

## Labor Day weekend

*Time to spend with loved ones...*

**Blair Martin**

*Contributing Writer*

For many military families, this weekend marks the beginning of Labor Day weekend, a cherished time spent with loved ones as well as a time to enjoy holiday festivities, such as picnics, cookouts and recreational activities around the island.

For over 100 years, Labor Day has become one of our nation's oldest traditions, eventually evolving from more than just a "day off for the working man" into the symbolic end of summer.

The holiday was adopted in 1882 by the Central Labor Union in New York City, who appointed a committee to plan a demonstration, parade and picnic that honored the labors of the nation's workingmen that had contributed greatly to America's Industrial Revolution.

The Knights of Labor organized a labor association and held the first Labor Day parade in New York City on September 5, 1882, thus, beginning a long-standing tradition now recognized by many industrialized nations.

Over the years, Labor Day has grown in popularity and was eventually adopted by most of the states. Finally, in 1984, Congress passed an act securing the first Monday in September to be the legal holiday now known as Labor Day.

It is said that the month of September was chosen to celebrate Labor Day because it contrasted with socialist and communist parties' other similar celebrations, such as May Day observed on May 1.

For many, this holiday not only reflects our nation's economic strength, it benefits the many hardworking Americans and service members whose labor has helped create the very foundation of a nation who still protects the freedoms enjoyed by Americans to this day.

This weekend, for the fortunate few service members who have not yet been deployed but who continue to serve our country 365 days a year with their service to our country, let this year's Labor Day holiday be a treasured time spent with loved ones and family members.



# F-15 Eagle Fighter Jet Transferred to Pacific Aviation Museum

Anne Murata

Director of Marketing and Business Development, Pacific Aviation Museum

This week, the Pacific Aviation Museum added an F-15 Eagle to its collection of historic aircraft. After more than 25 years of service, the McDonnell Douglas F-15 Eagle (F-15A) was transferred on Aug. 26 from the Hawai'i Air National Guard to its final home at Pacific Aviation Museum on Ford Island.

Reaching top speeds of 2.5 times the speed of sound, the F-15A served as the U.S. Air Force's premier fighter jet designed to gain and maintain air superiority. It was also the first U.S. fighter jet to be able to accelerate while in a vertical climb to 65,000 feet.

"This F-15A is a priceless addition to the Museum's collection of historic aircraft," said Kenneth DeHoff, Pacific Aviation Museum Executive Director. "It joins our recently acquired F-14 Tomcat which arrived in July and becomes part of our artifact expansion."

The F-15A has advanced avionics, range and weaponry, along with its sports car maneuverability that allows the pilot to perform air-to-air combat using its secret systems to detect, acquire, track and attack enemy aircraft.



An F-15A Eagle returns to Hickam Air Force Base, Hawaii Jan. 9, 2008 after flying a mission for currency. The F-15s, from the 199th Fighter Squadron, 154th Wing, Hawaii Air National Guard, have not flown since the Air Force grounded their F-15 fleet Nov. 3, 2007.

U.S. Air Force photo by Tech. Sgt. Shane A. Cuomo

The first F-15A was produced in July 1972, culminating one of the most successful aircraft programs in Air Force history. The first aircraft was delivered to the Air Force in November 1974. In January 1976, the

first Eagle destined for a combat squadron was delivered to the 1st Tactical Fighter Wing at Langley Air Force Base, VA. After 20 years of service, the F-15A was reassigned from active duty Air Force to Air

National Guard units. By that time, more than 1,200 Eagles were in service at a cost of \$27.9 million per plane.

The F-15A was delivered to the USAF in 1977 and assigned to the 49th

Tactical Fighter Wing (TFW) at Holloman Air Force Base, New Mexico. It flew with the 8th and 9th Fighter Squadrons of the 49th TFW at Holloman where it served as the "Wing Flagship" and had

painted on its fuselage, "City of Alamogordo." When the 49th TFW transitioned to the F-117, this Eagle was transferred to the Hawai'i Air National Guard in June 1992.

Pacific Aviation Museum is open 9 a.m. to 5 p.m. daily and is accessed by air-conditioned shuttle buses from the USS Bowfin Submarine Park at Pearl Harbor. Daily, visitors from all over the world view the vintage planes, enjoy hands on technology experiences including combat flight simulators, hear moving stories told by veteran docents, and see "The Day That Shall Live In Infamy" through historic films and audio.

Pacific Aviation Museum mission is to develop and maintain an internationally recognized aviation museum on historic Ford Island that educates guests, honors aviators and their support personnel who defended freedom in The Pacific Region, and preserves Pacific aviation history.

The Museum provides educational programs for adults and children and is located at 319 Lexington Boulevard in Hangar 37 on Ford Island at Pearl Harbor. For more information or for tickets, visit [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org) or call 441-1000.

**Hawai'i Navy News Online** [www.cnmc.navy.mil/hawaii](http://www.cnmc.navy.mil/hawaii)

## Five Refreshing Fruits to Lose Weight

Maj. Karen E. Fauber

DeCA dietitian

The heat is on in more ways than one even as the dog days of summer wind down. To keep cool and look good in those shorts and swimming suits, try some of the refreshing summer fruits that are in abundance at your commissary. Growing evidence shows that eating fruit for snacks and at meals can help you lose weight while providing many of the nutrients, including antioxidants that your body needs.

Fresh fruit is low in calories and high in water, which means it helps fill you up without filling you out. Some fruits are also high in fiber, another bonus for those of us trying to win the weight battle. Here are five fruits you can find in your commissary to enjoy this summer, and all at a savings of 30 percent or more.

### Grapes

Grapes contain vitamins C and K, calcium, along with more than 20 antioxidants found in the red, purple and black varieties. For a delicious treat, try freezing grapes and eating them with a little powdered sugar sprinkled on for color. Fifteen grapes have about 60 calories for those of us who are counting.

### Papayas

Look for papayas that have a ripe, yellow skin that yields to a little pressure. Along with being an excellent source of vitamins A and C, potassium and fiber,

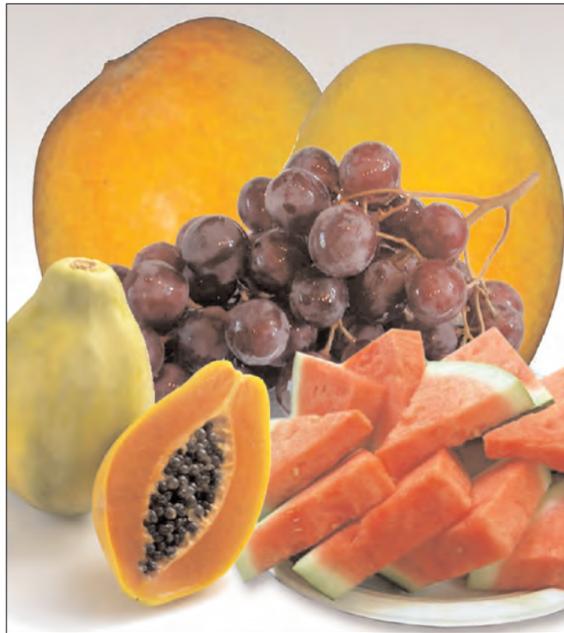


Photo illustration

papayas are high in antioxidants. Eating papayas may help prevent heart disease and colon cancer. With an unripe papaya, try ripening it at home in a paper bag for a day or two. Add chunks of papaya in salad and salsa for a tropical treat.

### Mangoes

Mangoes are high in vitamins A, C and B6, along with potassium. Rich in antioxidants, they are the most popular fruit in the world. With only 110 calories in one mango, you can eat a whole one for a snack without any guilt. Try adding some mango chunks

to a salad, yogurt, cereal or salsa for a change.

### Watermelon

A true American treat, watermelon is full of water, and only 45 calories in one cup. What it does have is vitamins A, C and B6, along with potassium and the amino acid citrulline. Eating watermelon helps the heart and arteries work well due to the amino acids found in it, according to USDA studies. Watermelon is high in lycopene, an antioxidant, than any other fruit or vegetable, including tomatoes. Try adding watermelon to a salad for a refreshing treat.

## Defense Commissary Agency Hawaii'i Food Show Results

Hayley Matson- Mathes

Store Director Pearl Harbor Commissary

Last week, Richard S. Page, Chief Operating Officer for the Defense Commissary Agency (DeCA) announced the results of the 11th annual Hawaii'i Food Show. At the Hawaii'i Food Show, held Aug. 21, DeCA selected 251 new products for commissary shelves all over the island. Products were selected from 37 companies, 17 were first-time companies at the food

show. Commissary shoppers will see some of the following new products on shelves in the future: 100 percent pure noni juice from Noni Connection; crack seed snacks from Jade Food; 100 percent Kona (flavored) coffee from Classic Sales; chocolate covered coffee beans from Aikane Plantation Coffee Co.; vanilla bean and vanilla extract from the Hawaiian Vanilla Company; Auntie Ono's Gourmet Cookies, and environmentally friendly and biodegradable cutlery and plates distributed by Diamond

Distributors. DeCA's supplier last year, Oils of Aloha, was selected this year to move into a larger Defense Commissary market and will sell Oils of Aloha products in Alaska, Guam, Korea and Japan commissaries. DeCA also selected a marinade and salsa from Soul de Cuba, expanding Soul de Cuba's product line in the commissaries. A company currently supplying disposable table covers to DeCA, called Bags and Wraps, will become a supplier of reusable mesh shopping bags. For more information about DeCA, visit [www.commissaries.com](http://www.commissaries.com).

## Naval Health Clinic Hawaii Closed for Labor Day Weekend

Naval Health Clinic Hawaii (NHCH) will be closed over Labor Day weekend. All NHCH clinic operations, including pharmacy and lab services, will be secured Aug. 30-Sept. 1. All routine care should be planned before or after that weekend. All clinics will re-open Sept. 2. To speak to a medical care

provider anytime while the clinics are closed, call the Tri-Care after-hours access line at 566-5005. For emergencies, dial 911 or go to Tripler Army Medical Center or the nearest emergency room. FMI: Susan Shultz at 471-3025 or e-mail [susan.shultz@med.navy.mil](mailto:susan.shultz@med.navy.mil).

# Skylark CENTRAL

## Dress up

WORD SEARCH

Find these 41 words to help you

- |             |           |
|-------------|-----------|
| APPAREL     | DRESS     |
| FROCK       | LINGERIE  |
| SPORTSWEAR  | TURNOUT   |
| ARRAY       | DUDS      |
| FULL DRESS  | MUFTI     |
| SUIT        | UNDERWEAR |
| ATTIRE      | ENSEMBLE  |
| GARB        | OUTFIT    |
| SUNDAY BEST | UNIFORM   |
| CIVVIES     | FATIGUES  |
| GARMENTS    | RAGS      |
| TAILS       | WARDROBE  |
| CLOTHES     | FINERY    |
| GETUP       | RAIMENT   |
| TATTERS     | WEAR      |
| CLOTHING    | FLANNELS  |
| GLAD RAGS   | REGALIA   |
| THREADS     | WOOLENS   |
| COSTUME     | FOOTWEAR  |
| HABILIMENT  | SKIVVIES  |
| TOGS        |           |

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

## WHO SAID IT?

"TIME IS THE COIN OF YOUR  
 LIFE. IT IS THE ONLY COIN YOU  
 HAVE, AND ONLY YOU CAN  
 DETERMINE HOW IT WILL BE  
 SPENT. BE CAREFUL LEST  
 YOU LET OTHER PEOPLE SPEND  
 IT FOR YOU. "

LAST WEEK'S  
**WHO SAID IT?**  
*"Imagination is more  
 important than  
 knowledge"*

- Albert Einstein

## View

WORD SEARCH SOLUTION

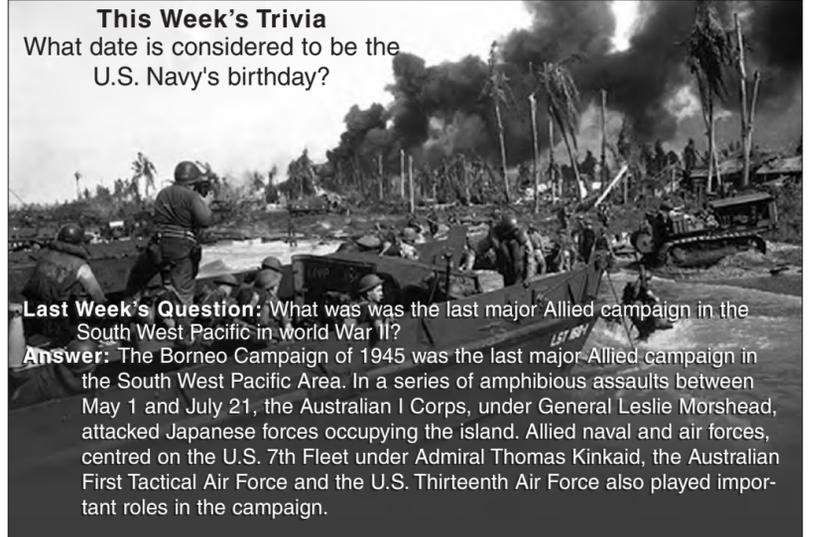
Find these 31 words that obstruct your

- |               |            |
|---------------|------------|
| BLURRY        | INDISTINCT |
| GRAY          | SMOGGY     |
| NEBULOUS      | FADED      |
| CLOUDED       | MISTY      |
| HAZY          | SMOKY      |
| OBSCURED      | FAINT      |
| CLOUDY        | MOONLESS   |
| ILL-DEFINED   | SUNLESS    |
| OPAQUE        | FOGGY      |
| DARK          | MUDDY      |
| ILL-LIT       | UNCLEAR    |
| OVERCAST      | FUZZY      |
| DIM           | MURKY      |
| INDISCERNIBLE | VAGUE      |
| SHADOWY       | GLOOMY     |
| DUSKY         |            |

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

## This Week's Trivia

What date is considered to be the U.S. Navy's birthday?



**Last Week's Question:** What was the last major Allied campaign in the South West Pacific in world War II?  
**Answer:** The Borneo Campaign of 1945 was the last major Allied campaign in the South West Pacific Area. In a series of amphibious assaults between May 1 and July 21, the Australian I Corps, under General Leslie Morshead, attacked Japanese forces occupying the island. Allied naval and air forces, centred on the U.S. 7th Fleet under Admiral Thomas Kinkaid, the Australian First Tactical Air Force and the U.S. Thirteenth Air Force also played important roles in the campaign.

# Navy Region Hawai'i Manawa Nanea

## Morale Welfare & Recreation

### LABOR DAY WEEKEND SOFTBALL TOURNAMENT

A Labor Day Weekend Softball Tournament will be held Aug. 29-31. Participation is open to Active duty, DoD personnel and family members 18 years and older from Pearl Harbor, Barbers Point, NCTAMS, West Loch and Kunia. Cost is \$175 per team. FMI: MWR Athletics at 473-2494.

### MWR AND FOREST CITY FREE FAMILY FUN AND MOVIE NIGHT

Enjoy an outdoor movie, "Hoot," on Aug. 30 at the Pearl City Community Center. The family fun begins at 6:30 p.m. with free cotton candy, shaved ice and popcorn. The movie will begin at 7:30 p.m. Bring blankets or lawn chairs for a cozy viewing experience. FMI: call Community Center at 417-8658.

### "THE BIGGEST LOSER CONTEST" RETURNS TO MWR FITNESS

"The Biggest Loser Contest" will be held Sept. 2 - Oct. 31. During this nine-week period, teams of four will compete to lose the most pounds and will be monitored by MWR Fitness throughout the process. Prizes will be awarded to the top teams in three divisions: Men, Women and Co-ed. The contest is free and open to all military-affiliated and DoD personnel, family members and sponsored guests. FMI: visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or call 473-0793.

### PEE WEE SOCCER 2008

Registration for Pee Wee Soccer will be held Sept. 2-19. Cost is \$35 per participant and includes a t-shirt and medal. Pee Wee Soccer is open to all military youth ages 3 to 5 years. FMI: call 474-3501.

### JEMS JOB FAIR 2008

In partnership with the Navy, Marine Corps and Coast Guard, JEMS will hold the 21st annual job fair on Sept. 3 at Club Pearl on Naval Station Pearl Harbor from 10 a.m. to 2 p.m. Over 100 companies and agencies will participate in the event. The JEMS Job Fair is open to military family members, Active Duty personnel, military retirees, National Guard and reservists and federal employees with base access. The fair provides an opportunity for potential employees to talk to recruiters, drop off résumés, pick up applications and research the job market. No children will be admitted. Parking will be allowed in the Bachelor Quarters parking lot adjacent to the club. FMI: visit [www.JEMJobs.com](http://www.JEMJobs.com) or call Rita May at 473-0190.

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

## Community Calendar

### August

**30** - Meet the Hawaii surf legend and beach boy, Rabbit Keikai, from 11 a.m. to 2 p.m. at the Navy Exchange Shoe department when he presents his clothing and shoe brand, OluKai. Receive a free autographed Waimea Rock poster and enter a drawing for a chance to win an autographed steersman paddle from Island Paddler. Participants may receive choice of T-shirt, hat or key chain with purchase of OluKai merchandise (while supply lasts). FMI: call 423-3330.

### At a glance

A Military Blood Drive will be held at the Rotunda of Navy Exchange (NEX) Mall at Pearl Harbor on Sept. 9 from 10 a.m. to 3 p.m. The process takes about 30-45 minutes but one pint of blood can save up to three lives. The NEX has teamed up with the Tripler Blood Donor Center to aid in the collection of life-giving support. FMI: Customer Service Aloha Center at 423-3274.

Child's good grades could earn extra money. Bring your child's most recent report card to the Navy Exchange (NEX) Mall to register for the Project A-OK program. By registering, your child will be eligible to win \$5,000, \$3,000, \$2,000 or \$1,000 in U.S. Savings Bonds. FMI: NEX Customer Service department at 423-3274.

Courtesy Check-Ups at Autoport. Get a free vehicle check-up at the Navy Exchange (NEX) Mall at Pearl Harbor every third Saturday of the month courtesy of the NEX Autoport. FMI: Autoport at 423-3226.

## Sharkey Showtimes



### The Dark Night (PG 13)

Batman is taken across the work in his quest to fight a growing criminal threat. With the help of Lieutenant Jim Gordon and District Attorney Harvey Dent, Batman has been making headway against local crime...until a rising criminal masterminds known as The Joker unleashes a fresh reign of chaos across Gotham City. To stop this devious new ménage batman's most personal and vicious enemy yet. He will have to use every high-tech weapon in his arsenal and confront everything he believes.

#### TODAY

7:00 PM The Dark Knight (PG 13)

#### SATURDAY

2:30 PM Space Chimps (G)

5:00 PM Hancock (PG 13)

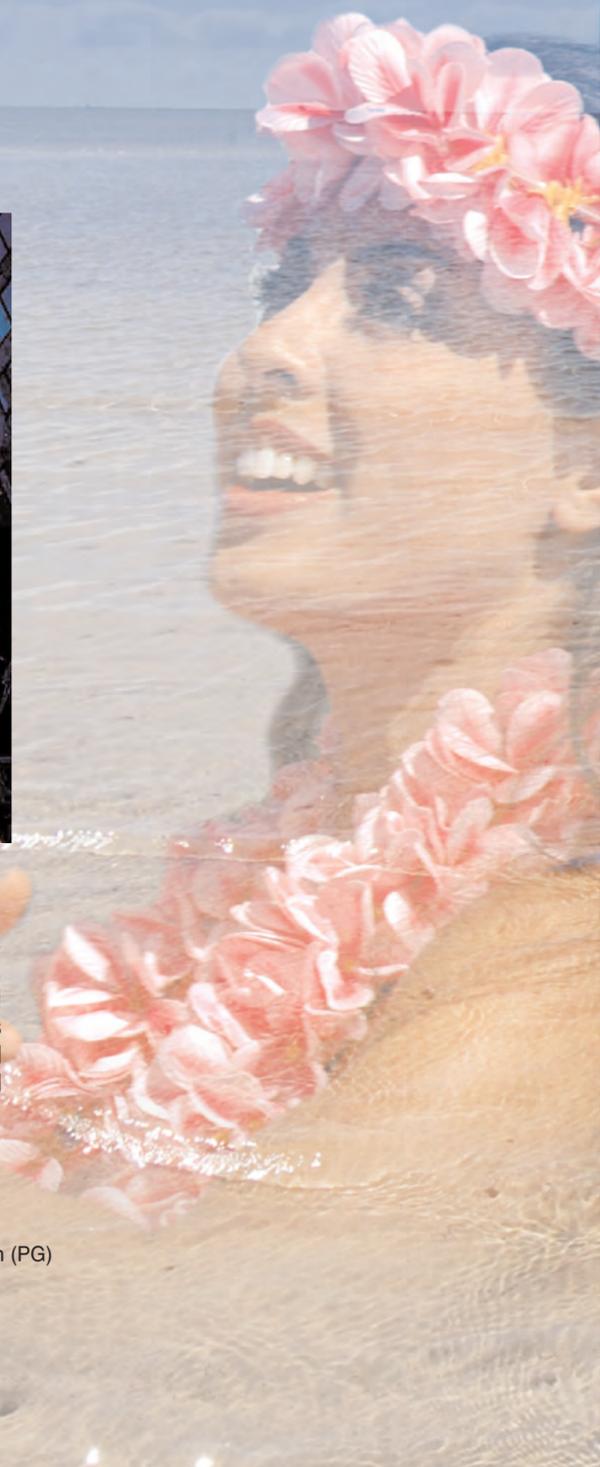
7:00 PM Mamma Mia (PG 13)

#### SUNDAY

2:30 PM Space Chimps (G)

4:45 PM Journey to the Center of the Earth (PG)

7:15 PM The Dark Knight (PG 13)





## Naval Safety Center offers tips in boating safety

April Phillips

Naval Safety Center Public Affairs

There's an old saying when it comes to boat ownership. The second happiest day is the day someone buys that new boat. The happiest is the day is the day he or she sells it. No matter how much truth there is in that adage, one thing is certain: The worst possible day for any boat owner or weekend captain is the day someone is lost overboard.

"Falling overboard, capsizing, collisions, and drowning because personal flotation devices are not used are the most common mishaps we see with boating," said John Williams, recreation and off-duty safety coordinator at the Naval Safety Center.

However, he said a little precaution goes a long way toward ensuring a fun outing on the water doesn't turn tragic.

"Take a Coast Guard approved boating safety class," he recommends.

The Coast Guard's website states that operator error accounts for 70 percent of all boating accidents, but they have courses available all across the country for kids and adults of all ages. These courses offer many tips for staying safe, Williams said, including knowing how to check the boat's capacity.

"Use the manufacturer's limitation as a rule," he said.

A little prior planning can also make the difference if something should go wrong.

"Tell someone where you're going and when you expect to return so if you don't show up a search can get underway immediately. Getting the search party out there early

makes a big difference when people are in the water."

Additionally, boaters who find themselves in the water can make smart decisions that will greatly increase the odds of survival.

"Stay with the boat if it capsizes it it's at all afloat. Rescuers are more likely to see the boat than they are a single swimmer," Williams said.

However, he said the smartest decision boaters can make it to abstain from alcohol.

"You can be arrested for being drunk on the water just like you can for being drunk while driving a car. The captain is responsible for every life on that boat, and if he or she is impaired, she can't do the job effectively and people are far more likely to get hurt," Williams said.

Here are some tips to keep in mind before you hit the water:

- Stay informed of the weather forecast and look out for sudden wind shifts which could signal an approaching storm.
- Bring extra gear such as maps, a first aid kit, sunscreen and flares in a watertight pouch of container that floats.
- Tell someone where you're going, who will be with you, and how long you'll be away.
- Never operate a boat while impaired.
- Yield the right of way to approaching vessels.
- Check your boat, equipment, engine and fuel supply before leaving land.

There are also numerous web-based resources for boating safety. The U.S. Coast Guard has numerous tips and information on approved safety courses at their website, <http://www.uscgboating.org>.

## Identifying and controlling your asthma triggers

Tyler Patterson

TriWest Healthcare Alliance

Your breathing becomes difficult; your chest tightens; you begin to wheeze when you breathe or cough. An estimated 20 million Americans live with asthma, and you are one of them. You recognize these symptoms as typical of your condition, and have learned ways to manage and control your reactions to them. But how can you prevent the symptoms from surfacing in the first place?

There are a variety of environmental and behavioral factors that can bring on your asthma symptoms and ultimately lead to a full-blown asthma attack. Surprisingly, some of these foods or activities may otherwise be good for you. The

Centers for Disease Control and Prevention (CDC) indicates that commonly reported asthma triggers include dried fruits, certain medications, and exercise.

Other asthma triggers to consider are:

- Allergens, including animal dander, dust mites, cockroaches, pollen, and mold
- Irritants, including cigarette smoke, air pollution, carbon dioxide, sudden weather changes, and particular scents and odors
- Seemingly unrelated medical issues, such as gastroesophageal reflux disease (GERD), infections, or influenza
- Intense emotional responses like "belly laughs," uncontrollable crying, and severe stress, shock or fear.

This is by no means a complete list of triggers. You are

encouraged to meet with your doctor to help identify your unique asthma triggers and to discuss ways to avoid or control them.

Another resource available to eligible TRICARE West Region beneficiaries is the TriWest Condition (Disease) Management program, designed to help you learn to better manage your asthma. The Condition Management program is completely free and does not affect other TRICARE benefits in any way. For more information or to enroll, call 1-888-259-9378 or visit the Condition Management section of the Healthy Living portal at [www.triwest.com](http://www.triwest.com).

You can also find more information about asthma online at the websites for the CDC ([www.cdc.gov](http://www.cdc.gov)) and the National Institutes of Health ([www.nih.gov](http://www.nih.gov)).

## Navy Community Service Program training conference

The Commander, Navy Installations Command and the Pearl Harbor FFSC will host the 2008 Navy Community Service Program (NCSP) Training Conference on Sept. 11 from 8 a.m. to 4 p.m. at the Ford Island Conference Center. This training is open to command school partnership coordinators and other community service coordinators. The conference will be of great benefit to command volunteer coor-

dinator in successfully managing their NCSP outreach. Attendees will be provided with updates and training on how to implement a successful NCSP. Target areas will include best practices, accomplishments, lessons learned in executing the program and a special workshop on how to put together an award winning NCSP package. To register, contact the FFSC office at 474-1999.

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 [ikaneshi@honolulu.gannett.com](mailto:ikaneshi@honolulu.gannett.com)), by phone at 521-9111 or by visiting [www.honoluluadvertiser.com](http://www.honoluluadvertiser.com) and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.