



NAVY LODGES

Great for business travel, great for saving money, great for saving time

Navy Exchange Service Command

Navy Lodges offer business travelers' first-class lodging at a value up to 40 percent less than comparable hotels in town. In addition, Navy Lodges offer comfort, cleanliness and affordability at 43 locations around the world that have been ranked in the top five percent in guest service.

"Navy Lodges are a great place to stay for business travel," said Karla Valandingham, Navy Lodge Hawai'i manager. "Our rates make us extremely affordable and being on base makes us extremely convenient. Our business classrooms offer guests a queen-sized bed, sofa, a desk with a computer hookup and task lighting.

Every guest room is very large with cable TV, a DVD, Internet access, direct-dial telephone service and a kitchenette complete with microwave and utensils. There is also housekeeping service, vending machines, DVD rental service and guest laundry facilities as well as handicapped accessible rooms. Free local calls, free in-room coffee and newspapers as well as convenient on-base parking are also available.

"I invite you to stay at the Navy Lodge Hawai'i on historic Ford Island on your next TDY/TAD travel assignment," said Valandingham. "The value is terrific and you can't beat the price, location, cleanliness and guest service."

To make reservations for your vacation or to receive a Navy Lodge directory, call 1-800-NAVY-INN, 24 hours a day, seven days a week or go online at www.navy-lodge.com. Once you make a reservation, you cannot be bumped from your room. Reservation is accepted on an as-received basis without regard to rank.

The butt stops here

Tyler Patterson

TriWest Healthcare Alliance

Twenty minutes is all it takes for your health to begin to improve after you've quit smoking, according to a study by the American Lung Association. That's less than half an hour from stubbing out that last-ever cigarette. According to their research:

- Twenty minutes after quitting, your heart rate drops.
- Twelve hours after quitting, the carbon monoxide level in your blood drops to normal.
- Two days after quitting, your sense of taste and smell begin to recover.
- Two weeks to three months after quitting, your heart attack risk begins to drop and your lung function begins to improve.
- One to nine months after quitting, your coughing and shortness of breath decrease.
- One year after quitting, your added risk of coronary heart disease is half that of a smoker's.
- Five years after quitting, your stroke risk now equals that of a non-smoker's.
- Ten years after quitting, your lung cancer death rate is about half that of a smoker's. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- Fifteen years after quitting, your risk of coronary heart disease is again equivalent to that of a non-smoker's.

The military estimates that roughly one-third of active duty service members are smokers. To help these service members snuff the habit and get them back on the track to good health, the



Department of Defense has launched smoking cessation programs on bases throughout the U.S. and even opened a brand new Web site devoted specifically to helping service members "kick butt," said Dr. S. Ward Casscells, assistant secretary of defense for health affairs.

The Web site, www.ucanquit2.org, launched in late 2007 and hosts a wide variety of anti-smoking information. It also features "My Quit Plan," a free, interactive tool that will assist you in developing and sticking to a customized stop-smoking plan.

The condition (disease) management portal at www.triwest.com/beneficiary can be a powerful tool as well. You can find it through the healthy living portal, or simply search for "smoking cessation" using the search function in the upper left-hand corner.

In addition to these Web sites, your primary care manager or other health-

care professional may be able to direct you to smoking cessation resources and other wellness programs run by your MTF. All of these are valuable tools in helping you kick the habit. While TRICARE itself does not offer services or supplies for cessation programs, the money you save on cigarettes alone will soon recover the cost of quitting.

So when's the best time to quit? October is Healthy Lung Month and anti-smoking organizations everywhere have launched their own unique campaigns, such as the American Cancer Society's 2008 Great American Smokeout on Nov. 20. The Great American Smokeout is one of the nation's longest-running and most popular quit-smoking events. You can learn all about it at the American Cancer Society's Web site, www.cancer.org.

Whatever route to quitting you take, good luck - we're all behind you.

MCB Hawai'i to recycle old mattresses

Marine Corps Base Hawai'i Public Affairs Office

Kaneohe Bay has announced the base's latest effort to help preserve the environment and reduce its ecological footprint on the island of Oahu.

This month starts the Marine Corps' contract with a local company, The Green Bed Factory, to remove and recycle old mattresses.

Approximately 700 barracks mattresses from here will be diverted away from local landfills and recycled this month as part of the effort to reduce the burden on local landfills and increase the scope of the base's recycling initiatives.

The base generates hundreds of old mat-

tresses annually and recently found out about The Green Bed Factory, a business that deconstructs mattresses into reusable and recyclable components. MCB Hawai'i is the first military installation on Oahu to use this process and expects this program to continue into the future.

"The Marine Corps is a proven leader within the Department of Defense in resource conservation programs. MCB Hawai'i is a proven leader within the Marine Corps," wrote Col. Robert Rice, commander, MCB Hawai'i, in a recent column in the base newspaper, the "Hawai'i Marine." "Going green is not a big leap for Marines; we're already green at heart. We need to practice it in everything we do."

Port Royal Sailors celebrate Hispanic Heritage Month

USS Port Royal (CG 73)

In honor of Hispanic Heritage Month, Sailors aboard USS Port Royal (CG 73) enjoyed a festive lunch on Oct.10.

The menu included pollo guisado, beef enchiladas, pork chops with pineapple salsa, Spanish rice, beans, corn with pimientos and green peppers, and tortilla chips with homemade salsa. Dessert was churros and

pastel de tres leches (three milk cake).

Port Royal Sailors shared their Hispanic heritage by preparing the menu items themselves.

Gas Turbine System Technician (mechanical) Fireman Vallejoiguera gave an introductory speech in Spanish and explained that, beyond Mexico and Spain, Hispanic cultures are in 18 other countries. The mess decks reflected

this diversity with flags from Hispanic countries on the tables and biographies of significant Hispanic people.

The history of the Sailors serving in the Navy is part of the history of the Navy itself. Celebrating Hispanic Heritage Month in this way gives credit to the many Hispanic Sailors who contribute to the strength and diversity of the naval service.

To report...

Fraud, Waste or Abuse

Contact Commander, Navy Region Hawai'i Inspector General

✓ We are here to help

✓ You can remain anonymous

✓ Remember to use your chain of command first

HOTLINE:
808-473-1782

EMAIL:
prlh-cnrhig@navy.mil

JPAC celebrates fifth anniversary

Army Staff Sgt. Matthew Chlosta

Joint POW/MIA Accounting Command Public Affairs

The Joint POW/MIA Accounting Command (JPAC) at Hickam Air Force Base, Hawai'i recognized its fifth anniversary with a short ceremony on Oct. 8.

To mark the event, JPAC team members massed on "Heroes Green" outside JPAC headquarters for a group photo and cake cutting event.

The mission of JPAC is to achieve the fullest possible accounting of all Americans missing as a result of our nation's past conflicts.

"JPAC teams have spanned the globe operating in over 30 countries in the past five years," said Rear Adm. Donna Crisp, JPAC commander.

Over its lifetime, JPAC and its predecessors conducted more than 368 recovery and investigation missions around the globe. Some of the countries JPAC teams have operated in include: China, North Korea, South Korea, Vietnam, Cambodia, Laos, Thailand, Canada, Palau, Albania, Philippines, Newfoundland, Papua New Guinea, Germany, Hungary, France, Australia, Fiji, Solomon Islands, India and Japan.

JCRC-CILHI

The Joint Casualty Resolution Center (JCRC) was formed after the Vietnam War in 1973. JCRC worked in concert with the newly-formed Central Identification Laboratory,

Thailand (CIL-THAI), which handled the remains and identification of Americans killed during the war.

By 1976 a downsizing of U.S. Forces in Thailand classified CIL-THAI and JCRC personnel as military, rather than humanitarian. That decision resulted in relocation of the operations to Hawai'i, with the lab name changed to the Central Identification Laboratory, Hawai'i (CILHI). At this time CILHI's mission was broadened to include the search, recovery and identification of service members killed in Korea, World War II and any concluded future conflicts.

JTFA

JCRC continued operation until 1992 when it became Joint Task Force-Full Accounting (JTF-FA). This change was partly due to an increased interest from the U.S. government as well as the public in missing in action (MIA) recovery. Meanwhile Southeast Asian countries showed and increased willingness to allow access to records, files and witnesses concerning unaccounted for Americans.

JPAC

In 2002, the Department of Defense concluded that POW/MIA accounting efforts would best be served by combining JTF-FA and CILHI.

On Oct. 1, 2003 the U.S. Army's Central Identification Laboratory-Hawai'i and U.S. Pacific Command's Joint Task Force Full Accounting were merged into JPAC.

NEX launches new digital sales flyer

Navy Exchange Command

Beginning Oct. 29, Navy Exchange (NEX) customers will have a new way to see what items are on special at their store. The NEX weekly sales flyer is going digital, making viewing what is on special easier and more interactive.

"In mid-September, the Navy Exchange Service Command (NEXCOM) tested the concept and customers were overwhelmingly positive with their comments," said Michael Conner, NEXCOM's vice president of marketing. "Some of our customers' comments were, 'Great idea...easy to read and use' and 'Much better and more convenient.' I think most of our customers will find this digital flyer is a better way to advertise the NEX benefit."

To make shopping easier, customers can search for products based on brand name or category. The flyer also has a zoom feature which allows cus-

tomers to get a bigger and better view of the item they're interested in purchasing.

"Our digital sales flyer will continue to evolve as we add features to save our customers time," said Daniel Desser, NEXCOM's vice president of advertising. "There is a lot of emerging technology available to retailers and the NEX is pursuing alternative choices to remain relevant to our customers."

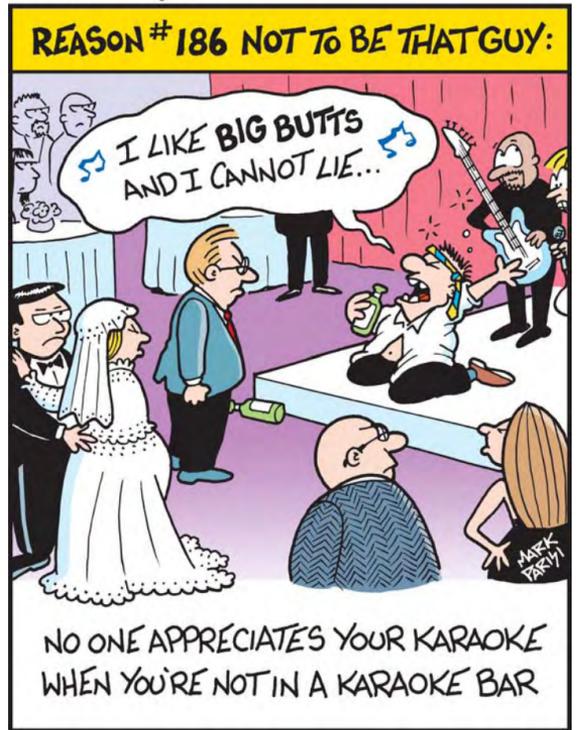
In addition to the ease of use with the digital sales flyer, there is the added benefit of saving paper. "As stewards of the environment, the NEX is always looking for ways to conserve our natural resources," said Desser. "This is just one more way we're helping our customers and our environment at the same time. It's a win-win for everyone."

Customers can sign up to have the new digital sales flyer delivered to their inbox at www.navy-nex.com, click on mailing list.

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 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.

That Guy.com



GOT SPORTS
 Phone: (808)473-2888
hnn@honoluluadvertiser.com

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

STORY IDEAS?
 Contact the HNN editor for guidelines and story/photo submission requirements:
 Phone: (808) 473-2888
 Email: hnn@honoluluadvertiser.com
Hawai'i Navy News

Skylark CENTRAL

WORD SEARCH
Find these 40 funny people that made Rolling Stone Magazine Cover

| | |
|-------------------------|---------------------|
| ARSENIO HALL | CHEVY CHASE |
| EDDIE MURPHY | JOHN BELUSHI |
| MIKE MYERS | STEPHEN COLBERT |
| BART SIMPSON | CHRIS ROCK |
| FREDDIE PRINZE | JOHNNY CARSON |
| PEE-WEE HERMAN | STEVE MARTIN |
| BEAVIS AND GILDA RADNER | CONAN O'BRIEN |
| RICHARD PRYOR | JON STEWART |
| BUTT-HEAD | TINA FEY |
| GOLDIE HAWN | DAN AYKROYD |
| ROBIN WILLIAMS | TOM GREEN |
| BILL MURRAY | DANA CARVEY |
| JAY LENO | JULIA LOUIS-DREYFUS |
| RODNEY | WHOOPI GOLDBERG |
| BOB HOPE | DAVID LETTERMAN |
| JERRY SEINFELD | LILY TOMLIN |
| SACHA BARON COHEN | WILL FERRELL |
| CHEECH & CHONG | DAVID SPADE |
| JIM CARREY | MICHAEL RICHARDS |
| SAM KINISON | WILL SMITH |

Rolling Stone

J L E E D L E I F R E G N A D Y E N D O R N G
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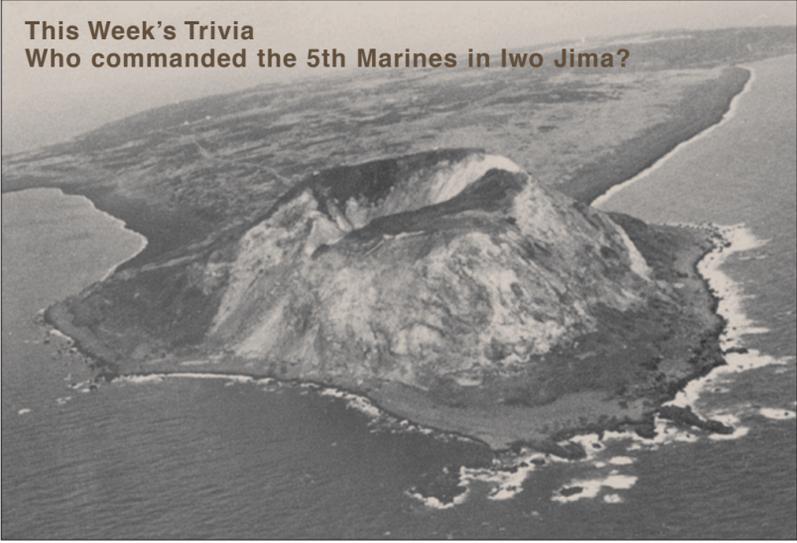
WHO SAID IT?
 NEVER DO TODAY
 WHAT YOU CAN PUT OFF
 TILL TOMORROW. DELAY
 MAY GIVE CLEARER
 LIGHT AS TO WHAT IS
 BEST TO BE DONE. ||

LAST WEEK'S
WHO SAID IT?
 Wish not so much to live
 long as to live well.
 - Benjamin Franklin

WORD SEARCH SOLUTION
 Find 44 words that 44 words meaning Permission or Acceptance

| | |
|-----------------------|----------------|
| ACCEPTANCE | PRIVILEGE |
| COMMISSION | AUTHENTICATION |
| LIBERTY | FREE HAND |
| ACCORD | RATIFY |
| CONSENT | AUTHORITY |
| LICENSE | GO-AHEAD |
| ACCREDIT | SANCTION |
| EMPOWER | AUTHORIZATION |
| OKAY | GRANT |
| ADMIT | SUFFERANCE |
| ENABLE | BLESSING |
| PASS | GREEN LIGHT |
| AGREEMENT | VISA |
| ENDORSEMENT PASS-PORT | CARTE |
| ALLOW | BLANCHE |
| ENTITLED | LEAVE |
| PERMISSION | VOUCHSAFE |
| APPROVE | CHARTER |
| FIAT | LEGALIZATION |
| PERMIT | WARRANT |
| ASSENT | CLEARANCE |
| FRANCHISE | LEGITIMIZE |

Y E E H N N O I T A C I T N E H T U A
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 R E Z I M I T I G E L R I R N S A V S



Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

⚓ HMYAA BASEBALL WINTER SEASON
Hawai'i Military Youth Athletic Association (HMYAA) registration is ongoing through Oct. 31 for youth winter baseball. Practice begins in November and the season runs from January to March 2009. Teams will compete in the HMYAA Pony League with teams from the Air Force and Marines. The cost is \$40 and the league is open to all military youth ages five to 14. FMI: 474-3501.

⚓ HMYAA BASKETBALL AND CHEERLEADING
Morale, Welfare and Recreation (MWR) youth sports is partnering with the Hawai'i Military Youth Athletic Association (HMYAA) to host a basketball and cheerleading league. This league is for all authorized military youth ages five to 15 years, including those at Hickam and Kaneohe Bay. Registration runs from Oct. 27 to Nov. 21. The cost for basketball is \$60 and cheerleading is \$80. FMI: 474-3501.

⚓ HALLOWEEN GOODIES AT RAINBOW BAY MARINA
Stop by the Rainbow Bay Marina office on Halloween to receive free juice and candy treats during Halloween.

⚓ SINGLE SAILORS AT LIBERTY DURING HALLOWEEN WEEK
Have a spooktacular week with Liberty Programs at various locations from Oct. 25-31. Events will include haunted houses, foosball tournament and pumpkin carving contest. FMI: www.greatlifehawaii.com or call 473-4279.

⚓ BIKE AIEA LOOP TRAIL
The outdoor recreation center (OAC) at Naval Station Pearl Harbor will host a mountain biking excursion to the Aiea Loop Trail at 9 a.m. Oct. 25. The cost is \$15 per participant, but space is limited. FMI: 473-1198.

⚓ FORD ISLAND 'TRUNK OR TREAT'
Navy Region Hawai'i Morale, Welfare and Recreation (MWR) and the Naval Health Clinic First Class Petty Officer Association will host the Ford Island "trunk or treat" and Halloween party from 4-7 p.m. Oct. 25 at building 88 (located behind Firehouse Grill) on Ford Island. The event will include a costume parade, music, crafts, games, popcorn, cotton candy and a special Halloween movie sponsored by Forest City Residential Management. The event is open to all military-affiliated patrons. FMI: www.greatlifehawaii.com.

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

Community Calendar

October

⚓ 27 - The USS Chung-Hoon Family Readiness Group will hold its monthly meeting at 6 p.m. at the Pearl Harbor Memorial Chapel. The short business meeting will be followed by a children's costume parade and Halloween social. Treats and light refreshments will be served. FMI: email chunghoonfsg@ or call the Careline at 440-4648.

November

⚓ 7 - The Surface Naval Officers Ohana (SNO'O) will hold its monthly social meeting from 7-9 p.m. at Lockwood Hall. It will be a themed-night meeting, "Decked Out for the Decades." Attendees are encouraged to dress up in their favorite decade attire, '20s, '50s, '60s, '70s, etc. Light refreshments will be served. There will also be a collection for non-perishable food items for the ASYMCA Food Pantry. SNO'O is open to all spouses in the surface naval community and those who support it. FMI: e-mail snoohana@gmail.com or 689-5153.

At a glance

⚓ The Navy Exchange (NEX) will hold the NEX Customer Appreciation Sweepstakes through Nov. 10. Thirty patrons who enter the sweepstakes will win a \$1,000 NEX shopping spree. No purchase is necessary to win. FMI: 423-3330.

⚓ Hawai'i Superferry is offering one free military passenger round trip fare with the purchase of another military passenger round trip fare traveling at the same time. Free fare does not include taxes and fees. Some restrictions apply. The offer is not good on Internet booking. The offer is good for travel booked and traveled by Dec. 15. Hawai'i Superferry is also offering \$39 fare each way for visitors traveling between Oahu and Maui. FMI: contact your nearest Morale, Welfare and Recreation/Information, Travel and Ticket travel desk or visit hawaiisuperferry.com or call 877-HI-FERRY.

Sharkey Showtimes



Death Race (R)

Terminal Island, New York: 2020. Overcrowding in the U.S. penal system has reached a breaking point. Prisons have been turned over to a monolithic Weyland Corporation, which sees jails full of thugs as an opportunity for televised sport. Adrenalized inmates, a global audience hungry for violence and a spectacular, enclosed arena come together to form the 'Death Race', the world's biggest, most brutal sporting event. Five-time NASCAR champion Jensen Ames is a man who has become an expert at survival. Driving a monster car outfitted with machine guns, flamethrowers and grenade launchers, Ames must now kill or be killed to win the most treacherous spectator sport on Earth: 'Death Race'.

TODAY

7:00 PM Death Race (R)

SATURDAY

2:30 PM Babylon A.D. (PG 13)

4:45 PM The Women (PG 13)

7:15 PM Traitor (PG 13)

SUNDAY

2:30 PM Babylon A.D. (PG 13)

4:45 PM The Family That Preys (PG 13)

7:00 PM Bangkok Dangerous (R)

SUNDAY

7:00 PM Babylon A.D. (PG 13)

