



## Menu

### Tips to keep Sailors ship-shape, not super sized

Story and photos by  
MC3 Michael A. Lantron

Commander, Navy Region Hawai'i Public Affairs

Choosing the right thing to eat for lunch during a busy work day on board Naval Station (NAVSTA) Pearl Harbor may be a hard decision for some. Having so many different options available often makes it hard to make the best choice that's not only tasty and cost-efficient, but healthy too.

Musician 2nd Class Benjamin Behnken, a Silver Dolphin Bistro patron, assigned to U.S. Pacific Fleet Band, believes that the galley is the best lunch option on NAVSTA Pearl



Harbor to meet his needs.

"For the price and the quality of food, it's the best deal in town," said Behnken.

Compared to the fast-food restaurants in the area, the Edward F. Ney-award winning Silver Dolphin Bistro provides Sailors with a greater variety of healthy food choices the Navy requires through the physical readiness program stated in OPNAV 6110.1H, along with being inexpensive.

Even with an award-winning galley on base, sometimes Sailors still choose to skip out on 'Navy chow' and eat at one of the many fast-

food restaurants. Unfortunately, according to Tracy Navarrete, health promotion coordinator and nutrition counselor at Naval Health Clinic Hawai'i, Sailors often choose fast food over healthy choices.

"There are some good items at these places, but you have to choose the ones with nutritional value," she said.

She added that foods with nutritional value are usually the ones with color. An example is that green vegetables such as spinach or lettuce have an excellent protein to carbohydrate ration, and are low in fat. "For nutrients, try eating a wrap or a salad sometimes instead of the normal burger and fries," suggested Navarrete.

According to Navarrete, the goal when going to these places is to eat in moderation and watch how much you are ordering.

The Navy promotes fitness for Sailors through OPNAV 6110.1H. Whether a Sailor's career lasts for four or 30 years, the Navy encourages all Sailors to live a healthy lifestyle, but, ultimately, said Navarrete, it is the Sailor's responsibility to maintain a healthy lifestyle through exercise and a proper diet.

For more information on healthy eating, contact Tracy Navarrete at 473-1880 ext. 2247 or visit the Naval Health Clinic Hawai'i.



# Golly! Marine Corps to promote Jim Nabors

**Marine Forces Pacific Force Public Affairs Office**

Jim Nabors will be "promoted" to the rank of honorary corporal by Lt. Gen. John F. Goodman, commander, U.S. Marine Corps Forces Pacific, during a special sunset ceremony at 5:30 p.m. Sept. 25 at Kuroda Field, Ft. DeRussy, Waikiki.

The public is invited and encouraged to attend. Since seating will be on the grass, guests are encouraged to bring blankets or beach chairs.

This honorary promotion is in recognition of Nabors' years of contribution to the Marine Corps' image worldwide through the "Gomer Pyle, USMC" TV show and will be held on the 43rd anniversary of the show's premiere.

The ceremony is also in honor of his other contributions to the corps and to country.

"Jim Nabors has truly represented the Marine Corps' spirit," said Goodman. "He's Jim Nabors, the entertainer, the philanthropist, the good guy - he's one of us. His contributions to the corps and society have earned him this promotion."

On Sept. 25, 1964, Gomer Pyle marched into America's living rooms and hearts and put a very human - and often humorous - face on the United States Marine Corps. "Gomer Pyle, USMC"



USMC photo

Jim Nabors, star of the "Gomer Pyle, USMC" TV show, was made an honorary marine on Aug. 9, 2001, and received an honorary promotion to lance corporal at that time.

proved that the corps did indeed possess a sense of humor and could laugh at itself. The show lasted five years in prime time and has endured almost constantly since then in syndication.

That is a testament to the enduring qualities that Gomer possessed which shone through night after night on the program: our hallmarks of honor, courage and commitment.

Nabors was made an honorary Marine on Aug. 9, 2001 and received an honorary promotion to lance corporal at that time.

# Student outreach program targets tomorrow's energy leaders

**Krista Stehn  
Energy Conservation  
School Outreach  
Program Coordinator**

*Naval Facilities Engineering Command, Hawai'i*

The Naval Facilities Engineering Command (NAVFAC) Hawai'i Energy Team kicked off its Energy Conservation School Outreach Program in August. Targeted toward schools with a high concentration of Navy family members, the program provides the students with information on the importance of saving energy.

Three local schools chose to participate in the outreach program: Pearl Harbor Kai Elementary School, Lehua Elementary School and Aliamanu Middle School. The first school, Pearl Harbor Kai Elementary, launched the program on Aug. 24.

During two assemblies, approximately 500 students learned about various sources of energy, energy use and ways to conserve. The children were provided with energy saving tips that can easily be applied in their homes and their school, such as turning off lights and electronic equipment, securing windows and doors when air conditioning is on, recycling, and using compact fluorescent light bulbs.

"The students were overly enthusiastic and participatory in the assemblies," said Elyne Chung, principal of Pearl Harbor Kai Elementary School. "With the support of our teachers, we are encouraging maxi-



Photo by Michael Stehn

Krista Stehn, coordinator of NAVFAC Hawai'i's Energy Team Outreach Program, speaks to an excited crowd of students in kindergarten to second grade at Pearl Harbor Kai Elementary on Aug. 24. Stehn discussed where energy comes from and how it is used and can be conserved.

mum participation from our students in the program. It is our hope that this knowledge and awareness of energy conservation will be generalized in the homes of our families."

As part of the outreach

program, students are encouraged to participate in one of two contests to demonstrate what they have learned about saving energy. Elementary school children have an opportunity to compete in a "design

a bookmark" contest, while the middle school students may take part in a "create a poster" contest.

Winners will be chosen from each grade of each participating school. The winning bookmarks and posters will be printed and distributed throughout the students' schools and winners will receive recognition from Navy Region Hawai'i senior officials. In addition, winning entries will be on public display at the Pearl Harbor Navy Exchange during Energy Conservation Month in October.

"I am encouraged by the eagerness of the students participating in the school outreach program," said Capt. Taylor Skardon, commanding officer, Naval Station Pearl Harbor. "The program contributes to the Navy's continuing efforts to build partnerships with the local community while also educating our youth on the value of conserving precious resources," he said.

Following the successful launch of the Energy Conservation School Outreach Program at Pearl Harbor Kai Elementary School, the NAVFAC Hawai'i Energy Team continued its efforts at Aliamanu Middle School in late August and will begin the program at Lehua Elementary School at the end of September.

It is estimated that the program will reach approximately 1,800 students and the Navy's energy team expects it will positively impact local schools, Navy families and the Navy community in Hawai'i.

## Construction projects around Pearl Harbor

**Navy Facilities  
Engineering  
Command  
Hawaii**



The Navy Environmental and Preventive Medicine Unit Six (NEPMU-6) will have a new home on Naval Station (NAVSTA) Pearl Harbor, near the old Marine Barracks area, in late 2008.

Primatech Construction Inc. was awarded this \$6.8M contract by NAVFAC Pacific in July 2007. Construction is expected to get underway in early October. The contractor is currently setting up office in a parking lot at the intersection of South Avenue and Fuller Way. The new, 17,750 square foot., single story, state-of-the-art facility will be built in the adjacent, currently green, area near the intersection. NAVFAC Hawaii's facilities engineering

and acquisition division will be administering the Primatech contract.

NEPMU-6's mission is to provide expert and specialized consultation, advice and recommendations in matters of preventive medicine and environmental health to commands afloat and ashore, to provide epidemiological, laboratory and technical services to assist in the detection and elimination of direct or potential health hazards to personnel in the naval service and their families, and to provide training and indoctrination of personnel in the methods and techniques of preventive medicine.

The primary effort of the unit is directed toward the more complex health problems that may be beyond the technical capacity of individual commands. This project will provide NEPMU-6 laboratories (indus-

trial hygiene, environmental health, epidemiology, microbiology, entomology, force health protection), administrative and logistics functions, education/training classrooms and environmentally controlled storage for expeditionary equipment and supplies.

### **Scheduled road closures around Pearl Harbor:**

Naval Station Pearl Harbor:

- The parking lot at the corner of South Avenue/Fuller Way will be unavailable for parking in support of a new Environmental and Preventative Medicine Unit military construction project in the area. Expected project completion is Nov. 26, 2008.

- The road between Frederick Street and Willamette Street will be closed due to paving work through Oct. 19. This work will affect the following facilities: Popeye's Chicken, Navy Exchange Barber Shop, Enterprise and McDonald's.

## Third Annual Halo 2/Paintball All Services Tournament

On Sept. 28, single Sailors can sharpen their skills to compete in the Halo 2 Tournament at Instant Liberty at Club Pearl beginning at 6 pm. Four of the Navy's top players chosen during the preliminary round held Sept. 14 will compete against the top players from other branch of services. A paintball tournament will be held starting at 10 a.m. Sept. 29 at

Marine Corps Base Hawaii - Kaneohe Bay paintball field. All participants will receive a T-shirt and prizes will be awarded to all winners. An award ceremony and barbecue will follow on Sept. 29 at Pyramid Rock, Kaneohe Bay. For more information, call 473-4279.



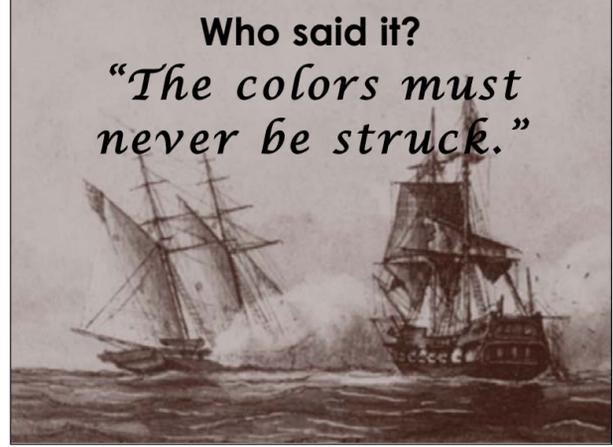
# Skylark CENTRAL

## Find these 42 Tropical Trees

WORD SEARCH

- |               |                |              |
|---------------|----------------|--------------|
| ACKEE         | MANGO          | GOLD TREE    |
| COCONUT PALM  | BANYAN         | RUBBER TREE  |
| KAPOK         | DURIAN         | CALABASH     |
| AFRICAN TULIP | MESQUITE       | GOLDEN RAIN  |
| COFFEE TREE   | BAOBAB         | SANDALWOOD   |
| LIPSTICK TREE | EBONY          | CANDLENUT    |
| AVOCADO       | MONKEYPOD      | GUAVA        |
| GRAPE MYRTLE  | BOTTLEBRUSH    | SAUSAGE TREE |
| LYCHEE        | ELEPHANT'S-EAR | CASUARINA    |
| BAMBOO        | PAPAYA         | JACARANDA    |
| DATE PALM     | BREADFRUIT     | SCREW PINE   |
| MAHOGANY      | FLAME TREE     | CHINABERRY   |
| BANANA        | ROYAL PALM     | JACKFRUIT    |
| DRAGON TREE   | CACAO          | TEAK         |

MONKEYPOD JENAYNABM  
 LIPSTICKTREE EHCYLAG  
 ABSIAUHAREULTYANOD  
 PEAEELNESEEEETRDGLBN  
 LOYEI UURUNERAODSAA  
 AMTKEATNOREYTTNABA  
 YELCVRFNDBBMMREENBO  
 OTRAESTNAHPELEMDEE  
 RAUBPMENCCEPLRAANI  
 LGBNUTIAOLIAATTRLLY  
 HURAEHUFVGBRNETWOF  
 RSEACL FNACACFGJOK  
 NIARNEDLOGAREAAOBA  
 IPDBEBONYCNSDSCDMP  
 UEFTAYAPAPOOUUKMAO  
 PCRIELMNECOCEAFDBK  
 LEUADNARACA JQSRBOA  
 ENIPWERC SNMESQUITE  
 MITOMLAPETADURIANT  
 ABMAHOGANYALAGTEAA



Answer to last week's  
**WHO SAID IT?**  
 "Every good citizen makes his country's honor his own, and cherishes it not only as precious but as sacred. He is willing to risk his life in its defense and is conscious that he gains protection while he gives it."  
 - Andrew Jackson

## Find 50 names of U.S. Governors of each state.

WORD SEARCH

- |             |            |                |
|-------------|------------|----------------|
| BALDACCI    | RENDELL    | MANCHIN        |
| GIBBONS     | BREDESEN   | SCHWARZENEGGER |
| PATRICK     | HUNTSMAN   | DOUGLAS        |
| BARBOUR     | RICHARDSON | MINNER         |
| GRANHOLM    | CARCIERI   | SCHWEITZER     |
| PAWLENTY    | KAINE      | DOYLE          |
| BEEBE       | RILEY      | NAPOLITANO     |
| GREGOIRE    | CORZINE    | SEBELIUS       |
| PERDUE      | KULONGOSKI | EASLEY         |
| BLAGOJEVICH | RITTER     | O'MALLEY       |
| HEINEMAN    | CRIST      | SPITZER        |
| PERRY       | LINGLE     | FLETCHER       |
| BLANCO      | ROUNDS     | OTTER          |
| HENRY       | CULVER     | STRICKLAND     |
| RELL        | LYNCH      | FREUDENTHAL    |
| BLUNT       | SANFORD    | PALIN          |
| HOEVEN      | DANIELS    |                |

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

**Q. USS Cowpens shares its pennant number with which U.S. carrier?**

Last week's question...  
 Which ship is credited with getting under way under the command of junior officers during the attack on Pearl Harbor?  
**Answer...** The destroyer USS Aylwin (DD 355), manned by 50 percent of her crew under the direction of four ensigns—the senior officer, Ensign Stanley B. Caplan, had served at sea for only some eight months—proceeded out of Pearl Harbor, stripping ship for war and simultaneously maintaining a "continuous fire." Her machine gunners claimed to have downed at least three aircraft; but, in the light of the tremendous volume of antiaircraft fire from all ships, her kills cannot be proven conclusively.

# Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

**DEADLINE TO REGISTER FOR RALLEYBALL**  
 The deadline to register children for ralleyball is Sept. 28. Register at the MWR youth sports office, located at 620 Main St. (off Valkenburgh) at building 3456. When registering, parents should bring their child's birth certificate and a current physical examination card. The season runs from October to December. The cost is \$20. This sport is open to all military-affiliated youth, ages eight to 12. For more information, call 474-3501.



**AFTER DARK AT BEEMANS**  
 Catch the nightlife at After Dark at Beemans from 8 p.m. to 2 a.m. every Friday and Saturday at Pearl Harbor. Live bands and DJs will rock the house. Free non-alcoholic drinks and pupus will be served. Admission is free and open to all active duty and military family members. Each can sponsor up to three guests. All patrons must be 18 years old and older. For more information, call 473-4279.

For more information on Navy Region Hawai'i MWR events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

Community Calendar

September



**25** - Hawai'i Governor Linda Lingle will host the fourth annual International Women's Leadership Conference (IWLC), "Inspiring Today, for Tomorrow," at the Sheraton Waikiki Hotel and Resort. Online registration for conference attendees and sponsors is now available through the conference Web site, [www.iwlchi.org](http://www.iwlchi.org). The public is encouraged to attend. Registration fees are \$195 per person, \$150 for government/military (with government business card/military ID) employees, and \$99 for students. The fee includes continental breakfast and lunch at the conference.

Sharkey Showtimes



## The Bourne Ultimatum (PG 13)

All he wanted was to disappear. Instead, Jason Bourne is now hunted by the people who made him what he is. Having lost his memory and the one person he loved, he is undeterred by the barrage of bullets and a new generation of highly-trained killers. Bourne has only one objective: to go back to the beginning and find out who he was. Now, in the new chapter of this espionage series, Bourne will hunt down his past in order to find a future. He must travel from Moscow, Paris, Madrid and London to Tangier and New York City as he continues his quest to find the real Jason Bourne--all the while trying to outmaneuver the scores of cops, federal officers and Interpol agents with him in their crosshairs

**TODAY**

7:00 PM The Bourne Ultimatum (PG 13)

**SATURDAY**

2:30 PM Underdog (PG)  
 4:45 PM No Reservations (PG)  
 7:15 PM Hot Rod (PG 13)

**SUNDAY**

2:30 PM The Simpsons Movie (PG 13)  
 4:45 PM Underdog (PG)  
 7:00 PM The Bourne Ultimatum (PG 13)



## NAVFAC Hawai'i oversees installation of 'Giant Voice' towers



### Naval Facilities Engineering Command Hawai'i

NAVFAC (Naval Facilities Engineering Command) Hawai'i is administering the installation protection program or "Giant Voice" project on Oahu by overseeing Science Applications International Corporation (SAIC) and MadahCom Inc. erect 17 mass notification towers on Navy installations.

The two contractors executing this contract are Science Applications International Corporation (SAIC) - a leading systems, solutions and technical services company, which offers a broad range of expertise in defense modernization efforts, intelligence, homeland security, logistics and product support, health and life sciences, space and earth sciences and global commercial services, and MadahCom Inc., an emergency control and mass notification solutions company.

Mass notification is the capability to provide real-time information to all personnel during emergency situations.

All Department of Defense components are required to provide mass notification capability.

The newly-installed mass notification system on Oahu Navy bases will provide base-wide siren signals and pre-recorded and live voice messages.

**U.S. Navy photo by Denise Emsley**

A crane gently lifts the mass notification tower's middle and top section, with speakers, to connect it to the base section already in place. There will be a total of 17 mass notification towers. The 18th speaker system will be placed on top of the submarine base dive tower.

### Fleet and Family Support Center honors ombudsmen



**U.S. Navy photo by Navy Region Hawai'i Fleet and Family Support Center**

Ombudsmen were honored for their significant contributions to their commands and the command families at an ombudsmen appreciation dinner held Sept. 7 at the Hickam Air Force Base Officer's Club. The event was hosted by Fleet and Family Support Center (FFSC), Pearl Harbor; Commander, Navy Region Hawai'i (COMNAVREG HI); Commander Patrol Reconnaissance Wing Two (COMPATRECONWING TWO); and Commander, Submarine Force, U.S. Pacific Fleet (COMSUBPAC).

# Friends and Films on the Fantail

## USS Missouri Memorial Association

Continuing the long-standing naval tradition of movies "aboard ship," PBS Hawai'i partnered with the USS Missouri Memorial Association to present "Friends and Films on the Fantail," the first in a series of intergenerational discussions, held Sept. 15 at the Battleship Missouri Memorial at Pearl Harbor.

As part of the program, 36 Hawai'i students from Molokai, the Big Island and Oahu schools were invited on a rare overnight experience aboard the decommissioned battleship Missouri, best known as the site of Japan's formal, unconditional surrender that ended World War II. One of the many highlights of the evening was a special 25-minute preview of the Ken Burns documentary series, "The War," which will begin airing Sept. 23 on PBS Hawai'i.

After several Navy-themed orientation and leadership-building activities, students were joined by adult participants for a hearty meal of meat loaf and mashed potatoes on the Missouri's mess deck and then for the documentary preview. Following the presentation, Bishop Museum collections manager DeSoto Brown moderated a discussion between the students, veterans and supporters of PBS Hawai'i and the Missouri, who were divided into groups on the fantail to share their reactions.

Participants included Mary Bitterman, national PBS chairwoman and former president and CEO of PBS Hawai'i, as well as state Senator Norman Sakamoto, State Representative Kirk Caldwell, U.S. Pacific Fleet Command Master Chief Tom Howard, Bank of Hawai'i



Photo courtesy of the USS Missouri Memorial Association

A student shows off her hearty meal of meat loaf and mashed potatoes, served hot from the Battleship Missouri Memorial's mess deck, as part of PBS Hawai'i and the USS Missouri Memorial Association's "Friends and Films on the Fantail" on Sept. 15.

president and CEO Al Landon, and Mr. Sandy Gaston (who has the distinction of being the Missouri's first donor).

"The Battleship Missouri provided a fitting venue for Ken Burns' 'The War' and an outstanding context for a discussion among generations," said Leslie Wilcox, president and CEO of PBS Hawai'i. "We were pleased to offer this opportunity for meaningful dialogue between our local youth and our veterans."

Don Hess, president and chief operating officer of the USS Missouri Memorial Association, added, "Our partnership with PBS Hawai'i is a natural next step toward the realization of what we envision as the

'Mighty Mo campus,' a virtual classroom environment at the Battleship Missouri Memorial that links the legacy of American veterans to the generations of tomorrow. Our goal is to inspire. All the Missouri's programs are rooted in our core objectives: to remember, to honor and to educate."

With assistance provided by PBS Hawai'i and its supporters, the event was attended by 16 students from Kualapuu Elementary School on Molokai, 10 students from Parker School on the Big Island, and another 10 elementary school students from Nanakuli Intermediate and High School on Oahu. Two adult chaperones from each school also participated.

Just like real sailors, overnights slept in crew berthing areas, stored their gear in crew lockers, ate Navy-style meals on the ship's mess deck, and used shipboard restrooms and shower facilities. Other activities fostered team and leadership skills, increased knowledge of American history, and promoted time-honored naval traditions. A busy schedule kept the campers active through the next day.

Six years in the making, Ken Burns' seven-episode, 15-hour epic focuses on the World War II experiences of Americans from four geographically distributed communities, each uniquely affected by "the greatest cataclysm in human history."



## New Subway opens at Naval Station Pearl Harbor

### Scheherezade Roundtree

Navy Exchange Hawai'i Marketing

In partnership with the Navy Exchange, Subway is the latest addition to arrive at what was formerly known as the Docking Station at Naval Station Pearl Harbor. Subway fans can now enjoy the healthy cuisine at this newly-remodeled eatery, which is located on North Road next to Club Pearl.

Unlike the typical Subway setting, this particular restaurant is nestled away on a grassy hillside behind Einstein Bros. Bagels. The site is a draw for those seeking more inviting and serene surroundings while dining, particularly during the lunch rush. In addition, patrons are treated to a more relaxed ambience whether dining in or outdoors. With the rolling green hills, mountain views, and ample picnic-style seating, the new location offers a place for families and friends to hang out and enjoy a meal. If patrons wish to dine indoors, the dining hall seats over 100 customers comfortably.

Prior to its opening, the venue underwent a complete renovation. The entire facility was once the Diosdado Rome Mess Hall, which catered to the Sailors from surface ships in the area. Now the revamped facility is bright and cheery, complete with new wood flooring, fixtures and wallpaper which store owner, Jim Philson,

believes gives the restaurant a classier appeal. "Our goal is to get better utilization of the facility, educate people about what is here, and develop things that will allow us the opportunity to service them and their needs," said Philson. He and his wife/co-owner, Judy, a former Marine-Corps family, are attuned to the needs of the military community and still feel very much a part of that community.

Although the look has changed, customers can still expect Subway's fair prices, fresh food and great service. The venue is also a place to hold special functions, parties, luncheons, or meetings in the private dining area with adjoining outdoor decks.

Patrons can take advantage of the cozy seating area called the "comfort zone" while enjoying a sub sandwich or bagel, reading a newspaper, or even doing a crossword puzzle. The facility has also been retrofitted with a "hot spot," or free WiFi capability, in the main dining area allowing customers to stay connected while away from the ship or office.

Hours of operation are currently 9 a.m.-3 p.m., Monday-Friday; however, a grand opening is anticipated around Oct. 1 and the hours of operation may be extended after that date. Those who wish to reserve the private dining hall or make catering requests should contact Jim or Judy Philson at 864-2599 or e-mail at jphilson@aol.com.