

Welcome

USS MICHAEL MURPHY

(DDG 112)

“Navigator”

HO’OKELE

PEARL HARBOR - HICKAM NEWS

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U.S. Navy photos by MC2 Jon Dasbach, MC2 Sean Furey

# USS Michael Murphy, Navy’s newest destroyer, arrives at joint base

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The Arleigh Burke-class destroyer USS Michael Murphy (DDG 112) arrived Nov. 21 at its new homeport of Joint Base Pearl Harbor-Hickam.

The newest destroyer honors Navy SEAL (sea, air, land) Lt. Michael P. Murphy, who was posthumously awarded the Medal of Honor for his heroic actions during Operation Red Wings in Afghanistan on June 28, 2005.

Murphy led a four-man team tasked with finding a key Taliban leader in the mountainous terrain near Asadabad, Afghanistan when they came under fire from a much larger enemy force with superior tactical position.

Mortally wounded while exposing himself to enemy fire, Murphy knowingly left his position of cover to get a clear signal in order to communicate with his headquarters. While being shot at repeatedly, Murphy calmly provided his unit's location and requested immediate support for his element. He returned to his cover position to continue the fight until finally succumbing to wounds.

"It is great to bring this ship home," said Cmdr. Tom Shultz, commanding officer of USS Michael Murphy and its crew of nearly 300 Sailors. "This ship and crew arrive home for the first time ready to do what our namesake, Lt. Michael Patrick

Murphy, did for this country and his teammates."

Adm. Cecil D. Haney, commander of Pacific Fleet; Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific; and Capt. Wallace Lovely, deputy commander of Destroyer Squadron 31; greeted the crew of USS Michael

*"This ship and crew arrive home for the first time ready to do what our namesake, Lt. Michael Patrick Murphy, did for this country and his teammates."*

Cmdr. Tom Shultz

Murphy at the pier.

Speaking to the Sailors aboard USS Michael Murphy, Haney said, "I want to congratulate you on your arrival here and enjoy the Pacific Fleet *ohana*. Thanks to you and everyone here, including our Navy SEALs and the joint service operators. It's a thrill to be here today for your arrival of the Navy's newest and most advanced multi-mission destroyer, USS Michael Murphy."

For many Sailors aboard the destroyer, this was their first time in Hawaii. The ship and Sailors aboard USS Michael Murphy were deco-

rated with traditional Hawaiian lei as they pulled into Pearl Harbor. "Today as we came into port, it was like nothing I've seen before," said Culinary Specialist 3rd Class Hayleigh Mullins.

"We got hyped up, we've been waiting for this day, and no one slept last night. When we were coming in, we got to man the rails very early so we got to watch the whole travel into Hawaii, and it was very welcoming with ships whistling and everybody standing out. It was the best feeling in the world," Mullins said.

The naming of the Navy destroyer for Lt. Michael Murphy is one of several tributes to the Navy SEAL. Murphy has also been honored by having a park in Long Island named after him, a monument at a post office in his hometown dedicated to Murphy and the others who died; and a veterans' plaza in his name at Penn State University.

"USS Michael Murphy, the most flexible, lethal and multi-mission capable ship of its kind, represents the backbone of our surface combatant fleet," said Adm. Jonathan Greenert, chief of naval operations. "It is one of the best destroyers in the world."

"This ship will operate forward around the

globe, assuring allies, projecting power and defending our nation. And, like its namesake Lt. Michael Murphy, this ship will serve to protect, influence and win in an era of uncertainty," Greenert said.

Designated DDG 112, Michael Murphy is the 62nd Arleigh Burke-class destroyer, capable of conducting operations from peacetime presence and crisis management to sea control and power projection.

The ship is capable of fighting air, surface and sub-surface battles simultaneously and will contain a myriad of offensive and defensive weapons designed to support maritime warfare.

The 9,200-ton Michael Murphy was built by General Dynamics Bath Iron Works. The ship is 509 feet in length, has a waterline beam of 59 feet, and has a navigational draft of 31 feet. Four gas turbine engines will power the ship to speeds in excess of 30 knots.



Photo illustration



Chief of Naval Personnel gets pulse of fleet in Hawaii  
**See page A-2**



Local JROTC cadets fly with 535th Airlift Squadron  
**See page A-2**



One year highlights: One team reaching together  
**See page A-3**



Navy League Sea Service Awards honor military personnel  
**See page A-3**



Sailors, Coast Guardsmen selected for 2013 Warrior Games Team  
**See page B-1**



Tower Lighting celebration to include Tops in Blue  
**See page B-4**



# Local JROTC cadets fly with 535th Airlift Squadron



U.S. Air Force photo by Staff Sgt. Nathan Allen

Junior Reserve Officer Training Corps cadets from six high schools around Oahu board a C-17 Globemaster III operated by an aircrew from the 535th Airlift Squadron at Joint Base Pearl Harbor-Hickam on Nov. 13. (Additional photos on page A-5.)

## SEAL of Honor

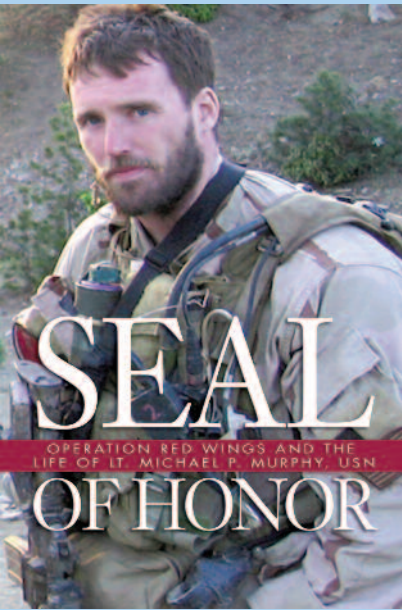
Gary Williams

Author

This essential category, warfighting first book tells the compelling tale of the late Navy SEAL, Lt. Michael Murphy. A young man of great character, he is the subject of Naval Special Warfare courses on leadership. An Arleigh Burke-class guided missile destroyer, naval base, school, post office, ball park and hospital emergency room have all been named in his honor.

In his bestselling book “Lone Survivor” (formerly listed on the CNO Professional Reading Program), Marcus Luttrell, the only survivor of Operation Red Wing, called Michael “the best officer I ever knew, an iron-souled warrior of colossal, almost unbelievable courage in the face of the enemy.”

“SEAL of Honor” tells the story of Murphy’s life and how he came to be a man of selfless courage and honor. This book offers a sterling example of Navy core values lived out in his life, his service, and his sacrifice. It’s a gripping and often emotionally moving book, and honors all who have made the ultimate sac-



rifice in the war against terrorism.

“SEAL of Honor” is listed on the CNO’s official Navy Reading List. The recently-commissioned USS Michael Murphy, named after Lt. Murphy, arrived Nov. 21 at its first homeport, Joint Base Pearl Harbor-Hickam.)

# Chief of Naval Personnel gets pulse of fleet in Hawaii

Naval Surface Group  
Middle Pacific Public  
Affairs

The Chief of Naval Personnel Vice Adm. Scott R. Van Buskirk spoke with Sailors at an all hands call held Nov. 16 at Joint Base Pearl Harbor-Hickam’s historic Bloch Arena.

Van Buskirk is going fleet-wide to speak about key personnel policies, including force management initiatives, efforts to improve sea duty manning, and 21st Century Sailor and Marine programs.

“It’s a great opportunity to get the pulse from the fleet,” Van Buskirk said.

“We are hearing what the Sailors want to say and the issues that they are concerned about. As a result of what we are hearing, we’re doing things about it. We are working towards getting manning right in the fleet, working at delivering the manning with the critical skills that are necessary to ensure that our ships can fulfill their missions,” he said.

“We are aggressively attacking the issues that the fleet and our Sailors are concerned about, increasing manning where it needs to be, and focusing on those critical skills that the ships need to have out there,” he added.

Culinary Specialist 3rd Class Melanie Beverly of Baton Rouge, La. said, “A lot of the questions were about PTS (perform to serve). There was a question about liberty and a detailer question,” she said. “They’re trying to get more Sailors with more training to the ships. They’re trying to balance the workforce.”

“Today’s all hands call with Vice Adm. Van Buskirk was an opportunity



U.S. Navy photo by MC2 Steven Khor

Chief of Naval Personnel Vice Adm. Scott Van Buskirk spoke Nov. 16 at an all hands call at Bloch Arena at Joint Base Pearl Harbor-Hickam.

for Sailors interested in their career goals and Navy’s personnel policies,” said Navy Region Hawaii Command Master Chief (SW/AW) Marc Sibal.

“What are the voluntary and involuntary measures to reduce gaps at sea, and how will that affect shipmates? How are undermanned ratings being filled? What are the latest ways the Navy is trying to help Sailors and their families? These were just some of the questions and topics open for discussion,” Sibal said.

Van Buskirk also spoke about what makes duty in Hawaii unique.

“Hawaii will always be a pivotal homeport for our Navy. It has a storied place in our history, and in the future it will remain a cornerstone for Navy and our nation,” he said.

“It’s a tremendous honor and pleasure to be back in Hawaii,” Van Buskirk added.

“I’ve served over six years in this wonderful place, and every time I return I am

reinvigorated with the aloha spirit. It is always great to see old shipmates. It’s truly a wonderful place to live, a tremendous place to work, and in our Navy it is a wonderful place to operate out of,” he said.

Van Buskirk reinforced the message from Chief of Naval Operations Adm. Jon Greenert about rebalancing to the Pacific.

“The Pacific region is vitally important to our global economy and commerce,” said Van Buskirk. “It’s an area that we will continue to have a tremendous amount of presence and engagement in, so as a result we are looking at the investment of where our ships are and where our people are to ensure we have it right.”

Summing up his all hands call in Hawaii, he said, “It’s a great opportunity to get the pulse from the fleet, about issues they are contending with, things that they want changed, things that are working well, and things they want to address.”







# Navy Region Hawaii names 2012 Sailors of the Year

Story and photos by  
Brandon Bosworth

Staff Writer

The selectees for the Navy Region Hawaii Sailor of the Year for fiscal year 2012 were recently announced. Engineman 1st Class Tanner Baku was named Senior Sailor of the Year, Religious Program Specialist 2nd Class Brian Schoffstall was named Junior Sailor of the Year, and Information Systems Technician 3rd Class Carmen Hernandez was named Bluejacket of the Year.

Hernandez, assigned to Commander Navy Region Hawaii (CNRH) operations, joined the Navy in June 2010 and has been stationed here since January 2011. A Los Angeles native, she enlisted for a change of pace. While Hernandez is happy to be named Navy Region Hawaii Bluejacket of the Year, she is ambitious and already looking ahead.

“I feel some anxiety



(Left) Senior Sailor of the Year EM1 Tanner Baku called his time at Pearl Harbor “a once in a lifetime opportunity.” (Center) Bluejacket of the Year IT3 Carmen Hernandez looks forward to the regional competition. (Right) RP2 Brian Schoffstall is a two-time Junior Sailor of the Year honoree.

because I still have to do the regionals,” she said. “That would feel like even more of an accomplishment.”

This is the second year in a row that Schoffstall has been named Sailor of the Year at Navy Region Hawaii.

“I was a little surprised,” he said. “I’m separating in May 2013 to go into the Navy Reserves.”

Schoffstall works at the Navy Region Hawaii chaplain’s office. His Navy career path was an unusu-

al one.

“I was working a dead-end job in Washington, D.C.,” he said. “I met the chief of chaplains of the United States Navy, a two-star admiral. He sort of recruited me.”

In addition to the quality of his work, Schoffstall believes his volunteer work helped him to be named Sailor of the Year two years in a row.

“I volunteer at the USO monthly,” he said. “I also volunteer at Pearl City Elementary with tutoring

and beautification projects and served as coordinator for the Feds Feed Families program.”

Baku is assigned to the barge crew at CNRH. He said he was shocked to be named a Sailor of the Year.

“I’m just doing what I think of as normal duty,” he said.

The Emmett, Idaho native always knew he wanted to serve his country, and the Navy was a natural choice.

“My grandfather was a

naval veteran who served during the Korean War,” he said. “He was an engineer also and did exactly what I do.”

Baku’s Hawaii tour of duty ends this December.

“Serving at Pearl Harbor has been a once in a lifetime opportunity,” he said.

An awards ceremony honoring the Sailors of the Year is planned, though no final date or location has been determined. In the meantime, Baku, Schoffstall and Hernandez

can take pride in their rare accomplishments.

“Being selected as the command’s Sailor of the Year is one of the highest honors a Sailor can receive during their tour of duty,” said Command Master Chief Marc Sibal.

“It represents hard work, professionalism and sacrifice. Only the best of the best get to earn the title Sailor of the Year, and every one of these outstanding Sailors deserve this recognition,” he said.

## Joint base observes American Indian and Alaska Native Heritage Month

Story and photo by  
Brandon Bosworth

Staff Writer

November is American Indian and Alaska Native Heritage Month. To commemorate, an event was held Nov. 20 at Pearl Harbor Memorial Chapel.

The main speaker was Senior Chief Gas Turbine System Technician (GSCS) (SW) Travis C. Wolf of Afloat Training Group Middle Pacific. Wolf is originally from Alaska and is half Yup’ik, an Alaskan Native group.

Wolf started his presentation with a brief overview of American Indian and Alaska Native history from 1500 to the present. He addressed tragedies — such as the Trail of Tears in the early

1830s — and triumphs, including the 2004 opening of the National Museum of the American Indian in Washington, D.C.

On a more personal note, Wolf talked about growing up in a small Alaskan town where more than half the residents were Alaska Natives.

Wolf also spoke about the contributions that Native Americans and Alaska Natives have made to the United States military.

“There are about 190,000 Native American veterans in the U.S. today,” he said. “One out of every four Native Americans is a veteran. They have the highest per capita rate of military service of any ethnic group,” he said.

Around 12,000 Native Americans and Alaska Natives



GSCS (SW) Travis Wolf displays items from his native Alaska.

serve in the military. Wolf believes native cultural values are part of the reason for these high rates of service.

“There is a warrior tradition that emphasizes virtues such as

strength, honor, devotion and wisdom,” he said. “These values are a perfect fit with the military tradition.”

The event concluded with a sampling of Alaska Native foods,

including venison and moose jerky, smoked salmon, fried bread and akutaq, which is also known as “Eskimo ice cream.” On display were several items from Alaska, including animal pelts, native clothes and tribal art.

National American Indian Heritage Month originated in 1990 when President George H.W. Bush signed a joint congressional resolution. Similar proclamations have been issued every year since 1994.

The 2012 national theme, “Serving Our People, Serving Our Nations: Native Visions for Future Generations,” encourages the nation to reflect and celebrate the cultures, histories and traditions of the indigenous peoples of North America, including parts of Alaska and Hawaii.



# Pearl Harbor-Hickam*Highlights*



(Left) Joint-service paratroopers jump out of a C-17 Globemaster III operated by an aircrew from the 535th Airlift Squadron at Joint Base Pearl Harbor-Hickam.

U.S. Air Force photo by Staff Sgt. Nathan Allen

(Below) Joint-service paratroopers walk onto a C-17 Globemaster III operated by an aircrew from the 535th Airlift Squadron.

U.S. Air Force photo by Staff Sgt. Nathan Allen



Lt. Gen. Cha-Kyu Choi, Republic of Korea, Air Force Vice Chief of Staff, and Burl Burlingame, Pacific Aviation Museum curator, unveil a ROKAF F-5A Freedom Fighter dedicated to Gen. Kim Too Man, a legendary figure in the ROKAF, at Pacific Aviation Museum, Ford Island, Hawaii on Nov. 12. The aircraft joins the museum's growing collection of more than 35 historic aircraft.

U.S. Air Force photo by Tech Sgt. Jerome S. Tayborn

(Below) A color guard detail parades the colors during the 52nd Annual Navy League Sea Service Awards Luncheon held Nov. 16 at the Ala Moana Hotel. Forty-two junior enlisted members and officers of the Navy, Marine Corps and Coast Guard received awards for leadership and outstanding service.

U.S. Navy photo by MCSN Diana Quinlan



(Above) The 52nd Annual Navy League Sea Service Awards winners stand in front of the audience after receiving their commendations during a luncheon Nov. 16 at the Ala Moana Hotel.

U.S. Navy photo by MCSN Diana Quinlan





U.S. Navy photo by MC2 Jon Dasbach

## Sailors, Coast Guardsmen selected for 2013 Warrior Games Team



U.S. Navy photo by MC2 Jon Dasbach



U.S. Navy photo by MC2 Jon Dasbach

### Navy Wounded Warrior - Safe Harbor Public Affairs

Wounded Warrior athletes have been selected to be a part of Team Navy-Coast Guard for the 2013 Warrior Games.

The selectees were announced Nov. 16 during a ceremony aboard the Battleship Missouri Memorial at Joint Base Pearl Harbor-Hickam.

The team was chosen after a week of competition at the inaugural Wounded Warrior Pacific Trials in Honolulu. Forty-four accomplished athletes participated in archery, cycling, shooting, sitting volleyball, swimming, track and field, and wheelchair basketball events, battling for one of the 35 slots on Team Navy-Coast Guard.

"It's great to be here, and I am

really excited to compete," said retired Navy Lt. John Edmonston, who is among the selected athletes. "But, really, the chance to compete is secondary. My primary motivation is the opportunity to spend time with these guys, my fellow wounded warriors. I really enjoy the camaraderie. Even if I don't make future teams, I hope to always be involved somehow and to keep playing alongside these guys."

Edmonston suffered a traumatic brain injury after a motorcycle accident in 2009. He medically retired from the Navy in 2011 and now works as a mechanical engineer at Puget Sound Naval Shipyard in Bremerton, Wash.

The trials included wounded warrior athletes with upper-body, lower-body and spinal cord injuries, serious illnesses, trau-

matic brain injuries, visual impairment, and post-traumatic stress disorder.

"I feel very honored to have been asked to work with Team Navy-Coast Guard again and to serve these men and women," said track and field coach Teri Jordan, abilities athletics coach and the disability recreation director at Pennsylvania State University. "This has been a wonderful location for the trials. The weather was nice and warm, and the wind was in our favor at the track and field trials."

"I am more than pleased to have seen the improvement in our returning athletes and to see the potential of our new athletes. I think we'll have a great team at the Warrior Games next year," she added.

Warrior Games is an annual

competition among wounded warriors from all branches of military service. The games help participants discover new capabilities they can apply to everyday challenges and opportunities and encourage them to reach and achieve a productive future. The team is sponsored by Navy Wounded Warrior - Safe Harbor, the Navy's wounded warrior support program.

"It has been my great pleasure to host the Wounded Warrior Pacific Trials this week and to get to know these incredible competitors," said Adm. Cecil D. Haney, commander, U.S. Pacific Fleet.

"I hope this has been as rewarding and memorable an experience for them as it has been for me. Congratulations to all of the athletes who participated in the trials and good luck to the 35 Wounded

Warriors who were selected to represent Team Navy-Coast Guard at the 2013 Warrior Games."

November marks Warrior Care Month, a time to recognize wounded warriors – like those participating in the trials – and their caregivers for their service, sacrifices and achievements. This year's theme is "Success through Transition."

Navy Wounded Warrior - Safe Harbor provides non-medical support to seriously wounded, ill and injured Sailors and Coast Guardsmen, as well as their families. Currently more than 1,900 service members receive assistance from the program. For more information about the program or Warrior Care Month, call 855-NAVY WWP (628-9997), email [navywoundedwarrior@navy.mil](mailto:navywoundedwarrior@navy.mil) or visit <http://1.usa.gov/UEs6Rk>.



U.S. Navy photo by MC3 Sean Furey



U.S. Navy photo by MC2 Jon Dasbach



U.S. Navy photo by MC2 Jon Dasbach



# Lower Level Mafia wins USS Texas bragging rights

**Story and photo by  
Randy Dela Cruz**

*Sports Editor*

The two intramural flag football teams from USS Texas (SSN 775) had to wait until the final game of the regular season for their most-awaited showdown, but once the smoke cleared, the Lower Level Mafia (LLM) emerged with the sub's bragging rights in a decisive 28-7 victory over the Texans in an Afloat Division matchup Nov. 17 at Ward Field, Joint Base Pearl Harbor-Hickam.

The LLM got three touchdown passes from quarterback Logistics Specialist 3rd Class Jesse Olstad and another one on a flea-flicker from Machinist's Mate 3rd Class Trent Tyykila, while the team's defense stepped up to shut down the Texans and secure the victory.

The win topped off LLM's solid season with a 6-3 record and the Texans ended the year at 3-4.

"Once we found out we were playing each other, the whole week we felt a little tension," Olstad said. "We got to this game and everyone was excited. It's kind of one of those bitter-sweet wins. You never want to see the other team lose, but at the same sense, it's nice to have those bragging rights."

From the start, the LLM defense made their presence known by forcing the Texans to give up the football on only four plays on the first series of the game.



Machinist's Mate 2nd Class Gordon Reichert, receiver for USS Texas (SSN 775) Lower Level Mafia, goes up to make a grab for a touchdown during the team's battle against the Texans in an Afloat Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

Handing the ball over to Olstad at his own 32, the QB ran to the Texans' 23 on a keeper before connecting with Torpedoman's Mate 3rd Class Brendan Abernathy on a clutch fourth-down play that placed the ball on the four-yard line.

On the very next play, Olstad went back to Abernathy and completed a short pass for a touchdown and, with the added extra point, a 7-0 lead.

The Texans responded by moving from their own 15 to Lower Level Mafia's 36 on just three plays.

However, the drive came to a sudden halt when LLM defensive back Machinist's Mate Fireman Eloy Espinoza picked off a pass from Texans quarterback Fire Control Technician Seaman Tommy Fisch and returned it to the Texans 28.

Taking advantage of the pick, Olstad immediately looked downfield and hit receiver Machinist's Mate 3rd Class Nick Carino for a touchdown.

A pass to Torpedoman's Mate 3rd Class Mark Williams accounted for the point after touchdown and a 14-0 advantage.

"That (interception) was huge," Olstad stated. "It was a game-changer. He intercepted the ball and we punched it in. That really helped."

Down by two scores, Fisch fired back with a bomb into the hands of receiver Sonar Technician (Submarine) Seaman Brian Gough, who took the pass

all the way to the house for a touchdown.

The converted extra point pulled the Texans to within seven going into halftime.

Following intermission, LLM got momentum back by grinding out a 65-yard drive on 10 plays with the final eight yards covered by a pass into the end zone from Olstad to Carino to go back up by two scores.

Then on the next drive for the LLM, the team sealed the game on a flea-flicker that went from Olstad to Tyykila to Machinist's Mate 2nd Class Gordon Reichert, who made the grab for the final score.

"Their defense played well, and basically it comes down to execution and we didn't execute," said Fisch about the season-ending defeat. "We never got going. We never clicked on offense. It's alright. We play them almost every week and beat them almost every week, but when it was official, we didn't. It's all in good fun."

For the LLM, which hovered among the division leaders for the whole season, Olstad said that it was a great season.

"We had a few games where we should have won and didn't and couple of games where we won and probably shouldn't have," Olstad admitted. "The thing about this team that's awesome is that we bounce back. Season-wise, I think we've proven that the submarines can stick with the surface guys."





# SNAFU White holds off HI 5-0 for eighth win

Story and photo by  
Randy Dela Cruz

Sports Editor

For years, the talented SNAFU slow-pitch softball squad has slugged their way to become one of the select teams among clubs at Joint Base Pearl Harbor-Hickam and beyond.

This winter softball season, SNAFU solved a dilemma of their ever-growing lineup of talent by splitting their squad into two with SNAFU White taking residence in the American League and SNAFU Gold moving into the National Division.

Moments after the Gold squad captured the National Division pennant on Nov. 17, the White team duplicated the feat by beating HI 5-0, 16-12, to finish atop of the American Division with a perfect 8-0 record.

The game was played at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

“SNAFU is a good team. We got a lot of camaraderie,” said White team first baseman Chief Interior Communications Electrician James Pals. “There was no heartache when we split the team. We come out and battle, and we’re hoping to battle them (SNAFU Gold) in the championship.”

With only the tough HI 5-0 standing in their way of an undefeated regular season, SNAFU White picked up the pace in the top of the second inning, when Pals got the team going with a game-tying RBI single.

After getting another run on a sacrifice fly, the White went ahead by two on a run-scoring base hit by Senior Chief Sonar



Veteran Mike Brown of HI 5-0 tries to beat the ball to SNAFU White third baseman Senior Chief Master-at-Arms Chris Ray during matchup of the top two teams in the Winter Softball League’s American Division at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

Technician (Submarine) Chris Iterman.

The team kept the momentum going in the top of the third where Pals finished off a four-run inning with his second, RBI single of the game.

“Five-O is one of the better teams that we’ve faced, so it’s definitely important to put the runs on the board when we can,” Pals said. “Whenever we got runners in scoring position, we need to get them across. I’m going up there

to try and make sure I get a hit and put myself in scoring position.”

The teams exchanged runs over the next two frames, with Navy veteran Johnny Arroyo driving in his second run of the game for HI 5-0 and Senior Chief Master-at-Arms Chris Ray stroking an RBI single to keep SNAFU ahead by a score of 8-2.

Then in the bottom of the fifth, HI 5-0, a team that is comprised mostly of retired veterans aged

50 and above, started stringing hits together, starting with an RBI single from veteran Mike Brown to make it 8-3.

Engineman 2nd Class Paul Salas followed with a double for another run, while Arroyo picked up his RBI with a single to spark a five-run rally and draw to within a run at 8-7.

“We just kept swinging at the ball,” explained HI 5-0 leadoff hitter and Navy veteran Mike Hinkley about the team’s sudden

explosion at the plate. “Slow-pitch softball is a hitter’s game. Sometimes they find the hole and sometimes they don’t.”

Now faced with a battle, SNAFU answered back right away with five runs in the top of the sixth inning to go back out in front by a score of 13-7.

The big blast of the inning came off the bat of cleanup hitter Cryptologic Technician (Collection) 2nd Class Mario Lopez, who launched a shot to deep centerfield, where the ball tipped off of the outfielder’s mitt and over the fence to drive in three runs.

The trio of Brown, Salas and Arroyo triggered another rally with five more runs for HI 5-0 in the bottom of the sixth, but another fielding blunder cost the team dearly when an error on a ball hit by Iterman helped SNAFU clear the bases for three runs.

Although it was HI 5-0’s second defeat of the season, Hickley said that the late rally proved that the team matches up well against anyone going into the playoffs, which has been tentatively set for a single elimination tournament that will be held during the Dec. 1 weekend.

“We don’t have the youth, but we have the ability,” he said. “Slow-pitch softball is a funny game. It depends on how the ball bounces. All we can do is play our best and have fun.”

Pals added that no matter who SNAFU White plays, the team will be ready, even if it means having to meet SNAFU Gold in a winner-take-all matchup.

“We’ve done it before and it’s hard,” he said. “This one has a little more at stake than it was before.”

# Analytics are your social media weekly report

Anna Marie General

Joint Base Pearl Harbor-Hickam Public Affairs

Track ... monitor ... listen are the three most important components of optimizing your command’s Facebook strategy and ad campaigns. Ever wonder if your command Facebook reached your target audience? Is your social engagement a success? Did your content strategy work? Many questions come to mind as we post the latest photos, current news and announcements to get the word out.

**But how can we track the progress of the page?**

Facebook business pages provide a dynamic tool to monitor page posts and user interactions called Facebook Insights, which is basically the analytics of the page.

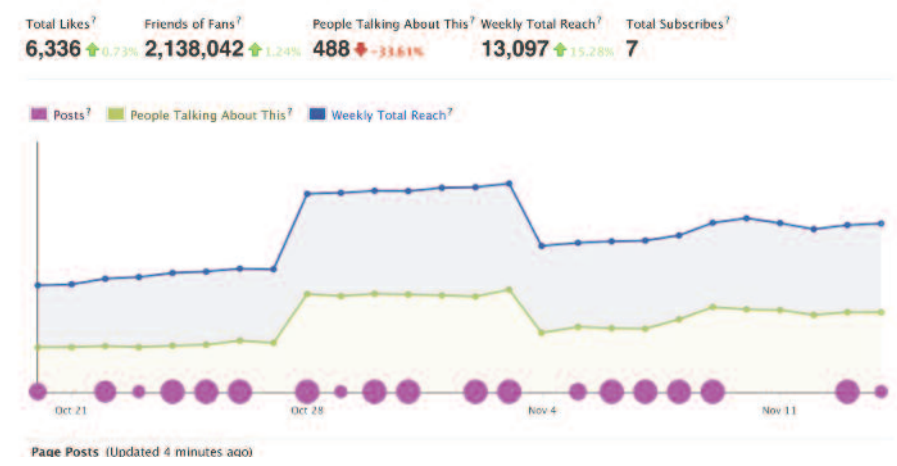
With the use of Facebook

Insights, in other words “analytics,” you can track a wide range of data to help build the growth of your fan base by monitoring what your fans are talking about, demographics and location, page views, weekly total reach, engaged users and more.

As we constantly engage with our fans by providing timely information, the ability to interact and listen to their conversations can give a better understanding of their needs and interests. This helps to find topics and issues that matter most to them.

By tracking the percentage and measurements of the graph provided in Facebook Insights, this will show the most popular post of the week.

During the week of Nov. 5, the insights for Joint Base Pearl Harbor-Hickam Facebook showed a significant increase on several posts that involved Hawaii



Airmen, Sailors and Soldiers participating in the annual Kapolei Color Run, which gained a total of 4,073 views from three photos of the event. One of the photos gained 120 “likes” in minutes.

In addition to a photo post, one JBPHH social media administrator posted a status update stating:

“Having lunch after an interview with U.S. Air Force (Ret.) Ken G. Ford at Hale Koa’s Koko Café in Waikiki. Sergeant Ford is a survivor of the attacks on Pearl Harbor, served in WWII and was held as a POW in North Africa for 14 months. He also served in the Korea War and finished his career after fight-

ing in Vietnam. He is a decorated war veteran with three Purple Hearts, two Silver Stars, Bronze Star, and the Legion of Merit for WWII; A living piece of history.”

This post alone earned 94 “likes” and was viewed 2,652 times.

By monitoring and engaging in social media, it

also helps determine the most popular post of the week and also strategies that we need to improve in – communication is key.

**This week’s social media report is as follows:**

Joint Base Pearl Harbor-Hickam Facebook:

Based on a weekly report ending on Nov.16, the total number of “likes” (fans) continue to increase by .73 percent with a total of 6,336 fans composed of 58.9 percent female and 40 percent male. With 5,475 fans from the United States, other countries such as Japan, Philippines, Germany, Italy, Australia and the United Kingdom contribute to the growth of JBPHH fan base. The total number of weekly page views increased by 15.28 percent reaching an average of 13,097 Facebook users.

“Like” us on Facebook at <http://on.fb.me/JWjRV3>.

# Avoid the flu with these top tips

Shari Lopatin

TriWest Healthcare Alliance

Did you know that nine out of 10 healthy people who get a flu shot, don’t get the flu?

According to the Centers for Disease Control and Prevention, it’s true. And because it takes two weeks for a flu shot’s immunity to build completely, now is the best time to get vaccinated for flu season.

**TRICARE covers flu shots**

Military families ... you’re in luck. TRICARE will cover flu shots or flu mists at no cost to you. Just make sure to receive the vaccination from your local military clinic, a TRICARE network provider, or a TRICARE network pharmacy. If you go to a pharmacy, make sure the actual pharmacist gives you the flu shot or mist, to avoid out-of-pocket costs.

If you choose to get your shot at the doctor’s office, just be aware that some physicians may charge a small co-pay for the office visit. Additionally, it’s a good idea to call your local military clinic first to find out when

flu shots are available.

**Coaxing your kids for a flu shot**

The CDC recommends everyone 6 months and older get vaccinated against the flu. But do your kids throw a fit or shut down when it’s time for their shots? Making the “shot experience” smooth for your children can be a challenge.

Perhaps if they see mom or dad doing it, too, they may go more willingly. That’s why we suggest leading by example. Here are some tips:

- Go for your flu shot when you take your kids for theirs.
- Ask if the clinic or pharmacy has flu mist available as an alternative to the shot. Just check with your child’s health care provider first to see if it’s a good fit.
- Offer to get your shot first. It will help to relax your kids.
- If fun or colorful bandages are available, ask to wear one alongside your children.
- Finish the flu shot appointment with a treat, such as a trip to the park or a healthy fruit smoothie.

**Other ways to avoid the flu**

Keeping active, getting enough

sleep and eating healthy foods can help you stand strong against the flu.

Besides getting a flu shot, taking these everyday steps from the CDC can help you avoid the flu in the first place:

- Wash your hands properly. By this, we mean scrub with soap and warm water for approximately 20 seconds or the time it takes to sing “Happy Birthday.”
- Try to avoid touching your eyes, nose and mouth. Germs spread this way.
- Manage your stress.
- Drink plenty of fluids.
- Use a tissue to cover your nose and mouth when you sneeze. Then throw away the tissue. If a tissue is not available, cover your mouth with the crease from your elbow. Never use your hands. Again, this helps prevent the spread of germs.

For more information on flu prevention tips, visit [www.triwest.com/flu](http://www.triwest.com/flu).

To locate a TRICARE-covered pharmacy that offers flu vaccinations, visit the Express Scripts website at [www.express-scripts.com](http://www.express-scripts.com) or call 1-877-363-1303.

# Bone marrow drive registration scheduled to be held Nov. 26-30

During the week of Nov. 26 – 30, units from across Joint Base Pearl Harbor-Hickam will be passing out and collecting swabbing kits to find potential bone marrow donor volunteers.

During the last week of November, swabbing kits at JBPHH will be used to put people in a database of potential bone marrow donors.

The kits are used to take swabs of the inside of your cheek. If you do swab your cheek, there is a less than two percent chance that you will be a match for someone, but if you are a match, you could save a life, bone marrow drive organizers explained.

To be eligible, you need to be between the ages of 18 to 60.

The upcoming drive on Oahu will include registration booths in front of the Pearl Harbor Navy Exchange (NEX) and commissary complex from 9 a.m. to 4 p.m. Nov. 28, 29 and 30. There will also be a registration table at the Fleet Store near Bravo Piers. You can also stop by the Hickam BX from 9 a.m. to 4 p.m. Nov. 29 and 30 to get swabbed.

For more information and to participate, call Senior Chief Quartermaster Anthony Bastidas at 780-7968 or email [Anthony.bastidas@navy.mil](mailto:Anthony.bastidas@navy.mil), or call Master Sgt. Mike Vonahnen at 448-6239.

# Tripler blood drives

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

- Dec. 7, 8 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2.
- Dec. 17 and 19, 7 a.m. to noon, 3rd Radio Battalion, Marine Corps Base Hawaii.

For more information, call 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).





# Pound Town puts hammer down on Maintenance Group

**Story and photo by  
Randy Dela Cruz**

*Sports Editor*

The 647th Security Forces Squadron Pound Town intramural flag football team scored 23 points in the second half to blast past the 15th Maintenance Group (15 MXG), 37-9, Nov. 19 in an American Division matchup at Ward Field, Joint Base Pearl Harbor-Hickam.

Clinging to a 7-0 lead midway through the first half, Pound Town, spurred by a pick-six from defensive back Airman 1st Class Cory Parter, scored the next two touchdowns to take a 20-0 advantage before closing out the game for their 10th victory of the season against only one loss.

The defeat for MXG may have devastating consequences, as the team entered the showdown with a record of 8-6 and was just outside of the sweet-six teams that will qualify for the upcoming playoffs.

For Pound Town, with only two games remaining on their schedule and already locked in to the postseason, quarterback Airman 1st Class Tweeter Riddle said that the team needs to keep on winning in order to main-



Senior Airman John Hunt, receiver for 647th Security Forces Squadron Pound Town, makes a leaping, two-handed catch for a touchdown in the team's 37-9 victory over 15th Maintenance Group (15 MXG) in an American Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

## Marines announce free holiday concert

U.S. Marine Corps Forces Pacific and BAE Systems, in partnership with the Chamber of Commerce of Hawaii, are scheduled to hold the fifth annual *Na Mele o na Keiki* (Music for the Children) Holiday Concert at Hawaii Theatre at 2 p.m. Dec. 2.

The event will feature the U.S. Marine Corps Forces Pacific Band performing holiday favorites with a variety of guest artists, including Henry Kapono, jazz singer Ginai, ukulele player Aidan James,

jazz/blues guitarist Chris Vandercook, Hawaiian musicians The Abrigo Ohana, and latin/salsa musicians Son Caribe.

This concert is presented free of charge and is an opportunity to help support the Marine Corps Reserve's Toys for Tots Hawaii collection effort.

Marines will be on hand to accept donations of new, unwrapped toys or cash. Every toy and every dollar collected to purchase toys

stays in Hawaii to make the holidays brighter for Hawaii's less-fortunate children. The Salvation Army is once again working with more than 100 local charities to distribute the donated toys.

Free tickets are available on a first-come, first-served basis at the Hawaii Theatre box office, 1130 Bethel St. The box office is open from 9 a.m. to 5 p.m. Tuesday through Saturday. Doors will open at 1:30 p.m. the day of the show.

tain momentum heading into the playoffs.

"Looking to the postseason, we just got to go out there and keep on beating everybody," he said. "Everybody is out there to get us because there still [are] spots remaining for the playoffs, so everybody is head hunting us."

In a tight game against the MXG, Parter doubled Pound Town's lead by picking off a pass and streaking down the left sideline for a touchdown.

"I watch the middle – that's my zone – and he threw it right to me," Parter said. "I knew I was going to take it to the house."

Although it only increased Pound Town's lead to 14-0, the play definitely put momentum squarely into the hands of the team's players.

"That was a huge turning point," Riddle acknowledged. "He (Parter) is good at picking the ball up. Our defense is our big weapon. Our offense is going to put points on the board, but our defense

gives us the ball back to get points on the board."

Picking up right where it left off in the first half, Pound Town emerged from intermission and marched 65 yards on only five plays to score their third touchdown of the game.

The final 38 yards came on a bomb from Riddle to Senior Airman John Hunt, who leaped up and outreached the MXG defender in the end zone for six and a 20-0 lead.

The MXG interrupted Pound Town's march by coming back on a 65-yard, catch-and-run touchdown from quarterback Staff Sgt. Jonathan Jenkins to Senior Airman John Barlow.

However, Pound Town wouldn't be denied as the team answered the score on an impressive 65-yard, three-play drive to pay dirt that ended on a bomb from Riddle to Airman 1st Class Charlton Burton, which was the receiver's second touchdown reception of the game.

In gaining the win, Riddle was excellent in reading the

field and spreading the ball around to a multitude of receivers that also included Airman 1st Class Jordan Arredondo.

Riddle explained that he entered the matchup with a simple game plan and, with the help of his teammates, ran it to perfection.

"What we like to do is throw a lot of short routes," he said. "It draws the defense in, and then we go for the long ball."

As the team finishes off the regular season, Riddle said that he likes the way the team is coming together just in time for the postseason.

"Right now, we're pretty solid," he noted. "We've pretty much got our offense and defense starting lineups set."

Riddle admits that defense will be the key to the team's playoff run and Parter said he is looking forward to the challenge.

"I don't think there is any pressure on us," he said. "We're confident. We know what to do and we're going to be there."

## Tower Lighting celebration to include Tops in Blue

Air Force Entertainment and Joint Base Pearl Harbor-Hickam will present Tops in Blue at the Freedom Tower on Nov. 30 as part of the free 43rd annual Tower Lighting Celebration.

Festivities will include inflatables, crafts and a kids's clinic from 4:30 to 7 p.m., photos with Santa from 5 to 6:30

p.m., the tower lighting at 7 p.m. and a performance by Tops in Blue, the famed Air Force entertainment showcase.

Bring a blanket or lawn chairs. Hangar 35 will be used in case of rain for Tops in Blue.

For more information, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



PEARL HARBOR-HICKAM Maniawa Nanea LEISURE

Morale Welfare & Recreation

**HONOLULU CITY LIGHTS OPENING DAY**  
There will be a Honolulu City Lights opening day trolley tour from 4-9 p.m. Dec. 1. Departures are from Hickam Information, Tickets & Travel. There will be an electric parade, kiddie rides, craft and food booths, and more. Tickets go on sale today. The cost is \$22 per person. FMI: 473-0792 or 448-2295.

**KAYAKING HALEIWA RIVER WITH LIBERTY**  
A kayaking trip to the North Shore with Liberty takes place Saturday. Departures are from Beeman Center at 8:15 a.m., Instant Liberty at 8:30 a.m., Makai Recreation Center at 8:45 a.m. and Liberty Express at 9:30 a.m. The cost is \$5 per person. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

**CHINATOWN FOOD, HISTORIC TOUR**  
A tour of Honolulu’s Chinatown, featuring a traditional dim sum lunch, will take place from 8:45 a.m. to 1 p.m. Saturday. The cost is \$25 for adults, \$20 for children ages 3–11 years old, and departs from Information, Tickets & Travel-Hickam. FMI: 448-2295.

**TURN, BURN BIKE RIDE**  
There will be a free two-hour indoor cycling event from 9:30 to 11:30 a.m. Saturday at the Joint Base Pearl Harbor-Hickam Fitness Center. FMI: 471-2019.

**LIBERTY PING PONG TOURNAMENT**  
A free Liberty Ping Pong Tournament takes place at 6 p.m. Monday at Beeman Center. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

**MOONLIGHT PADDLE**  
There will be a moonlight paddle at 7 p.m. Nov. 28 at Outdoor Recreation-Hickam Harbor. All paddling abilities are welcome. The trip includes kayaks, gear and professional guides. Nov. 25 is the final day to register. The cost is \$20 per person. FMI: 449-5215.

**FREE LADIES’ GOLF CLINIC**  
There will be a free ladies’ golf clinic from 4 to 4:45 p.m. Nov. 30 at the Mamala Bay Golf Course. FMI: 449-2300.

**CPR/AED COURSE**  
There will be a CPR/AED course from 5 to 7 p.m. Dec. 4 and Dec. 6 at the Hickam Harbor Marina Training Room. This course will teach cardiopulmonary resuscitation (CPR), the use of an automated external defibrillator (AED), and relief of foreign body airway obstruction for adult, child and infant victims. Upon successful completion of the course, students will have an American Red Cross certification card mailed to them. There will be no course refund after instruction has been delivered. The cost is \$50 per person. Registration deadline is Nov. 28. FMI: 449-5215.

Community Calendar

November

**Today** ~ Pearl Harbor Navy Exchange (NEX) is scheduled to hold “Navy Blue Friday” from 6 a.m. to 10 p.m. at the NEX featuring all-day holiday specials. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

**29** ~ A free event titled “Turning Mystery into History: Finding Lost Submarines” is scheduled to be held starting at 6:30 p.m. at USS Bowfin Submarine Museum and Park. The event celebrates 70 years of the USS Bowfin (SS-287). FMI: 423-1341.

**30** ~ The Air Force entertainment showcase Tops in Blue will perform at 7:15 p.m. as part of the 43rd annual Tower Lighting Celebration at Freedom Tower. The celebration will include activities for children and families from 4:30 to 7 p.m. FMI: www.greatlifehawaii.com.

December

**1** ~ The City & County of Honolulu will conduct the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam “Giant Voice” works in conjunction with Honolulu’s outdoor warning sirens and will sound a steady tone for 45 seconds.

**1** ~ The Hickam Officers’ Spouses Club will hold a Snack with Santa event from 10 a.m. to noon at the Ka Makani Community Center on the Hickam side of Pearl Harbor-Hickam. Space is limited. There are tickets for 200 children and 150 family members/guardians. Base access cannot be provided by the club, so make sure you have access. FMI: info@hickamosc.com.

**4** ~ Homemade cookies are needed to give to single and deployed Airmen so they can have a happier holiday this season. The 15th Wing Cookie Caper is being hosted by the 15th Operations Group. Cookie drop-off will be accepted from 6:30 a.m. to 12:30 p.m. Dec. 4 in front of the Wright Brothers Café at Joint Base Pearl Harbor-Hickam. FMI: Tonya Baldessari at TonyaCookieCaper@hotmail.com or 744-2548.

**6** ~ The Pacific Aviation Museum will hold its sixth anniversary gala from 5:30 to 9 p.m. The event will include dinner, a silent auction and two special awards. Tickets are available for purchase through the museum. FMI: Carol Arnott at 441-1006 or visit PacificAviationMuseum.org.

For more information on events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

Movie Showtimes



End of Watch (R)

This is a powerful story of family, friendship, love, honor and courage. Los Angeles police officers Taylor and Zavala patrol the city’s meanest streets of south central Los Angeles. Giving the story a gripping, first-person immediacy, the action unfolds through footage from the handheld high definition cameras of the police officers, gang members, surveillance cameras, and citizens caught in the line of fire to create a riveting portrait of the city’s most dangerous corners, the cops who risk their lives there every day and the price they and their families are forced to pay.

SHARKEY MOVIE THEATER

**TODAY**  
7:00 PM Pitch Perfect (PG-13)

**SATURDAY**  
2:30 PM Frankenweenie (PG)  
4:45 PM Dredd (R)  
7:00 PM Argo (R)

**SUNDAY**  
2:30 PM Hotel Transylvania\* (3-D) (PG)  
4:45 PM Here Comes the Boom (PG)  
7:00 PM Sinister (R)

\*\*\$1 for 3-D Glasses Rental

HICKAM MEMORIAL THEATER

**TODAY**  
6:00 PM House at the End of the Street (PG13)  
8:30 PM End of Watch (R)

**SATURDAY**  
4:00 PM House at the End of the Street (PG13)  
7:00 PM End of Watch (R)

**SUNDAY**  
2:00 PM House at the End of the Street (PG13)





John Fisher and Larry Simon, retired U.S. Army veterans and volunteers, work on a Douglas (DC-3) Aircraft's gage panel, which is being reconstructed for the Pacific Aviation Museum on Ford Island, Joint Base Pearl Harbor-Hickam.

# Volunteers bring the past to life at Pacific Aviation Museum

MCSN Diana N. Quinlan

Navy Public Affairs  
Support Element, Det.  
Hawaii

The Pacific Aviation Museum is located in the middle of Ford Island. Part of Joint Base Pearl Harbor-Hickam and one of the most historically significant sites in America.

The museum occupies World War II-era hangars that still bear the scars of the aviation battlefield.

Its mission is to develop and maintain an internationally recognized aviation museum that educates young and old alike, honors aviators and their support personnel who defended freedom in the Pacific region, and to preserve Pacific aviation history.

Members of the museum's aircraft restoration team assist with that mis-

sion by preparing new aircraft for display.

"I just volunteer here at the museum. We come in and do certain things on all the airplanes," said John Fisher, a member of the aircraft restoration team at the Pacific Aviation Museum.

"Just as work becomes available we do it. I came out here to work on the C-47 that was just a new airplane that had been given to the museum. And we're working on it now, getting it ready for the show or to put on display," Fisher said.

"I've always been interested in airplanes ever since a young kid, and when I got out of the military I wanted to go get my private license and go into aviation. You always run into some-body that either flew as a crew member or actually flew them or rode

in them," Fisher said.

The restoration shop in hangar 79 is in its original World War II maintenance configuration. Visitors today can see modern day restoration activities and participate in presentations of the maintenance crews' techniques and stories of their past.

"After working on older airplanes for 30 years, I just would enjoy being around them, and putting them on show for the public is really a good job to do," Fisher said. "The airplanes are hard to get in, especially like this P40 Warhawk Flying Tiger. They're getting to be very few of them left and to get them over here for the museum is very costly, so we're trying to get as many in as they can. They're working on them all the time trying to get different airplanes to come in," Fisher said.

Commentary

## Window on Joint Base Pearl Harbor-Hickam

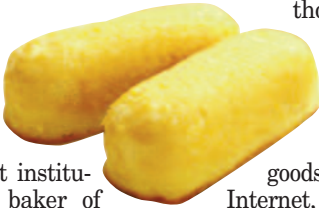


Joint Base  
Pearl Harbor-Hickam  
karen.spangler@navy.mil

### Ode to the Twinkie

Karen S. Spangler

Managing Editor



I confess—I am grieving.

One of America's oldest institutions — the 82-year-old baker of Twinkies, Sno Balls, CupCakes, Ding Dongs and Ho Ho's — is permanently closing its doors.

As a child, I was raised on those delectable little morsels of cake, crème filling and marshmallow, and it deeply saddened me to hear about their demise. My love affair with those yummy goodies has continued into adulthood.

The reality of it hit me when I stopped by the grocery store shortly after hearing the news to find that all vestiges of the little cakes were completely gone—there wasn't even a crumb.

Not a high maintenance kind of lady, I don't need diamonds and furs and Manolo Blahnik shoes to make me happy. But I did look forward to the extra large box of crème-filled chocolate cupcakes that my son would buy for me for Christmas, wrap in bright paper, and place lovingly under the Christmas tree. I carefully rationed them out to myself over the next several weeks.

My personal trainer probably wouldn't be pleased to hear this, but even when adhering to my healthy eating and exercise program, I still saved a spot in my diet for the chocolatey, cream-filled cupcakes.

We have seen many other companies from another era—and many mom and pop businesses—succumb to the economy and rising costs. I just never

thought that the sponge cake, cream-filled Twinkie and its sibling baked goods would be one of the victims.

Already the baked goods are popping up on the Internet, being sold for outlandish prices. I don't want to make money on the demise of a decades-old bakery. I only want a cache of the delicious baked goods to enjoy at my leisure.

Truly, not all Twinkies—or Twinkie "wannabees"—are created equal. I have tried some of the others and I don't know what is missing, but they just are not the same.

Sadly, it seems that it may be the end of an era for the Twinkie—that longstanding favorite of generations of children and adults which is as American as apple pie and baseball.

But perhaps there is a light at the end of the tunnel. There are rumors that there are other companies that may be interesting in buying out the 82-year-old company and its recipes.

Although it wouldn't be quite the same if it was resurrected, at least the beloved confections would still be populating the store shelves.

Maybe they would sport new names — like frosties and cup tups and sno mounds.

Even though they might be called something else, I hope that the delectable little delights still taste the same as the delicious little cakes that I have grown up with and enjoyed through the years.

As far as I'm concerned, a true Twinkie by any other name will still be ... a Twinkie.

Have a fine Navy-Air Force day at JBPHH!



# Earth tip: Food is largest part of landfills

Guess what's the single largest material sent to our nation's landfills. Construction debris? Would you believe food?

On Nov. 15, the Environmental Protection Agency (EPA) celebrated America Recycles Day.

The agency reported that nationally, food is the single largest material sent to landfills, a reported 25 percent of all landfill waste. Living on islands, we understand that land space is a limited resource. Individually, we can each try to limit what we put in the garbage bin for sending to the landfill, thereby reducing the demand that additional lands be set aside for our waste.

In addition to taking our paper, catalogs, telephone directories, cardboard, plastic and glass to our on-base recycling centers and taking our useable items to our base thrift shops, we can take one more step: reducing wasted food.

The EPA noted one study that indicated a household can save \$600 each year by reducing food purchases to no more than what can be consumed within that week. Each week, set a goal of disposing of no spoiled food. For more information, see EPA's website at <http://www.epa.gov/foodrecoverychallenge>.

If you would like to know more about donating useable items to the Hickam Thrift Shop, go to their link at <http://bit.ly/Te6LMx>.

*(Submitted by Rebecca Hommon, Navy Region Hawaii environmental counsel.)*

## New WIC satellite clinic to open Dec. 4

The Honolulu Women, Infants and Children (WIC) program will open a new satellite clinic on Dec. 4 at Navy Region Hawaii Fleet and Family Readiness.

The clinic will be at building 3456, 620 Main St., Honolulu, near Nimitz Elementary School. All military and civilian families are welcome to apply.

For more information on receiving WIC benefits at this location, call the Honolulu WIC program at 586-4761.

**WHO SAID IT?**

“Imagination will often carry us to worlds that never were. But without it we go nowhere.”

*Last Week's*

**WHO SAID IT?**

“We will always remember. We will always be proud. We will always be prepared, so we will always be free.”

Ronald Reagan

***This Week’s Trivia***

Which distinguished aviation pioneer died Nov. 5, 1934?

***Last Issue’s Question:***

What is the meaning of the naval term “plank owner?”

***Answer:*** A “plank owner” is an individual who was a member of the crew of a ship when that ship was placed in commission. Originally, this term applied only to crew members present at the ship's first commissioning. Today, however, it is often applied to members of a recommissioning crew as well.