



Winston

SPCA Pets of the Week
Page 10



**Annual
Xmas Jet
Lighting
Friday,
Dec. 7
5-7 p.m.
NASL Youth
Center**

Want to learn to do taxes? Volunteers are needed for the military Volunteer Income Tax Assistance (VITA) clinic on base. Receive free tax training and provide valuable service to servicemembers, dependants, and retirees. Two weeks of free training will be conducted in mid-January for those who volunteer. Please contact Lt. Brigham Fugal at 998-3887, or e-mail him at brigham.fugal@navy.mil.

**VITA
Vols
Needed**

The Golden Eagle

December 7, 2012

Naval Air Station Lemoore, Calif.

Vol. 51 Week No. 44

Carrier Air Wing Eleven conducts change of command

By Lt. Daniel Sweatman,
CVW-11 Helicopter
Operations Officer



The Sailors of Carrier Air Wing (CVW) 11 welcomed a new commanding officer in a change of command ceremony held at Naval Air Station Lemoore, Nov. 27.

Capt. Kevin Mannix relieved Capt. Gregory Harris as Rear Adm. Peter Gumataotao, Commander, Carrier Strike Group (CCSG) Eleven, served as the event's guest speaker, saying he looks forward to working with Mannix and CVW-11 during the strike group's upcoming deployment aboard USS Nimitz (CVN 68) in the spring of 2012.

"CVW-11 is an example of leadership done right," Gumataotao said. "Under the leadership of these men, this airwing has proven themselves to be professional warriors."

According to Mannix, "There is no higher honor in the United States Navy than to be entrusted with leading our sailors out at sea."

Mannix previously served as both CVW-11 and CVW-14 deputy commander and has flown over 5,000 hours in carrier-based tactical aircraft, with over 4,000 in the F/A-18 Hornet. He has made more than 1,100 carrier arrested landings on 12 different carriers. Mannix' initial command tour was with VFA-27 "Royal Maces" in Atsugi, Japan onboard the USS Kitty Hawk.

Under his command, the squadron earned the Battle "E", CNO Safety "S", the Association of Naval Aviation McClusky, and Golden Anchor awards in 2005 and 2006. His follow-on command tour was as the Commanding Officer of the Blue Angels.

Mannix is a native of Lindenhurst, N.Y., and a 1986 graduate of the State University of New York Maritime College. Originally assigned to fly the A-7E Corsair II for his first two fleet assignments, he later transitioned to the F/A-18. He has made seven operational deployments during Operations Desert Storm, Southern Watch, Enduring Freedom, New Dawn and Tomodachi.

CVW-11 consists of eight aircraft squadrons flying F/A-18C/E/F Hornets and Super Hornets, E2-C Hawkeyes, EA-6B Prowlers, and MH60S/R Seahawks. More than 1,700 personnel are assigned to CVW-11 as part of the Nimitz Strike Group.

Ops Galley holiday closure dates

The Operations Galley will close after lunch on Friday, Dec. 14 and open for dinner on Wednesday, Jan. 2.



Unflappable precision

ARABIAN SEA — Aviation Structural Mechanic 3rd Class Long Lee, from Fresno, Calif., replaces screws on a wing flap to an F/A-18C Hornet from the Warhawks of Strike Fighter Squadron (VFA) 97 in hangar bay two aboard the aircraft carrier USS John C. Stennis (CVN 74). John C. Stennis is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions for Operation Enduring Freedom.

U.S. Navy photo by Mass Communication Specialist 3rd Class Kenneth Abbate

Fog: A winter weather hazard at Naval Air Station Lemoore

From NAS Lemoore Public Affairs and AG3 Nickole A. Shipley

As winter approaches the San Joaquin Valley and Naval Air Station Lemoore, so does the return of "tule" fog, a winter phenomenon unique to the San Joaquin and Sacramento valleys of California. Fog is common in the San Joaquin Valley during the months of November through February. However, fog season can begin as early as October and last as long as March of the following year.

Why does fog occur in the San Joaquin Valley? Fog returns in the Valley due to the mountain ranges encircling the valley and high pressure acting as a trapping mechanism for moisture. Typically fog will form within one to two nights after precipitation occurs. As high pressure builds over the valley it forms a cap, or subsidence inversion, which traps the moisture in the Valley.

Formation of fog is enhanced when the air temperature drops below 45 degrees F, surface winds become light and variable (less than 4 knots), and the nighttime sky is clear. The heating of the Earth's surface after sunrise will assist in dissipation of the fog, or "burn off", which leaves a low layer of clouds below 2,500 feet.

Forecasting the development and dissipation of fog is difficult due to the many variables. Some of these variables are the thickness of the fog layer, wind direction and speed, and the amount of incoming solar radiation.

"Tule" fog is a dense, persistent fog that is a major concern at NAS Lemoore owing to the seriousness in which it restricts

See Fog, Page 4

Greenert: Navy at Its best when forward-deployed

By Claudette Roulo,
American Forces Press Service

WASHINGTON (NNS) — With warfighting the central focus of the Navy's mission, the Navy is best when it is out and about, Navy Adm. Jonathan W. Greenert, chief of naval operations, said Nov. 16.

"Operating forward means using innovative ways to make sure the ships that we have are where we need them to be," the admiral said during a speech at a National Press Club luncheon.

Readiness to conduct forward operations requires more than just parts, maintenance

and fuel, he added. "It also means that we have competent and proficient crews that are ready to do the job," he said.

For about 10 years, around half of the Navy's ships have been forward-deployed in the Asia-Pacific region, Greenert said. Half of those ships are home-ported there, he added.

That forward-leaning posture helps to build international relationships and reassure U.S. allies, he said.

Partnerships between the United States and Asia-Pacific nations are maturing and growing, Greenert said. For example, in Japan and South Korea, U.S. Navy operations personnel are collocated with their

host nation counterparts, he said.

In addition, a longstanding series of talks with the Chinese navy have been expanded to include flag officers, not just captains, Greenert said.

"We in the Department of Defense have now a deliberate strategy for engagement of the Chinese military," he said.

The Asia-Pacific region has been a long-time focus for the Navy, the admiral said, so it makes sense that the U.S. defense strategy would include a rebalance toward the region. Part of the rebalance includes

See CNO, Page 4

VA-164 Lt. j.g. James E. Dooley MIA

Quick Takes

TAP classes

The Kings County Veterans Service Office is now providing satellite services onboard NAS Lemoore. We are set up next to the TAP classroom (by the movie theater) on Wednesdays when a TAP class convenes. We are able to provide many of the services we can provide at the office in Hanford including medical record review, claim development and submission, claim status, and answering questions about the many state and federal benefits that military and veterans have earned. Our office is also available to do individual command presentations on veteran benefits.

For more information on these services please contact Joe Wright or Terry Sanders at the Kings County Veterans Service Office,

(559) 852-2669.

NASL Holiday Party

The NAS Lemoore holiday party is Dec. 7, 6 p.m. - midnight at Spuds.

Lemoore Commissary store holiday hours

Christmas week
Open Monday, Dec. 24, 9 a.m. - 5 p.m.
Closed Tuesday, Dec. 25 - Christmas Day
Reopen Wednesday, Dec. 26, 9 a.m.

New Year's week:
Open Monday, Dec. 31 9 a.m. - 6 p.m.
Closed Tuesday, Jan. 1
Reopen Wednesday, Jan. 2, 9 a.m.

Columbia College January schedule

COMM 110 - Introduction to Speech
CISS 170 - Introduction to Computer Information Systems
ECON 293 - Macroeconomics
ACCT 280 - Financial Accounting
MGMT 338 - International Business

Columbia College also offers online the Master of Business Administration (MBA), Master of Science in Criminal Justice (MSCJ), Master of Arts in Teaching (MAT), and Master of Arts in Military Studies (MAMS). The next term begins January 14 and registration is ongoing. Please call 998-8570 for more information or to schedule an appointment with an advisor

Emergency preparedness tip of the week

You should keep enough supplies in your home to meet the needs of you and your family for

at least three days. Build an emergency supply kit to take with you in an evacuation.

The basics to stock in your portable kit include: water, food, battery-powered radio and flashlight with extra batteries, first aid supplies, change of clothing, blanket or sleeping bag, wrench or pliers, whistle, dust mask, plastic sheeting and duct tape, trash bags, map, a manual can opener for canned food and special items for infants, elderly, the sick or people with disabilities. Keep these items in an easy to carry container such as a covered trash container, a large backpack, or a duffel bag.

Safety Quote of the Week

There are three kinds of people: the one who learns by reading, the few who learn by observation, and the rest of them, who have to touch the electric fence for themselves.

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Eagle Free Ad:
eagle@tcsn.net





Dial Easy

Capt. Eric Venema
Commanding Officer
NAS Lemoore
lemreasyline@navy.mil



Capt. Venema has no Dial Easy questions ready for publication this week. Check back next week for his column and send in your questions via the Dial Easy e-mail address - lemreasyline@navy.mil.

This time of season can create stress

This time of year does much to create a feeling of joy and peace on earth. However, those have been around a few years now that it often can lead to a more stressful time.

This holiday season can be quite a stressful time with so much to prepare. The parties to go to, the presents to obtain, the relationships to mend and family to visit. It can actually feel much like we are fighting a battle, especially when we are in many of the stores or shopping malls.

The widely secular commercialization of the holidays may at times obscure the real meaning of this Christmas Season. For an example of how to overcome this season with stress under fire, consider the following story:

"During a World War I battle on Christmas Eve, the evening wore on, fighting between the Germans and the British finally gave way to a confusing silence. After a short while, a lone soldier began singing "Silent Night." Slowly others joined in until soldiers from both sides were singing together. Remarkably, it is told, the soldiers ended up spending the evening together playing a game of soccer rather than fighting."

Whether this story is true or not, nobody knows for sure. But that's not so important, because the story exemplifies the true spirit of Christmas.

We too, may want to learn some holiday stress strategies to help us maintain our composure when everyone else, especially our kids, in-laws and others seem to be losing theirs.

1st- Let's recognize that this period between Nov. 15 and Jan. 2 is a period of heightened stress.

2nd- Remember that "flexibility" is a friend not foe.

3rd- Avoid debt if at all possible. Debt is an enemy!

4th- Practice Holiday Relaxation Exercises.

-Lamaze techniques work in the check out line and at home as well as the labor room. "Hee-Hee-

Ho!"

-Gauge your emotions before you respond to others

-Daydream as you pass the time in lines.

-Plan a break as you shop to enjoy the sights and sounds of the holidays.

5th- Take leave. Don't depend on your days off to get things done. Be patient with yourself, and rest.

6th- Develop family traditions unique to your family.

7th- Start shopping early. Small trips often work better than trying to do it in one big blowout.

8th- Plan to give to someone less fortunate. Volunteer as a family to serve someone else.

9th- Keep the spirit of Christmas alive in the home. Remind yourself of the meaning of the festivities.

10th- Most of all, enjoy those around you. Remember Christmas is a time of sharing and giving.

Remember also that the holiday season is a time with old, and possibly unwanted memories that may pop up and damper the mood. Make a list of the losses as well as the positives of the year and the feelings they bring. Talk to a close friend or relative about those feelings.

You may even want to find comfort in ways that link you to loved ones that have passed on. You may decide to wear a piece of clothing or jewelry that they owned. Or possibly consider making a small remembrance area where you would like to keep a picture or some mementos. Place a special ornament or maybe light a candle, for them at a set time of the day. Just don't pretend that the losses aren't there if you do have them come up. Talk to someone and try not to isolate yourself. You and those we have lost are worth the time and care.

This time of year brings people together in joyful celebration, much like the beautiful Christmas songs we hear in the stores on and on the radio. Yet, while some

Chaplain's Corner

By Chaplain Ron Ringo



Remember also that the holiday season is a time with old, and possibly unwanted memories that may pop up and damper the mood. Make a list of the losses as well as the positives of the year and the feelings they bring.

of the aspects of this holiday season may seem artificial, that wonderful feeling, the true spirit of Christmas that brings people together, even enemies — that much we know is definitely real and heartwarming.

I pray all will have a great holiday season and remember all the joys and feelings that come with this time of year. Remember also our friends and family who may be away, deployed throughout the world at this time. May God bless and watch over them. Be safe and look forward to magnificent opportunities in the coming year.

Happy Holidays!

It is my hope that this message will help you this week to, "mount up as on eagle's wings", and renew a little of your strength to keep moving forward and find joy...

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not be faint."... (Isaiah 40:31)

Until next week, may God bless you and may God continue to bless our great nation... Semper Fi.

Holiday tips to save you energy, cash and headaches

From Alex Ramos
Installation Energy Manager

The holiday season is a great time of year, with many activities going on: families to visit, parties to attend, presents to buy, and trips to plan. All good and wonderful things which, like the rest of our activities, have energy and environmental impacts. But there are easy ways to change these energy-use patterns, and the tips below can save you actual cash as well. Who doesn't need that at this time of year?

Decorating tips

Setting up strings of lights, electric candles, and other reminders of the brightness of the season? This is definitely "the year of the LED", as they're now widely and inexpensively available. Here are a few ideas to help out with your decorations:

- Consider replacing older strings of holiday lights with more energy efficient light emitting diodes, LEDs. Ask your lighting supplier for LED holiday bulbs, or look for them on the Internet. Now available in green, orange, gold, red, white, and blue, they're shatterproof, shock resistant and safe to touch. They present no fire hazard and save up to 80-90 percent of your decorative lighting energy costs.

- LEDs use 10 times less energy than incandescent mini-lights and 100 times less energy than standard bulbs, and they last up to 50,000 hours.

- LEDs thrive in outdoor environments because of their durability and performance in cold weather. Look for Energy Star LED pathway lights, step lights, and porch lights for outdoor use.

- If LEDs are not an option, consider buying new miniature lights, which use about 70 percent less energy and last longer than the larger bulbs.

- If you prefer the brilliance of the larger lights, switch to 5-watt bulbs, which use about 30 percent less energy than 7-watt or 10-watt bulbs. Although the new bulbs will cost money initially, you will see energy savings immediately.

- Using holiday lighting wisely can lower power consumption. Timers and photo cells can help reduce power usage by turning the lights on at dusk and turning them off at a desired time. Just make sure that the timer you use is rated to handle the total wattage of your lights. My own favorites are the inexpensive programmable security-light timers from hardware stores or electronics stores. Cheap and effective, and also useful for controlling other equipment at non-Holiday times of the year.

- Hot bulbs can ignite dry tree branches. To avoid disaster, keep indoor trees well watered and keep extension cords and light strings away from the water.

Food storage

Planning a seasonal party? Here are a few suggestions to make life easier and save some energy in the process:

- Keep extra beverages and holiday leftovers cold by storing them in the garage or on the back porch if outside temperatures permit. Unplugging that second refrigerator saves on the electricity bill — usually a lot, because the "second refrigerator" in the garage is frequently an old "energy-hog" model that uses hundreds of dollars per year in electricity. Pre-cooling beer in the garage works great, and helps your kitchen refrigerator bring it down to temperature faster.

- Defrosting frozen food in the refrigerator helps keep the refrigerator cold. Keeping the refrigerator and freezer full is energy efficient, because the mass of cold items inside helps the refrigerator recover each time the door is opened.

- Pre-warming of foods after they're out of the refrigerator can be done by placing the food on top of the refrigerator, to have it in the warm airstream from the refrigerator's coils. Another good place for pre-warming is to place a dish or bowl in a microwave oven that's just been used — so the food can soak-up the residual warmth from the oven. Keeps food away from pets and kids, too!

- Leaving the refrigerator door open while you take out the items you need is more efficient than opening and closing it several

See Holidays, Page 4



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The Golden Eagle

Published by Central California Weeklies, Inc.
300 West 6th Street, P.O. Box 9, Hanford, California 93232

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Commanding Officer
Capt. Eric Venema

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Melinda Larson

Editor
Jeff Hall

Staff Writer
Tammy Eskew

NAS Lemoore Chapel Hours of Operations

Weekly Hours

Monday, Tuesday, Thursday 7:30 a.m.- 4 p.m.

Friday 7:30 a.m.- noon

Food Pantry open during business hours

Sunday Services Mainside

10 a.m. Contemporary worship

Catholic Services - Sunday

10:15 CCD Classes K-12

11 a.m. Confessions

11:30 a.m. Catholic Mass

Office Phone: 998-4618

After Hours Emergency: 469-7264

Christmas season services

Dec. 7, 5:30 p.m. Mass for the Solemnity of the Immaculate Conception of the Blessed Virgin Mary

Dec. 12, 5 a.m. Our Lady of Guadalupe Manaitas with mass followed by the regular mass at 6:55 a.m. at St. Peter's in Lemoore

Dec. 16, 11:30 a.m. Immediately following Catholic Mass we will have a Christmas potluck

Dec. 23 10 a.m. Protestant Christmas Song Service

Dec. 24 8 p.m. Christmas Eve Mass

The CCD program will be voluntary during the Christmas vacation for all students who want to attend in order to complete our Advent prayer decorations. The Catholic Music Director will be forming the children Christmas Choir each Sunday prior to mass. Anyone wishing to participate is welcome.

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Friday Funnies



How to swap a slip hazard for a trip hazard in one easy lesson

From Naval Safety Center

Welcome to the latest edition of the Summary of Mishaps, four more episodes in the ongoing saga of occasional risk mismanagement.

A corporal in Hawaii had bought himself a new, used motorcycle and figured he'd take it out onto the barracks parking lot to get familiar with it before taking the basic rider course.

Climb onto motorcycle. Check.
Start engine. Check.

Twist accelerator and let out clutch. Whoa, Nellie! The motorcycle lurched, fell over and landed on the Marine's foot.

OK, so he had flunked as an untaught motorcycle instructor. Maybe he figured he could do better as an untrained medic, because, the report said, "he performed self aid until Sunday." Then the pain was so bad that he had to go to a hospital, where doctors told him he had a broken foot.

Sometimes you need to quit while you're behind.

In this week's "Wait a Minute, That Isn't How It's Supposed To Work!" department, we have a civilian custodian in North Carolina who is working at a laundry table. Apparently the work sometimes involves things that are wet, because whoever set up this work area took the precaution of putting down some of those rubber drain mats (you know, the kind that are covered with holes to allow liquids to drain through them, like an industrial version of what you might put in your shower). They keep the floor from getting slippery if water sloshes down onto it. The mats are more comfortable to stand on, as well.

In this case, there were two mats. One was slightly thicker than the other. There was also a shoe-sized gap between them. So when the worker stepped away from the table, her foot got stuck between the mats. She tripped and sprained her foot.

Nothing quite like getting rid of a slip hazard and creating a trip hazard.

A Sailor was transiting his ship when he arrived at a ladder well that he wanted to use. Under the category of "change is the mother of all risks," some temporary ventilation had been set up in that very ladder well. He weighed the risks, deemed them acceptable, started climbing down and lost his balance. He "tumbled down the ladder well and into medical," the mishap report said.

If the reporter literally meant "medical," well, that's just about too good to be true. But maybe the report writer was just being figurative, which is also OK.

The Sailor got two weeks of light duty to reflect on the value of revising a route plan.

In reference to our recent item about the fortune cookie, we got the following from a reader. "When I first got into safety many years ago," he writes, "I wanted to hand out those small 'Dum Dum' brand candies whenever I witnessed a member doing something stupid (unsafe)." Alas, his safety manager vetoed the idea "because it could be construed as degrading." However, our correspondent suggested, these would also make a fine addition to the Summary of Mishaps Museum gift shop.

We think his original idea was brilliant, however, and heartily concur with his current suggestion. We have ordered three gross of the candies in assorted flavors. Feel free to drop by and grab a couple next time you visit the museum.

Aboard an amphib, a lance corporal was walking through a passageway, en route to the third session of a safety stand down. Since this description appeared in a mishap report, it didn't bode well. We couldn't wait to see what happened next.

Politely, the Marine held open a hatch for a Sailor who was lugging a large box down the p'way. The Sailor misjudged the opening, and the box hit the Marine in the back of his head. The Marine then bonked his forehead on the hatch frame. They didn't have time to discuss this particular failure of inter-service cooperation. The Marine had to hustle over to medical to get a couple of staples on his one-inch cut. The Sailor had to hurry over to the stand down, issue a blanket apology to the Corps, and give an impromptu lecture on the crew cooperation concept as it applies to getting a box through a hatch.



ARABIAN SEA — Sailors stand by while an F/A-18 Hornet launches from the flight deck of Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69). Dwight D. Eisenhower is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions as part of Operation Enduring Freedom.

U.S. Navy photo by Mass Communication Specialist Seaman Sabrina Fine

Ike to return home early, redeploy in 2013, Nimitz next up

From Navy Office of Information

WASHINGTON (NNS) — The Navy has directed the temporary return of the aircraft carrier USS Dwight D. Eisenhower (CVN 69) from her current overseas deployment, allowing the ship to return home for two months before sending it back to the Middle East region.

The unusual move is being made to

accommodate delays due to emergent repair work on USS Nimitz (CVN 68). The Everett, Wash.-based carrier was expected to deploy to the region to relieve Eisenhower early next year. Nimitz is now expected to deploy once repair work is complete.

Bringing Eisenhower back home to its homeport in Norfolk, Va. in December will permit the Navy to resurface the ship's flight deck and make it available to return and remain in the Middle East region for several more months. This decision also provides the ship's crew a welcome holiday respite from what will become nearly 10 months on station.

"Our Navy is in high demand oper-

ating forward all over the world," said Chief of Naval Operations Adm. Jonathan Greenert. "And our Sailors, civilians and their families are doing a great job meeting that demand. Expanded maintenance work on USS Nimitz was unpredictable and has required us to establish a carrier schedule that satisfies our commitments overseas and most importantly is mindful of the stress on our Navy family. This is the right thing to do."

The John C. Stennis Carrier Strike Group, currently deployed to the region, will continue providing carrier presence in the CENTCOM Area of Responsibility. Stennis departed its homeport of Bremerton in August.

NEXCOM: Free phone cards to deployed ships

From NEXCOM

The Navy Exchange Service Command (NEXCOM) announced Dec. 5 that military members underway or forward deployed during the holiday season will be given a free \$10 phone card to call loved ones back home. This is the 11th holiday in a row that NEXCOM has offered free phone cards to deployed military members.

"We are honored to again be able to give free phone cards to our military men and women who sacrifice so much throughout the year to protect our country," said Jennie Zack, NEXCOM personal telecommunications specialist. "These free phone cards are our way of thanking them for their service especially during the holiday season when they are away from their loved ones."

NEXCOM will distribute \$10 AT&T prepaid phone cards to those ships with AT&T Direct Ocean Service that will be deployed and away from their home ports

for the December holiday season. NEXCOM expects to distribute nearly 40,000 free phone cards during the holidays.

Ships that will be receiving the free phone cards include the USS George Washington (CVN-73), USS Mobile Bay (CG 53), USS Kidd (DDG 100), USS Dewey (DDG 104), USS Wayne E. Meyer (DDG 108), USS Decatur (DDG 73), USS John C. Stennis (CVN 74), USS Mount Whitney (LCC 20), USS Winston Churchill (DDG 81) and USS Farragut (DDG 99).

NEX gift cards – the perfect gift this holiday season

NEX gift cards make the perfect gift this holiday season. NEX gift cards have no fees or expiration dates and can be purchased for varying amounts from \$5 - \$1,500. They can be purchased at any NEX worldwide by either authorized or non-authorized customers. However, the NEX gift cards can only be redeemed

by authorized military exchange customers.

"NEX gift cards make the perfect gift for military customers," said Michael Powers, Director, Retail Operations at the Navy Exchange Service Command (NEXCOM). "We know that military families often live away from their loved ones. NEX gift cards are easy to

mail and allow the recipient to choose their own perfect gift."

NEX gift cards can be used just like cash for most merchandise and service purchases, make layaway payments or place special orders. Customers have the ability to check their NEX Gift Card balance online at myNavyExchange.com.



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PLAYING FOR KEEPS (PG-13) FRI-SAT-SUN - 11:20-2:00-4:20-7:00-9:20 MON THRU THURS - 2:00-4:20-7:00-9:20	RISE OF THE GUARDIANS (PG) (IN 2D) FRI-SAT-SUN - 11:20-2:00-4:20-7:00-9:20 MON THRU THURS - 2:00-4:20-7:00-9:20
TWILIGHT SAGA: BREAKING DAWN PART 2 (PG-13) FRI-SAT-SUN - 11:20-1:45-4:20-7:15-10:00 MON THRU THURS - 1:45-4:20-7:15-10:00	RED DAWN (PG-13) FRI-SAT-SUN - 11:15-1:45-4:15-6:20-8:45 MON THRU THURS - 1:45-4:15-6:20-8:45
WRECK-IT-RALPH (PG) FRI-SAT-SUN - 11:20-1:45-4:20-7:15-10:00 MON THRU THURS - 1:45-4:15-6:45-9:15	FLIGHT (R) DAILY - 6:45-9:45
SKYFALL (PG-13) FRI-SAT-SUN - 12:00-1:15-4:20-9:20 MON THRU THURS - 1:15-4:20-9:20	KILLING THEM SOFTLY (R) FRI-SAT-SUN - 11:15-1:45-4:15-6:45-9:15 MON THRU THURS - 1:45-4:15-6:45-9:15
LIFE OF PI (PG) (IN 2D) DAILY - 1:45-4:20-7:15 (IN 2D) FRI-SAT-SUN - 11:00AM-10:00PM MON THRU THURS - 10:00PM	THE HOBBIT: AN UNEXPECTED JOURNEY SPECIAL 3D & 2D MIDNIGHT SHOW TICKETS NOW ON SALE! THURSDAY NIGHT 12/13/12
LINCOLN (PG-13) FRI-SAT-SUN - 12:00-1:15-4:20-9:45 MON THRU THURS - 1:15-4:20-9:45	

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Holidays

Continued from 2

times.

• Allow hot food to cool before storing it in the refrigerator or freezer. But be sure to refrigerate or freeze hot foods within two hours of purchase or preparation, (or within one hour if you keep your house warm and have lots of company).

Holiday decorations need special care around fire

From the NAS Lemoore Fire Prevention Office

Each year fires occurring during the holiday season injure 2,600 individuals and cause over \$930 million in damage. By following some simple fire safety tips and using non-flammable holiday decorations you can ensure a safe and happy holiday.

Christmas trees

Natural cut Christmas trees are not permitted in buildings that do not have a fire sprinkler system, buildings used for assembly (i.e. Spuds, CCCTC, etc), and BEQ/BOQ sleeping quarters.

If choosing a natural cut Christmas tree for your home, use the following safety precautions to help prevent fires.

Only purchase trees that have been treated with a flame retardant process or have the State Fire Marshal flame retardant seal.

When purchasing a tree choose a tree with fresh green needles; the needles should be hard to pull from

the branches.

Tap the tree on the ground. If many needles fall off this is an indication that the tree has dried out and another tree should be chosen.

Prior to placing the tree in water cut the bottom end of the tree trunk ½ to 2-inches to allow for water absorption. Keep the tree in water and replenish daily; a natural tree can absorb as much as 1-gallon of water in 48-hours!

Never attempt to burn a Christmas tree. Christmas trees burn extremely fast and produce large amounts of heat and smoke. Contact your community or city waste disposal for assistance.

Under no circumstances shall candles or other flames be placed on or near Christmas trees.

Artificial Christmas trees shall be labeled as flame retardant or flame resistant.

Holiday lights

Holiday lights should be UL listed and use cooler burning, low voltage bulbs.

Inspect lights before use. Lights with frayed wiring, bare spots, cracked sockets and excessive wear must be replaced.

Do not link more than three sets of lights together. If wires are warm to the touch replace the light or reduce the amount of lights.

Do not hang lights using nails or staples. Utilize plastic clips designed for this purpose.

Turn off lights before leaving your home or going to sleep at night.

Please feel free to contact the NAS Lemoore Fire Department if you have questions regarding holiday decorations. Phone 998-3829, 998-3830, or 998-3238.

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CNO

Continued from 1

Spain's recent agreement to allow four Aegis missile-equipped Arleigh Burke-class ships to home-port in Rota, effectively freeing up six ships to deploy elsewhere, Greenert said.

In addition, more ships will be based on the West Coast. By 2020, 60 percent of the Navy's ships will be based on the West Coast or elsewhere in the Pacific, he said.

To send one ship forward, Greenert said, requires four other ships: one in

the region, one that has just returned, one that is preparing to deploy and one that is in maintenance. It makes better economic sense to keep ships home-ported in those regions, he said.

About a third of the deployed ships are in the Middle East and the Arabian Gulf, and about 18 are in the Mediterranean Sea, the admiral said. That arrangement helps to ensure access to maritime crossroads such

as the Suez Canal and the straits of Hormuz, Malacca and Gibraltar, he said.

"We have to have access to those places. That's where the lifeblood of our world economy travels through," he said.

It can take several days, sometimes two or three weeks, to reach these places from the United States, he noted, underscoring the importance of operating from forward locations.

Fog

Continued from 1

visibility. These conditions occur frequently during the winter months and can persist for weeks during the middle to end of winter. Delays in flight operations are caused by reduced visibilities to less than a 16th of a mile and ceilings below 100 feet.

Safety of flight is not the only concern during fog season as many people commute more than 10 miles from the base. Reduced visibilities on the road extend driving times to and from base as well as off duty activities. Fog can and will become so thick that you will not be able to see traffic signals until you are at the intersec-

tion. Be familiar with the roads you use and know the distances between exits for your drive during these conditions. Always plan ahead, as landmarks and road signs may not always be visible.

Driving should be kept to a minimum during periods of dense fog. If you need to drive during these periods of extremely poor visibility, keep your speed down, use headlights (low-beam only), listen for traffic you cannot see, and only if necessary pull off to the side of the road ensuring that you turn off all lights (many accidents have occurred because driv-

ers mistook parked vehicles on the roadside for vehicles traveling on the road).

So remember to drive cautiously during periods of fog and use your ears as much as your eyes.

One last important warning, do not cross railroad crossings outside of the cities without using extreme caution.

For a general forecast of fog conditions, visit the National Weather Service's San Joaquin Valley/Hanford forecast at: <http://www.wrh.noaa.gov/hnx/> or call the Naval Aviation Forecast Component at 998-1020.

Surviving the Holidays

Don't be a regretful holiday host

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) — Navy families need to ensure they're planning for the afterparty when considering plans for their holiday get-togethers according to Navy officials.

With the holiday season here, Navy leaders want holiday party hosts to make plans for guests to get home safely afterwards.

From Dec. 24, 2011 to Jan. 2, 2012 there were 33 driving while intoxicated incidents involving Sailors.

"Depending on the laws of your state, if you host a party and serve alcohol, you could potentially be

legally liable if an intoxicated party guest drives away and gets in an accident," said Dorice Favorite, director, Navy Alcohol and Drug Abuse Prevention Office (NADAP). "There are some steps you can take before,

"If, despite your efforts, some of your guests have had too much to drink - take control," said Favorite. "Drive them home, arrange for a ride with another guest who is sober, call a taxi, or insist they stay over. A party should be a good time and not something you regret hosting."

during, and after your party to keep everyone safe."

* Prepare an overnight guest, or two - guest room; air mattresses and sleeping bags, anyone?

* Always have taxi phone numbers handy.

* Make sure you know who the designated drivers are ahead of time, make sure the designated drivers

have the keys and ensure the designated drivers are parked where they are not blocked by other cars.

"If you plan activities like party games, door prize drawings or a gift exchange you'll engage your guests," said Favorite "They'll be less likely to drink too much and they'll remember the great time they had. You should also provide plenty of food to keep your guests from drinking on an empty stomach. Offer non-alcoholic beverages or mocktails for designated drivers and others who prefer not to drink alcohol."

During the party make sure the designated drivers don't drink and be aware of who gets too drunk to drive. If someone has had too much to drink make sure they have a safe ride home. Don't let anyone leave without your knowledge.

As the host, have fun - but not too much fun. To be a responsible host, you should stay within your limits in order to make sure your guests stay within theirs. Close the bar 90 minutes before the party ends and serve a great dessert treat with coffee. Remember, only time sobers someone who has been drinking.

**Mine was earned
in the Persian Gulf.
By my dad.**

Joseph D., former USMC member

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DeCA Commissary News

Commissaries make holiday candy prep easy

By Kay Blakley
DeCA Consumer Advocate

FORT LEE, Va. – Mmmm – a batch of handmade candy – it’s one of the season’s “must haves.” If you’re frightened of fudge because of a past failure, try the Fantasy Fudge or Peanut Butter Fudge recipes featured in Kay’s Kitchen. They’re both practically foolproof. Need a candy that comes together in a snap and requires very little cooking? If you can operate a microwave, you can whip up a batch of Ting-A-Lings in no time. This easy recipe comes complete with two variations – just choose the one that suits you best.

If you’re willing to spend just a little more time and effort, try the Peanut Brittle or the Spicy Pumpkin Seed Brittle recipes. You won’t be disappointed in either one. Pack the brittle in 1-pound coffee cans and send it off to almost any deployment locale. Even if it breaks up a bit in transit, it will still be fine eating.

Finally, if you really want to impress the little ones in your household, try the Sugar Plums recipe. It might surprise you to discover that sugar plums are not actually plums, but a combination of finely chopped dried fruits laced with your favorite fruit liqueur, then rolled into a plum shape and dusted with sugar. The traditional Christmas story, “Twas the Night Before Christmas,” will take on a whole new meaning. Who knows – you might just start a new family tradition!

Fantasy Fudge

Ingredients
3 cups sugar
3/4 cup butter or margarine
1 (5 ounce) can evaporated milk
1 (12 ounce) package semisweet chocolate chips
1 (7 ounce) jar marshmallow creme
1 cup chopped nuts
1 teaspoon vanilla extract

Directions
Combine sugar, butter or margarine and evaporated milk in a heavy 2- to 3-quart saucepan.

Set over medium heat and bring to a full rolling boil, stirring constantly. Continue boiling for 5 minutes or until candy thermometer reaches 234 degrees. Stir constantly to prevent scorching.

Remove from heat. Stir in chocolate chips until melted. Add marshmallow creme, nuts and vanilla. Beat until well blended.

Pour into well greased 13 x 9-inch pan. Cool and cut into squares.
Yields: 96 pieces

Spicy Pumpkin Seed Brittle

Ingredients
2 cups shelled pumpkin seeds
1 1/2 teaspoons baking soda
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1/4 teaspoon cayenne pepper (optional)
2 cups granulated sugar
1 cup light corn syrup
1/2 cup water
1 stick (1/2 cup) unsalted butter, cut up
1 tablespoon vanilla extract

Directions
Heat oven to 350 degrees. Scatter pumpkin seeds in an even layer on a rimmed baking sheet; bake for 8 to 10 minutes, stirring once or twice, until lightly toasted and fragrant.

Line a large baking sheet with non-stick foil and set aside. In a small dish, stir together the baking soda, cinnamon, salt and cayenne; set aside.

In a large saucepan, mix sugar, syrup and water. Cover and bring to a boil over high heat. Add butter, and stir until melted.

Attach a candy thermometer to the side of the pan with the tip in the sugar mixture. Cook mixture over medium-high heat, without stirring, 20 minutes, or until thermometer registers 305 degrees. Stir in the seeds and vanilla.

Remove from heat. Sprinkle the baking soda mixture over the surface of the sugar mixture (expect some foaming to occur);

stir vigorously with a heat resistant spatula for 15 seconds.

Immediately pour mixture onto prepared baking sheet; spread as thinly as possible with a metal offset spatula.

Let cool, break into pieces, and enjoy. Store at room temperature in an airtight container for up to 4 weeks.

Toffee Butter Crunch

Ingredients
1/2 cup coarsely chopped almonds or pecans, toasted
1 cup butter
1 cup sugar
3 tablespoons water
1 tablespoon light corn syrup
3/4 cup semisweet chocolate chips
1/2 cup finely chopped almonds or pecans, toasted

Directions
Line a 13x9x2-inch baking pan with foil, extending foil over the edges of the pan. Sprinkle the 1/2 cup coarsely chopped nuts in the bottom of pan; set aside.

Butter sides of a heavy 2-quart saucepan. In the saucepan melt the 1 cup butter over medium-high heat.

Add sugar, water, and corn syrup. Cook and stir over medium-high heat till mixture boils.

Clip a candy thermometer to side of pan, making sure tip does not touch bottom of pan.

Reduce heat to medium; continue boiling at a steady rate, stirring frequently, until thermometer registers 290 degrees (about 15 minutes). Watch carefully after 280 degrees to prevent scorching.

Remove pan from heat; remove thermometer. Pour candy into prepared pan.

Let candy stand about 5 minutes or until firm; sprinkle with chocolate chips; let stand 1 to 2 minutes more.

When chocolate has softened, spread evenly over candy.

Sprinkle with the 1/2 cup finely chopped nuts and chill until firm.

Use foil handles to lift candy out of pan; break into pieces.

Store tightly covered at room temperature.

Yields: about 1 1/2 pounds or 48 Servings

Saltwater Taffy

Ingredients
2 cups sugar
1 cup light corn syrup
1 cup water
1 1/2 teaspoons salt
2 tablespoons butter
1/4 teaspoon peppermint extract, rum flavoring, or a few drops of oil of cinnamon (optional)
Few drops of food coloring (optional)

Directions
Butter a 15x10x1-inch baking sheet and set aside.

Butter sides of a heavy 2-quart saucepan. Add the sugar, corn syrup, water and salt. Cook and stir over medium-high heat till mixture reaches a boil.

Clip a candy thermometer to side of pan, making sure the tip does not touch the bottom of the pan.

Reduce heat to medium; continue boiling at a moderate rate, without stirring, until thermometer registers 265 degrees, about 40 minutes.

Remove saucepan from heat; remove thermometer. Stir in butter and, if using, the extract and food coloring.

Pour mixture into prepared baking sheet. Cool for 15 to 20 minutes or until taffy mixture is easy to handle.

With well buttered hands, twist and pull candy until it turns a creamy color and is stiff and hard to pull (10 to 15 minutes). Candy is ready if it cracks when tapped on the counter.

Divide candy into 4 pieces; twist and pull each piece into a long strand about 1/2-inch thick.

With buttered scissors, snip each strand of taffy into bite-size pieces, and wrap pieces individually with plastic wrap.

Yields: 1 1/2 pounds candy, about 100 pieces

Nutrition Facts per piece:
calories: 27
fat: 0 g total fat
cholesterol: 1 mg
carbohydrates: 6 g
sodium: 37 mg
fiber: 0 g
protein: 0 g

Divinity



Ting-a-Lings

Ingredients
2 1/2 cups sugar
1/2 cup light corn syrup
2 egg whites
1 teaspoon vanilla
1 or 2 drops food coloring (optional)
1/2 cup chopped candied fruits or nuts (optional)

Directions
Line a large baking sheet with waxed paper.

In a heavy 2-quart saucepan, combine sugar, corn syrup, and 1/2 cup water. Cook and stir over medium-high heat till mixture boils.

Clip a candy thermometer to the side of the pan, making sure the tip does not touch the bottom of pan.

Reduce heat to medium; continue cooking, without stirring, until thermometer registers 260 degrees (10 to 15 minutes).

Remove pan from heat; remove thermometer.

In a large mixing bowl beat egg whites with a free-standing mixer on medium speed till stiff peaks form (tips stand straight).

With mixer running, gradually pour hot corn syrup mixture in a thin stream over egg whites; continue beating at high speed for about 3 minutes, scraping sides of bowl occasionally.

Add vanilla, and if desired, food coloring.

Continue beating on high speed just until candy starts to lose its gloss (5 to 6 minutes). When beaters are lifted, mixture should fall in a ribbon that mounds on itself.

Test for doneness by dropping a spoonful of candy mixture onto waxed paper. If it stays mounded, the mixture has been beaten sufficiently. If mixture flattens, beat 30 to 60 seconds more and check again.

If mixture is too stiff to spoon, beat in a few drops of hot water until candy is a softer consistency.

Immediately stir in fruit or nuts, if using. With a teaspoon, quickly drop mounds of candy onto waxed paper. Use a second spoon to push candy off the first spoon.

Let cool completely, then store, tightly covered, at room temperature.
Yields: about 40 pieces

Ting-A-Lings

Ingredients
1 (12 ounce) package semi-sweet chocolate chips
4 cups whole wheat flakes cereal

Directions
Melt the chocolate chips in the microwave

Gently mix in the whole wheat flakes cereal.

Drop by tablespoonfuls on waxed paper. Place in refrigerator to set, about 2 hours
Yields: 42 clusters

Noodle Clusters

Make Ting-A-Lings (above) except use 1 cup peanuts and 1 to 2 cups chow mein noodles in place of cereal. (Makes 2 to 3 dozen clusters)

Haystacks

Make Noodle Clusters (above) except use 1 (12 ounce) package butterscotch chips in place of chocolate chips. (Makes 2 to 3 dozen haystacks)

And, as always, trust your commissary to provide both the best quality and the best price.

Christmas Sugar Plums

Ingredients
1/2 cup dried apricots
1/2 cup pecans
1/3 cup flaked coconut
1/2 cup golden raisins
1/4 cup dried apples
2 tablespoons fruit liqueur, your choice of flavor
Powdered sugar

Directions
In a food processor fitted with a steel blade, finely chop the apricots, pecans, coconut, raisins, and dried apples.

With the motor running, add the desired liqueur and blend the mixture for 5 seconds.

Form mixture into 3/4-inch balls, pressing each candy firmly into shape.

Sift powdered sugar into a shallow bowl and roll the sugar plums in the sugar to coat them evenly.

Store in an airtight container, at room temperature for up to 2 weeks, or can be frozen for several months.

Yields: about 32 sugar plums

Cream Cheese Mints

Ingredients
1 (3 oz.) package cream cheese, softened
1/2 teaspoon peppermint extract
3 cups sifted powdered sugar
Few drops desired food coloring
Granulated sugar

Directions
In a small mixing bowl stir together softened cream cheese and peppermint extract.

Gradually add powdered sugar, stirring until mixture is smooth. Knead in the last of the powdered sugar with your hands.

Add food coloring, and knead until color is evenly distributed.

Form cream cheese mixture into 3/4-inch balls; roll balls in granulated sugar, and place on waxed paper. Flatten each ball with the bottom of a juice glass or with the tines of a fork.

Cover mints with paper towels; let dry overnight.

Store in a tightly covered container in the refrigerator, or freeze up to 1 month.

Yields: 48 to 60 pieces

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Dec. 7, 1941 - Pearl Harbor Day



Pearl Harbor remembered on anniversary of Japanese attack

From the Dept. of Defense and Navy History Branch

Japanese aircrews achieved complete surprise when they hit American ships and military installations on Oahu shortly before 8 a.m. Dec. 7, 1941.

They attacked military airfields at the same time they hit the fleet anchored in Pearl Harbor. The Navy air bases at Ford Island and Kaneohe Bay, the Marine airfield at Ewa and the Army Air Corps fields at Bellows, Wheeler and Hickam were all bombed and strafed as other elements of the attacking force began their assaults on the ships moored in Pearl Harbor. The purpose of the simultaneous attacks was to destroy the American planes before they could rise to intercept the Japanese.

The targets

Of the more than 90 ships at anchor in Pearl Harbor, the primary targets were the eight battleships anchored there. Seven were moored on Battleship Row along the southeast shore of Ford Island while the USS Pennsylvania (BB-38) lay in drydock across the channel. Within the first minutes of the attack all the battleships adjacent to Ford Island had taken bomb and or torpedo hits. The USS West Virginia (BB-48) sank quickly. The USS Oklahoma (BB-37) turned turtle and sank. At about 8:10 a.m., the USS Arizona (BB-39) was mortally wounded by an armorpiercing bomb which ignited the ship's forward ammunition magazine. The resulting explosion and fire killed 1,177 crewmen, the greatest loss of life on any ship that day and about half the total number of Americans killed. The USS California (BB-44), USS Maryland (BB-46), USS Tennessee (BB-43) and USS Nevada (BB-36) also suffered varying degrees of damage in the first half hour of the raid.

There was a short lull in the fury of the attack at about 8:30 a.m. At that time the USS Nevada (BB-36), despite her wounds, managed to get underway and move down the channel toward the open sea. Before she could clear the harbor, a second wave of 170 Japanese planes, launched 30 minutes after the first, appeared over the harbor. They concentrated their attacks on the moving battleship, hoping to sink her in the channel and block the narrow entrance to Pearl Harbor. On orders from the harbor control tower, the USS Nevada (BB-36) beached herself at Hospital Point and the channel remained clear.

Aftermath

When the attack ended shortly before 10 a.m., less than two hours after it began, the American forces has paid a fearful price. Twenty-one ships of the U.S. Pacific Fleet were sunk or damaged: the battleships USS Arizona (BB-39), USS California (BB-44), USS Maryland (BB-46), USS Nevada (BB-36), USS Oklahoma (BB-37), USS Pennsylvania (BB-38), USS Tennessee (BB-43) and USS West Virginia (BB-48); cruisers USS Helena (CL-50), USS Honolulu (CL-48) and USS Raleigh (CL-7); the destroyers USS Cassin (DD-372), USS Downes (DD-375), USS Helm (DD-388) and USS Shaw (DD-373); seaplane tender USS Curtiss (AV-4); target ship (ex-battleship) USS Utah (AG-16); repair ship USS Vestal (AR-4); mine-layer USS Oglala (CM-4); tug USS Sotomoyo (YT-9); and Floating Drydock Number 2. Aircraft losses were 188 destroyed and 159 damaged, the majority hit before they had a chance to take off. American dead numbered 2,403. That figure included 68 civilians, most of them killed by improperly fused anti-aircraft shells landing in Honolulu. There were 1,178 military and civilian wounded.

Japanese losses were comparatively light. Twenty-nine planes, less than 10 percent of the attacking force, failed to return to their carriers.

The Japanese success was overwhelming, but it was not complete. They failed to damage any American aircraft carriers, which by a stroke of luck, had been absent from the harbor. They neglected to damage the shoreside facilities at the Pearl Harbor Naval Base, which played an important role in the Allied victory in World War II. American technological skill raised and repaired all but three of the ships sunk or damaged at Pearl Harbor (the

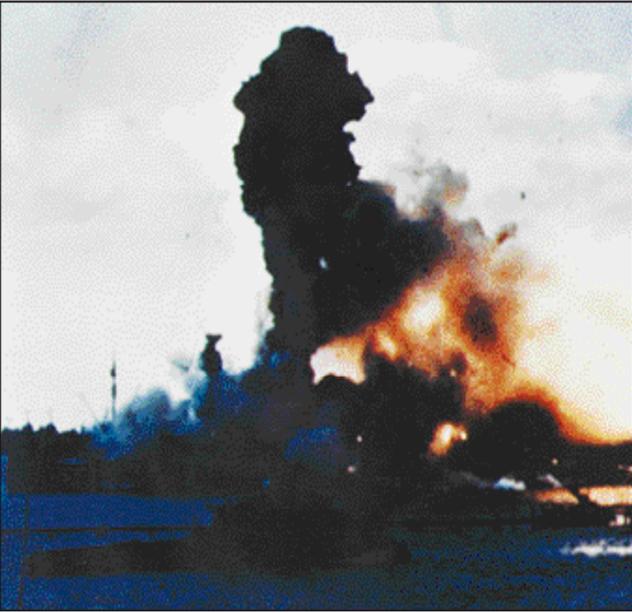
USS Arizona (BB-39) considered too badly damaged to be salvaged, the USS Oklahoma (BB-37) raised and considered too old to be worth repairing, and the obsolete USS Utah (AG-16) considered not worth the effort). Most importantly, the shock and anger caused by the surprise attack on Pearl Harbor united a divided nation and was translated into a wholehearted commitment to victory in World War II.

Top: Torpedo planes attack "Battleship Row" at about 8 a.m. on Dec. 7, seen from a Japanese aircraft. West Virginia, Oklahoma and California have been torpedoed, as marked by ripples and spreading oil, and the first two are listing to port. White smoke in the distance is from Hickam Field.

Left: The forward magazines of USS Arizona (BB-39) explode after she was hit by a Japanese bomb, 7 December 1941. Frame clipped from a color motion picture taken from on board USS Solace (AH-5).

Bottom: Following Hawaiian tradition, Sailors honor men killed during the Dec. 7, 1941 Japanese attack on Naval Air Station Kaneohe, Oahu. The casualties had been buried on Dec. 8. This ceremony took place sometime during the following months, possibly on Memorial Day, 31 May 1942.

Official U.S. Navy Photographs, National Archives Collection.



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TRICARE / Your Good Health

The Doctor Is In Urgent or emergency?

From TRICARE

If you or your child gets sick or injured, your first instinct is to go to the emergency room (ER) right away or call 911. These are good instincts in an emergency, but many people use the ER when it is not an actual emergency. This contributes to long ER wait times, high costs, and unnecessary medical care. Sometimes, using an urgent care clinic may be your best choice, and can help responsibly preserve the TRICARE benefit for future generations of military families.

It can be difficult to know whether an illness or injury is really an emergency, but the judgment is yours to make. If the condition is obviously life threatening, or causing severe pain and distress, then the need for an emergency room is clear. TRICARE views an emergency as a medical, maternity or psychiatric condition you believe could threaten your life, limb or sight without immediate medical attention. Other emergencies include severe, painful symptoms requiring immediate attention, or when a person may be an immediate risk to himself or others.

If you or a family member experience any of the following symptoms, go to the ER immediately:

- Chest pain or pressure
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, or changes in vision
- Severe or persistent vomiting or diarrhea
- Changes in mental status, such as confusion

You do not need authorization for emergency care before receiving treatment. However, if you're enrolled in a TRICARE Prime plan you must contact your primary care manager or regional health care contractor within 24 hours or the next business day after you receive emergency care.

Urgent care is when an illness or injury is serious enough to seek health care right away, but not so severe as to require emergency room care. Some examples include earache, toothache, joint sprain, muscle pull or urinary tract infection. You can get urgent care from your primary care manager (PCM), or from an urgent care center if your PCM is inaccessible. Urgent care can be quicker, with a lower cost and better results, compared to a crowded ER that may require unnecessary tests or hospital stays.

Many urgent care centers are open after normal business hours and on the weekend, so you can go at a time that fits with your schedule, or when a health problem warrants. If you have TRICARE Prime, you need to get prior authorization from your PCM or your regional contractor to avoid additional costs for visiting an urgent care center. If you are traveling, you need to contact your home region for authorization. You can find contact information for your regional contractor at www.tricare.mil/contacts.

According to the Urgent Care Association of America, 57 percent of visits to an urgent care facility have a wait time of 15 minutes or less. By comparison, the Centers for Disease Control and Prevention report only 22 percent of visits to an emergency room have wait times of 15 minutes or less.

Getting urgent care instead of visiting the ER can also save money. ERs are required to run expensive diagnostic tests that may not be necessary if your condition is less serious. Being judicious with your healthcare spending can make your household budget go further, and cost efficient urgent care will help protect your TRICARE benefits in these uncertain financial times.

It's a good idea to be aware of nearby urgent care facilities in the TRICARE network, just as you would with the closest emergency room. To find an urgent care facility near you in the TRICARE network, visit www.tricare.mil/mybenefit/home/Medical/FindingAProvider and select the search tool for your regional contractor.

The Counseling Corner

Do you use the carrot or the stick for changing children's behavior?

By the American Counseling Association

No parent enjoys constantly warning or threatening his or her child, yet many kids do seem programmed to drive Mom and Dad crazy, at least some of the time. So how can parents encourage good behaviors without shouting themselves hoarse?

Our usual reaction to a misbehaving child is often toward the side of anger, focusing on the negative and warning, ordering or threatening the child to behave.

Sometimes we issue warnings and threats before the child has misbehaved. A young child may be told, "If you don't behave at Grandpa's birthday party today, you'll be sorry," while an older child might be threatened, "Forget to turn in one more homework assignment and you're grounded for a week!"

Studies find such warnings, threats and punishments are generally not very effective in modifying behavior. Yes, a loudly yelled order may halt the immediate misbehaving, but it seldom makes a long-lasting difference in how your child acts.

Researchers find rewards are more effective in terms of achieving desired behaviors. This shouldn't be surprising. As adults, we don't like being lectured, threatened or punished, but often work harder and look forward to opportunities to do well, be recognized and reap a reward for our efforts. We all perform better when we feel good about ourselves.

Our children respond the same way. For young children rewards that immediately follow the desired behavior are most effective simply because delayed gratification is too abstract for a young child's mind. Older children, however, are able to look forward to something promised.

Rewards can take a variety of forms. While it can be something tangible, like a new book or CD, effective rewards can also cost nothing. Catch your child in the act of doing something positive and compliment him or her. Or pay more attention to that school work and offer praise when real effort is being shown. Sincere compliments and praise really work, and so do rewards like spending extra time with your child for a special activity, or just granting extra play or TV time for doing well.

Rewards shouldn't be bribes, but rather a means to encourage positive behaviors so that they become long-term behaviors. To help that happen, don't reward constantly, since just makes the rewarding less meaningful. And remember to reward positive efforts, not just final outcomes. Trying hard counts as much as succeeding.

Use rewards correctly and you'll find that they can be much more effective, and pleasant, than constant shouting, threatening and punishments.

"The Counseling Corner" is provided as a public service by the American Counseling Association, the nation's largest organization of counseling professionals.

TRICARE marks 'Over One Million Served' through pharmacy vaccination program

From TRICARE

The TRICARE Retail Pharmacy Vaccination Program celebrated the fall flu season with an ounce of prevention – serving up its one millionth vaccine.

TRICARE expanded its pharmacy coverage in August 2011 to include a full spectrum of preventive vaccines. Up until that time, administration of most vaccines to beneficiaries was limited to physicians' offices and military treatment facilities.

"The response has been phenomenal and we are excited to hit this milestone in such a short period of time," said Rear Adm. Thomas McGinnis, director of the TRICARE Management Activity Pharmaceutical Operations Directorate. "Vaccines are available at participating TRICARE network pharmacies at no cost. And with more network pharmacies than McDonald's and Starbucks combined, there is really no excuse not to get vaccinated."

Vaccines are among the most cost-effective way to prevent disease. TRICARE covers all Centers for Disease Control and Prevention-recommended vaccinations at no cost if they're administered by a pharmacist at a participating TRICARE pharmacy. To find a participating pharmacy and see a list of covered immunizations, go to www.tricare.mil/vaccines. Since availability of some vaccines varies, and all states do not have the same regulations, beneficiaries should call ahead before going to their local



pharmacy.

The effort to increase the number of beneficiaries with convenient access to vaccines won special recognition from the American Pharmacists Association at its 2012 annual meeting.

The TRICARE Pharmacy program is responsible for more than just vaccines. TRICARE patients can fill prescriptions at no cost through military pharmacies; at low or no cost through the Home Delivery program; or through a network of more than 57,000 retail pharmacies. To learn more about the TRICARE Pharmacy program go to www.tricare.mil/pharmacy.

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Base & Valley

Flu vaccinations

The 2012-2013 influenza vaccine is now available to all beneficiaries who are 6 months and older at the Naval Hospital Lemoore Immunization Clinic. The immunization clinic is open Monday to Friday from 8 a.m. to 3:30 p.m. and closed on weekends and holidays. The clinic is a walk-in basis, no appointment is required.

ENGL 106
MATH 106
PSYC 350
SFTY 409
ASCI 641

Eagle Vision Home [online] courses

ENGL 221
MATH 112
SCTY 315
SPCH 219
MGMT 395
CSCI 109
ECON 211
ASCI 606

Galley News

The Operations galley closes after lunch on Friday, Dec. 14 and re-open for dinner on Wednesday, Jan. 2. Christmas and New Year's brunch will be served on Dec. 25 and Jan. 1 in the Main Galley respectively. Night meals would not be available during this period. Online orders for bagged meals would be taken and delivered as normal. The Main Galley will maintain normal hours of operation throughout this period.

Night service

The Ops Galley will expand their night meal service to include cash customers. The night meal is served in the Ops Galley from 11 p.m. - 12:30 a.m., Sunday through Thursday with the exception of holidays. In order to receive the night meal, cash patrons must pre-pay during the Ops Galley breakfast, lunch or dinner meal periods. Night meals must be consumed on the day purchased. Cash patrons must present their CAC/photo ID card to Galley staff in order to receive the night meal they pre-paid on that day.

Ops side ID office

The ops side satellite ID office that was located in Hangar 4 has moved to Hangar 3, Mod 5, 2nd deck, Rm 5-218 Phone number: 998-1224 open Monday-Friday 7:30 a.m. - 3 p.m. This space is not handicap accessible. Customers requiring a handicap access must utilize the main side ID office located in PSD, Bldg 736.

Walk-ins are welcome; however, to keep your wait as brief as possible, all personnel are encouraged to use the online appointment scheduler.

To make an appointment go to: <https://rapids-appointments.dmdc.osd.mil>.

Embry-Riddle Aeronautical University January 2013 term

Classroom courses
ECON 210

FRA Branch 261

The FRA, Branch 261, located at 788 East D Street in Lemoore, is a non-profit organization that represents the interests of members of the Navy, Marine Corps and Coast Guard. All active duty, reservists, honorably discharged veterans, and retirees of the Sea Services are eligible for membership. For more information on how to sign up, stop in and talk to one of our shipmates at the Branch home.

The following events are open to the general public:

*Bingo every Tuesday starting at 6:50 p.m. and every Sunday at 1:50 p.m. Volunteers are needed to help during both Bingo sessions. To volunteer, please call the manager at 924-3045.

*Club 261 Hours: Monday 3 p.m.-?? Tuesday 12-11 p.m., Wednesday/Thursday 3 p.m.-??, Friday & Saturday 12 p.m.-1 a.m., Sun 12 -7 p.m.

Monday/Wednesday/Thursday closing time is dependent on number of patrons. Come out and meet the shipmates and enjoy the camaraderie. Hall rental available for members.

Branch and Unit (Auxiliary) 261 meet on the 2nd Friday of the month at 5 p.m. at the Branch home on D Street.

Coupon Group

Learn how to spend less for items by using coupons in our free classes. For more information, e-mail naslemoorecoupongroup@yahoo.com, or find us on Facemook at NAS Lemoore Coupon Group. Call (559) 355-8846 to learn more.

American Legion

All active duty personnel are encouraged to join the American Legion to support the United States Veteran. Membership can be transferred when the member is re-assigned or leaves active duty. There are Posts in all states and many overseas countries. Local

annual dues are \$30 with \$21.50 of that going to Department. The remaining \$8.50 remains with the local Post.

The American Legion Auxiliary Unit (our ladies) currently meet with us every month.

All wives, mothers, sisters, daughters, granddaughters including step children are eligible for membership in the Auxiliary. Annual dues are \$15 for those over 18 and \$3 for all those under 18 years of age. Children can become members as early as birth and retain their membership for life as long as dues are paid.

Meetings are the first Wednesday of each month at 7 p.m. at the Veterans Memorial Building, 411 West D Street, Lemoore.

Eagle Free Ads

For sale: 2005 Harley Davidson Ultra Classic. 1450cc V-Twin with all the extras. AM/FM, CD player. Intercom, CB radio. Cruise control. 24,545 miles. NADA Blue Book valued at \$13,500. Selling well below at only \$11,900. (760) 793-2398.

For sale: 2003 Harley Davidson, 100th Anniversary FatBoy Softail Custom. NADA Blue Book valued at \$11,500. Selling at only \$10,000. (760) 793-2398.

For sale: 2009 Kendon, Triple Bike, stand-up motorcycle trailer. Retail valued at \$2,900. Selling at only \$2,300. (760) 793-2398.

For Eagle Free Ads, e-mail eagle@tcsn.net

The deadline for all Eagle Free Ads is Tuesday, close of business for that Friday's edition of the Golden Eagle.

SPCA Pets of the Week

To adopt these pets or for more information, call LN2 Katie Graska, at 998-3352.

Payton

Payton is a male domestic long-haired cat who was born December of 2008. He is an extra-large cat with a personality to fit. He is a gentle giant when it comes to small children and loves to have his belly and ears rubbed.



Payton

Winston

Winston is a male Chihuahua mix who was brought into the Kings SPCA from Kings Animal Services. He plays well with other dogs and love chew toys. He was a stray for a long time but is very kind.



Winston

If you have any questions please contact LN2 Katie Graska at 559-998-3352.

Driving onboard NAS Lemoore is a privilege and traffic violations are strictly enforced and adjudicated at traffic court. Remember - the speed limit in housing and all parking lots on the installation is 15 mph. The speed limit on side streets is 25 mph. The speed limit on main streets such as Enterprise is 35 mph. The speed limit on Reeves Blvd., between Admin and Ops is 55 mph. According to installation Security, trends are showing complete disregard for pedestrians — and that is where the dangers lie, especially during foggy conditions and school hours. To report reckless driving and speeding violations, contact Security with a license plate number at 998-4749.



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- Platinum
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