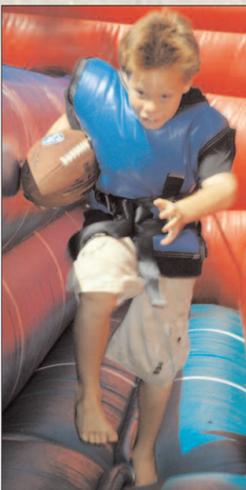




## NFL HOSTS MILITARY *Appreciation day*



Story and photos by  
**MC2 Michael A. Lantron**

*Navy Region Hawai'i Public Affairs*

The National Football League (NFL) hosted a Military Appreciation Day and Military Pro Bowl Challenge for Hawai'i-based service members and their families Feb. 8 as part of the 2008 Pro Bowl Football Festival held at Kapiolani Park.

Military Appreciation Day provided military personnel and their families an opportunity to experience the NFL with interactive games, free autographs, photos, live music and souvenirs, while the Military Pro Bowl Challenge pitted service members of all branches of the military against each other in friendly football competition.

"The military is a huge part of the volunteers for the Pro Bowl so we give them a day to thank them for what they do for us and the nation," said Ian Mayne, 2008 NFL Pro Bowl Festival Coordinator.

The 2008 Pro Bowl all-star players' and cheerleaders' autograph and photo session was a highlight of the day's events.

"It was amazing to see people line up two hours before the autographs started, the people were really into it," said Navy Diver 1st

Class (DSW/SW) Wayne Johnson, assigned to Mobile Diving and Salvage Unit One.

People of all ages took an opportunity to practice like the players, taking part in a quarterback challenge, field goal kicking, football running



drills and a 40-yard dash.

"It was fun to watch the military children take part in the events, especially the running and kicking," said Johnson. "The NFL really made today an all-family event."

Late in the afternoon, crowds of fans watched as the Military Pro Bowl Challenge began with the Navy, Air Force, Army, Coast Guard and Marine Corps sending out six-man teams of

Hawai'i-based service members. The service members competed in a gridiron football-skills contest, which included a 40-yard dash relay

race, field goal kicking, punting, long-snapping and passing.

Representing the Navy team was Aviation Electronics Technician 1st Class (AW) Ronnie Robinson, Aviation Machinist's Mate 3rd Class Jesus Cruz, both assigned to Marine Aviation Logistics Squadron 24; Aviation Structural Mechanic 2nd Class Antonio Watts, assigned to Combined Maintenance Organization

Two; Torpedoman's Mate 2nd Class Marcus Vital and Aviation Maintenance Administrationman 3rd Class Jeremy Winkfield, both assigned to Naval Munitions Command, Pearl Harbor Detachment; and Personnel Specialist 2nd Class (AW) Michael Bemley, assigned to Patrol Squadron Four.

During the contest, Navy finished first in long-snapping, third in the relay race, fourth in field goal kicking and passing, and fifth in punting.

As the final whistle blew, the Air Force team was declared the overall winner for the competition. The Marine Corps, Army, Coast Guard and the Navy finished in second, third, fourth and fifth place, respectively.

"We came together, gave it our best and that's all that matters. The result was disappointing, but I think we did well," said Roberts.

The Military Pro Bowl Challenge and Military Appreciation Day were two of several events sponsored by the NFL during Pro Bowl week in Hawai'i. This year marked the 29th consecutive Pro Bowl to take place at Aloha Stadium, in which the National Football Conference defeated the American Football Conference by a score of 42 to 30.





U.S. Navy photo by MCC Joe Kane

National Park Service Ranger Daniel Martinez addresses a group of Sailors from the Pearl Harbor Surface Navy Association (SNA) at the site of the USS Arizona relics. The Arizona relics are parts of USS Arizona that were removed from the water and placed on shore near Pearl Harbor's West Loch.

## Martinez to present U-505: The experience

### USS Bowfin Submarine Museum Public Affairs

Travel back in time with USS Bowfin Submarine Museum & Park's "Adventures in History" lecture series. Daniel Martinez, historian at the USS Arizona Memorial, will give a presentation on Feb. 21 about the U-505 German submarine, its history and the rebuilding of the museum around the submarine.

Martinez, a much sought after historical consultant, has worked on documentaries about Pearl Harbor, the Battle of Midway and Little Big Horn. He is a frequent guest speaker at national historical events.

Take a virtual tour inside the submarine museum. See how the museum was built around the submarine, creating an astonishing experience. Martinez will examine the history and museum experience. There will be video clips, a U-505 model and artwork to interpret the events of the raid. The U-505 - the only German submarine captured by the U.S. Navy during World War II - is now enclosed in a new 35,000-square-foot interactive exhibit.

The free program will begin at 7 p.m. on the Bowfin Park lanai. Light refreshments will be served at 6:30 p.m. For more information, contact Bowfin Park at 423-1341.



U.S. Naval Historical Center photograph

USS Guadalcanal (CVE 60), under the command of Capt. Dan Gallery, while on patrol in the Atlantic off the coast of Africa, captures the German submarine U-505 with help of USS Chatelain (DE 149) and USS Pillsbury (DE 133). It was the only submarine captured by the U.S. Navy in World War II.

A black and white photograph of jazz musician Stanley Baird. He is smiling and playing a saxophone. He is wearing a dark shirt and a necklace. The background is dark and out of focus.

## *Enjoy Jazz Under the Stars with jazz great Stanley Baird*

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) and the Armed Forces Entertainment (AFE) will present a special jazz concert from 6:30-8:45 p.m. tonight on the grassy field located directly behind where The Banyans used to be located. The concert will feature performances from jazz musician Stanley Baird and the Pacific Fleet Big Band. As a working musician, Baird has played with other entertainers such as Otis Redding, Gladys Knight and Patti LaBelle. Bring personal blankets, chairs, snacks and drinks to the performance. The concert is open to all military-affiliated personnel and their sponsored guests. For more information, contact 473-0606 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

# Downloadable CD is gift of inspiration for military members

Kristen Ward

TriWest Healthcare Alliance

Sometimes, music can move our souls and change our lives. It can inspire, motivate, boost morale, lift spirits, bring back fond memories, or serve as a temporary distraction from everyday life.

Multi-platinum selling and Grammy-nominated recording artist John Ondarsik of the musical group Five for Fighting, along with TriWest Healthcare Alliance and other partners, hopes to evoke these emotions within military members, veterans and their families by releasing the CD "For the Troops."

Service members and retired veterans with a valid military identification number can download the CD for free at the Army and Air Force Exchange Services Web site, [www.aafes.com](http://www.aafes.com) or at [www.cdforthetroops.com](http://www.cdforthetroops.com).

"Music can be a powerful tool in lifting the morale and spirit of our military members and their families," said David



J. McIntyre Jr., TriWest president and CEO. "This CD is filled with songs of hope and inspiration to those who sacrifice so much to secure our freedoms. It is a tribute to America's military and their families for all that they do."

The CD features 13 of today's most-recognized musicians and artists singing some of their biggest hits, including Billy Joel, Brooks & Dunn, the Goo Goo Dolls,

Jewel, Josh Groban, Los Lonely Boys, Melissa Etheridge, the Neville Brothers, Sarah McLachlan, the Lt. Dan Band, Montgomery Gentry, the Fray and Five for Fighting.

The "For the Troops" CD is the idea of Ondrasik who was inspired by the men and women of the U.S. military.

"In meeting and receiving e-mails from Soldiers in the United States, Afghanistan and Iraq during the last few years, personal exchanges would often center on music," Ondrasik said. "I learned of songs Soldiers listened to before going on missions or upon return, songs that provided avenues of reflection or simply distracted from a reality few of us could ever imagine. At times it was the same song that provided such varying emotional necessity, as songs can do."

In addition to the downloads, approximately 200,000 hard copies of the CD are being distributed courtesy of TriWest to America Supports You groups, USO centers, military hospitals and other military outlets in the United States and abroad.

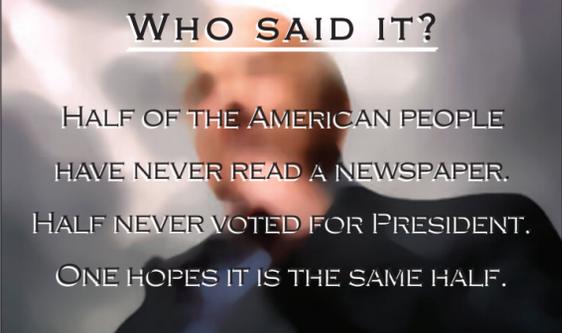
# Skylark CENTRAL

WORD SEARCH  
Find 48 words that **Classify** things

BRACKET	KINGDOM	SUBSPECIES
GRADE	STRIPE	FAMILY
SORT	CLASS	RACE
BRANCH	NUMBER	TRIBE
GRAIN	STYLE	FIELD
SPECIALTY	COLOR	RANK
BRAND	ORDER	TYPE
GROUP	SUBJECT	FORM
SPECIES	DENOMINATION	RATING
BREED	PHYLUM	UNIT
INDEX	SUBORDER	GENRE
STATUS	DESIGNATION	SECTION
CASTE	PIGEONHOLE	VARIETY
KIND	SUBSIDIARY	GENUS
STRAIN	DIVISION	SIZE
CATEGORY	PLACE	WING

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

### WHO SAID IT?



HALF OF THE AMERICAN PEOPLE  
 HAVE NEVER READ A NEWSPAPER.  
 HALF NEVER VOTED FOR PRESIDENT.  
 ONE HOPES IT IS THE SAME HALF.

### LAST WEEK'S WHO SAID IT?



*"You will find the key to  
 success under the  
 alarm clock."*  
 - BENJAMIN FRANKLIN -

WORD SEARCH SOLUTION

Find 34 words or phrases that mean **Alike or The Same**

ALTER EGO	MATCH
EQUAL	SELSAME
PERFECT LIKENESS	COUNTERPART
BIRDS OF A FEATHER	MATE
FACSIMILE	SPITTING IMAGE
PHOTOSTAT	DEAD RINGER
CARBON COPY	MIMED
IDENTICAL PICTURE	TWIN
CHIP OFF THE OLD BLOCK	DITTO
INDISTINGUISHABLE	MIRROR IMAGE
REPLICA	TWO OF A KIND
LOOK-ALIKE	DOUBLE
REPRODUCTION	ONE AND THE SAME
CLONE	XEROX
MARKED SAME	DUPLICATE
COPY	PARALLEL

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

**Q.** This famous actor served in the Navy for three years, initially as a quartermaster third class on the destroyer USS Satterlee. In 1943, he received his commission as a lieutenant, j.g. and was assigned to an air combat intelligence unit working in the Central Pacific, during which he was awarded a Presidential Unit Citation and the Bronze Star. Who was he? ?

**Last Week's Question:**  
**Q.** On Feb. 9, 1799, what ship captured the French ship l'Insurgente?  
**Answer:** USS Constellation, under the command of Capt. Thomas Truxtun

# Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation



**FAMILY MOVIE NIGHT**  
Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will present a free family movie night, featuring the movie "Ratatouille," on Saturday at the field across from the Navy Lodge on Ford Island. Movie night will also offer free cotton candy and popcorn to all military-affiliated youth and sponsored guests. FMI: 471-8658.

**FREE COMEDY CORPS**  
Comedians Dan Smith, Charles Sanchez and Mike Merrill will headline a free comedy show at 9 pm. Saturday 16 at Beemans After Dark at Naval Station Park Harbor. The event is sponsored by MWR and Armed Forces Entertainment (AFE). The event is open to all military-affiliated personnel and their sponsored guests. FMI: 473-0606 or 473-4279.

**BE THE NEXT NASHVILLE STAR**  
The first-ever all military casting call for the television program "Nashville Star" will be held at 4 p.m. Feb.22 at Sharkey Theater at Naval Station Pearl Harbor. Finals will be held at 2 p.m. Feb. 24. FMI: www.greatlifehawaii.com.

**MWR TRAVEL SHOWCASE**  
MWR will host a travel showcase from 10 a.m.- 2 p.m. Feb. 27 outside the Navy Exchange Package Store. The showcase will feature vacation destinations such as Disneyland, Las Vegas and Australia, plus live entertainment and special prizes. FMI: 422-2757.

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

Community Calendar

## February

**Now** - The National Kidney Foundation (NKF), Hawai'i chapter, is asking for volunteers for the Gift of Life festival which will be held from 7:30 a.m.-noon. March 8 at Kapi'olani Community College. Various duties will include basic setup, water refreshment, registration and walking-course marshals. A complimentary meal and T-shirt will be provided to all volunteers at the event. FMI: Suzanne Miller at 589-5915 or visit online at [kidneyhi.org/volunteering.asp](http://kidneyhi.org/volunteering.asp).

## March

**1** - The application deadline for Bowfin Memorial Scholarships is March 1. Individual awards can range from \$250 to \$5,000. FMI: 206-8534.

## At a glance

- The Navy Exchange's (NEX) Project A-OK brings good news to kids with good grades. Bring your child's most recent report card to the NEX and register for Project A-OK program. Your child could win \$5,000, \$3,000, \$2,000 or \$1,000 in U.S. Savings Bonds. FMI: 423-3330.



- The Naval Exchange Pearl Harbor (NEX) will match any price of an identical item sold in any local store. Simply show proof of the lower price and the NEX will match price for item. Price will be matched on the spot if the price difference is only \$5. Some restrictions may apply. FMI: 423-3330.

Sharkey Showtimes



## One Missed Call (R)

Beth Raymond is traumatized when she witnesses the gruesome deaths of two friends days apart. She knows that both of them received chilling cell phone messages- recordings of their own horrifying last moments. The calls were received days before they died. Detective Jack Andrew's own sister was killed in a freak accident that bears a strange similarity to the deaths of Beth's friends. Together, Jack and Beth work feverishly to unravel the mystery behind the ominous calls. But even as they get closer to the truth, Beth's cell phone begins to ring with an eerie tune, and the readout displays: "One Missed Call."

### TODAY

7:00 PM Alien vs Predator (R)

### SATURDAY

2:30 PM The Waterhorse: Legend of the Deep (PG)

5:00 PM Walk Hard: The Dewey Cox Story (R)

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

### SUNDAY

2:30 PM The Kite Runner (PG 13)

5:00 PM One Missed Call (R)

7:00 PM Alien vs Predator - Requiem (R)

# Foreign language tools expand through audio books program

Ensign Jan Shultis

Naval Education and Training  
Command Public Affairs

Learning a foreign language just got a little easier for the thousands of Sailors and their families currently overseas or preparing to deploy.

From German to Swahili, self-study materials for over 25 languages are available for download through Navy Knowledge Online by all active-duty, retired, reserve and dependent members of the Navy, Marine Corps and Coast Guard.

"The downloadable audio book program is made available through Morale, Welfare and Recreation (MWR) funding," said Nellie

Moffitt, the head of the Navy General Library Program in an interview Jan. 3. "Giving Sailors the opportunity to practice their language skills and if they improve, they get money for this new skill [it] improves their morale. Of the more than 40 languages on the 'approved Department of Defense strategic language list for fiscal year 2007,' nearly all are in the collection."

Although the online library is an MWR initiative, the implications for mission readiness are also important to active duty personnel.

"The Navy has become more technically sophisticated, as well as more demanding for cultural/linguistic understanding of adversaries and allies," said Capt. Connie Frizzell, commanding officer of the

*"Giving Sailors the opportunity to practice their language skills and if they improve, they get money for this new skill [it] improves their morale."*

- Nellie Moffitt

Center for Information Dominance (CID).

CID houses the Center for Language, Regional Expertise and Culture and remains at the forefront of language training through-

out the service.

Currently, the online library houses more than 8,000 audio books, 400 e-Books, 600 videos and 1,400 albums. More than 400 titles were selected specifically for children. New titles are added to the library regularly, in categories ranging from "classic literature" and "juvenile fiction" to "business and finance" or "comic and graphic books."

To access the audio books program, log into [www.nko.navy.mil](http://www.nko.navy.mil), then click on the link to "Navy Library E-content" on the right side of the page under the "reference" section. Next, click on the banner that reads "Download e-Books, Audio Books, Music, and Video," to access the myriad of titles available. A user account must be established

within E-content to check out materials.

There are several guidelines for use of the library. Titles are served through the overdrive media console and so cannot be downloaded to Navy computers or used on iPods, Macs or Zunes. Items may be downloaded to personal computers, non-iPod listening devices or even CDs.

Five items may be downloaded at a time. Due to high customer demand, all audio book and music titles are available to the user for 10 days. Video titles may be checked out for five days; after that period, the title must be checked out again.

For more information or to establish an account, visit Navy Knowledge Online at [www.nko.navy.mil](http://www.nko.navy.mil).

**GOT SPORTS**  
[hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

**Phone: (808)473-2888**

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



# More types of cardboard accepted for recycling

Naval Facilities  
Engineering Command  
Hawai'i Public Affairs

The staff at Navy Recycle Center, Pearl Harbor has announced an expansion in their recycling of cardboard. All types of cardboard or paperboard, colored or not, slick and/or corrugated are now being accepted by the center.

To assist recycling efforts, large blue bins have been strategically placed throughout the base to make the collection of cardboard easy and convenient. Some of those bins can be found at the following locations: Commander Navy Region Hawai'i, headquarters, building 150; Naval Station (NAVSTA) Transient Personnel Unit, building 1752; NAVSTA buildings 222 and 223 (near old Marine Barracks area); Yankee piers; Ford Island Mini Mart; ASYMCA parking lot; Federal Fire (old Personnel Support Detachment building.); Naval Facilities Engineering Command Hawai'i main compound behind building A3 at gas station; Halsey Mini Mart; and Navy Exchange's outdoor living. Any Navy command or activity that would like a blue bin placed in a suitable location nearby can call the Navy Recycle Center at 474-9207 and make a request.



Photo by Wendy Ray

Various types of cardboard are displayed to assist Navy personnel, both civilian and military, identify items that can be recycled.

Last year, the Navy Recycle Center collected over half a million pounds of cardboard, thanks to all who made the effort to reduce the Navy's waste stream. With the center accepting all forms of cardboard, its personnel expect to see a tremendous increase in the recycling of cardboard and make 2008 a record-breaking year.

As Navy continues to cut back on its need for landfill space, it moves closer to its waste diversion goals. To assist this effort, everyone needs to consciously purchase products that are packaged in easily recyclable materials, such as cardboard, rather than plastics and especially styrofoam.

With successful recycling, the Navy has been able to cut back on refuse container runs, diverting waste from being land filled. This recycling also cuts back on vehicle emissions and those created from incinerating various materials. What is even more interesting is that the value for recyclable materials, which used to be lost, is generating money for the Navy and increasing its recycling program.

The Navy Recycle Center is happy to assist all Navy commands and activities with their recycling endeavors.

Suggestions to improve the Navy Recycle Center's program are welcome. Please call the center at 474-9207.



Photo by Wendy Ray

Personnel at Pearl Harbor will see large blue bins throughout the base which are to be used for cardboard recycling only.

## Closures announced for Great Aloha Run

More than 20,000 participants are expected to participate in the 24th Annual Great Aloha Run on Feb. 18 (Presidents' Day). Some of the proceeds from the run will benefit Navy Region Hawai'i Morale, Welfare and Recreation programs. The 8.15 mile race will start at sunrise at the Aloha Tower Marketplace, go through Nimitz and Kamehameha Highways and end at Aloha Stadium. Several water aid stations will be available on Kamehameha Highway near Borchers' Gate. Borchers' Gate will be closed during the race and the Luapele Gate will be open from 4:30 a.m.-noon. Also, Center Drive and Radford Drive will not be accessible from Kamehameha Highway (including Makalapa Gate) until 9:45 a.m. For more information about the Great Aloha Run, visit [www.greataloharun.com](http://www.greataloharun.com).

## STORY IDEAS?

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

Phone: (808) 473-2888

Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

**Hawaii Navy News**

# USS Hopper celebrates Black History Month

## USS Hopper (DDG 70) Public Affairs

The crew of USS Hopper (DDG 70) officially kicked off Black History month in February with a program highlighting leaders and milestones in the history of African-Americans as part of a month of events organized by a committee of interested and committed Sailors.

The program included musical performances of popular and moving songs, comments from Cmdr. Jeffrey James, commanding officer, and a reading of African American history set to music.

The program is only one part of a ship-wide celebration, taking place the whole month of February. Starting the last week of January, posters depicting leaders from the African-American history were hung throughout the ship and beginning in February, the morning wake-up songs were played on the 1MC that commemorated musical highlights of African American history. Blues, jazz, reggae and hip hop are all on the schedule to be played.

The committee also organized site TV productions



U.S. Navy photo

A Hopper Sailor recites parts of the history of African-Americans during the program to kick-off Black History Month onboard USS Hopper (DDG 70). The history was read by numerous Sailors and set to music.

entitled "Who Am I." Individual Sailors recited speeches and stories of heroes such as Alice Walker and James Baldwin and made into clips that will be broadcast to the whole ship.

The month will close out with a gospel service and steel beach picnic.

Hopper is currently operating as part of the U.S. 5th

Fleet, helping to set conditions for security and stability in the maritime environment. U.S. and coalition forces operate throughout international waters in the Arabian Gulf, Arabian Sea, Gulf of Oman, Gulf of Aden, Indian Ocean and the Red Sea, in support of a commitment to regional stability and security.

**Free classified advertising for military in Hawaii Navy News**

Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows: Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to lkaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting [www.honoluluadvertiser.com](http://www.honoluluadvertiser.com) and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

## Silver Dolphin Bistro

### Lunch Menu for Feb. 18-24

- Monday •  
Cream of chicken soup, braised beef cubes, roasts turkey, mashed potatoes, steamed rice, chicken gravy, club spinach, steamed carrots, hot dinner rolls, yellow cake, chocolate cream pudding, apple pie.
- Tuesday •  
Beef noodle soup, oven fried fish, pork chop suey, chow mein noodles, rice pilaf, steamed asparagus, fried cabbage, hot pandesal, pumpkin pie, maple nut cake.
- Wednesday •  
Doubly good chicken soup, grilled steak smothered with onions, shrimp scampi, quick baked potatoes, tossed green rice, steamed peas and celery, sautéed mushrooms and onions, toasted garlic bread, peanut butter cake, mocha Blanca, chocolate cream pudding.
- Thursday •  
Tomato soup, simmered corned beef, turkey cutlets, steamed rice, Franconia potatoes, turkey gravy, steamed wax beans, broccoli parmesan, hot dinner rolls, butterscotch brownies, chocolate cream pie, jelly roll.
- Friday •  
New England clam chowder, roast pork loin, fish amandine, brown gravy, mashed potatoes, steamed rice, steamed asparagus, hot French bread, peach pie, brown sugar cake.
- Saturday •  
Cream of mushroom soup, charbroiled hamburgers/cheeseburgers/frankfurters, sloppy Joe sandwich, baked beans, vegetable combo, devil's food cake, apple crunch, blueberry pie.
- Sunday •  
Vegetable soup, charbroiled hamburgers/cheeseburgers/frankfurters, baked tuna and noodles, vegetable combo, hot dinner rolls, gingerbread cookies, easy chocolate cake.

### Dinner Menu for Feb. 18-24

- Monday •  
Spanish soup, beef porcupines, baked fish parmesan, oven browned potatoes, steamed rice, steamed broccoli, steamed cauliflower, hot French bread, vanilla cream pudding, cream puffs, blueberry pie, filled cake.
- Tuesday •  
Zesty bean soup, oven fried chicken, roast beef au jus, mix gravy, mashed potatoes, hopping john white rice, steamed green beans, steamed mixed vegetables, hot dinner rolls, oatmeal cookies, marble cake, apple pie.
- Wednesday •  
Chicken arroz caldo soup, grilled breaded pork chops, oriental pepper steak, brown gravy, steamed rice, parsley potatoes, corn on the cob, seasoned collard greens, hot pandesal, assorted ice creams, cheese cake, Boston cream pie, lemon meringue pie.
- Thursday •  
Chicken corn chowder, stuffed flounder, chicken cordon bleu, chicken gravy, mashed potatoes, orange rice, steamed mixed vegetables, seasoned turnips and bacon, pineapple upside down cake, pecan pie, cherry cobbler.
- Friday •  
Shrimp gumbo, Caribbean chicken breast, sweet and sour pork, steamed rice, rissole potatoes, steamed spinach, cauliflower polonaise, hot cornbread, peach shortcake, rainbow pie.
- Saturday •  
Minestrone soup, Italian sausage, beef ravioli, spaghetti noodles with marinara sauce, oven glo potatoes, steamed green beans, steamed zucchini, toasted garlic bread, sugar cookies, spice cake.
- Sunday •  
Bean and bacon soup, barbecue pork spareribs, white bean chicken chili, steamed rice, O'Brien potatoes, steamed French cut beans, calico cabbage, hot cornbread, tapioca pudding, strawberry shortcake, maple nut.

\*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.