



Sailors assigned to the Pearl Harbor-based, Los Angeles-class attack submarine USS Los Angeles (SSN 688) participate in the 24th Annual Hawaiian Telcom Great Aloha Run in Honolulu, Hawaii. The event served as an opportunity for Los Angeles Sailors to enhance their culture of fitness by competing in the annual 8.15-mile run.

USS Los Angeles Sailors participate in Great Aloha Run

Story and photo by
MC2 Michael A. Lantron

Commander, Navy Region
Hawaii Public Affairs

A running team of 30 Sailors assigned to the Pearl Harbor-based Los Angeles-class attack submarine, USS Los Angeles (SSN 688), represented the Navy for the Sounds of Freedom division during the 24th Annual Hawaiian Telcom Great Aloha Run on Feb. 18 in Honolulu, Hawaii.

The event served as an opportunity for Los Angeles Sailors to enhance their culture of fitness by competing in the annual 8.15-mile run.

"For the military to participate and run together in units, it really shows togetherness unlike anything else anyone does in the run," said Rodney Gouveia, athletic director, Commander, Navy Region Hawaii Morale Welfare and Recreation.

The Sailors joined more than 3,000 Sounds of Freedom runners for the event, which began at the Aloha Tower in downtown Honolulu. The course took the participants



along Nimitz Highway, past Naval Station Pearl Harbor, and finished at Aloha Stadium.

For Chief Machinist's Mate (SS) Curtis Mastalski, assigned to Los Angeles and representing the Navy as a runner for the Sounds of Freedom division, the event was an opportunity to reinforce a culture of fitness within his command.

"It was great to get all the guys doing an activity outside the [command]," said

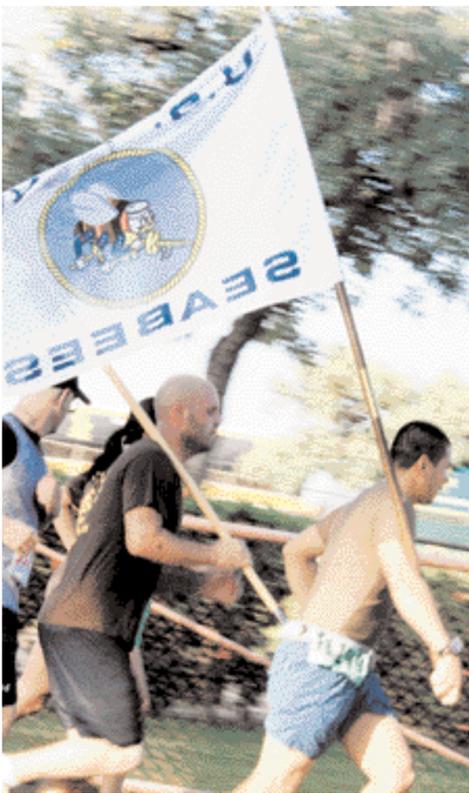
Mastalski. "It shows camaraderie and lets the Sailors know they could overcome obstacles they didn't think they could."

Los Angeles Chief of the Boat, Command Master Chief (SS) Andre Green, was also on hand to help lead the command's team across the finish line.

"I had a great time running; it was the best way to get ready for [our next] underway," said Green. "We even made it an all-family event,

with spouses and families supporting the Navy's culture of fitness."

The Sounds of Freedom division is composed of all military branches running together as a group in formation, sounding off to cadence throughout the course. Over the past 23 years, the Great Aloha Run has raised more than \$7.8 million for more than 100 non-profit health and human service organizations and community groups throughout Hawaii.



Utility Squadron One Association honors shipmates

Story and photos by
MC3 David Dexter

Navy Region Hawai'i Public
Affairs

Eleven members from Utility Squadron One (VJ-1) Association paid tribute to the fallen Sailors and Marines of USS Arizona (BB 39) aboard USS Arizona Memorial during a visit to Pearl Harbor on Feb. 15.

The tribute took place as part of VJ-1's annual reunion held this year in Hawai'i. Don McLean, president of the VJ-1 Association, led the presentation for the group, "to make sure that their loss is never forgotten in this country."

"For those of you who have never been here, you're now aware of the number of men who are still entombed here on the Arizona and we from VJ-1 will conduct a ceremony to honor our departed comrades," explained McLean.

Following a short prayer, McLean and VJ-1 guests stood as Musician 3rd Class Anthony Childs, assigned to U.S. Pacific Fleet Band, played Taps to honor the fallen.



Don McLean, president of Utility Squadron One (VJ-1) Association delivers a speech during a ceremony on board USS Arizona Memorial honoring fallen Sailors and Marines of USS Arizona (BB 39). The tribute took place as part of VJ-1 Association's annual reunion held this year. Utility Squadron One was the oldest Naval Aviation Squadron in the Navy's history and was assigned to Naval Air Station Ford Island during the Dec. 7, 1941 attacks on Pearl Harbor.

As Childs played "Amazing Grace," members of VJ-1 Association lined up along both sides of the memorial and scattered flower petals over the water above the sunken battleship.

such as USS Utah Memorial and USS Oklahoma Memorial.

"I came out to see the memorials and to pay tribute to the men who died here," said Tim Six, a member of the VJ-1 Association from Citrus County, Fla.

For some, coming to Pearl Harbor and seeing the memorials for their first time was an opportunity to experience history first-hand.

"It's a very important part of history. You got to be here," said Roland Steinhauser, a member of the VJ-1 Association from Inverness, Fla.

The VJ-1 Association holds their reunion annually and this year marked the third time since 1998 that the association held its reunion in Hawai'i.

Utility Squadron One (VJ-1) was first established in October 1925. It is the oldest U.S. naval aviation squadron in naval history and was first assigned to Naval Air Station (NAS) Ford Island. In 1951, Utility Squadron One moved from NAS Ford Island to NAS Barbers Point, where they operated until they were de-established on Sept. 29, 1992.



Career Management Seminar Feb. 25-29

Navy Region Hawai'i will host a Career Development Seminar geared for the professional development of naval personnel on Feb. 25-29 at the Marine Corps Base Hawai'i - Kaneohe and Naval Station Pearl Harbor. The seminar will provide advice on career direction, development and opportunity. Attendees will have the opportunity to negotiate for orders, discuss community status, and ask questions about career management issues. For more information about the event or for a full schedule, contact your command career counselor.

STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:
Phone: (808) 473-2688
Email: hnn@hawaiiadvertiser.com
Hawaii Navy News

Crommelin loads Project Handclasp goods to deliver to Latin America

MC3 Alan Gragg

U.S. Naval Forces Southern Command Public Affairs

USS Crommelin (FFG 37) Sailors unloaded a pallet of Project Handclasp toys and medical supplies on the pier and brought the items on board their ship Feb. 8 for distribution during their deployment to Latin America.

Crommelin, homeported at Pearl Harbor, Hawai'i, stopped in Mayport to pick up the supplies and plans to deliver the supplies to Cartagena, Colombia.

"Crommelin typifies what we're trying to do with Project Handclasp material here at U.S. Naval Forces Southern Command (NAVSO)," said Cmdr. Lewis Preddy, NAVSO's Project Handclasp coordinator. "The ship, homeported in Pearl Harbor, loaded some material in

San Diego, then loaded some more while it was here in Mayport for regularly-scheduled maintenance. Since Project Handclasp was able to help us set up a Mayport depot. We're able to get even more donated cargo on ships headed back to our AOR [Area of Responsibility]."

Project Handclasp is a collection of donations including medical supplies, hygiene items and toys, which will be distributed by U.S. military assets during various community relations projects throughout Latin America.

"It's terrific that Crommelin, along with its (counter narco terrorism) operations, is doing its part to help less fortunate people in other countries," said Ensign Joseph Monalato, Crommelin's Project Handclasp coordinator. "Things like these gives people around the world a better sense

of appreciation and understanding of what the U.S. Navy, and ultimately what the United States, is all about."

Commander, Task Force 43 (CTF-43) stores Project Handclasp supplies in a warehouse in Mayport so they can be loaded onto ships for delivery during deployments to Latin America.

"The goal of all ships headed to our AOR is to have them loaded up with Project Handclasp material, so when those ships/Sailors make port calls, they can do good works, which build trust and friendship," said Preddy.

CTF-43 is part of U.S. Naval Forces Southern Command (NAVSO) in Mayport.

For more information on NAVSO and CTF-43, go to <http://www.cusns.navy.mil>.

For more information on Crommelin, go to <http://www.crommelin.navy.mil>.



U.S. Navy photo by MCI (SW) Holly Boynton

USS Crommelin (FFG 37) Sailors load Project Handclasp donations onboard during a visit to Naval Station Mayport. The donations include toys, medical and hygiene supplies and will be donated during Crommelin's upcoming port visit to Cartagena, Colombia. The Project Handclasp donations are part of more than 80 pallets stored in a Commander, Task Force 43 warehouse. Pallets are loaded onto ships deploying to Latin America, such as Crommelin, for distribution throughout the region.

Get strong for your baby: TRICARE tips for expectant moms

Shari Lopatin

TriWest Healthcare Alliance

With Mother's Day approaching, many women find themselves smiling – some experiencing motherhood for the first time, and others ready to welcome another addition into the family.

Expectant moms have a lot to be excited about, including having a healthy child. Luckily, TRICARE covers regular doctor visits during pregnancy as part of its maternity health coverage. Take this chance talk

to your doctor or obstetrician about any health concerns you may have, as well as any medications you are taking.

Although following proper prenatal care as prescribed by a doctor or obstetrician helps to ensure a smooth pregnancy, expecting moms can take additional precautions to avoid a condition called gestational diabetes that affects about 135,000 pregnant women each year, according to the American Diabetes Association (ADA).

Fortunately, moms can do many things to prevent it.

What is gestational diabetes?

The ADA defines gestational diabetes as temporary high blood sugar (glucose) levels that develop in approximately four percent of American women late in their pregnancy. A baby with increased glucose levels may gain too much weight in vitro, along with an increased chance of childhood obesity and higher risk of developing type 2 diabetes as an adult.

Get a game plan

Whether you're pregnant or preparing to become pregnant,

take these tips from TRICARE.mil to stay healthy and deter gestational diabetes:

- Belly-up to fiber. Women who eat fiber-rich foods such as dark breads, fruit and certain cereals before becoming pregnant are less likely to form gestational diabetes.

- Eat smart. Eat a healthy diet and start taking a daily multivitamin with 0.4mg of folic acid to reduce the chances of having a child with birth defects.

- Cut it out. Cut down on caffeine, avoid tobacco smoke, and stay away from alcohol while

you're pregnant, all of which could harm your baby.

After the baby

Once that healthy bundle arrives, remember to update your family information in the Defense Enrollment Eligibility Reporting System (DEERS). Keep in mind, if you don't add your new child into DEERS within the first year, DEERS will show "loss of eligibility," and the child will no longer be able to receive any TRICARE benefits. See the "Life Changing Events" section of www.triwest.com, under the "beneficiary" section for more

information.

The next step is to enroll your newborn in TRICARE Prime. New parents have 60 days from the date of birth (or adoption) to enroll their child into TRICARE Prime. After 60 days, claims will process as TRICARE Standard or Extra, with associated deductibles and cost-shares. You can visit TRICARE's Beneficiary Web Enrollment site to enroll in TRICARE Prime online: <https://www.dmde.osd.mil/appj/bwe/indexAction.do>

Form more information, visit www.TRICARE.mil.

Skylark CENTRAL

Find these 34 names of

Unusual Animals

WORD SEARCH

- | | |
|--------------|---------|
| AARDVARK | RATEL |
| GNU | CAVY |
| OCELOT | LEMUR |
| AARDWOLF | TAPIR |
| KLIPSPRINGER | CIVET |
| OKAPI | MANATEE |
| ARMADILLO | VOLE |
| KOALA | DIK-DIK |
| ORYX | MARTEN |
| BANDICOOT | WALLABY |
| KOOKABURRA | DINGO |
| PECCARY | MEERKAT |
| CAPYBARA | WOMBAT |
| KUDU | DUGONG |
| PLATYPUS | NARWHAL |
| CASSOWARY | YAK |
| LANGUR | ECHIDNA |

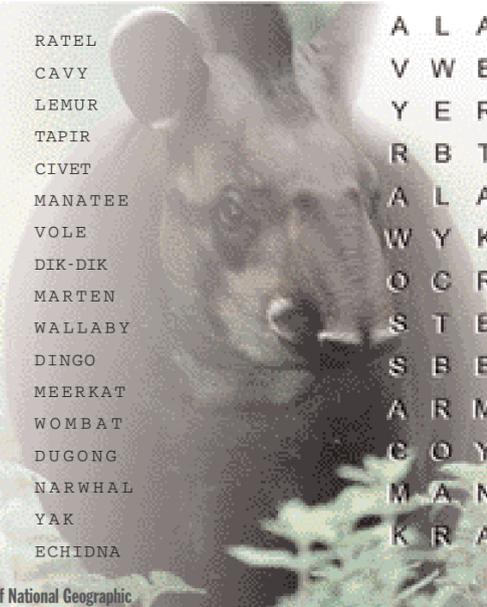


Photo of Tapir courtesy of National Geographic

A P L R D D T E V I C V F G K
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 K R A V D R A A N D I H C E O

WHO SAID IT?

"You can tell a lot about a fellow's character by his way of eating jellybeans."

LAST WEEK'S 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.

- Gore Vidal -

WORD SEARCH

Classify things

Find 48 words that

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

Q. What was the Navy's first commissioned submarine?

Last Week's Question:
 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?

Answer: Henry Fonda

Navy Region Hawai'i Morale, Welfare & Recreation

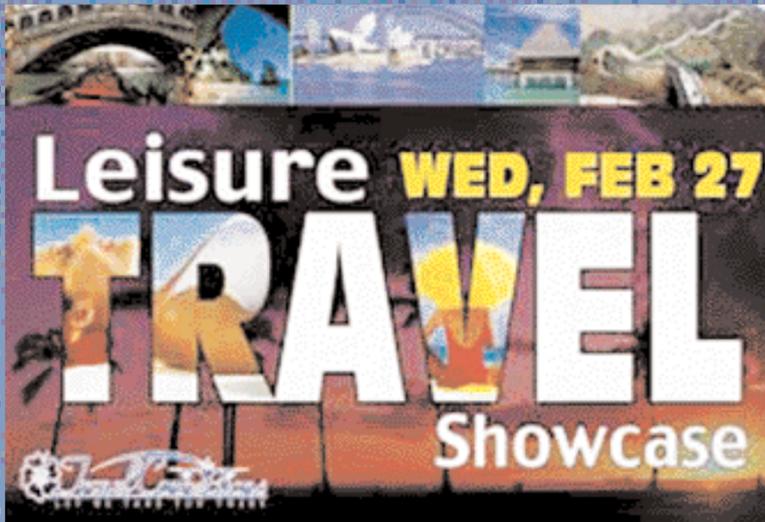
Morale, Welfare & Recreation

SPRING BREAK CAMP

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host a Spring Break Camp at the Catlin Clubhouse March 17-28. Camp activities include swimming, bowling, beach excursions and a visit to Koko Crater Botanical Gardens. Registration for single or dual parent active duty personnel in on going. All other authorized patrons, such as DoD Civilians, may register Feb. 25. FMI: Catlin Clubhouse at 421-1556.

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. Today at Sharkey Theater at Naval Station Pearl Harbor. Finals will be held at 2 p.m. Sunday. FMI: www.greatlifehawaii.com.



LEISURE TRAVEL SHOWCASE

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host a travel showcase 10 a.m. – 2 p.m. Feb. 27 outside the Information, Tickets and Travel (ITT) office at the Naval Exchange (NEX) in Pearl Harbor. The showcase will feature previews of exotic destinations to visit, plus free drawings, prizes and entertainment. FMI: 422-2757

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



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.

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



The Bucket List (PG 13)

Two terminally ill men try to fulfill a wish list known as "The Bucket List" before each kicks the bucket. After they break out of a cancer ward, they head off on a road trip with an itinerary that includes racing cars, eating giant plates of caviar and slinging poker chips in Monte Carlo.

TODAY

No Movies Shown - Nashville Stars

SATURDAY

2:30 PM The Pirates Who Don't Do Anything (G)
5:00 PM Juno (PG 13)
7:00 PM P.S. I Love You (PG 13)

SUNDAY

2:00 PM Nashville Stars Finals
5:00 PM First Sunday (PG13)
7:00 PM The Bucket List (PG 13)



Pearl Harbor Sailors compete for a date with a NFL cheerleader

Story and photo by
MC3 John Wallace
Ciccarelli Jr.

Fleet Public Affairs Center
Detachment Hawai'i

Single Sailors from Naval Station Pearl Harbor compete to win a date with a National Football league (NFL) Cardinals cheerleader during a dating game contest and social event hosted by Morale Welfare and Recreation (MWR) Center on Feb 14.

"This type of event really helped the Sailors by taking them out of their day-to-day working routine on ships and boats and gives them the opportunity to get out, socialize and cut loose a little bit, which in turn really can make a difference in their lives," said Greg Gustine, fleet support program director.

The Sailors met the NFL cheerleaders before the Dating Game at Liberty in Paradise, Pearl Harbor, during a social event where they had a chance to eat, mingle and receive autographs. Some of the Sailors played group pool with the cheerleaders while others played X-Box Guitar hero (a group interactive video game), and table tennis.

McClannan told a group of cheerleaders sea stories and what his plans are while he is in the Navy.

"It's really a lot of fun



Seaman Joseph Callabro prepares to break a set of pool balls while , Arizona Cardinals cheerleader, Neeley Neal watches during a MWR hosted event at Liberty in Paradise, Pearl Harbor on Feb. 14. The MWR hosted social event and dating game which was intended to boost moral and give single Sailors the opportunity to have fun while being entertained with an interactive events.

talking to the Cheerleaders telling them about what we do in the Navy just as much as we like to hear about all the fun stuff they get to

do," said McClannan.

As the Cheerleaders arrived for the event, the Sailors were yelling and whistling. Video cameras

popped overhead and flashes went off as the disc jockey played an array of dance music. The Sailors participating in the event sat on

the stage decorated with a Valentine Day theme. A wall divided the Sailors from the Cheerleader that was asking the questions.

The questions varied from "what would you buy me on our first date if you only had a \$100?" to "where on Pearl Harbor would you take me on our first date?".

The questions were as elaborate as the answers were witty. Some Sailors even performed dance moves to persuade the cheerleaders to pick them.

"We enjoy entertaining the Sailors here at Pearl Harbor," said Brooke Castaneda, head captain of the Arizona Cardinals. "Everybody we met tonight has been so nice to us and I really hope this event will make a different from their day-to-day grind."

By the end of the night, the winners had a group date in the adjacent room with candlelight, music and the Valentine's Day decor. There the Sailors and cheerleaders talked about their hometown, friends and what some of their hobbies were.

The social event and dating game is part of Armed Forces entertainment, the official Department of Defense agency for providing entertainment to U.S. military personnel overseas. It is organized by MWR, which mission is to provide quality support and recreational services that contribute to the retention, readiness, mental, physical, and emotional well-being of our Sailors.

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Pacific Fleet Sailor promotes the Navy in Chinese New Year Festival

MCSN Byung K. Cho

Commander, U.S. Pacific Fleet
Public Affairs

A Commander, U.S. Pacific Fleet Sailor promoted the Navy and diversity within the Navy during the Chinese New Year's festivities at Los Angeles Chinatown, on Feb. 9-10.

Lt. Cmdr. Hsin-Fu Wu, Southeast Asia desk officer and foreign area officer, talked about the opportunities the Navy has to offer to people of all backgrounds

"I spoke to visitors in Mandarin Chinese and English about career and education opportunities in the Navy," said Wu, who planned Navy's participation in this event with the Chinese community. "I did it because I believe in the mission and the vision of the Navy, and I believe in communicating with people in their cultural context so they can effectively understand the message."

Adm. Robert F. Willard, Commander, U.S. Pacific Fleet reiterated the importance of developing diversity among its work force in his Rat-Pac Report podcast on diversity. "Diversity is critical to the future



U.S. Navy photo

(From left to right) Lt. Cmdr. Hsin-Fu Wu, Jane Tak Gee, senior water quality administrator, Los Angeles Department of Water and Power; Chester Chong, president, Chinese Chamber of Commerce of Los Angeles.

of our Navy. Frankly, it's critical to our readiness now," said Willard. "We are a diverse country. The demographics of the United States

are changing all the time, and the demographics of our Navy – the kind of diversity that we see in one another across our Navy – will be changing accordingly."

Wu said the Navy's participation in the event was a success because he was able to talk with people from different backgrounds about the benefits of joining the Navy.

"It's very satisfying to see people's reactions to opportunities in the Navy they were not aware of," said Wu, who is also qualified in submarine warfare. "I wanted to explain the opportunities. Speaking Chinese to Chinese-Americans helped communicate the opportunities in a way they could understand."

"Ensuring the public knows the importance of our diversity efforts within the naval service is admirable and in step with our CNO's direction to reach out to all ethnic members of our great nation," said William J. Wesley, Pacific Fleet Plans and Policy executive director. "It assures that the public community is fully aware of the excellence of our Sailors and Marines."

"One of the CNO's top priorities is to diversify leadership in the Navy,"

said Lt. Jeanette Bederman from NRD Los Angeles officer programs. "The more we participate in cultural events, the more that we are likely to bring in and seem appealing to different cultures."

The Navy recognizes and strives for a workplace that encourages and supports diversity is a force multiplier because it encourages a diversity of thought, language, regional expertise, culture, race and gender that maximizes the Navy's performance.

"It was an excellent Navy awareness event for a particular community within Los Angeles," said Bederman.

Chinese community leaders from the Los Angeles Chinatown Chamber of Commerce and the Chinatown Business Improvement District also supported and encouraged the Navy's participation in the festival.

"We were very pleased with the Navy's participation at this year's event," said Holly Barnhill, Chinatown business improvement district marketing consultant. "We would certainly welcome the Navy's participation next year."

Silver Dolphin Bistro

Lunch Menu for Feb. 25-March 2

• Monday •

Cream of mushroom soup, beef lasagna, bayou chicken, steamed rice, chicken gravy, steamed broccoli, steamed cauliflower, toasted garlic bread, brownies, blueberry pie, pineapple upside down cake.

• Tuesday •

Chicken rice soup, baked fish, el rancho stew, boiled egg noodles, steamed rice, steamed green beans, corn on the cob, hot dinner rolls, apple pie, jelly roll.

• Wednesday (Filipino delicacies meal) •

Pork sinigang soup, chicken adobo, fried lumpia, pancit miki, Filipino fried rice, stir fry vegetables, sweet and sour sauce, hot pandesal, assorted ice creams, vanilla cream pie, easy chocolate cake, mocha blanca

• Thursday •

French onion soup, Asian barbecued turkey, grilled pork chops, chicken gravy, savory bread dressing, mashed potatoes, steamed spinach, steamed cauliflower, hot dinner rolls, pumpkin pie, pineapple upside down cake

• Friday •

Chicken noodle soup, parmesan fish filets, oven roasted beef, natural pan gravy, oven glo potatoes, steamed rice, steamed green peas, hot pandesal, peach pie, filled cake.

• Saturday •

Creole soup, charbroiled hamburgers/cheeseburgers/frankfurters, linguine with clam sauce, quick baked potatoes, vegetable combo, hot dinner rolls, chocolate chip cookies, apple pie, maple nut cake.

• Sunday •

Beef barley soup, charbroiled hamburgers/cheeseburgers/frankfurters, Monte Cristo sandwiches, quick baked potatoes vegetable combo, hot dinner rolls, white cake, sugar cookies, pumpkin pie.

Dinner Menu for Feb. 25-March 2

• Monday •

Pepper pot soup, garlic butter fish filet, turkey a la king, noodles Jefferson, buttered paprika potatoes, steamed carrots, club spinach, hot biscuits, chocolate macaroon cake, cherry pie, lemon chiffon pie.

• Tuesday •

Barbecue beef cubes, glazed Cornish hens, chicken gravy, parsleyed potatoes, steamed rice, steamed mixed vegetables, steamed collard greens, hot dinner rolls, peach cobbler, sweet potato pie, devils food cake.

• Wednesday •

Logging soup, herbed chicken, beef sauerbraten, chicken gravy, orange rice, mashed potatoes, steamed zucchini, steamed asparagus, hot pandesal, assorted ice creams, applesauce cake, chewy nut bars, strawberry chiffon pie.

• Thursday •

Vegetable supreme soup, chipper fish, Swedish meatballs, O'Brien potatoes, tossed green rice, Brussels sprouts parmesan, carrots and orange amandine, hot pandesal, meringue, oatmeal cookies, Boston cream pie, lemon meringue pie.

• Friday •

Manhattan clam chowder, hot and spicy chicken, beef yakisoba, Filipino fried rice, O'Brien potatoes, French fried okra, fried cabbage, hot pandesal, easy chocolate cake, chocolate chip cookies, cherry pie.

• Saturday •

Chicken gumbo soup, baked meat loaf, roast pork, brown gravy, mashed potatoes, steamed rice, calico corn, steamed broccoli, hot pandesal, applesauce cake, chewy nut bars.

• Sunday •

Chicken vegetable soup, grilled ham slices, barbecued chicken, pineapple sauce, candied sweet potatoes, steamed rice, steamed cauliflower, steamed asparagus, hot pandesal, brownies, cherry crisp pie, pineapple chiffon pie.

*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.