

JROTC CADETS COMPETE IN **HARBOR CHALLENGE** AT PEARL HARBOR



(Above) Chief Gas Turbine System Technician (electrical) Matthew Danford of Pearl Harbor Naval Shipyard referees the double-elimination, tug-of-war event at Richardson Field.

Marshall Fukuki

Pearl Harbor Naval Shipyard

More than 120 Junior Reserve Officers' Training Corps (JROTC) cadets from 13 schools on Oahu participated in the first Campbell Harbor Challenge on Jan. 19 at Naval Station Pearl Harbor.

Sailors from Pearl Harbor Naval Shipyard and Branch Medical Clinic Makalapa volunteered their Saturday to help run the event.

Thirty-two cadet teams competed in an obstacle course, tree-climbing, tug-of-war, phys-

ical fitness and other events that emphasized teamwork, leadership and cooperation.

Campbell High School's Navy JROTC unit hosted the Harbor Challenge.

The physical fitness event included pull-ups, push-ups, sit-ups and a 1.5 mile run.

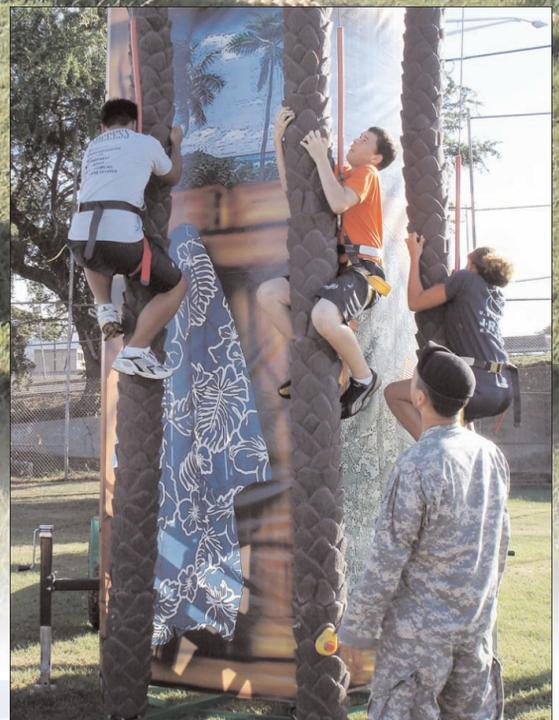
As one part of the obstacle course competition, two members of each team took turns donning firefighting equipment.

Teams competed in the water raft race in which they boarded a raft, capsized it, swam to the opposite end of the pool, and re-entered the

raft. Navy divers from Pearl Harbor Naval Shipyard assisted with the event at Richardson Pool. An all-girl team worked very well together as a unit and completed the race in the least time, beating mixed-gender and all-boy teams.

The U.S. Army Recruiting Command sponsored the coconut tree climbing event. Each member of the cadet team had to climb up the tree and touch a button at the top.

Campbell High School is one of four public schools that has a formal educational partnership with the shipyard.



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A Junior Air Force ROTC team from Kaiser High School competes in the ankle-tie relay of the obstacle course.



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(Below) A cadet performs pull-ups as part of the physical fitness event, which also included push-ups, sit-ups and a 1.5 mile run.

TAMC valet parking shifts into high gear

Story and photo
by Mindy Anderson

Tripler Army Medical Center
Public Affairs

Tripler Army Medical Center initiated a 90-day valet parking pilot program on Nov. 1, 2007 to offer yet another parking option for the Tripler staff, family members and beneficiaries. The verdict is in and based on feedback and use, the valet parking services are here to stay.

Customer feedback has been overwhelmingly favorable and the need for continuing this service is evident.

"We love the parking service," said Master-at-Arms 2nd Class Richard Phelps, U.S. Navy, Hawai'i. "It's usually hard to find parking here, but we didn't have to look for parking today. All we had to do is drop off the car, go in for our appointment, and then leave. It's a great service," Phelps said as he and his wife



One of Tripler Army Medical Center's valet parking attendants, Anthony Williams, returns Master-at-Arms 2nd Class Richard Phelps' vehicle.

pulled away from the curb service with a smile on their faces.

During the 90-day pilot program, Tripler valet service has averaged 145 cars per business day with a 99 percent approval rate.

"I think this is a great service and

a wonderful asset. Thank you for finally implementing it," was one of several hundred positive comments submitted through the ICE (interactive customer evaluation) comments program for parking and parking lot security. Another user said "What a

good idea. After 20 minutes of trying to find a place to park, this was great."

Because Tripler wants to ensure every parking option is made available to staff, beneficiaries and family members, Tripler is pursuing a long-term valet service contract that it expects to be awarded and in operation sometime in March. There will be no disruption of service until the long-term contractor begins operation.

"We anticipate several professional valet services will submit bids for the contract," said Don Devaney, the Tripler provost marshal. "One thing of importance to note is during the 90-day trial period, our cost analysis has indicated that based on the numbers of vehicles parked per day, the price would have to increase if we were going to do this permanently," Devaney reported.

Although the cost of valet parking services will be more than it was during the trial period, the cost is

the same as at Queen's Medical Center and other Oahu medical centers offering valet service.

"We understand the meaning of 'convenience' and are aware that everyone's time is valuable – this is why we intend to provide the highest quality valet parking service available with a minimum wait time. To do this, the cost will increase to five dollars effective Feb. 4, 2008," Devaney said.

Additionally, Tripler continues to offer door-to-door Tripler Trolley service to all of the center's parking lots, providing shuttle service around the Tripler campus. This includes the oceanside and mountainside entrances, D wing entrance, emergency room entrance, Fisher House and the Tripler Lodge. Patrons can call 433-1200 when they arrive and the Tripler Trolley will be radio dispatched to their area.

For more information, contact the Tripler Public Affairs Office at 433-2809.



Cookies for Cammies

Girl scouts give a hug to Hospital Corpsman 3rd Class Gabriel Garza, assigned to Naval Health Clinic Hawai'i Navy Sailor who made donations and wrote letters in support of Cookies for Cammies during the project at the Navy Exchange (NEX) at Pearl Harbor. The project kicked off Jan. 18 at the NEX and will continue through March 23. The goal of the effort is to increase the number of girl scout cookies to be sent to deployed military troops and to personalize the cookies for service members with pictures and letters. Cookies for Cammies was spearheaded by girl scouts from troop 848. More than \$2,000 worth of cookies have been purchased and donated so far in the campaign. For more information, call 284-0293.

U.S. Navy photo

Pro Bowl schedule of events

Following is a schedule of events for the 2008 Pro Bowl:

Feb. 6:

Noon Pro Bowl Week Kick-off Rally at Bishop Square. It will feature NFL stars, cheerleaders, entertainment and dignitaries. Admission is free.

Feb. 7:

Noon Fan Appreciation Day at the Pro Bowl Football Festival at Kapiolani Park. There will be football fun for the entire family, featuring free autographs, interactive games, entertainment, official souvenirs and special fan contests. To open the 2008 Pro Bowl Week, the NFL plans special kick-off activities and contests to show its appreciation to fans. Admission is free.

Feb. 8:

Noon Pro Bowl NFL Charities Celebrity Golf Classic at Waialae Country Club.

Noon - 6 p.m. Military Appreciation Day at Pro Bowl Football Festival at Kapiolani Park. The PACFLT Band will perform and the event will feature Navy recruiting and static displays, free autographs, interactive games, entertainment, official souvenirs and special fan contests. Admission is free.

3-6 p.m. Military Challenge at Pro Bowl Football Festival at Kapiolani Park. The traditional competition will feature teams from each branch of the military testing their football skills. Come cheer on your favorite team. Admission is free.

Feb. 9

9 a.m.-noon 'Ohana Day celebration at Aloha Stadium. This is a chance to see both AFC and NFC teams in action, enjoy fan contests, and see a preview of the Pro Bowl game entertainment. Admission is free.

10 a.m. Youth Fitness Day at Pro Bowl Football Festival at Kapiolani Park. There will be free youth activities, healthy lifestyle demonstrations, and free youth football and cheerleading clinics. Advance registration is required. Call the Honolulu Boys and Girls Club or the Honolulu YMCA for registration information. Admission is free.

7-10 p.m. All-Star Block Party, Waikiki at Kalakaua Avenue. There will be a variety of entertainment stages along with appearances by NFL players and cheerleaders, food booths, etc. Admission is free.

Feb. 10

8:30-11 a.m. Official Pro Bowl Tailgate Party at Richardson Field. This will feature entertainment, food and a chance to party with the NFL. Tickets are available at www.ticketmaster.com.

9:30-11 a.m. Aloha Zone at Aloha Stadium parking lot 1 C and D. There will be music, dance, food and beverages. The PACFLT Band will perform. Admission is free.

11 a.m. Pro Bowl Pre-game Ceremonies at Aloha Stadium. Navy flag volunteers and a Navy flag bearer for the Joint Services Color Guard will participate in the patriotic opener.

11:45 a.m. Kickoff for the 2008 Pro Bowl.

America Supports You: Groups gear up to send valentines to troops

American Forces Press Service

Hearts at home are gearing up to connect with hearts overseas through an America Supports You effort to send valentines to service members.

The effort is part of the America Supports You program's calendar that pro-

vides a year's worth of ways to show appreciation for U.S. troops and their families. America Supports You is a Defense Department initiative that helps to showcase America's support for the troops and their families.

"Every February, loved ones exchange flowers, candy and cards, but for troops overseas who are separated

from the ones they love, Valentine's Day can be hard," said Allison Barber, deputy assistant secretary of defense for internal communications and public liaison.

To meet postal deadlines for sending packages overseas, America Supports You home-front groups are gearing up now for February activities. Groups planning

to send valentines to troops include Hugs for Soldiers, My Soldier and Operation Pinecone.

Supporters can learn more about these groups and other groups, as well as find other ideas to support the troops, on the America Supports You Web site, www.americasupportsyou.mil. Organizations sending valentines can be

found by clicking on "Letters and Messages."

The America Supports You calendar, which can be downloaded from the "New Year's resolution" link on the site as a portable document format file or to work with the user's Outlook program, provides a new idea each month for ways to show military men and women support.

Skylark CENTRAL

Find the names of these 40 areas that make up a

Home, Sweet Home

WORD SEARCH

- | | | |
|--------------|--------------|-------------|
| ALCOVE | STAIRS | NURSERY |
| GARRET | BEDROOM | VERANDA |
| PORCH | LINEN CLOSET | FAMILY ROOM |
| ATRIUM | STUDIO | OFFICE |
| HALL | CELLAR | VESTIBULE |
| REC ROOM | LIVING ROOM | FOYER |
| ATTIC | STUDY | PANTRY |
| KITCHEN | CLOSET | WINE CELLAR |
| SHOWER | LOFT | GAME ROOM |
| BASEMENT | SUN PORCH | PARLOR |
| LAUNDRY ROOM | CONSERVATORY | WORKSHOP |
| SOLARIUM | LOUNGE | GARAGE |
| BATHROOM | UTILITY ROOM | |
| LIBRARY | DEN | |

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 I C M M O O R E M A G A G B E O C

WHO SAID IT?

ANYONE CAN HOLD
 THE HELM WHEN
 THE SEA IS CALM.

LAST WEEK'S

WHO SAID IT?

*"If your actions inspire
 others to dream more, learn
 more, do more and become
 more, you are a leader."*

- JOHN QUINCY ADAMS -

WORD SEARCH SOLUTION

Find the names of these 40

Island Nations or Island Groups

- | | | |
|---------------------|-----------------|-------------------------------------|
| ANTIGUA AND BARBUDA | CAPE VERDE | TONGA |
| JAPAN | MAURITIUS | FIJI |
| KIRIBATI | SINGAPORE | PHILIPPINES |
| AUSTRALIA | COMOROS | GRENADA |
| MADAGASCAR | MICRONESIA | SAINT KITTS AND NEVIS |
| SAMOA | SOLOMON ISLANDS | TRINIDAD AND TOBAGO |
| BAHAMAS | CUBA | ICELAND |
| MALDIVES | NAURU | TUVALU |
| SAO TOME | SRI LANKA | JAMAICA |
| BAHRAIN | CYPRUS | SAINT LUCIA |
| MALTA AND PRINCEPE | NEW ZEALAND | VANUATU |
| BARBADOS | TAIWAN | SAINT VINCENT
AND THE GRENADINES |
| MARSHALL ISLANDS | DOMINICA | |
| SEYCHELLES | PALAU | |

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

Q. In 1949, who became the first African American graduate of the U. S. Naval Academy?

Last Week's Question:
 What ship was first to be named after a Sailor?

Answer:
 USS Osmond Ingram (DD-255). Osmond Kelly Ingram, born in Pratt City, Ala., on Aug. 4, 1887, entered the Navy Nov. 24, 1903, serving in Cassin when she was attacked by a German submarine off Ireland on Oct. 16, 1917. Gunner's Mate 1st Class Ingram spotted the approaching torpedo, realized it would strike close by explosives, thus dooming the ship, and rushed to jettison the ammunition. He was blown overboard when the torpedo struck, becoming the first enlisted man killed in action in World War I as he saved his ship and shipmates.

Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

TRIATHLON TRAINING

Prepare for the upcoming triathlons with an eight-week training camp designed for beginners and experienced athletes alike in all three disciplines (swimming, biking and running). Sessions will be held from Feb. 4 through Mar. 26 at 4-6 p.m. Mondays and Wednesdays at Richardson Pool. The cost is \$15 (some restrictions apply). FMI: 473-0793.



SPEND VALENTINE'S DAY WITH CHEERLEADERS

Single Sailors will have an opportunity to win a "date" with the Arizona Cardinal cheerleaders when the Dating Game comes to Beeman's Center After Dark at Pearl Harbor on Feb. 14. The single Sailor social hour will start at 5 p.m. and the Dating Game will begin at 7 p.m. Participants must be 18 and older; this is an adult-themed event. FMI: 473-4279.

FREE COMEDY CORPS

Armed Forces Entertainment (AFE) and Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will present Comedy Corps at Beemans After Dark from 9-10 p.m. Feb. 16. Featured headliners include Dan Smith, Charles Sanchez and Mike Merrill. The show is free; no tickets are needed. The event is open to all military-affiliated personnel and their sponsored guests. Due to adult-themed material, attendees must be 18 and older. FMI: 473-0606 or 473-4279, or visit www.greatlifehawaii.com

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

Community Calendar

February

2 - Commemorate the Year of the Rat at the Chinese New Year celebration at the Navy Exchange. Calligraphy demonstrations are scheduled from 11 a.m.-1 p.m. FMI: 422-3330



8 - Hall of fame recipient Willie Brown will sign autographs in the rotunda of the Navy Exchange from 11 a.m.-2 p.m. FMI: 422-3330.

13-17 - Lt. Col. Bill Holloman (USAF ret.), who flew "Red Tail" P-51s with the famous all-black 99th Fighter Squadron/332nd Fighter Group in WWII, will speak at 7 p.m. Feb. 13 and at 1 p.m. Feb. 17 at the Pacific Aviation Museum Pearl Harbor on Ford Island. General admission is \$14 or \$10 for military and kama'aina. Reservations are required. FMI: 441-1000.

18 - Volunteers are needed to help with the 8.15 mile Great Aloha Run. More than 20,000 runners are expected to compete in the event. FMI: www.greataloharun.com.

Sharkey Showtimes



I am Legend (R)

Robert Neville is a brilliant scientist, but even he could not contain the terrible virus that was unstoppable, incurable...and manmade. Somehow immune, Neville is now the last human survivor in what is left of New York City...and maybe the world. But he is not alone. He is surrounded by "the Infected"--victims of the plague who have mutated into carnivorous beings who can only exist in the dark and who will devour or infect anyone or anything in their path.

TODAY

7:00 PM Charlie Wilson's War (R)

SATURDAY

2:30 PM Alvin and the Chipmunks (PG)

4:45 PM National Treasure: Book of Secrets (PG)

7:30 PM Walk Hard: The Dewey Cox Story (R)

SUNDAY

2:30 PM Alvin and the Chipmunks (PG)

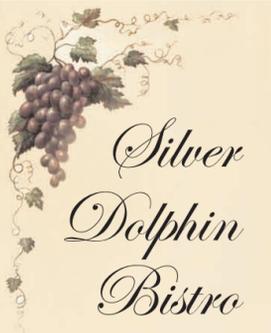
4:45 PM The Waterhouse: Legend of the Deep (PG)

7:15 PM I Am Legend (R)

THURSDAY

7:00 PM The Waterhouse: Legend of the Deep (PG)





Silver Dolphin Bistro

Lunch Menu for Feb. 4-10

• Monday •

Cream of potato soup, beef pot pie, roast pork loin, boiled egg noodles, steamed rice, simmered asparagus, steamed wax beans, hot biscuits, peach pie, brown sugar cake.

• Tuesday •

Corn chowder soup, chicken Szechwan, baked halibut, paprika potatoes, rice pilaf, steamed whole kernel corn, simmered broccoli, hot dinner rolls, devils food cake, apple cake brownies, blueberry pie.

• Wednesday (Italian cookery) •

Minestrone soup, spaghetti with meat sauce, Italian sausage, spinach lasagna, assorted pizza, steamed rice, cauliflower parmesan, steamed peas, toasted garlic bread, assorted ice cream, gingerbread cookies, easy chocolate cake.

• Thursday •

Chicken gumbo soup, chicken cordon blue, braised pork chops, roast pork tenderloin, orange rice, mashed potatoes, green beans creole, spinach, hot dinner rolls, chocolate chip cookies, butterscotch cream pudding, pineapple chiffon pie.

• Friday •

Split pea soup, herbed Cornish hen, beef stew, noodles Jefferson, steamed rice, seasoned whole kernel corn, simmered spinach, hot French rolls, brownies, blueberry pie, pineapple upside down.

• Saturday •

Zesty bean soup, charbroiled hamburgers/cheeseburgers/frankfurters, Korean barbecue chicken, steamed rice, vegetable combo, hot dinner rolls, chewy nut bars, apple pie.

• Sunday •

Mexican onion soup, charbroiled hamburgers/cheeseburgers/frankfurters, beef fajita, refried beans, vegetable combo, hot cornbread, vanilla cream pie, easy chocolate cake, mocha blanca.

Dinner Menu for Feb. 4-10

• Monday •

Steak ranchero, steamed rice, mushroom gravy, steamed rice, mashed potatoes, stewed tomatoes, club spinach, hot dinner rolls, peach shortcake, brownies, rainbow pie.

• Tuesday •

Spanish soup, chicken a la king, baked fresh ham, southern sweet potatoes, boiled egg noodles, simmered carrots, seasoned collard greens, pineapple sauce, hot biscuits, sweet potato pie, sugar cookies, spice cake.

• Wednesday •

Doubly good chicken soup, spicy fish fillet, tamale pie, lyonnaise potatoes, Mexican rice, steamed rice, steamed mixed vegetables, seasoned mustard greens, hot cornbread, assorted ice creams, tapioca pudding, strawberry shortcake, maple nut cake.

• Thursday •

Tomato soup, roast beef au jus, chicken adobo, o'brien potatoes, steamed rice, simmered asparagus, Chinese fried cabbage, hot pandesal, lemon cookies, peach pie, cheesecake with strawberry topping.

• Friday •

Shrimp gumbo soup, beef pot roast, creole fish fillet, natural gravy, tossed green rice, rissole potatoes, sautéed mushrooms and onions, steamed broccoli, hot dinner rolls, easy chocolate cake, cherry pie, lemon chiffon pie.

• Saturday •

Chicken noodle soup, Cantonese spare ribs, Swedish meatballs, brown gravy, mashed potatoes, steamed rice, steamed cauliflower, steamed squash, hot French bread, peach cobbler, sweet potato pie, devil's food cake.

• Sunday •

Beef vegetable soup, chicken tetrazzini, Cajun baked fish, parsleyed buttered potatoes, pork fried rice, French fried okra, steamed carrots, toasted garlic bread, strawberry shortcake, spice cake, peanut butter brownies.

*A salad bar, dessert bar and beverage bar are also available for each lunch and dinner meal.

Note: The galley may make changes to this menu when necessary to provide substitutions.



Singing Valentines ready to sing for sweethearts

Lovers can send their sweethearts a unique valentine, performed by the Singing Valentines Barbershop Quartet, for this Valentine's Day. The Singing Valentines are comprised of active duty and retired service members from the Navy and other military services, as well as members from the civilian community. The Singing Valentines will deliver their sentimental songs from 9 a.m.-9 p.m. Feb. 13 and 14 and will also be available on Feb. 15-16 for special events. The singing quartets will present a card, a silk rose and two songs, at restaurants, workplaces, residences, hospitals, you name it. To reserve a time, or for more information, call 262-SONG (7664) or visit www.HawaiiSingingValentines.com.