

SURFACE LINE WEEK

rolls through Pearl Harbor

**MC3
Michael
A. Lantron**

*Navy Region
Hawaii's Public
Affairs*

**Afloat Training
Group**

**Middle
Pacific (ATG
MIDPAC) and
the Surface
Navy
Association
(SNA), Pearl
Harbor chapter,**
hosted an awards
picnic on Nov. 2 at
Ward Field onboard
Naval Station (NAVSTA) Pearl Harbor. The event commemorated the end of the 23rd Annual Middle Pacific Surface Line Week (SLW).

Various events were held at locations in the Pearl Harbor area from Oct. 26 to Nov. 2 and at the picnic, first, second and third place awards were presented to the winning commands for the various events and overall competition.

"This is always a fun time to get everyone together to show off their skills and to have friendly competition throughout the ships on the waterfront," said Capt. Dell Epperson, president, SNA, Pearl Harbor chapter.

During the final day's events at the picnic, the commands participated in a tug-of-war battle and a variety of food judging competitions, including a barbecue cook-off contest and cake decorating graded on culinary skills.

"The big reason for the picnic was to offer fellowship for all the ships in Pearl Harbor to come together, have a great time and end the week's events on a high note," said Lt. j.g. Kory Peterson, training liaison officer, ATG MIDPAC.

A major highlight of the picnic was USS Hopper's (DDG 70)

team of culinary specialists sweeping the three food judging competitions, and in doing so, winning the overall competition on the final day.

"Being on a ship, sometimes we get overlooked because we are culinary specialists," said Culinary Specialist 2nd Class (SW) Stanley Smith, assigned



U.S. Navy photo by MC1 (AW/SW) James E. Foehl
Boatswain's Mate 2nd Class (SW) Stephen Rauch, assigned to the Pearl Harbor-based guided-missile destroyer USS Hopper (DDG 70), pipes "lunch for the crew" using a boatswain's pipe.

to Hopper. "Today we showed that we have a lot of various skills, we're not just regular cooks."

Throughout the week-long contest, 19 events were held, including a surface rescue swimmer competition, a rigid-hull inflatable boat race and regatta, and the Seamanship Olympics. The events allowed Sailors to show off both their professional and athletic skills and were scored by both participation and performance.

"The participation throughout the event was phenomenal. Every ship that was in port gave 100 percent and some even provided more than one team for various events," said Peterson.

Hopper came in first place and won the overall event with 94 points, USS Chafee (DDG 90) finished second with 82 points, and USS Lake Erie (CG 70) came in third with 63 points. SLW puts Sailors against each other in friendly competition to promote camaraderie, rating skill development, and teamwork.



(Left) Seaman Raymond Requejo, assigned to the Pearl Harbor-based guided-missile destroyer USS Chafee (DDG 90), tosses a heaving line during a heaving line toss competition.

U.S. Navy photo by MC1 (AW/SW) James E. Foehl

(Below) Culinary Specialist 3rd Class Korhy Flanary, assigned to the Pearl Harbor-based Arleigh Burke-class guided missile destroyer USS O'Kane (DDG 77), carves a watermelon for a culinary skills competition.

U.S. Navy photo by MC3 Michael A. Lantron



(Above) Culinary Specialist 3rd Class Angel Marte, assigned to the Pearl Harbor-based Ticonderoga-class guided missile cruiser USS Chafee (DDG 90), cooks barbecued chicken on a grill during a picnic at Ward Field onboard Naval Station Pearl Harbor as part of Surface Line Week 2007.

U.S. Navy photo by MC3 Michael A. Lantron



(Above) U.S. Coast Guard Food Specialist 3rd Class Michael Young, assigned to the Honolulu-based Hamilton-class high endurance cutter USCGC Jarvis (WHEC 725), prepares to spike the ball over the net during a volleyball match against Sailors assigned to the Pearl Harbor-based Arleigh Burke-class guided-missile destroyer USS Hopper (DDG 70) during a double elimination volleyball tournament

U.S. Navy photo by MC3 David N. Dexter



(Left) Boatswain's Mate Seaman Steven Bryant, assigned to the Pearl Harbor-based guided-missile destroyer USS Chafee (DDG 90), races to create a knot during a knot tying competition during a Seamanship Olympics event at Ward Field on board Naval Station Pearl Harbor.

U.S. Navy photo by MC1 (AW/SW) James E. Foehl

Navy Recycling Center accepting untreated wood

Story and photo by Denise Emsley

Naval Facilities Engineering Command Hawai'i Public Affairs

Earlier this year during the Earth Day Celebration, the Navy Recycling Center at Pearl Harbor temporarily introduced wood recycling to its long list of collected items. As a result, the center successfully collected and recycled a total of 18,340 pounds of wood.

"My thanks to everyone who participated in Earth Day and testing the acceptance of wood by the Center," said Wendy Ray, operations manager, Naval Facilities Engineering Command (NAVFAC) Hawai'i's Navy recycle center. "Your efforts proved that the center could permanently increase its list of recyclables and assist with the Navy's wood recycling needs."

Currently, wood deliveries



Navy Recycling Center personnel move untreated wood pallets that can be recycled, saving the Navy from adding recyclables to the non-recyclable waste stream.

are by appointment only. Navy commands must follow the center's strict guidelines before wood items will be accepted. The main rule is that the wood must be

"untreated wood." This is wood in its pure state. It can be in any form and can include untreated scrap wood and pallets made of plywood (no particleboard).

"Pure state" means there should be no paint, varnish or any other coatings or attachments, with the only exception of nails (no bolts) on the untreated wood.

These rules must be strictly enforced by the center so that the wood collected can assist the Navy's efforts in diverting waste from island landfills and H-Power as well as decrease the Navy's overall waste disposal costs. In addition, recycling untreated wood pallets will stop the good ones from being thrown into the waste stream, thereby saving resources, energy, and preventing pollution generated from making new pallets.

"All Navy commands should work towards recycling as much of their waste stream as possible," said Ray. "We invite all comments and suggestions to assist the center in better servicing you in your recycling needs. Together, we can meet the Navy's goal of

maximizing the waste diversion rate."

Those interested in recycling wood should call 474-9207 for an appointment. When an appointment is made, untreated wood may be taken to building 159, off Russell Avenue, for inspection prior to drop off.

For other recyclables, the center is open from 7:30 a.m. to 3:30 p.m. Monday-Friday. Window bins are available 24-hours/seven days a week for aluminum and steel cans, plastic/glass bottles and jars, paper, shredded paper, newspapers and magazines, corrugated cardboard, metal, wire, cell phones, and toner cartridges. Bulky items may be delivered from 8 a.m. to 2:30 p.m. Monday-Thursday and 8-11:30 a.m. Friday.

"By separating your recyclables, you make the center more efficient," said Ray. "Separation doesn't have to be painful."

In addition to delivering

items to the Navy Recycling Center throughout the work week, center personnel currently pick-up materials from over 135 pre-arranged locations, including offices, mini marts and the piers. Commands that would like to establish a regular pick-up point, or who are in need of assistance in picking up large quantities of items, should call the center.

There are a number of non-recyclable materials that will not be accepted. These include hazardous materials (batteries, tires, paint or aerosol cans, and fluorescent bulbs), office consumables (envelopes with plastic windows, sticky notepad paper, manila folders, self-carbon paper and colored paper), as well as milk cartons, cereal boxes and plate glass.

For more information about what the Navy Recycling Center accepts, contact Wendy Ray at 474-9207.

Observe America Recycles Day on Nov. 15

Visit the Navy Recycling Center between 10 a.m. and 2 p.m. and receive your free re-usable shopping bag with Navy recycling instructions inside. Please come and join the team.



The center is open from 7:30 a.m. to 3:30 p.m. Monday-Friday. Window bins are available 24-hours/seven days a week for aluminum and steel cans, plastic/glass bottles and jars, paper, shredded paper, newspapers and magazines, corrugated cardboard, metal, wire, toner cartridges and cell phones. Bulky

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Veterans' Day weekend concert



The Pacific Fleet Wind Ensemble will honor veterans with a patriotic performance at 6 p.m. tonight. The free concert will be held on the lawn behind The Banyans at Naval Station Pearl Harbor. Attire is casual aloha wear. The event is open to all active duty, military-affiliated and Department of Defense personnel, family members and sponsored guests. For more information, call 473-0606.

'Woof walk' promotes fitness

Story and photo by
Judy Kosaka

Navy Region Hawai'i MWR
Fitness

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) Fitness ended the month of Walktober with a Woof Walk held Oct. 27 on Ford Island.

Twenty-eight canines with their owners, families and friends came together for this short half-mile walk past the USS Utah Memorial. Big dogs, small dogs, long dogs and skinny dogs all came together to celebrate this event.

After the walk, contests were held. The winners for each contest were: largest dog, "Ranger," a yellow lab (owners Gerald and Carol Hamilton); smallest dog, "Halo," a smooth coat chihuahua (owners Jennifer and Alex Sotak); most obedient, "Sandy," a lab shepherd mix (owner Steve Barbee); best trick, "Guinness"; loudest bark, "Dudley," a labrador mix (owner Sara Vandusen); fastest tail wagger, Matilda, a Jack Russell (owners John and Dianne Aldrich); and best costume, "Hale Hina" as "Dog- the Bone-ty Hunter," a Tibetan spaniel (owner Allen Agor).



Pet owners wait to hear the results of the canine character contest at the end of Woof Walk on Oct. 27 on Ford Island.

Walking your dog can be a great year-round activity that makes both you and your dog happy and healthy.

For more information about the next fitness event, stay tuned to www.greatlife-hawaii.com.

Great American Smokeout planned for Nov. 15

Health Promotion
Department Staff

Naval Health
Clinic Hawai'i

It is not easy to quit smoking and there are many ways to kick the habit. Some people find success going "cold turkey" by taking part in

the American Cancer Society's Great American Smokeout (GASO) on Nov. 15. To mark the event, the health promotion department at Naval Health Clinic Hawai'i encourages everyone to participate in the Puff/Dip or Cold Turkey Walk for a Mile at Makalapa Branch Health Clinic between 7:30 and 11:30 a.m. or the Kaneohe Bay Branch Health Clinic between 1:30 and 3:30 p.m. on Nov. 15.



Participants will walk a mile and receive an opportunity ticket for a prize.

Smokers can also sign a pledge form to live a smoke-free life.

Naval Health Clinic Hawai'i offers a tobacco cessation program for military beneficiaries. For more information on group meetings, contact the Naval Health Clinic Hawai'i's health promotion department at 473-1880, ext. 2282.

Stop smoking tips

The American Cancer Society suggests the following tips to help smokers get through the day, or any day, without tobacco.

- Prepare for life as a non-smoker by removing all ciga-

rette-related material from your home and office. It will help avoid temptation.

- Smoking urges are worse in the first two weeks. After that they are most likely to recur in situations associated with smoking.

- Try to avoid situations that encourage smoking. If you can, practice telling people you've just quit or that you're a non-smoker.

- Change your routine. If you always have a cigarette with your coffee, drink tea or juice instead. If you always smoke while watching the evening news, read the paper.

- Use the many tools available, such as tobacco cessation classes.

The Party Animals Live to present program at Pearl Harbor

Sara Mizushima

Navy Region Hawai'i Fleet
and Family Readiness,
Marketing

In celebration of Military Family Appreciation Month, The Party Animals Live will perform at 3:30 p.m. Nov. 17 at Pearl Harbor's Ward Field. The lively rock 'n roll band, consisting of Kaiya the Kangaroo, Walter the Fox, Brandon the Bear and Lance the Lion, will put on a free interactive rock 'n roll musical extravaganza for the whole family.

"The Party Animals Live are brought here on tour to give military families something special to celebrate Military Family Appreciation Month. This is a unique treat," said Lara Katine, Morale, Welfare and Recreation (MWR) special events program director. The Party Animals Live promise to make their visit special. "We're going to create a party from start to finish," said Mark Allen Ruegg, creator of the show.

At 3:30 p.m., the pre-show party will include face painting, balloon twisting, bounce houses and stilt-walkers. Families can snack on

some free ice cream, sponsored by Forest City Residential Management, while supplies last. If they are hungry for more, food from A Catered Experience will be sold.

Then at 4:30 p.m., The Party Animals will take the stage with some other friends to put on one of the coolest shows ever. Kaiya the Kangaroo will sing her heart out and play her keyboard. Motorcycle riding Walter the Fox will sing and rip out some tunes on his guitar. Brandon the Bear, a grunge skateboarder, will accompany them with his bass guitar. And Lance the Lion, a health nut, will pound out some beats on his drum set. Together, they will put on a show to remember with dancing games, interactive fun and original music. Kids and adults can even sing along to the "Rock-a-Byes" where well-known children songs are put to a rockin' beat.

"We create music that

parents like and kids can dance to. The music we create has a really cool fun beat with child friendly lyrics," said Ruegg.

"You are bringing kids to a kids' party," said Katine. "The show is so visual, clear and colorful."

To close out the party, kids are invited to meet and greet with the Party Animals cast after the concert for autographs and to purchase CDs. "Basically, we hope to put some smiles on these kids," said Ruegg. "We just returned from our tour in Europe, putting on 12 shows in 18 days and in five different countries and we got the best response. And we're looking forward to providing the same quality show in Pearl Harbor," said Ruegg.

The event is free and open to all active duty, military-affiliated and Department of Defense personnel, family members and sponsored guests. Music and entertainment are geared for children ages two to eight. For more information, visit www.greatlife-hawaii.com or call 473-0606.



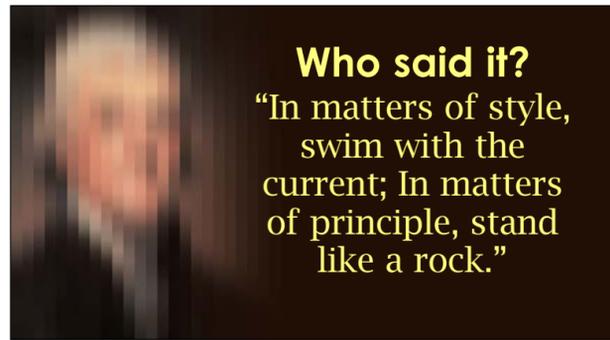
Skylark CENTRAL

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| ABLE-BODIED | IN GOOD SHAPE | VIRILE |
| HARDY | STRONG | FIT AS A FIDDLE |
| SPRIGHTLY | BRIGHT-EYED | RIGHT |
| ACTIVE | IN THE PINK | WELL |
| HEALTHY | STURDY | FRESH |
| SPRY | BUSHY-TAILED | ROBUST |
| ALL RIGHT | IN TIP-TOP SHAPE | WHOLE |
| HUNKY-DORY | TOUGH | GOOD |
| STOUT | CHIPPER | ROSY-CHEEKED |
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| IN FINE FETTER | VIGOROUS | HALE AND HEARTY |
| STRAPPING | FIRM | SOUND |
| BLOOMING | PHYSICALLY FIT | |

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Who said it?

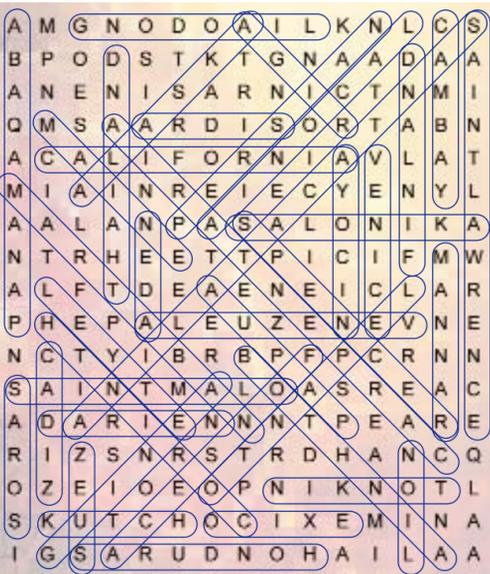
"In matters of style, swim with the current; In matters of principle, stand like a rock."

Answer to last week's **WHO SAID IT?**
 "IT IS NECESSARY FOR US TO LEARN FROM OTHERS' MISTAKES. YOU WILL NOT LIVE LONG ENOUGH TO MAKE THEM ALL YOURSELF."
 -Admiral Hyman Rickover

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| SAINT-MALO | MANNAR | GUINEA |
| BOTHNIA | SPENCER | PAPUA |
| LEYTE | CORINTH | VENEZUELA |
| SALONIKA | MARTABAN | HONDURAS |
| CADIZ | SUEZ | PERSIAN |
| LIAODONG | DARIEN | VENICE |



Q. What is the origin of "Don't Tread on Me" as used on the Navy Jack?

Last week's question...
 Who was the Navy's first female fighter pilot?

Answer...
Lt. Kara Hultgreen, the Navy's first fully qualified female fleet fighter pilot, was only 29 when her Tomcat slammed into the Pacific Ocean in 1994 - sadly making her the first woman combat pilot to die in service.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation



NCTAMS TURKEY TROT 5K RUN/WALK
The Naval Computer and Telecommunications Area Master Station (NCTAMS) will host the NCTAMS Turkey Trot beginning at 7 a.m. Nov. 19 at NCTAMS Fitness Center. All Morale, Welfare and Recreation (MWR) patrons can enter this 3.1-mile run/walk. The entry fee is one canned good that will be donated to the Holiday Food Bank. Awards will be given to the top three finishers (male and female in each category). First place winners will receive a turkey. Second place winners will receive a chicken and the third place prize will be a cornish hen. FMI: 653-5542.

LIBERTY THANKSGIVING DAY FEAST
A free Thanksgiving feast for all single Sailors will be provided at 5 p.m. at Liberty In Paradise. Come and enjoy a traditional meal of turkey and gravy with all the fixings. FMI: 473-4279.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

November

14 ~ The deadline for feedback for bachelor housing resident satisfaction surveys is fast approaching. Commander, Navy Installations Command is sponsoring the annual Navy-wide survey for all unaccompanied Sailors. FMI: Evelyn Almaraz, bachelor housing resident manager, at 473-0348 or email at evelyn.almaraz@navy.mil.

15 ~ In conjunction with the American Cancer Society's Great American Smokeout, the health promotion department at Naval Health Clinic Hawai'i encourages everyone to participate in the Puff/Dip or Cold Turkey Walk for a Mile from 7:30-11:30 a.m. at Makalapa Branch Health Clinic at Pearl Harbor or from 1:30-3:30 p.m. at the Kaneohe Bay Branch Health Clinic. Participants will walk a mile and receive an opportunity ticket for a prize. Smokers can also sign a pledge form to live a smoke-free life. FMI: 473-1880, ext. 2282.



30 ~ Community flu shots will be available for non-active duty military beneficiaries from 10 a.m. to 3 p.m. at the Navy Exchange at Pearl Harbor. All TRICARE beneficiaries with Department of Defense-issued identification cards are encouraged to receive the flu shots. Additional dates have been scheduled for December.

Sharkey Showtimes



The Game Plan (PG)

Single and indecisive, Eddie begins dating the incredibly sexy and seemingly fabulous Lila. Upon the urging of his father and best friend, he proposes to her after only a week, fearing this may be his last chance at love, marriage and happiness. However, while on their honeymoon in Mexico, Lila reveals her true beyond-awful nature and Eddie meets Miranda, the woman he realizes to be his actual soul mate. Eddie must keep his new, horrid wife at bay as he attempts to woo the girl of his dreams.

TODAY
7:00 PM 3:10 to Yuma (R)

SATURDAY
2:30 PM The Game Plan (PG)
4:45 PM The Seeker: The Dark is Rising (PG)
7:00 PM Feel the Noise (PG 13)

SUNDAY
2:30 PM The Game Plan (PG)
4:45 PM 3:10 to Yuma (R)
7:15 PM The Heartbreak Kid (R)

THURSDAY
7:15 PM The Heartbreak Kid (R)



Haunted ship in the harbor

Story and photo by
Ensign Abigail Adams

USS Paul Hamilton (DDG
60) Public Affairs

The ghost of Davy Jones was alive and well aboard USS Paul Hamilton (DDG 60) on Oct. 27 as the ship's crew hosted a ghoulish haunted ship.

This year's event was the fifth hosted by the ship's morale, welfare and recreation team, but it was the first time the fright-fest was open to all active duty personnel and

their families. Three hundred adults and children toured the haunted warship.

As they were led through passageways by crew guides, they met the sea-going ghosts of a tragic fire in the ship's combat information center and the victims of "doc's" twisted experiments in the ship's medical office. The screaming of terrified children reverberated throughout the hull of the ship as their parents pretended to not be surprised when inanimate objects

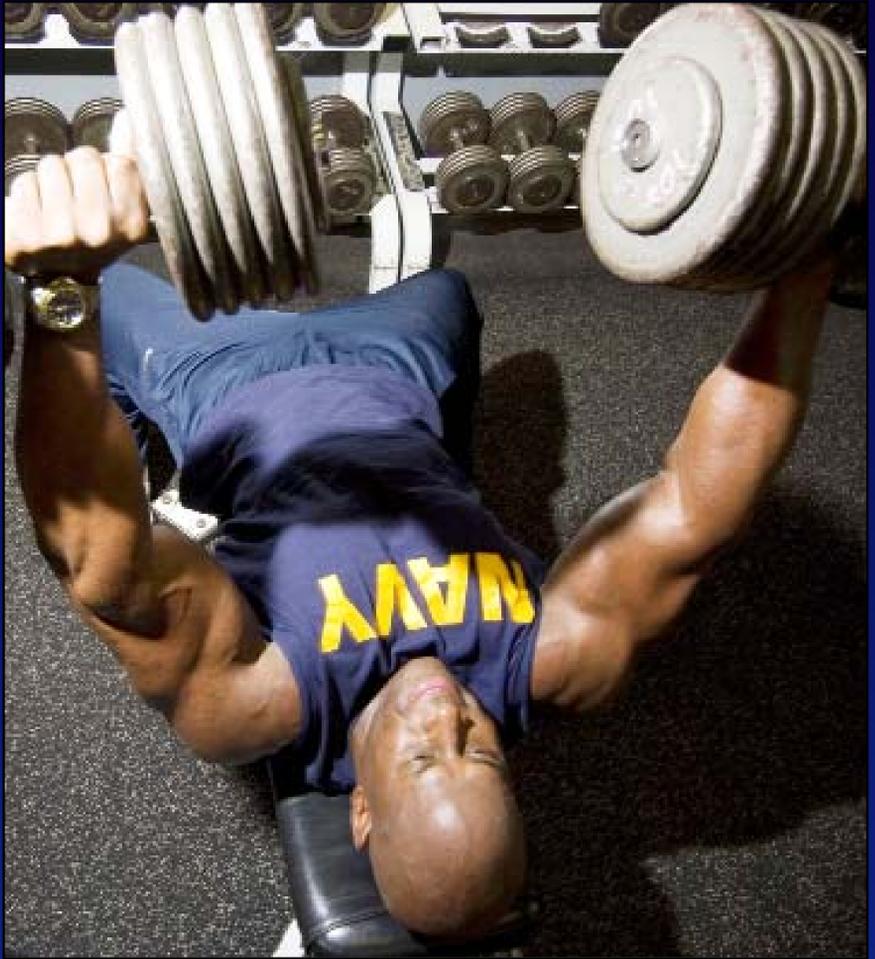
came to life and chased them through the ship.

On the mess decks, guests were met with snacks and a Halloween movie for those who couldn't handle the fright. Paul Hamilton's crew enjoyed the event as much as their guests as they chased down tour groups, yelling in agony and stalking about ominously. For those who missed this year's event, the crew of the Paul Hamilton will be waiting in a dark corner next year for your fright and pleasure.



Chief NEED RATE Monks haunts darkened passageways during the haunted ship event on Oct. 27.

'Mr Hawai'i,' Navy chief pumps up



U.S. Navy photo by MC3 Eric J. Cutright

Chief Mineman (SW) Kevin Sperling, an officer recruiter at Navy Recruiting Processing Station Honolulu, uses a machine to exercise his arms and chest during a workout at Bloch Arena Gym at Naval Station Pearl Harbor on Oct. 17. Sperling has been in the sport of bodybuilding for the past 10 years and was proclaimed "Mr. Hawai'i" in the 29th Hawaiian Islands Bodybuilding and Figure Championships held June 30. The Navy chief most recently garnered a 10th place finish in the U.S.A. Body Building Championship, held in Las Vegas on July 27-28.

STORY IDEAS?

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News