

## Sailors lead students down the right path



Story and photos by  
MC3 Michael A. Lantron

Navy Region Hawai'i Public  
Affairs

Five Sailors from various commands in the Pearl Harbor area visited the Wai'anae Elementary School to participate in the school's annual career day on Nov. 14.

During the visit, the Sailors spoke with approximately 70 children in four kindergarten classes about their jobs in the Navy and gave advice on the tools necessary for their future career paths.

"It's important to do this because we are part of the community here in Hawai'i," said Information Systems Technician 1st Class (SW) Michael Sanders, assigned to Defense Information Systems Agency Pacific.

"These kids are our future and can do anything they want to. It's imperative to get out there and show them that we care."

According to John Wataoka, principal of the school, the Sailors were viewed as role models by the children they talked to throughout the day.

"Any time you have an adult who is committed, hard-working and makes a difference in the community, they can be a role model to the students, and Sailors definitely qualify as role models in that regard," said Wataoka.

The Sailors who attended the event said they were extremely privileged to attend the event and observed that the children were enjoying their time with the Sailors.

"It was an overwhelming positive response," said Sanders. "They were thrilled to see us in our uniforms because it never happens very often for them."

With approximately 80 percent of the school's students coming from low-income families, Sailors used the opportunity to interact with the children and bring smiles to their faces.

"We want to get away from the old saying goes, 'out of sight, out of mind,'" said Sanders. "We just want to say, even though they're far away in Wai'anae, they're not forgotten. It's important that we take the time to go out in their area and show we still care."

Wai'anae Elementary School teaches students from pre-school to sixth grade and has held their career day for more than 20 years. For career day, the school invites career-driven people throughout the community to speak to the students, offering information to help them to think about different career paths for the future.



Engineman 2nd Class (SW) Christopher Destura, assigned to Naval Station Pearl Harbor, hands out gifts to kindergarten students from Wai'anae Elementary School during the school's annual career day.

(Above and below) Navy Counselor 1st Class (SW) Richard Stewart, assigned to Naval Station Pearl Harbor, speaks with kindergarten students from Wai'anae Elementary School during the school's annual career day.



Gas Turbine System Technician (Mechanical) 2nd Class (SW) Dela Yazzie, assigned to Naval Station Pearl Harbor, answers the questions of kindergarten students from Wai'anae Elementary School during the school's annual career day.



Boatswain's Mate 2nd Class Jesus Morin, assigned to Naval Station Pearl Harbor, is greeted with a lei by a student from Wai'anae Elementary School at the beginning of the school's annual career day.

Commentary

# Window on Pearl Harbor

Karen S. Spangler, Editor

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## Count your blessings... name them one by one

**Karen S. Spangler**

*Editor*

Ahhhh...Thanksgiving is just around the corner. Visions of plump roast turkey, fluffy mashed potatoes, pumpkin pie and all of the rest of the Thanksgiving fixins' are already dancing through my head.

Every year, I ask my children if we can go someplace else for Thanksgiving dinner – or if they want me to cook. The vote is in – and it looks like I'm cooking again this year. That means time spent navigating the aisles at the grocery store and hours spent in the kitchen cooking and stuffing and baking and mashing and preparing everything for a wonderful feast for Thanksgiving dinner.

Oh, don't get me wrong – I'm not complaining. I love to cook and it's always enjoyable to nibble on the leftovers afterward.

But although gathering together around a table groaning under the sumptuous dinner is representative of the holiday, there is much more to Thanksgiving than that. It is a time for giving thanks – as the Pilgrims did back in 1621 when they shared an autumn harvest feast with the Wampanoag Indians. They expressed their thanks for the bountiful harvest and for their safe passage to America.

I have always counted my blessings and have been most appreciative for the

obvious things. Most apparent just a few days before the traditional Thanksgiving dinner is being thankful for having an abundance of food and a wonderful family to share it with. I offer thanks for awesome children and for understanding and supportive friends – you can just never have too many good friends.

My blessings also include the good health that my family and I are able to enjoy, the talents and abilities that we have been given, and the many opportunities that we have.

Even more this year, I realize how fortunate I am and how many blessings I have. In the aftermath of the wildfires in California and destruction in various parts of the world, after seeing the videos on television showing the devastation, and hearing the tragic stories of people who have lost their homes and everything that they hold dear, I am so thankful.

I have a roof over my head, my family is together, and my possessions are safe. It is hard to imagine losing everything – at the same time that I give thanks for my good fortune, my heart goes out to those in other parts of the world whose lives have been torn apart.

I am thankful to live in America – a country where I can pretty much do as I want (as long as it isn't illegal) and say what I think (although there are times when these things are best said to myself), a country that

allows me to worship as I please and which has been founded on the rights and freedoms of every person.

As I continue to meet Pearl Harbor survivors – our heroes of another generation – and listen to their emotional stories, I am touched and thankful for what their sacrifices have meant to me and to all of us. As the heroes of our present generation continue the ongoing battles to preserve America's freedoms, I am thankful for their courage and their sacrifices.

When I go to sleep at night in a comfortable bed in an environment that is free from attack and bombings, I think of these heroes sleeping on the hard ground with only a helmet for a pillow and surrounded by the horrors of war. And again, I count my blessings and give thanks.

There are many opportunities and blessings that each of us enjoy – and frequently take for granted. Those things are always here for us – and we usually don't give them a second thought.

But I need to be more aware, be more thankful and count the many blessings that I have.

Thanksgiving will be a special time for my family and I – as we give thanks for the food and our blessings – and remember those who aren't as fortunate.

Enjoy a happy and blessed Thanksgiving and have a fine Navy day here in paradise.

## Children's book comes to life for students at Battleship Missouri Memorial

Story and photo by

*Battleship Missouri Memorial Association*

"My Grandpa's Battleship Missouri Tour," a recently published children's book featuring Tobias Langcaon, USS Missouri (BB-63) veteran and, in recent years, volunteer tour guide at the Battleship Missouri Memorial, came to life on Nov. 6 as he led his granddaughter's Hawai'i Baptist Academy fifth grade class on a guided field trip tour of the "Mighty Mo."

The children's book follows the story of a young girl who invited her grandfather to speak at her school for career day. Instead of going to the school, her grandfather arranged a surprise field trip tour of the Battleship Missouri Memorial for the entire class. Tobias Langcaon, affectionately known to many as "Toby," is the grandfather featured in the book.

Jeff Langcaon, author and illustrator of "My Grandpa's Battleship Missouri Tour," also authored "Grandpa's Magic Banyan Tree," a 2006 Hawai'i Book Publishers Association nominee for the Ka Palapala Pookela Award for Excellence in Children's Books and is a nationally known cartoonist. Langcaon found inspiration from his family members to write the book.

Following the guided tour, the father-son duo held a question-and-answer session on the ship's fantail with the 72 students.

"A first-rate USS Missouri veteran and tour guide, Toby's years of selfless service to our country are truly admirable," said retired U.S. Navy Capt. Don Hess, president and chief operating officer of the memorial. "Serving as a living, interactive educational tool is a natural step in the creation of the 'Mighty Mo Campus,' a virtual classroom setting like no other, linking the legacy of American veterans to future generations. Our goal is to inspire."

Aboard the decommissioned Battleship Missouri, youth walk in the footsteps of the legendary Gen. Douglas MacArthur, experience the life of a Sailor and touch a piece of history that has come to life – right from their own textbooks. Nowhere else in the world can students learn about life at sea and the harrowing price of freedom in a more powerful setting: Pearl Harbor, where America entered the war, and on the Battleship Missouri, where the war ended.

Last year, approximately 23,000 students from throughout the country visit-



Toby Langcaon, USS Missouri (BB-63) veteran and present-day Battleship Missouri Memorial tour guide, explains to his granddaughter's class from Hawai'i Baptist Academy that the stenciled artwork represents that 289 rounds were fired from turret number one during Operation Desert Storm. The tour was part of a field trip on Nov. 6, bringing to life a newly-released children's book, "My Grandpa's Battleship Missouri Tour," illustrated and authored by Toby's son, Jeff Langcaon.

ed the Battleship Missouri Memorial on field trips, as well as more than 3,000 students from 38 schools in organized classroom activities. The "Mighty Mo Campus" program funds the development of curricula and materials for teachers and students, transforming the 887-foot battleship into a virtual classroom that links the legacy of our "greatest generation" to those of tomorrow. Today's youth leave the Battleship Missouri changed and inspired by the lessons of history and what our nation can accomplish.

To schedule a field trip, contact the Battleship Missouri Memorial's education department at 455-1600, ext. 231 or edu@ussmissouri.org. General admission for students in kindergarten through 12th grade is \$5 per person. Admission for teachers/chaperones is complimentary with a teacher-to-student ratio of 1 to 10.

For more information about supporting the "Mighty Mo Campus" program, contact Sarah Tenney, vice president of development, at 455-1600, ext. 244 or via email at sarah.tenney@ussmissouri.org.

# Skylark CENTRAL

WORD SEARCH

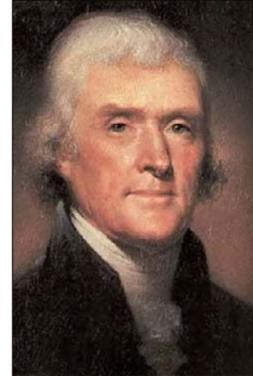
Find these 31 **Geographic Places** containing **ok**

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| ROANOKE         | MOLOKAI          | VLADIVOSTOK           |
| BANGKOK         | SPOKANE          | HOKKAIDO              |
| KEOKUK          | COOK ISLANDS     | OKLAHOMA CITY         |
| SHAMOKIN        | OCRACOKE ISLAND  | YOKOHAMA              |
| BROKEN ARROW    | STOKE-ON-TRENT   | HOLYOKE               |
| KOKOMO          | OKEFENOKEE SWAMP | PEMBROKE              |
| SHERBROOKE      | TILLAMOOK BAY    | GREAT SMOKY MOUNTAINS |
| BROOKLYN LAKE   | OKINAWA          |                       |
| OKEECHOBEE      | TOKYO            |                       |

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**WHO SAID IT?**

"WE SHALL FIGHT FOR A UNIVERSAL  
 DOMINION OF RIGHT BY SUCH A  
 CONCERT OF FREE PEOPLES AS SHALL  
 BRING PEACE AND SAFETY TO ALL  
 NATIONS AND MAKE THE WORLD  
 ITSELF AT LAST FREE."



Answer to last week's  
**Who said it?**  
 "In matters of style,  
 swim with the  
 current; In matters  
 of principle, stand  
 like a rock."  
*Thomas Jefferson*

Find 47 **Healthy phrases**

WORD SEARCH SOLUTION

- |                |                  |                 |
|----------------|------------------|-----------------|
| ABLE-BODIED    | IN GOOD SHAPE    | VIRILE          |
| HARDY          | STRONG           | FIT AS A FIDDLE |
| SPRIGHTLY      | BRIGHT-EYED      | RIGHT           |
| ACTIVE         | IN THE PINK      | WELL            |
| HEALTHY        | STURDY           | FRESH           |
| SPRY           | BUSHY-TAILED     | ROBUST          |
| ALL RIGHT      | IN TIP-TOP SHAPE | WHOLE           |
| HUNKY-DORY     | TOUGH            | GOOD            |
| STOUT          | CHIPPER          | ROSY-CHEEKED    |
| ATHLETIC       | LUSTY            | WRAPPED TIGHT   |
| IN FINE FETTLE | VIGOROUS         | HALE AND HEARTY |
| STRAPPING      | FIRM             | SOUND           |
| BLOOMING       | PHYSICALLY FIT   |                 |

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**Q. When was the Pearl Harbor Navy Yard, later called Pearl Harbor Naval Shipyard, officially established in the Territory of Hawaii as a coaling station for U.S. Navy ships transiting the Pacific Ocean?**

**Last week's question...**  
 What is the origin of "Don't Tread on Me" as used on the Navy Jack?

**Answer...**  
 The phrase "Don't tread on me" was coined during the American Revolutionary War, a variant perhaps of the snake severed in segments labeled with the names of the colonies and the legend "Join, or Die" which had appeared first in Benjamin Franklin's Pennsylvania Gazette in 1754, as a political cartoon reflecting on the Albany Congress.

# Navy Region Hawai'i Manawa Nanea

## Morale Welfare & Recreation



**HEART HEALTHY HOLIDAY HABITS**  
 This holiday season, Morale, Welfare and Recreation fitness is looking to touch a few hearts and change some lives. Each week, they will provide some essential heart healthy holiday tips that will put you and your heart on a path to healthy living. All tips are posted on [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com) (see fitness programs). Give yourself the gift of wellness by following these life-enhancing tips. Keep yourself trim and feeling good.

**WINTER CAMP ADVENTURE**  
 Registration for Winter Camp Adventure begins Nov. 26 at Catlin Clubhouse. All single parent active duty and dual active duty parents can register their children from Nov. 26-30. All other eligible families (families with one active duty parent and Department of Defense (DoD) civilians) can register their children from Dec. 3-7. Camp fees are based on total household income. Winter Break Camp Adventure will be held from Dec. 24 to Jan. 11 (closed on Christmas and New Years), Monday to Friday, 6 a.m. to 6 p.m. There will be two locations: Catlin Clubhouse and Ohana Hale at Rainbow Bay Marina. This day camp is open to active duty and DoD family members, kindergarten to 12 years old. FMI: 421-1556 or visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

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

## Community Calendar

### November

**16** - Quiksilver team surfers Mark Healy and Reef McIntosh will make a special appearance at the Mall at Pearl Harbor from 5-6 p.m. Get your gear autographed. FMI: 423-3330.



Photo illustration. Photos courtesy of SurfNRG and Quiksilver

**30** - Community flu shots will be available for non-active duty military beneficiaries from 10 a.m. to 3 p.m. at the Navy Exchange at Pearl Harbor. All TRICARE beneficiaries with Department of Defense-issued identification cards are encouraged to receive the flu shots. Additional dates have been scheduled for December.

### December

**7, 8, 9** - Lt. Col. Dick Cole, Jimmy Doolittle's co-pilot during the Doolittle Raid, will speak at Pacific Aviation Museum on Ford Island at 7 p.m. Dec. 7. Reservations are required for the after-hours presentation. Cole and Jonna Doolittle Hoppes, Doolittle's granddaughter and author of "Calculated Risk," will be available for book signings from 11 a.m.-2 p.m. Dec. 8-9 at the museum. There will be free admission for museum members and military in uniform on Dec. 8-9. FMI: 441-1000.

## Sharkey Showtimes



### Good Luck Chuck (R)

A man breaks up with his long-time girlfriend only to see her get engaged to the next guy she dates. The same pattern occurs with his next girlfriend, and continues to repeat. All of a sudden he finds himself becoming a lucky charm for women, who all want to date him.

#### TODAY

7:00 PM Good Luck Chuck (R)

#### SATURDAY

2:30 PM The Game Plan (PG)  
 4:45 PM The Comebacks (PG 13)  
 7:00 PM We Own the Night (R)

#### SUNDAY

2:30 PM The Seeker: The Dark is Rising (PG)  
 4:45 PM The Game Plan (PG)  
 7:15 PM The Heartbreak Kid (R)

#### THURSDAY

Closed - Happy Thanksgiving!



# Friends help to ease Thanksgiving workload

**Kay Blakley**

*Defense Commissary Agency  
Home Economist*

Dreams of mom's beautifully browned turkey and all your holiday favorites can give you a serious case of the homesick blues this time of year. Just remember that mom herself had to start somewhere - and you can do it, too. The dishes included in the traditional Thanksgiving meal are really pretty simple, but trying to do it all yourself makes for a lot of hard work. That's why my very first tip is...

- Invite lots of friends and put them to work. If the gathering will be at your house, it's only fair to count the effort it takes to make the place presentable as part of your contribution. That and cooking the turkey is

plenty for your fair share. Cook the turkey onsite if at all possible - it's safer than having it transported in somebody's trunk, plus if it takes a little longer than expected to get done, it won't cause any great problem.

- Make a basic menu and ask each friend what dish they'd like to contribute. Be flexible - their favorites and yours might not always match. Need a recipe? Come to Kay's Kitchen on the Web at <http://www.commissaries.com> <<http://www.commissaries.com>> . Recipes for all the traditional favorites are ready and waiting for you. Have a few friends you'd rather not ask to cook? Assign them things they can get ready-made at the commissary - desserts of all kinds, including pumpkin pies, freshly baked breads from the bakery, or a fruit or veggie tray from the produce

section. Don't have enough plates to go around? Assign that to a guest, too. Your commissary has plenty of paper and plastic plates, platters, utensils, even white paper tablecloths fit for a feast.

- Buy the right amount. You will need about a half to three-quarters of a pound per person for a regular bone-in turkey, and about a third of a pound per person for a boneless breast or turkey roast. Allow a little more, if you want plenty of leftovers.

- Buy ahead to allow for thaw time. Depending on the size of the turkey, you'll need about two to five days to allow for complete thawing. Place the frozen turkey on a tray in the refrigerator and allow five hours per pound to complete the thawing process. The night before

your feast is not the time to be buying your turkey, but if you're caught in this dilemma, thaw by the cold water method. With the turkey in its original wrapper, place it in a large container and cover completely with cold water. Change the water every 30 minutes and allow one hour per pound total thawing time.

- Waste not, want not. Having some leftovers to deal with once the meal is finished is a Thanksgiving tradition, too, so have clean containers on hand to divide what's left among the guests to take home. Keep these portions refrigerated until guests are ready to leave. If the turkey carcass will be used for soup or stock, remove the meat from the bones immediately after the meal is finished and refrigerate separately. Prepare the

soup or stock as soon as possible - even Thanksgiving night. The longer it sits in the refrigerator, the less likely it is to ever see the inside of a soup pot.

- Put food safety first. To avoid contaminating other foods with harmful bacteria from the raw turkey, wash hands, cutting boards, utensils and work surfaces with hot, soapy water immediately after coming in contact with the uncooked turkey. Roast the turkey in an oven set no lower than 325 degrees Fahrenheit and use a food thermometer to check for doneness. Do this even if your turkey has a "pop-up"

temperature indicator. A whole turkey is safe when cooked to a minimum internal temperature of 165 degrees. For quality purposes, allow the roasted turkey to stand for 20 minutes before carving, but refrigerate promptly - as soon as the meal is over. Discard any turkey, stuffing and gravy left out at room temperature longer than two hours. Divide leftovers into small portions, store in shallow covered containers, and refrigerate promptly. Use refrigerated turkey and stuffing within three to four days and use gravy within one to two days.