUTH CENTER – OPEN RECREATION**
*(AGE 5 – 12) • BLDG. 1318 • 335-4419...SEE SCHEDULE*

**YOUTH CENTER – DAY CAMPS**
*(AGE 5 – 12) • BLDG. 1318 • 335-4419*

| MONDAY – FRIDAY 7 AM - 5 PM |
Every effort has been made to provide the most up-to-date information at the time of publication, however, these events are subject to change. It is recommended that you call the contact numbers for each event or visit our website to verify if the activity will occur as planned.

*The U.S. Navy or any other Federal Government agency does not officially endorse any sponsor, its products or services in On Target.*
FITNESS CENTER

MARCH
NATIONAL WORKPLACE EYE WELLNESS MONTH
Before you think that this topic does not apply to you, think again. Each day, over 2,000 Americans suffer an eye injury. This means that almost one million Americans have experienced some vision loss due to eye injury, which has resulted in more than $300 million in lost work time, medical expenses and workman’s compensation. For more information on this topic, the PMRF Fitness team designed an info board that you can refer to throughout the month.

WORKOUT OF THE MONTH
MAR 1-31 • FITNESS CENTER • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
Stuck in a fitness rut? Need a push for the last month of the LIT challenge? Let our fitness team help you shake things up and restart your fitness journey. Our MWR Fitness professionals have developed a couple fitness workouts for you to change things up throughout the month. Stop by and try them out!

INSTAGRAM KAUAÏ CHALLENGE
MAR 2-27 • AROUND KAUAÏ • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
What better way to have fun and explore the island of Kauai by participating in MWR’s Instagram Discover Kauai Challenge.
• Participants will be given a challenge each week to complete
• Participant will document completion of each challenge onto Instagram
• Instagram upload must tag @pmrfmwr
• Participants who complete all challenge tasks will receive a prize

APRIL
NATIONAL DISTRACTED DRIVING AWARENESS MONTH
Distracted Driving Awareness Month in April is a united effort to recognize the dangers of and eliminate preventable deaths from distracted driving. Every day, at least nine Americans die and 100 are injured in distracted driving crashes. Cell phones, dashboard touchscreens, voice commands, and other in-vehicle technologies pose a threat to our safety. Consequences of those distractions are not worth the convenience they offer. Ignore the distractions and #justdrive

CLIMBING CHALLENGE
APR 1-30 • FITNESS CENTER • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
Each month PMRF Fitness hosts a different fitness challenge in which everyone is encouraged to improve their fitness levels. The purpose is to encourage self-improvement and provide some friendly competition. Each participant can try to improve their score during the entire month in order to make the PMRF Challenge board.

AMERICA’S MOST WEST WARRIOR (AMWW)
FRI, APR 24 • SHENANIGANS • 5PM • $$ • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
You think you got what it takes to become America’s Most West Warrior? Join the Community Recreation & Fitness team in our first "Workout & Replenish" competition. First participants will be doing a beach run towards Major’s Bay with some obstacles along the way, and finishing at Shenanigans where the Replenish Party begins with brews and pupus. As if the abundance of replenish isn’t enticing enough, all finishers will also receive a custom America’s Most West Warrior Medal and Warrior shirt to commemorate the event. Family and friends are welcomed at the Replenish Party. Shenanigans will be open for food and beverage service. Be the first PMRF MWR AMWW and register now! Active-Duty E1-E6: FREE; Active-Duty E7 & Higher, Active-Duty Family Members: $12; All Others $25. Fee includes brews and pupus
Think you got what it takes to be America’s Most West Warrior? Join our first “Workout & Replenish” competition, a beach run towards Major’s Bay with obstacles along the way, finishing at Shenanigans for the Replenish Party with brews and pupus. All finishers receive a custom AMWW Medal and Warrior shirt! Be the first PMRF MWR AMWW and register now! Call 335-4379 for more info.

You flexed those muscles and pushed yourself to limits unknown! After the obstacle course, treat yourself and redeem your ticket for brews and pupus at Shenanigans and enjoy the musical talents of Kalei and Benson! Family and friends welcome, food and beverage service available. Call 631-9367 for more info.
HARDCORE
A solid foundation is the key to achieving success. Join us for a quick 30 minute workout that will help to strengthen and stabilize the foundational muscles of your body and build a HardCore.

LET’S GET RIPPED
A total body "plateau proof formula" workout which utilizes resistance and cardio training. It combines Resistance, Intervals, Power, Plyometric, Endurance and Diet components of R.I.P.P.E.D to help you attain and maintain your physique in ways that are fun, safe and effective.

TRX TRAINING
A total body workout that uses one’s own bodyweight to improve overall fitness. Through suspension training, participants will develop strength and endurance and improve body function.

REGENERATION
Regenerate your muscles from the stresses of training and everyday life. Through the use of foam rollers, trigger point balls, and a flexibility routine, the movements of this session will focus on soft tissue release and help the body restore its balance.

YC KID FIT/CDC FITNESS
A youth fitness class that incorporates having fun and being active. *Must be enrolled at PMRF MWR CDC and Youth Center to attend.

YOGA
A combination of Vinyasa flow (continuous movement) and Yin Yoga (deep stretches held for 2-3 min). This perfect duo starts with breath to movement postures and end with poses focusing on breath and stillness. Both working to increase flexibility and circulation.

GROUP EXERCISE SCHEDULE

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
<td>FITNESS CENTER</td>
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<td>0630-0730- PT/FEP</td>
<td>0630-0730- PT/FEP</td>
<td>0630-0730- PT/FEP</td>
<td>0630-0730- PT/FEP</td>
<td>0700-0800- TRX Training</td>
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<tr>
<td>1000-1100- CDC</td>
<td>1100-1200 – Let’s Get Ripped</td>
<td>1100-1200 – Let’s Get Ripped</td>
<td>1530-1630- YC</td>
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<td>1100-1200 – Let’s Get Ripped</td>
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*SCHEDULE IS SUBJECT TO CHANGE
**YOUTH CENTER**  
**APRIL IS MONTH OF THE MILITARY CHILD... COME JOIN US TO THANK OUR MILITARY YOUTH**

**SPRING CAMP REGISTRATION**  
MAR 12 - 8:30AM - 5PM • YOUTH CENTER • 335-4419  
OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12  
Register your youth to participate in Spring Camp March 16-20. Registration will be completed online at Military Child Care. Please contact the Youth Center for more information.

**COOKING CLUB: HEALTHY HABITS**  
WED, MAR 4 • 3:30 - 4:30PM • YOUTH CENTER • $5 • 335-4419  
OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18  
Do sports drinks improve your athletic ability? Do energy drinks give you more energy? Try this week’s cooking club as we explore the nutritional benefits of liquids. Please contact the Youth Center for more information.

**STEAM CLUB: PINWHEELS**  
WED, APR 11 • 3:30-4:30PM • YOUTH CENTER • 335-4419  
OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12  
The pinwheel represents the liveliness and free spirit found in children and youth, by displaying pinwheels we show our support of prevention against child abuse. Join us to make our pinwheels to display in the marquee next to the Youth Center. Please contact the Youth Center for more information.

**NO SCHOOL DAY: GOOD FRIDAY**  
FRI, APR 10 • 7AM - 5PM • YOUTH CENTER • DAILY FEE  
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12  
Join the action! Youth can participate in crafts, STEAM projects, indoor and outdoor activities, and various adventures. Call the Youth Center for complete registration details.

**MILITARY YOUTH CELEBRATION**  
FRI, APR 10 • TIME TBA • YOUTH CENTER • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12  
What better way to show our appreciation for military youth than a party? Please help honor our military youth by joining us in an afternoon filled with games and activities. Please contact the Youth Center for more information.

**CRAFT CLUB: STRESS MANAGEMENT**  
WED, APR 15 • 3:30-4:30PM • YOUTH CENTER • 335-4419  
OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12  
Military youth face many challenging, stressful times, join our round table discussion on appropriate ways to manage stress and create your very own stress ball. Please contact the Youth Center for more information.

**COOKING CLUB: HEALTHY HABITS**  
WED, APR 29 • 3:30 - 4:30PM • YOUTH CENTER • $5 • 335-4419  
OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12  
Find out why we serve two food groups for snack, what counts as a snack, and make your own healthy snack! Please contact the Youth Center for more information.

**PINWHEEL DISPLAY AT THE YOUTH CENTER MARQUEE**  
WED, APR 30 • 10AM • FREE FOR CHILDREN ATTENDING THE PROGRAM  
CDC children will display pinwheels around the marquee to celebrate this special month.

**BOOK DAY**  
FRI, APR 10 • 10AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM  
Active duty personnel are invited to read stories to the children. Children are encouraged to bring their favorite book from home to read at school.

**SPRING FESTIVAL**  
FRI, APR 17 • 10AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM  
Let us celebrate the arrival of spring! Parents are invited to join us for fun activities at the program.

**EARTH DAY**  
WED, APR 22 • 10AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM  
Preschool children will be walking to the beach and picking up trash. Toddlers will be making art projects using recycled materials.

**RED WHITE AND BLUE PARADE**  
WED, APR 30 • 10AM • FREE FOR CHILDREN ATTENDING THE PROGRAM  
Children will be wearing red, white, and blue and marching in a parade to celebrate the month of the military child.

**HOURLY CARE**  
DAILY • CDC • $5/EE • 335-4463 • OPEN TO ALL ELIGIBLE PMRF CHILDREN 6 WEEKS TO 5 YEARS OLD (NOT ATTENDING KINDERGARTEN)  
The hourly care program is designed as a short-term childcare option. It has been specially tailored to meet the needs of those who require care for times when they are volunteering, in-processing, assuming respite care duties, or having a doctor’s appointment. We are accepting reservations up to 30 days depending on space available. For more information, call the CDC at 808-335-4453.
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<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>CDC</td>
<td>GIRLS DAY  9AM</td>
<td>COOKING CLUB:</td>
<td>DR. SEUSS BIRTHDAY CELEBRATION 8AM</td>
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<td>YOUTH CENTER</td>
<td>COOKING CLUB:</td>
<td>SHENANIGANS PRIME RIB BUFFET 5PM-9PM</td>
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<td>HEALTHY HABITS 3:30PM - 4:30PM  YOUTH CENTER</td>
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<td>SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM</td>
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<td>TRIPS, TOURS &amp; OUTINGS EZ BEACH DAY BBQ 10AM-2PM  MACARTHUR PARK VAN DEPARTS CRC 9AM</td>
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<td>27</td>
<td>AUTO SKILLS/ SPECIAL EVENTS 4TH ANNUAL CAR SHOW 11AM-4PM  SHENANIGANS</td>
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<td>29</td>
<td>AUTO SKILLS AUTO SKILLS MARCH SPECIAL MAR 1-31 (SEE PAGE 15 FOR MORE INFO)</td>
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<td>FITNESS CENTER WORKOUT OF THE MONTH MARCH 01-31</td>
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<td>INSTAGRAM KAUAI CHALLENGE MARCH 2-27</td>
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<td>YOUTH CENTER SPRING CAMP REGISTRATION MARCH 1-12 8:30AM - 5PM  YOUTH CENTER</td>
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**MARCH**

**AUTO SKILLS**

AUTO SKILLS MARCH SPECIAL MAR 1-31 (SEE PAGE 15 FOR MORE INFO)

**FITNESS CENTER**

WORKOUT OF THE MONTH MARCH 01-31 | FITNESS CENTER

INSTAGRAM KAUAI CHALLENGE MARCH 2-27

YOUTH CENTER SPRING CAMP REGISTRATION MARCH 1-12 | 8:30AM - 5PM | YOUTH CENTER

**APRIL**

APRIL IS MONTH OF THE MILITARY CHILD...
COME AND JOIN US TO THANK OUR MILITARY YOUTH

**AUTO SKILLS**

AUTO SKILLS APRIL SPECIAL APR 1-30 (SEE PAGE 15 FOR MORE INFO)

**FITNESS CENTER**

NATIONAL DISTRACTED DRIVING AWARENESS MONTH

FITNESS CENTER CLIMBING CHALLENGE APRIL 1-30 | FITNESS CENTER
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<td>STEAM CLUB: PINWHEELS: 3:30-4:30PM</td>
<td>PINWHEEL DISPLAY AT THE YOUTH CENTER MARQUEE 10AM</td>
<td>EZ BEACH DAY BBQ 10AM-2PM SALT POND PARK VAN DEPARTS CRC 9AM</td>
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<td>COMMUNITY RECREATION LIFE SIZE JENGA TOURNAMENT 6PM</td>
<td>COMMUNITY RECREATION KAUAI BREWERY NIGHT 6PM</td>
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<td><strong>TEXAS HOLD’EM TOURNAMENT 6PM</strong></td>
<td><strong>EGGSTRAVAGANZA 4:30PM</strong></td>
<td><strong>NO SCHOOL DAY: GOOD FRIDAY 7AM - 5PM YOUTH CENTER</strong></td>
<td><strong>FITNESS CENTER 5K BUNNY HOP 5:30PM</strong></td>
<td><strong>EASTER BRUNCH 10AM-1:30PM</strong></td>
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<td><strong>Easter Brunch 10AM-1:30PM</strong></td>
<td><strong>CRAFT CLUB: STRESS MANAGEMENT 3:30PM-4:30PM</strong></td>
<td><strong>AMERICA’S MOST WEST WARRIOR 5PM</strong></td>
<td><strong>CULTURE CLUB: PURPLE UP YOUTH CENTER</strong></td>
<td><strong>AMERICA’S MOST WEST WARRIOR AFTER PARTY 7PM</strong></td>
<td><strong>KILAUEA MINI GOLF VAN DEPARTS 8AM</strong></td>
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<td><strong>Cooking Club: Healthy Habits 3:30PM - 4:30PM</strong></td>
<td><strong>purple up YOUTH CENTER</strong></td>
<td><strong>AMERICA’S MOST WEST WARRIOR 5PM</strong></td>
<td><strong>COOKING CLUB: HEALTHY HABITS</strong></td>
<td><strong>FLOWER LEI MAKING WORKSHOP 4:30PM</strong></td>
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SPRINGTIME AT

Shenanigans

PRIME RIB BUFFET
FRIDAY, MARCH 6 | 5PM-9PM
ADULTS: $37 | CHILD 10-14 YRS: $25 | CHILD 5-9 YRS: $16
It’s Prime Rib with all the fixings! Need we say more?
GRILLED KALBI CHICKEN • SEAFOOD PASTA • SEASONED VEGETABLES
STEAMED RICE • SALAD BAR & DINNER ROLLS • SOUP OF THE DAY
MODIFIED MENU AVAILABLE: PIZZAS AND DESSERTS

ST. PATRICK’S DAY
DINNER PLATE SPECIAL
TUESDAY, MARCH 17 | 5PM-9PM | $13.75
For one night it’s Erin Go Bragh! Indulge in a New England boiled dinner
SLICED FRESH CORNED BEEF, CABBAGE, POTATO & CARROTS WITH SAVORY SAUCE,
STEAMED RICE
ALSO AVAILABLE SEPARATELY: “IRISH BEERS” & GREEN BEER

Shenanigans’ Easter Brunch
SUNDAY, APRIL 12 | 10AM-1:30PM
ADULTS: $32 | CHILD 10-14 YRS: $22 | CHILD 5-9 YRS: $13
Join us for Easter Brunch!
PANCAKES & FRENCH TOAST (W/ASSORTED TOPPINGS AND SYRUPS) • SCRAMBLED EGGS
PORTUGUESE SAUSAGE • CRISPY BACON • LINK SAUSAGE • FLATBREAD PIZZAS
BREAKFAST POTATOES • STEAMED WHITE RICE • PRIME RIB (W/ AU JUS CARVING STATION WITH FIXINGS)
BASKET SHRIMP WITH DIPPING SAUCES • SOUP OF THE DAY • SALADS & FRESH FRUIT
ASSORTED PASTRIES • ICED TEA, FRUIT PUNCH AND LEMONADE • COFFEE AND HOT TEA

RESERVATIONS HIGHLY RECOMMENDED
808-335-4708 (between 8:30AM-4PM, Mon-Fri) | 808-335-4706 (between 4PM-8:30PM, Tue-Sat)

GreatLifeHawaii.com | @pmrfmoralewelfare | @PMRFMWR
MARCH
PRIME RIB BUFFET
FRI, MAR 6 • 5-9PM • ADULTS $37 • CHILD 10-14 YRS $25 • CHILD 5-9 YRS $16
MENU:
Prime Rib with all the fixings
Grilled Kalbi Chicken
Seafood Pasta
Seasoned Vegetables
Steamed Rice
Salad Bar & Dinner Rolls
Soup of the day
Modified menu available: Pizzas and desserts
Reservations highly recommended
Please call 808-335-4708 M-F (8:30am-4pm) or 808-335-4706 between 4pm-8:30pm to make a reservation.

ST. PATRICK’S DAY DINNER PLATE SPECIAL
TUE, MAR 17 • 5-9PM • $13.75
For one night it’s Eín Go Bragh! Indulge in a New England Boiled Dinner
MENU:
Sliced Fresh Corned Beef, Cabbage, Potato & Carrots with Savory Sauce, Steamed Rice
Also available separately: “Irish Bears” & Green Beer

***CHIEFS EVENT IN MARCH. MORE INFO COMING

APRIL
SHENANIGANS EASTER BRUNCH
SUN, APR 12 • 10AM-1:30PM • ADULTS $32 • CHILD 10-14 YRS $22 • CHILD 5-9 YRS $13
Join us for Easter Brunch!
MENU:
Pancakes & French Toast (assorted toppings and syrups)
Scrambled Eggs
Portuguese Sausage
Crispy Bacon
Link Sausage
Flatbread Pizzas
Breakfast Potatoes
Steamed White Rice
Prime Rib w/ au jus Carving Station with fixings
Basket Shrimp with dipping sauces
Soup of the day
Salads & Fresh Fruit
Assorted Pastries
Iced Tea, Fruit Punch and Lemonade
Coffee and Hot Tea

COMMUNITY RECREATION
FOUR WAYS TO REGISTER:
REGISTER AT SHENANIGANS
EMAIL: pmrfmwr@gmail.com
TEXT: 808-631-9367
CALL: 808-335-4346

MARCH
CONNECT 4
WED, MAR 4 • 6PM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • ALL AGES WELCOME
The objective of the game is to be the first to form a horizontal, vertical, or diagonal line of four of one’s own discs. Connect Four is a solved game. The first player can always win by playing the right moves. This elimination tournament consists of set house rules. Claim your spot by 6PM the day of the tournament. Any unclaimed spots fills on a first come, first served basis. Don’t miss out on this fun event!

HEADS UP FAMILY GAME NIGHT
WED, MAR 18 • 5:30PM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • DROP IN EVENT
Come and play Heads Up, a game made famous by Ellen, with us at Shenanigans! This family-friendly game comes with set house rules. From naming celebrities, to singing, to silly accents, guess the word on the screen that you are holding above your head before the timer runs out. Play one of many categories! The player that makes the most correct guesses wins!

HAKU LEI MAKING WORKSHOP
SAT, MAR 21 • 4:30PM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED DROP IN EVENT
May Day is only a couple of months away and haku lei can be costly, so why buy when you can learn for FREE! Come and learn how to create a haku lei poʻo; it’s a creation you will surely be proud of!

APRIL
LIFE SIZE JENGA TOURNAMENT
WED, APR 1 • 6PM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED DROP IN EVENT
Join MWR Community Recreation for a Life Size Jenga tournament. Players will take turns removing one block at a time from a tower constructed of 54 blocks. Each block removed is placed on top of the tower, creating a progressively taller and more unstable structure. The person or team to topple the tower over is out. Winning team of two will be recognized on MWR’s tournament plaque and come back to defend their team name in another LIFE SIZE GAME TOURNAMENT!

KANIKAPILA NIGHTS
FRI, MAR 20 • 6-8PM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for “Kanikapila Night” as we feature two hours of live island music featuring a friendly corn hole tournament, while overlooking Kauai’s breathtaking sunset.

KAUAI BREWERY NIGHT
FRI, APR 3 • 6PM • SHENANIGANS • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • PRE-REGISTER $20 / AT THE DOOR $25
Get ready to take on the light to dark beer challenge in this craft beer tasting event hosted by Kauai Brewery and learn about the styles, flavors, brewing processes and more. Fee includes beer, food pairings and trivia for beer swag. Pre-register by Wednesday, April 1, limited seats.

TEXAS HOLD’EM TOURNAMENT
WED, APR 8 • 6PM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • AGES 18 AND OVER WELCOME
This tournament consists of set house rules, prizes and free pupus for all participants. Register by 5pm the day of the event. Claim your seat at the tournament by 6pm; unclaimed spots will be filled on a first come, first served basis. No one is permitted to join once the tournament has begun.

FAMILY FUN BINGO NIGHT
WED, APR 22 • 6PM • SHENANIGANS • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED DROP IN EVENT
Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5 bingo card.

FLOWER LEI MAKING WORKSHOP
SAT, APR 25 • 4:30PM • SHENANIGANS • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED DROP IN EVENT
Come learn how to create your very own flower lei! While May Day is next month, don’t be left without a lei for your child! Come and learn this skill that our Hawaiian culture takes so much pride in!

SPECIAL EVENTS
MARCH
LET THE SHENANIGANS BEGIN KARAOKE
FRI, MAR 6 • 9PM-12AM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED DROP IN EVENT
Show off your vocal skills at our monthly Karaoke Night. Best singer of the night, will be featured on our monthly Karaoke Hall of Fame placard!

TRIVIA NIGHT
TUE, MAR 10 • 6-8PM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED DROP IN EVENT
Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains!

TEXT: 808-631-9367
EMAIL: pmrfmwr@gmail.com

pmrf.greatlifehawaii.com
APRIL
LET THE SHENANIGANS BEGIN KARAOKE
FRI, APR 3 • 9PM-12AM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS - NO REGISTRATION REQUIRED, DROP IN EVENT
Come on down to Shenanigans and show us your vocal talents! Best singer of the night, will be featured on our monthly Karaoke Hall of Fame!

TRIVIA NIGHT
TUE, APR 7 • 6:30PM-8PM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS - NO REGISTRATION REQUIRED, DROP IN EVENT
Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains!

EASTRAVAGANZA
FRI, APR 10 • 4:30PM • SHENANIGANS • FREE
808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS NO REGISTRATION REQUIRED, DROP IN EVENT
Egg hunt and prizes for ALL ages; 0-2, 3-4, 5-7, 8-12, & 13-19. Join the MWR ohana and the Easter Bunny for a fun family friendly event! Don’t forget your Easter basket, running shoes for the Fitness Center’s 5K Bunny Hop!

AMERICA’S MOST WEST WARRIOR REPLENISH PARTY
FRI, APR 24 • 7PM • SHENANIGANS • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
You flexed those muscles and pushed yourself to limits unknown! You deserve to treat yourself! After the obstacle course, redeem your brews and pupus at Shenanigans and enjoy the musical talents of Kalei and Benson! Family and friends welcomed, Shenanigans will be open for food and beverage service. For more information about the America’s Most West Warrior see event info on Fitness Center page.

TRIPS, TOURS AND OUTINGS
FOUR WAYS TO REGISTER:
REGISTER AT COMMUNITY RECREATION CENTER
EMAIL: pmrfmwr1@gmail.com
TEXT: 808-631-9367
CALL: 808-335-4346
CANCELLATIONS MUST BE AT LEAST 48 HOURS IN ADVANCE FOR A FULL REFUND.

MARCH
EZ BEACH DAY BBQ – MACARTHUR PARK
SAT, MAR 7 • 10AM-2PM • VAN DEPARTS CRC 9AM • KEAKA BEACH MACARTHUR PARK - REGISTRATION REQUIRED FOR TRANSPORTATION ONLY BY MAR 6, ACTIVE DUTY $5; ALL OTHERS $7 • 631-9367 OPEN TO ALL MILITARY, DOD, CIVILIANS, CONTRACTORS & FAMILIES
Join us for a relaxing day at the beach and enjoy a BBQ lunch with us. No registration required, drop in event.

APRIL
EZ BEACH DAY SALT POND
SAT, APR 4 • 10AM-2PM • HANAPPEE SALT POND REGISTRATION REQUIRED FOR TRANSPORTATION ONLY BY APRIL 3, ACTIVE DUTY $5; ALL OTHERS $7 • 631-9367 OPEN TO ALL MILITARY, DOD, CIVILIANS, CONTRACTORS & FAMILIES
Join us for a relaxing day at the beach with water activities. No registration required, drop in event.

MOUNTAIN TUBING W/KAUAI BACK COUNTRY ADVENTURES
SAT, APR 18 • VAN DEPARTS 8:30AM • $5 • REGISTER FOR TUBING AND TRANSPORTATION BY APRIL 13 TRANSPORTATION FEE $5 ACTIVE DUTY; $7 ALL OTHERS • 631-9367 • OPEN TO ALL MILITARY, DOD, CIVILIANS, CONTRACTORS & FAMILIES
Join us for another Kauai adventure! Enjoy tubing down an old sugar plantation irrigation系统, through open canals, and through several tunnels hand-dug in 1870. Through it all, learn about our island’s history, culture, and natural environment. Join us and take home memories for a lifetime!

LIBERTY PROGRAM
FOUR WAYS TO REGISTER:
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**AQUATICS**

**POOL HOURS OF OPERATION**
- Monday, Wednesday & Friday:
  - Lap Swim: 11AM-1:30PM
  - Open Swim: 3:30-5:30PM
- Tuesday & Thursday: Closed
- Saturday, Sunday & Holidays:
  - Open Swim: 11AM-5PM

**MARCH**

**POOL TIP OF THE MONTH:**
**BE COOL FOLLOW THE RULES**
Come out and join our Aquatics team for some refreshing fun in the sun with the whole family. There will be lots of fun water games for everyone to participate in. All you need to bring is some sun protection, your swimsuit and a snack/beverage.

**LIFEGUARD CERTIFICATION CLASS**
**MAR 16-19 • MANA SPLASH • 335-6379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL**
Want to be a lifeguard or just learn how to save lives and be more comfortable in the water? We will be holding a lifeguard certification class here at our own Mana Splash. For more information & to sign up, come into the fitness center.

**APRIL**

**POOL TIP OF THE MONTH:**
**SIDE STROKE**
The main purpose of the side stroke is for rescuing victims when they're drowning. Also, it's a much more relaxed stroke that can be used for long-distance swimming. It can be an alternative to the usual four competitive strokes to keep your swimming sessions interesting.

**MOVIE HOUSE**
**OPEN FRIDAYS, SATURDAYS & SUNDAYS @ 7PM**
Movies are FREE. For movie schedule, go to pmrfgreatlifewaivatea.com and stay connected on Instagram @pmrfmwr and on Facebook @pmrfmoralwelfare.

**OUTDOOR MOVIE THEATER PARTY PACKAGE**
Plan your next party at the Outdoor Movie Theater. Custom packages may include: a movie of your choice, tables/chairs, tents, catering, balloons, decorations and more. Check out our Party Package brochure for more information.
IT&T AT THE COMMUNITY ADVENTURE CENTER

ON GOING ISLAND EVENTS

ALOHA FRIDAY LEI MAKING WORKSHOP
Free lei-making workshops are held every Friday at the West Kaua‘i Technology & Visitors Center from 9:30-11AM. Come learn how to create the Hawaiian symbol of aloha. For reservations and more info call 338-1332.

COCONUT MARKETPLACE ENTERTAINMENT
The Coconut Marketplace is an open-air market, which houses 70 different shops and restaurants. Every Wednesday evening the marketplace offers free entertainment at 5PM and includes local hula dancers. FMI call 822-3641.

E KANIKAPILA KAKOU PROGRAM
Composers, songwriters and kumu hula share their compositions, knowledge and love of Hawaiian music. Learn songs on the ‘ukulele and sing with the presenters in a backyard-style jam held at Island School auditorium in Puhi, Mondays, 6AM-9PM. FMI 245-2733.

HANAPEPE ART NIGHT
Every Friday, Hanapepe Town’s nine galleries open their doors for an evening of artistic adventure. Stroll through Main Street and enjoy fine art and live entertainment. You can also purchase local goodies and crafts as you make your way through the galleries. You’ll find the perfect souvenir from your visit to Kaua‘i Friday nights, 6PM. Admission is free. FMI call 246-2111.

HISTORIC WAIMEA WALKING TOUR
Tour historic Waimea, the place where Captain Cook first landed in Hawai‘i. This town was once a major population center and the home to ruling chiefs. Missionaries established schools, and rice and sugar growers changed the landscape. Every Monday, the free 90-minute tour begins at the West Kaua‘i Technology and Visitor Center @ 9:30AM. For reservations and more info call 338-1332.

KAPA‘A HISTORY TOUR
Interpretive guides from the Kaua‘i Historical Society give 90-minute walking tours on the history and architecture of Kapaa Town. Tours are held every Tuesday, Thursday, and Saturday at 10AM. Tickets are $15 for adults and $5 for keiki under 12. The minimum tour size required is 2 adults. Reservations required. FMI call 245-3373.

KAUAI MUSEUM TOUR
From Monday through Friday, docents provide interpretation of Kaua‘i and Ni‘ihau culture as they lead tours through the museum’s galleries. Free tour with admission. The tour occurs every Monday at 2PM, and every Tuesday through Friday at 10:30AM. FMI call 245-6931.

MONTHLY STARWATCH
Kaua‘i is an ideal location for astronomical observation. The Kaua‘i Educational Association for Science & Astronomy conducts a monthly starwatch at Kaumakani at the softball field at sunset. FMI on dates and times, call 332-7827.

‘OHANA DAY
Families and visitors are invited to join Kaua‘i Museum for a day of demonstrations, exhibits and fun. View native Hawaiian art and artifacts preserved in the main exhibit. Held on the first Saturday of every month. Admission is free. FMI call 245-6931.

OLD WAIMEA SUGAR PLANTATION WALKING TOUR
Tour Waimea Plantation Cottages and the neighboring Waimea Sugar Company “camp” houses, which date from the turn of the century. Tours are held every Tuesday, Thursday and Saturday at 9-10:30AM. FMI and reservations, call 337-1005.

SLACK KEY GUITAR AND UKULELE CONCERTS
Enjoy traditional Hawaiian slack key guitar and ‘ukulele every weekend at the Hanalei Family Community Center from 4-5:30PM. Tickets are $20 ($15 for keiki/seniors). FMI call 826-1469.

TAHITIAN DANCE
Urahutia Productions presents free Tahitian dance performances every Monday and Thursday from 4:30-5:15PM at Po‘ipu Shopping Village. Performances are held under the banyon tree. FMI call 742-2831.
KILAUEA ART NIGHT
LAST SATURDAY OF EVERY MONTH
Enjoy the last Saturday of the month in Kilauea town at Kilauea Art Night. Discover locally made pottery, wood work, original fine art, jewelry, organic skincare, handmade soaps, wish trees, apparel, chocolates and more. There is a wide variety of food vendors from around Kauai. Enjoy dinner listening to live music; 3 musical offerings each month on the grounds of the historic stone building. Don't miss the Keiki Fire & Light performance at 7pm on the back lawn! Join us every last Saturday from 4 to 8pm in Kilauea.

KEALIA FARM MARKET & TOURS
MON & FRI 3-7PM
The farmers at Kealia offer their produce and products under a covered lanai at Kealia Farm. Visitors can take a wagon ride to tour the farm and waterfall during the market.

COMMUNITY RECREATION CENTER (CRC)
LOCATED IN BLDG 1293
Come in to get out at our one stop shop. We have all the outdoor gear ready for your island needs. Beach chairs, boogie boards, surfboards, snorkel gear, kayaks, camping equipment and more. Have fun in the sun, Kauai style. FMI call 335-4195

MANA MOTORS AUTO SKILLS
PMRF / MWR 4TH ANNUAL CAR SHOW
SATURDAY MARCH 28 • 11AM-4PM
SHENANIGANS PARKING LOT • FREE • 335-4439
OPEN TO THE PUBLIC
Join PMRF / MWR for a day full of fun and excitement of viewing some of Kauai's most incredible custom cars, classic cars, bikes, trucks, hot rods, race cars and more. This year’s MWR 4th Annual Car Show is being held at the Shenanigans parking lot and will be a general public “Open Base” event. Automotive products vendors, Food vendors, great sounding music, and the Kauai Community will get together for a day of fun and entertainment for all to enjoy.

MARCH MWR ASC SPECIAL
What you should know about accessory drive belts & preventive maintenance. Even with today’s advanced technology in serpentine & “V” drive belts, like engine oil, they will eventually wear or even fail beyond normal usage. About 95% of today’s vehicle use serpentine drive belts to run accessories like the engine's alternator, power steering, A/C, and even the water pump. Excessive engine heat takes place under the vehicle’s hood. When that happens along with environmental surroundings (road dirt, sand, saltwater mist, and other foreign matters), drive belts take extreme punishment and begin to dry out. This will then lead to drive belt fatigue causing the belt to develop cracks right down to the fiberglass web then belt failure will occur. For the month of March, if you are in need of changing your accessory drive belts on your vehicle, receive a 10% discount on your purchase of belts through Mana Motors and also receive the first hour of shop usage time at “no charge.”

APRIL MWR ASC SPECIAL
Is your vehicle in need of repair? Are you trying to get parts for your vehicle but just don’t have the time? Not to worry. Your MWR Auto Skills Center can acquire almost any part your vehicle may need. Whether you are looking for tune-up parts, shocks, steering components, electrical components, radiator, hoses, oil filter, vehicle fluids, or even brake rotors & pads, we can get the parts you need.
For the month of April, purchase any repair parts you may need, and receive a 10% discount off resale. Also, receive one hour of lift use at no charge when required for repairs.
(All specials apply to Active Duty Personnel and Spouse) (MWR ASC is a self-help program)
Contact Mana Motors for your automotive repair or maintenance needs.
Certified state vehicle safety inspections available.
4TH ANNUAL CAR SHOW
SHENANIGANS | SATURDAY, MARCH 28 | 11AM-4PM
OPEN BASE EVENT | NO EVENT COVER CHARGE
LIVE ENTERTAINMENT • FOOD VENDORS • PRODUCT VENDORS
CARS, MOTORCYCLES, TRUCKS & SUVS WELCOME!
REGISTER TODAY!
REGISTER TODAY! SEE BACK FOR ENTRY FORM, CATEGORIES & DETAILS!
FOR MORE INFORMATION, CALL 335-4439