

## MILITARY FAMILY APPRECIATION



A military family member climbs the rock wall during the family appreciation celebration.



A service member's child crawls through a tunnel maze during the family appreciation celebration on Ford Island.

Story and photos by PH1 (AW/SW) James E. Foehl

Staff Photojournalist

The sun shone like a golden medallion in the sky as it began to set on Ford Island. Live music from the Raggs Kids Club Band filled the ears of the dancing keiki as the festivities of the Military Family Appreciation Month and Navy Lodge 35th Anniversary Celebration kicked off. While entertainers performed and families enjoyed an array of free food and activities provided by the sponsors, the importance of giving back to those who sacrifice so much becomes unmistakably obvious.

"We're all about the kids," said Hospital Corpsman 1st Class (DV/FMF) Ron Nading from Mobile Diving Salvage Unit One (MDSU-1). Service members from MDSU-1 provided a tank at the event where children could interact with the divers and learn about the job of a Navy diver.

"We spend a lot of time away from our kids and this gives us a chance to spend time with them and show them what we do while we're away," he said.

A special appearance by the National Football League's Oakland Raiders cheerleaders, the Raiderettes, drew huge crowds as they handed out free autographed pictures and performed center stage.

"This is one way for us to say "thank you" and show our support for the military and their families," said a cheer-

▼ See APPRECIATION, B-2



The Raiderettes pose for a picture between signing autographs and performing for military families at the event



A military child celebrates a "check-mate" during an oversized game of chess. Outdoor chess was just one of many different activities at the family celebration.

# Diabetes - are you at risk for the silent disease?



File photo

More than six million people do not know they are diabetic, according to the Centers for Disease Control and Prevention.

Lt. Zoë Peek

Health Promotion Department,  
Naval Health Clinic Hawai'i

Diabetes now affects nearly 21 million Americans and of those, more than six million do not know they are diabetic, according to the latest report from the Centers for Disease Control and Prevention (CDC).

Diabetes is a silent disease and is the leading cause of adult blindness, lower limb amputation, kidney disease and nerve damage. Also, two-thirds of people with diabetes die from heart disease. Dr Typhanie Kinder of the Naval Health Clinic Hawai'i's internal medicine department said, "You can have it for years and not know that you have diabetes, but the disease can silently damage your eyes, kidneys, heart, brain and nerves."

It can be genetic or can arise from an auto-immune disorder (type 1 diabetes), but, for most people, the risk of developing the disease is a combination of family history and lifestyle factors (type 2 diabetes). The risk for developing type 2 diabetes increases as you grow older, if you are overweight, and if you are not physically active. The disease is more common in African American, Pacific Islander, Hispanic and Asian populations. Risk factors include: high blood pressure (at or above 130/80), family history of diabetes, diabetes during pregnancy, or having a baby weighing more than nine pounds at birth.

To find out if you are at risk, take the following quiz:

- I am a woman who has had a baby weighing more than nine pounds at birth. (yes = one point)
- I have a sister or brother with diabetes. (yes = one point)

- I have a parent with diabetes. (yes = one point)
- I am overweight. (yes = five points)
- I am under the age of 65 and get little or no exercise. (yes = five points)
- I am between the ages of 45-64. (yes = five points)
- I am 65 years or older. (yes = nine points)

If you scored 10 or more points, you are at high risk for having diabetes and should receive a screening and check up from your primary care manager.

To prevent or delay the onset of type 2 diabetes, exercise for 30 minutes three days a week and follow a low fat diet rich in grains, fruits and vegetables.

If you have been diagnosed with diabetes and want to learn more about self-management, contact the health promotion department at 471-WELL (9355).

## APPRECIATION: Pearl Harbor families celebrate Military Family Appreciation Month

Continued from B-1

leader from the Raiderettes.

In addition to the Raiderettes' appearance, Carrie Blake-Brekke, also known as Mrs. B., was on-hand providing family fun and entertainment for military children and their parents.

"Any time I get to interact with military [children], it's the highlight of my day," said Mrs. B. "I enjoy letting the military [children] know that there's someone out there singing just for them," she continued, referring to her song, "We're Military Kids - What'cha Think About That."

As darkness fell on the island, entertainers from the Polynesian Cultural Center lit up the night sky with a spectacular fire dancing performance. Hula skirts swayed rhythmically as the performers pulsed to the drumbeats.

"Family is number one in the Polynesian

culture," said Carol Feinga of the Polynesian Cultural Center. "Our company nurtures diversity and culture, much like the military."

"We are all glad to be a part of this event and hope to continue to build better relationships with the service members and their families," she said.

"The Polynesian Cultural Center is a big supporter of the military in this area," said Cheryl Camp, Navy Region Hawai'i community support program director. "They also provide entertainment for the ships that pull into Pearl Harbor," she said.

This year, teaming up with the Navy Lodge, Navy Region Hawai'i Morale, Welfare and Recreation presented the Military Family Appreciation Month and Navy Lodge 35th Anniversary Celebration to honor service members and their families for their unwavering support and positive impact they have on our country.

## Chaplain Corps Ball



Photo by Martha Theriot

Lt. j.g. Michael Grass (left) and Capt. Gene P. Theriot (right) of Navy Region Hawai'i cut the cake at the 230th Chaplain Corps Anniversary, held Nov. 16 at the Officers' Club at Marine Corps Base Hawai'i - Kaneohe. The chaplains represented the most (Capt. Theriot) and fewest (Lt. j.g. Grass) years of active duty service as chaplains. Rear Adm. Robert Burt, deputy chief of chaplains and chaplain of the Marine Corps in Washington, D.C., was the featured speaker.

# 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

# How to avoid hydroplaning on wet roads

John Schultz

Navy Region Hawai'i Safety

Many drivers involved in crashes don't know how to handle wet roadways, according to the National Highway Traffic Safety Administration (NHTSA). Hydroplaning is a condition where a water barrier removes tire contact from the pavement. Factors affecting hydroplaning include speed, tire design, tread depth, tire load and inflation pressure.

As speed increases above 35 mph, the risk of hydroplaning increases. The tire's design and groove depth determine the water depth the tires can safely channel away. Tire load is the



U.S. Navy photo

Drivers on Naval Station Pearl Harbor slowly splash through the road near the parking lot outside Bloch Arena.

amount of weight bearing against the tire's contact patch and is related to gross vehicle weight (GVW), including trailer weight, and input forces such as steering and braking. Tire inflation affects

the area of the tire's contact patch.

The NHTSA engineers have determined that under-inflated tires lose up to 40 percent tire-to-road contact in studies that followed a major tire manufacturer's tire recall of the '80s. Nearly a million crashes occur nationwide each year while it is raining. To address these concerns, the United States Congress has directed auto manufacturers to install tire pressure monitors on all 2006 vehicles with a goal of saving 120 lives each year.

Here are some tips to consider when driving on wet roads:

- Slow down, especially if you can't see your tire tracks when looking through the rear view

mirror, or you see standing water (puddles), or rain falling in sheets.

- The American Automobile Association recommends increasing following distance from the ideal conditions margin of at least three seconds to as much as seven or eight seconds to allow for slippery surfaces.

- Check tire pressure often. Under-inflated tires can lose 40 percent of their traction potential.

- Check tire tread wear. To maintain traction, tires have to channel away at least a gallon of water each per second as speed approaches highway rates.

- Know and expect local problem slick spots.
- The first cues motorists may

feel when experiencing hydroplaning are a slight wiggle or even pulling of the vehicle's steering wheel. Be careful. Ease off the gas pedal and avoid abrupt steering and braking.

- Car and tire manufacturing companies caution anyone who customizes suspension, wheel or tire components on vehicles to get expert advice as these modifications can gravely influence their safety. Anti-lock braking systems (ABS) and traction control systems require compliant modifications to ensure safe operation.

Practice safety first. Drivers should keep their vehicles sound, know how to respond to hydroplaning emergencies, and above all - leave early and arrive alive.

## Holiday chapel services announced

The following services and events will be held at chapels at Naval Station Pearl Harbor during the holiday season:

**Today:** "Greening of the Chapels," 9 a.m.-noon at Pearl Harbor Memorial Chapel.

**Advent, Christmas, Hanukkah schedule:**

**Catholic services:**

- Nov. 26: Mass, First Advent, 5 p.m., Pearl Harbor Memorial Chapel.
- Nov. 27: Mass, 9 a.m., Pearl Harbor Memorial Chapel.
- Dec. 3: Mass, Second Advent, 5 p.m., Pearl Harbor Memorial Chapel.
- Dec. 4: Mass, 9 a.m., Pearl Harbor Memorial Chapel.
- Dec. 8: Feast of the Immaculate Conception Mass, 11:35 a.m. and 6 p.m., Pearl Harbor Memorial Chapel.
- Dec 9: Caroling, 6 p.m., Club Pearl, building 1314, Naval Station Pearl Harbor.
- Dec. 10: Mass, Third Advent, 5 p.m., Pearl Harbor Memorial Chapel.
- Dec. 10: Christmas Concert "A Night of Christmas," 6 p.m., Pearl Harbor Memorial Chapel.
- Dec. 11: Mass, 9 a.m., Pearl Harbor Memorial Chapel.
- Dec. 11: Advent Penance Service, 5 p.m., Pearl Harbor Memorial Chapel.
- Dec. 17: Mass, Fourth Advent, 5 p.m., Pearl Harbor Memorial Chapel.
- Dec. 18: Mass, 9 a.m., Pearl Harbor Memorial Chapel.
- Dec. 18: Last CCD class, 10:30-11:45 a.m., building 679.
- Dec. 24: Pre-Christmas concert, 4:30 p.m., Pearl Harbor Memorial Chapel.
- Dec. 24: Christmas Family Mass, 5 p.m.,

Pearl Harbor Memorial Chapel.

- Dec. 25: Christmas Morning Mass, 8:30 a.m., NCTAMS Pac Chapel; 9 a.m., Pearl Harbor Memorial Chapel.

- Dec. 31: New Year's Eve Vigil, Feast of Mary, Mother of God, 5 p.m., Pearl Harbor Memorial Chapel.

- Jan. 1: Feast of Mary Mother of God, 9 a.m., Pearl Harbor Memorial Chapel.

- Jan. 8: Feast of Epiphany, 9 a.m., Pearl Harbor Memorial Chapel.

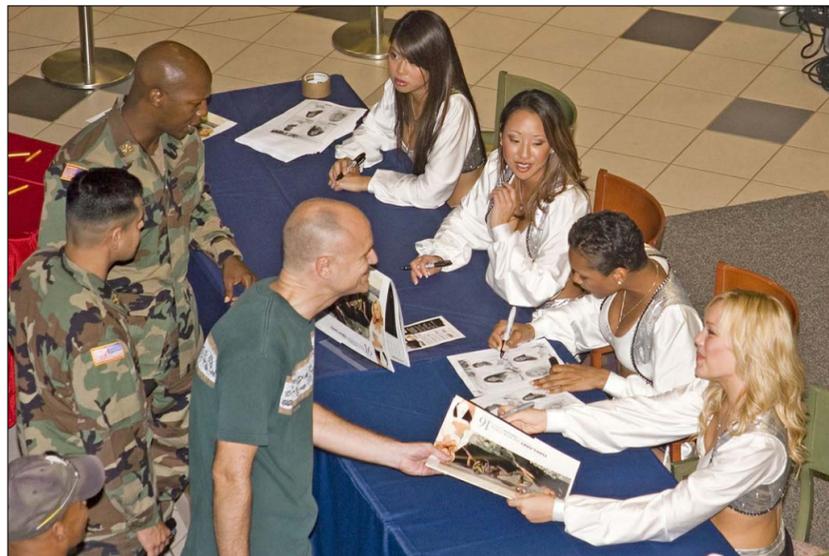
**Protestant services:**

- There will be no Sunday School on Dec. 25 and Jan. 1, 2006; classes will resume Jan. 8.
- Dec. 18: Christmas Cantata, 11 a.m., Pearl Harbor Memorial Chapel.
  - Dec. 18: Protestant (Wave) Christmas Musical, 11 a.m., Submarine Memorial Chapel.
  - Dec. 24: Protestant Chapel Community (combined) Christmas Eve Candlelight Service, 6:30 p.m., Submarine Memorial Chapel.
  - Dec. 25: Protestant Communion Christmas Service, 8:30 a.m., Submarine Memorial Chapel.
  - Dec. 25: Protestant Christmas Service, 10:30 a.m., NCTAMS Pac Chapel.
  - Dec. 25: Protestant (Wave) Christmas Service, 11 a.m., Submarine Memorial Chapel.
  - Dec. 25: Protestant Christmas Morning Service, 11 a.m., Pearl Harbor Memorial Chapel.

**Jewish services:**

- Dec. 9: 30th anniversary (Dec. 14) of Aloha Jewish Chapel (catered dinner starting at 6:30 p.m. and services).
- Dec. 25: First Day of Hanukkah, 6:30 p.m., Aloha Jewish Chapel.
- Dec. 30: Pot luck/party and services (bring a menorah), 6:30 p.m., Aloha Jewish Chapel.

## Raiderettes visit NEX



U.S. Navy photo by PHAN John T. Jackson

Military personnel wait in line as the Oakland Raiderette Cheerleaders conduct a free autograph and photo session promoting the presale of 2006 Pro Bowl tickets. The Raiderettes also performed a few short routines in honor of Military Family Appreciation Month.

**Got Questions?**  
Write to us at [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

# Skylark Central

## American Presidencies

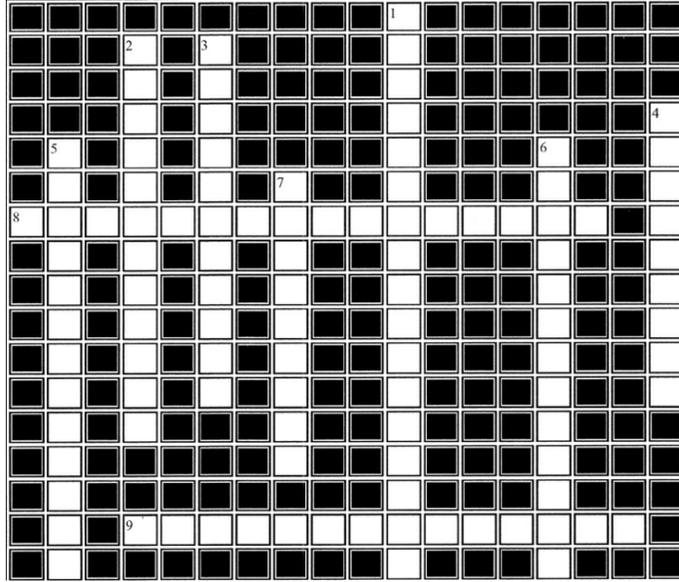
Name the American president in office during these significant historic events.

### Across:

- 8. First commander in chief of the U.S. Navy
- 9. The Civil War

### Down:

- 1. Battle of Midway
- 2. First man on the moon
- 3. Cuban Missile Crisis
- 4. Founding of the Navy Department
- 5. Founding of the Naval War College
- 6. World War I
- 7. Founding of the U.S. Naval Academy



## What ship am I?

Answer:  
USS Langley (CV 1)

- I was the Navy's first aircraft carrier, launched Nov. 17, 1924.
- My nickname was the old "covered wagon."
- I was converted from a collier ship, USS Jupiter in 1920.
- My development of operating techniques and tactics were essential to the victory of WWII.

## Know your Navy

Which type of burn is the most severe: first, second or third degree?

Last week's question...

CO2 is the primary agent to disrupt the fire triangle of what class fire?

Answer - Class "C" fire

## Movie Call

Sharkey Theater  
Naval Station Pearl Harbor  
(473-0726)

## TODAY

7:00 p.m. The Greatest Game Ever Played (PG)

## SATURDAY

2:30 p.m. Tim Burton's Corpse Bride (PG)

4:30 p.m. Into The Blue (PG 13)

7:00 p.m. Flight Plan (R)

## SUNDAY

2:30 p.m. Serenity (PG 13)

4:45 p.m. The Greatest Game Ever Played (PG)

7:00 p.m. Flight Plan (R)

## THURSDAY

7:00 p.m. Two for the Money (R)

Memorial Theater  
Hickam Air Force Base  
(449-2239)

## TODAY AND SATURDAY

7:00 p.m. Wallace & Gromit: Curse of the Were-Rabbit (G)

## SUNDAY

7:00 p.m. A History of Violence (R)

## WEDNESDAY

7:00 p.m. Domino (R)

## THURSDAY

7:00 p.m. A History of Violence (R)

Sgt. Smith Theater  
Schofield Barracks  
(624-2585)

## TODAY

7:00 p.m. Two for the Money (R)

## SATURDAY

7:00 p.m. Into The Blue (PG 13)

## SUNDAY

7:00 p.m. Lord of War (R)

## THURSDAY

7:00 p.m. Lord of War (R)

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.

## OUTDOOR ADVENTURE EVENTS

- **Dec. 3:** Waimano Pools hike, 8:30 a.m., \$7. Register by **Dec. 1.**
- **Dec. 4:** Palikea Preserve hike, 8 a.m., \$7. Register by **Dec. 2.**
- **Dec. 10:** Lanikai hike and swim, 8:30 a.m., \$7. Register by **Dec. 7.**
- **Dec. 11:** Horseback trail ride (mountains), call for time, \$60. Register by **Dec. 8.**

## SPECIAL LUAU PRICING

Take in the rich cultural heritage of Polynesia now through **Nov. 30** with special ticket prices for Germaine's Luau Armed Forces Special. Tickets for the all-you-can-eat buffet and show are \$30 for adults and can be purchased at any Navy ITT office. For more information, call 473- 0792.

## POKER TOURNAMENT

Put your poker skills to the test at the Texas Hold 'Em Poker Tournament at Pearl Harbor. The last qualifying rounds will be held **today** at Club Pearl Paradise Lounge on Naval Station Pearl Harbor. The tournament is open to active-duty personnel from all branches of the U.S. military. Free entry is limited to the first 320 registrants each night.

Registration begins at 5 p.m. at the event with play beginning at 6 p.m. Qualifying round winners will receive various electronics prizes such as Apple iPods, DVD players, Sony Playstation portables (PSP), TVs and more. A minimum of 10 qualifiers each round will advance to the finals. The final round will be held at 6 p.m. **Dec. 2** at Beeman Center at Naval Station Pearl Harbor. The tournament winner will receive the JN Chevrolet jackpot valued at over \$1,500. For more information, call 473-2582 or 473-4279.

## THANKSGIVING SOFTBALL AND TURKEY SHOOT BASKETBALL TOURNAMENTS

A Thanksgiving softball tournament and Turkey Shoot basketball tournament are planned for **Nov. 25-27**. Softball games will be played at Millican Field. Basketball games will be played at the Naval Station Pearl Harbor gym. The tournaments are open to all MWR patrons age 18 years or older and DoD employees assigned to Pearl Harbor, Barbers Point, NCTAMS, West Loch and NSGA Kunia. The cost is \$175 per tournament per team. For more information or to sign up, call 473-2494 or 473-2437.

## SHORE SHACK GRAND OPENING

The grand opening of the Shore Shack at White Plains Beach at Barbers Point will be from 8 a.m.-2 p.m. **Nov. 26**. Activities will include darts, pool and video games; food items will be available. For more information, call 227-4750.

## HOLIDAY BASKETBALL TOURNAMENT

A Holiday Basketball Tournament will be held **Dec. 9-18** at Bloch Arena at Naval Station Pearl Harbor. Participation in the tournament is open to active duty only from Pearl Harbor, Barbers Point, NCTAMS, West Loch and NSGA Kunia. The entry fee is \$50 per team. The entry deadline is **Nov. 30**. An organizational meeting will be held at 1 p.m. **Nov. 30** at Bloch Arena. For more information, call 473-4182.

## PEE WEE FLAG FOOTBALL REGISTRATION

Pee Wee flag football registration will be held **Dec. 5-23** at the youth sports office. The cost is \$35 and includes a T-shirt, medal and certificate. To register, bring a current physical (dated no more than a year ago) and birth certificate. Leagues are open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

## WIN TRIP TO SUPER BOWL XL

There is still time to enter the Super Bowl grand prize drawing. The winner will go to Detroit to see Super Bowl XL. The prize includes airfare, hotel and tickets to the big game. The prize drawing will be held **Dec. 26**. The fun starts at 6:30 p.m. every Monday at Club Pearl. For more information, call 473-1743.

## ALPINE TOWER

The Alpine Tower Challenge Course Facility at Barbers Point near the fitness center is open

and ready to train your command to become the best team it can be.

The principles of the leadership, education and development (LEAD) program are applied to facilitate the program areas of this team-building challenge course. All military commands are invited to experience the LEAD program on the Alpine Tower. For more information, call the outdoor adventure center (OAC) at 473-1198 or visit [greatlifehawaii.com](http://greatlifehawaii.com) to reserve a day for your team.



- **Nov. 25:** JN All Military Poker Showdown at Club Pearl, free.
- **Nov. 26:** Holiday shopping at the swap meet, depart from LIP at 9 a.m., free. Register by **Nov. 23.**
- **Nov. 27:** Surf lessons, depart from LIP at 10 a.m., \$7.
- **Nov. 28:** Monday Night Football, 6:30 p.m., free.
- **Nov. 30:** "There's Something Going on at Beeman," activities/games at 6:30 p.m., Beeman Center, free.

## Weekly events:

- Sunday:** Chess tournament, 6:30 p.m.
- Monday:** WWE wrestling, 6:30 p.m.
- Tuesday:** 8-Ball tournament - 7 p.m.
- Wednesday:** Game show - 6:30 p.m.
- Thursday:** 9-Ball Pool tournament - 7 p.m.



**Domino:** Domino Harvey rejects her privileged Beverly Hills lifestyle as the daughter of a famous actor to become a bounty hunter in pursuit of society's nastiest criminals.

**Flightplan:** Flying at 40,000 feet, Kyle faces every mother's worst nightmare when her six-year-old daughter vanishes without a trace mid-flight from Berlin to New York.

**The Greatest Game Ever Played:** See Review

**A History of Violence:** Tom is a loving family man and well-respected citizen of a small town. But when two criminals show up at his diner, Tom is forced to take action and thwart the robbery.

**Into the Blue:** When four divers discover a shipwreck, they believe their dream of buried treasure has come true. But nearby on the ocean floor, a sunken plane full of illegal cargo threatens their find.

**Lord of War:** An arms dealer dodges bullets and betrayal as he schemes his way to the top of his profession.

**Serenity:** Captain Malcolm Reynolds ekes out a living pulling off small crimes aboard his ship, Serenity. When Mal takes on two new passengers, he gets much more than he bargained for.

**Tim Burton's Corpse Bride:** This stop-motion, animated feature follows the story of Victor, a young man who is whisked away to the underworld and wed to a Corpse Bride, while his real bride waits in the land of the living.

**Two for the Money:** A college football player blows out his knee, forcing him to choose a new profession. He winds up getting into sports gambling and is recruited by a man who runs the best sports-booking operation in the country.

**Wallace & Gromit: Curse of the Were-Rabbit:** Wallace and Gromit are cashing in with their humane pest-control outfit, "Anti-Pesto." With only days to go before the annual Giant Vegetable Competition, Wallace & Gromit are finding out that running a "humane" pest control outfit has its drawbacks.

**JO3 Ryan C. McGinley**

## The Greatest Game Ever Played

"The Greatest Game Ever Played" is based on the true story of the 1913 U.S. Open golf tournament, where a young 20-year-old caddy defied all odds and overcame defending British champion Harry Vardon.

The film is a clichéd underdog story from start to finish. Francis Ouimet is a young boy growing up in a lower-income family. Golf during the time period was for those select few who were wealthy and deserving. But young Ouimet takes an interest in the sport, and realizes that he has some raw talent. His father objects to his son's interest in the game, because it doesn't bring money to the family or put food on the table.

Despite his father's objections, Francis agrees to participate in the Open tournament as an amateur. The entire film is a monotonous bore, because everything that is supposed to happen does. Francis is a young poor caddy who suddenly becomes a great sports hero. His father doesn't like it, but his mother encourages him. He falls for a rich man's daughter. Every wealthy aristocrat doesn't think Francis should be playing in their tournament. I could go on and on, as the film actually does, in displaying no real merit or originality.

Francis supposedly saw golf in a way that no one else did, and it was briefly explored in the film. It showed how the mind and outside problems could affect a golfer, but the depth was nowhere near where it could have been. Instead, director Bill Paxton opted for a childlike Disneyesque version that bodes well for a younger audience, but not for the adults who crave a little more drama.

"The Greatest Game Ever Played" is a childlike sports hero film, which is one of those you can get the gist of by watching the preview. I recommend doing so and saving the eight dollars for something a little more creative.

**OVERALL RATING:** ★★☆☆☆

# Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

The Christmas tree lot opens **today** at the NEX parking lot.

Army Community Theater (ACT) at Fort Shafter will present the Broadway musical, "**Kismet**," through **Dec. 3** at Richardson Theater. The musical is known for such songs as "Stranger in Paradise" and "Baubles, Bangles and Beads." The Arabian fantasy stars Buz Tennant as Hajj, the public poet, and Shawna Masuda as Marsinah, his daughter. Ticket prices at \$15 and \$20 for adults, \$12 and \$15 for children. Tickets are on sale now at the ACT box office by calling 438-4480 or online at [www.squareone.org/ACT](http://www.squareone.org/ACT).

The NEX at The Mall at Pearl Harbor will offer "**Black Friday**" savings from 6 a.m.-10 p.m. **today**. For information on holiday store hours, visit the NEX Hawai'i Web site at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**Mellie Enos**, author of "The Guide to Making Ribbon Lei," will hold a book signing from noon-1 p.m. **Nov. 27** at the NEX at Pearl Harbor.

The **Surface Navy Association (SNA)** seeks volunteers to help with the dual-aid station at the Honolulu Marathon on **Dec. 11** near Waiupe Beach Park. Volunteers will receive a T-shirt, hat and certificate of appreciation, along with a free lunch on the day of the race. Those who wish to volunteer should contact STGCM (SW) Wills no later than **Dec. 2** by calling 474-2048 or by email at [willsl@crommelin.navy.mil](mailto:willsl@crommelin.navy.mil).

Meet **etched-glass artist, Gary Oda**, from 11 a.m.-1 p.m. **Dec. 3** at the NEX. Customers will receive a 20 percent discount on all Arts Hawai'i merchandise.

**Kim Taylor-Reece**, local photography artist, will be available to personalize his work from noon-2 p.m. **Dec. 3** at the NEX at Pearl Harbor.

**Pouhala Marsh Work Days** have been scheduled for cleanup and removal of pickle weeds at the north end of Pearl Harbor's West Loch. The project will cover a Hawaiian fish pond and coastal marsh of about 70 acres. Volunteers are needed for the following date: 8:30-11:30 a.m. **Dec. 3**. Anyone who is interested in participating should call 473-1203 or e-mail [adelina.lopez@navy.mil](mailto:adelina.lopez@navy.mil).

Meet the world-famous marine artist **Wyland** beginning at 11 a.m. **Dec. 3** at the NEX rotunda at The Mall at Pearl Harbor.

Registrations are now being accepted for the **Armed Forces Communications Electronics Association (AFCEA) TechNet Asia-Pacific Golf Tournament 2005**, which will be held **Dec. 9** at the Kaneohe Klipper Course, Marine Corps Base Hawai'i - Kaneohe Bay. The tournament will be in a scramble format with four-player teams. Prizes will be awarded for closest to the pin, longest drive and hole-in-one. Registration on tournament day begins at 9:30 a.m. The tournament will begin with a shotgun start at 11 a.m. and an awards banquet will begin at 5 p.m. Entry fees are \$55 for active duty enlisted military, \$65 for active duty military officers

and retired military, \$70 for DoD employees and \$75 for civilians and contractors. For more information, call Danny Matsuura at 659-1416 or email at [dannymatsuura@att.com](mailto:dannymatsuura@att.com).

**Holiday hours for the Pearl Harbor Commissary** have been announced. The commissary will be open from 8:30 a.m.-4:30 p.m. on **Dec. 24** (Christmas Eve) and closed on Christmas Day. It will be open from 8:30 a.m.-6 p.m. **Dec. 31** (New Year's Eve) and closed on New Year's Day.

The **Battleship Missouri Toastmasters Club** meets from 5:30-7:30 p.m. the **first and third Thursday** of each month at the Battleship Missouri Memorial. At a Toastmasters meeting, members learn how to communicate and how to work as a team. The club also teaches such speech techniques as how to vary the approach to suit the needs of different people, whether the speech is a presentation to an audience or a committee for a fundraiser. Better communication is one meeting away. For more information, contact Steve at 722-4178 or Annette at 383-0977.

The **Navy College Learning Center (NCLC)** has announced **new hours**. The center is now open from 8 a.m.-6 p.m. Monday through Thursday. The NCLC provides free, self-paced computer-based courses to assist active duty Navy personnel, military dependents and other military card holders to prepare for standardized tests, such as retaking the ASVAB and preparing for the SAT and ACT exams. The center can also help to refresh skills needed to get ready for college or to prepare to take CLEP exams to earn college credits. The NCLC is located at Naval Station Pearl Harbor, building, room 105. For more information, contact the Navy College Learning Center facilitators, Beth and Michelle, at 473-5942.

**Stay at a Navy Lodge this holiday season and save 40 percent.** Did you know that your holiday guests can stay at a Navy Lodge and save over 40 percent on the room rate compared to the average per diem rate around the world? Authorized guests of the Navy Lodge can make a reservation and check their guests in at any of the 44 Navy Lodges and Navy Inns worldwide.

Call the Navy Lodge Hawai'i on historic Ford Island at (808) 440-2290 to make reservations or go online at [www.navy-lodge.com](http://www.navy-lodge.com). To receive a Navy Lodge directory or to make a reservation at another Navy Lodge, call 1-800-NAVY-INN, 24 hours a day, seven days a week.

The **Pearl Harbor Aquatics Tsunami swim team** is seeking an **assistant coach** for its swimming program. Pearl Harbor Aquatics is a competitive swim team which practices daily at the Navy's Richardson Pool. It is open to both military and civilian swimmers ages six years and up.

The team is a USA Swimming affiliate. Interested applicants should contact Pearl Harbor Aquatics' Head Coach Billy Brown at [phaquatics@yahoo.com](mailto:phaquatics@yahoo.com). For more information, visit the team's Web site at [www.tsunamis.homestead.com](http://www.tsunamis.homestead.com), e-mail [phswim@inix.com](mailto:phswim@inix.com), or call 471-9181.

The following **security measures** are in effect at the NEX at Pearl Harbor. For patrons' protection, bags, purses or personal bags larger than 12-inches-by-12-inches are not allowed in the Navy Exchange. The NEX thanks customers in advance for their cooperation.

# Keeping 'bag' lunches safe

**Chief Warrant Officer  
Budd Dodge**

*Chief, Food Safety and  
Quality Assurance for CEN-  
PAC DVC*

Whether it's off to school or work we go, millions of Americans carry "bag" lunches. Food brought from home can be kept safe if it is first handled and cooked safely. Then, perishable food must be kept cold while commuting via bus, bicycle, on foot, in a car or on the subway. After arriving at school or work, perishable food must be kept cold until lunchtime.

Why keep food cold? Harmful bacteria multiply rapidly in the "danger zone" - the temperatures between 40 and 140 degrees Fahrenheit. Perishable food transported without an ice source won't stay safe long. Here are safe handling recommendations to prevent foodborne illness from invading "bag" lunches.

Begin with safe food. Perishable food, such as raw or cooked meat and poultry, must be kept cold or frozen at the store and at home. Eggs should be purchased cold at the store and kept cold at home. In between, transport perishable food as fast as possible when no ice source is available.

At the destination, it must be kept cold. Food should not be left out at room temperature more than two hours (one hour if the temperature is above 90 degrees Fahrenheit).

Prepackaged combos that contain luncheon meats along with crackers, cheese and condiments must also be kept refrigerated. This includes luncheon meats and smoked ham which are cured or contain preservatives.

Keep everything clean.

Wash your hands before you prepare or eat food. Wash cutting boards, dishes, utensils and countertops with hot, soapy water after preparing each food item and before you go on to the next item. A solution of one teaspoon of bleach in one quart of water may be used to sanitize surfaces and utensils. Keep family pets away from kitchen counters.

Don't cross-contaminate. Harmful bacteria can spread throughout the kitchen and get onto cutting boards, utensils and countertops. Always use a clean cutting board. When using a cutting board for food that will not be cooked, such as bread, lettuce and tomatoes, be sure to wash the board after using it to cut raw meat and poultry.

Use one cutting board for fresh produce and a separate one for meat and poultry.

At lunchtime, discard all used food packaging and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness.

When packing lunches, pack just the amount of perishable food that can be eaten at lunch. That way, there won't be a problem about the storage or safety of leftovers.

It's fine to prepare the food the night before and store the packed lunch in the refrigerator. Freezing sandwiches helps them stay cold. However, for best quality, don't freeze sandwiches containing mayonnaise, lettuce or tomatoes. Add these later.

Insulated, soft-sided lunch boxes or bags are best for keeping food cold, but metal or plastic lunch boxes and paper bags can also be used.

If using paper lunch bags, create layers by dou-

ble bagging to help insulate the food. An ice source should be packed with perishable food in any type of lunch bag or box.

Prepare cooked food, such as turkey, ham, chicken and vegetable or pasta salads, ahead of time to allow for thorough chilling in the refrigerator. Divide large amounts of food into shallow containers for fast chilling and easier use. Keep cooked food refrigerated until time to leave home.

To keep lunches cold away from home, include a small frozen gel pack or frozen juice box. If there's a refrigerator available, store perishable items there upon arrival. Some food is safe without a cold source.

Items that don't require refrigeration include fruits, vegetables, hard cheese, canned meat and fish, chips, breads, crackers, peanut butter, jelly, mustard and pickles.

Use an insulated container to keep food like soup, chili and stew hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Keep the insulated container closed until lunchtime to keep the food hot - at 140 degrees Fahrenheit or above.

When using the microwave oven to reheat lunches, cover food to hold in moisture and promote safe, even heating. Reheat leftovers to at least 165 degrees Fahrenheit. Food should be steaming hot. Cook frozen convenience meals according to package instructions.

For more information, visit the USDA Web site at [www.fsis.usda.gov](http://www.fsis.usda.gov). Or call WO1 Dodge locally at 808-433-2273 or email him at [BuddDodge@LN.amedd.army.mil](mailto:BuddDodge@LN.amedd.army.mil).

## *Scooping up the awards*



Photo courtesy of Forest City Residential Management

Lt. Cmdr. Timothy Sparks works on his award-winning yard which took Yard of the Month honors in September for the McGrew Point community.