



Military pumped up
All-military bodybuilding competition held here. See story on page A-7.



Bargain hunters' paradise
Super Garage Sale haven for thrifty shoppers. See story on page B-1.

Reuben James returns

JO1 Daniel J. Calderón
News Editor

After spending three months away, USS Reuben James (FFG 57) returned to her homeport at Pearl Harbor April 23. More than 200 officers and Sailors sailed with Reuben James as she deployed to the eastern Pacific Ocean to monitor, detect and counter drug activities.

During the deployment, the crew aboard Reuben James rescued 149 Ecuadorian men, women, and children from the sinking motor vessel (MV) Margyl Margarita on March 30, returning them safely to Ecuador.

An SH-60B helicopter from the Kaneohe-based Helicopter Anti-Submarine Squadron Light 37 Detachment Four was also embarked aboard Reuben James.

Reuben James is a 45-foot long, Oliver Hazard Perry-class guided missile frigate commissioned in 1986. The ship supports a multi-mission platform designed to escort and protect carrier strike groups, amphibious landing groups, underway replenishment groups and convoys.



DC2(SW) Chris Dreiber greets loved ones on the pier after his ship, the Oliver Hazard Perry class guided-missile frigate USS Reuben James (FFG 57), returned to Pearl Harbor after a three-month deployment to the eastern Pacific Ocean to monitor, detect and counter drug activities. During the deployment, Reuben James crew rescued 149 Ecuadorian men, women and children from a sinking vessel.

U. S. Navy photo

The Best: Pacific Fleet announces 2003 SOYs

JO2 Jessica B. Davis

U.S. Pacific Fleet Public Affairs

Commander, U.S. Pacific Fleet (COM-PACFLT) Adm. Walter F. Doran announced the selections of Pacific Fleet's sea and shore Sailors of the Year (SOY) during a luncheon April 22 at the Hickam Air Force Base enlisted club.

Intelligence Specialist 1st Class (SEAL) David C. Goode was selected as sea SOY and Dental Technician 1st Class (SW/AW) Michele I. Villagran was selected as shore SOY.

"We are here today with the finest Sailors the Pacific Fleet has to offer," Doran said. "The Sailors that we honor here today are the best of the best. They distinguish themselves as the finest in their division, their department, their command and now today at the fleet."

Goode goes to Washington, D.C. in July,

where he and Atlantic Fleet's sea SOY will be meritoriously advanced to chief. Villagran will go to Washington, D.C. in May to compete against four other finalists to determine which one will be meritoriously advanced to chief in July and named Vice Chief of Naval Operations SOY.

"I was surprised that I won because there was a lot of good competition," said Goode, an Albany, Ga. native. "When I get back to my command, the younger guys can see that it does pay to work hard and you will get rewarded if you continue."

While Villagran, from Salinas, Calif., insists she doesn't have the secret to success, she did say that in the board she just stayed honest.

"I think everybody in this room came here to reach this level," Villagran said of the seven other finalists for COMPACFLT SOY. "It feels really good to be shore Sailor of the Year. It's a very humbling experience. Any-

body in that room could have had it. I don't know the secret formula and there isn't one."

Of the 190,000 Sailors in the Pacific, four shore and four sea Sailors were chosen by their commands to compete at COM-PACFLT. The six Sailors who don't go to Washington were awarded Navy and Marine Corps commendation medals.

"These Sailors and all of you in this room would have been successful in any professional endeavor," Doran said. "Thankfully, you have chosen to serve the nation and our Navy. When you look at these outstanding Sailors, it becomes very clear how the Pacific Fleet has been able to go through so much and accomplish so much in the last year. They have defended our nation, they have transformed our force and there is no doubt they are the primary reason that we are and will remain the pre-eminent Navy the world has ever seen."



IS1 (SEAL) David C. Goode and DT1(SW/AW) Michele I. Villagran congratulate each other after they were named by Commander, U.S. Pacific Fleet Adm. Walter F. Doran, as sea and shore Sailors of the Year.

U.S. Navy photo

Hero honored

DDG 100 to be named for Pearl Harbor hero, Rear Adm. Isaac C. Kidd

U.S. Department of Defense

Secretary of the Navy Gordon R. England has named DDG 100 in honor of Medal of Honor recipient, Rear Adm. Isaac Campbell Kidd.

Kidd was born in Cleveland, Ohio on March 26, 1884 and graduated from the U.S. Naval Academy in 1906. His distinguished career included participation in the world cruise of the "Great White Fleet" 1907-1909 aboard the battleship USS New Jersey (BB 16).

He also served on the battleship USS North Dakota (BB 29) and the cruiser USS Pittsburgh (ACR 4). He served as aide and flag secretary to the commander in chief, Pacific Fleet, the first of his many staff assignments, and was an instructor at the U.S. Naval Academy from 1916-17.

During and after the First World War, Kidd was stationed aboard battleship USS New Mexico (BB 40), and later he had staff and Naval Academy service. He was executive officer of the battleship USS Utah (BB 31) and commanded the support ship USS Vega (AK 17) until his assignment as captain of the Port at Chrisobal, Panama Canal Zone from 1927-30.

Promoted to the rank of cap-

tain, he was chief of staff to commander, Base Force, U.S. Fleet in 1930-32. After three years at the Bureau of Navigation in Washington, D.C., he was commander, Destroyer Squadron 1, scouting force, in 1935-36.

Kidd next attended the Naval War College and served on the college staff. He was commanding officer of the battleship USS Arizona (BB 39) from September 1938 until February 1940. He was promoted to rear admiral and assigned as commander, Battleship Division 1 and chief of staff to commander, Battleships, Battle Force.

On Dec. 7, 1941, he was killed in action aboard Arizona during the Japanese Navy's attack on Pearl Harbor. Kidd was posthumously awarded the Medal of Honor for his actions during the Pearl Harbor attack. He was the first flag officer to lose his life in World War II, and the first in the U.S. Navy to meet death in action against any foreign enemy.

Two previous U.S. Navy destroyers have been named in honor of Kidd - USS Kidd (DD 661), 1943-1974, which is still afloat as a memorial at Baton Rouge, La., and USS Kidd (DDG 993), which served the nation from 1981-1998.

DDG 100, the newest ship to



U.S. Naval Historical Center photo. Portrait in oils by Heiter. It was received from USS Kidd (DD-661) after she was decommissioned in 1964.

bear the name Kidd, is being built by North Grumman Ship Systems in Pascagoula, Miss. Kidd is a flight IIA variant of the Arleigh Burke-class guided-missile destroyer and incorporates a helicopter hangar facility into the original design. The ship can carry two SH-60B/R helicopters.

Guided-missile destroyers operate independently and in conjunction with carrier strike groups, surface action groups, expeditionary strike groups and replenishment groups.

Information on the U.S. Navy's guided-missile destroyers is available at www.chin-fa.navy.mil/navpalib/factfile/s hips/ship-dd.html.

Information on the USS Kidd (DD 661) Museum in Baton Rouge is available at www.uskidd.com.

Damages in Halsey Terrace house fire exceed \$180,000

Cause of fire is still under investigation by officials

Karen S. Spangler

Assistant Editor

The fire that destroyed a vacant Halsey Terrace home April 20 resulted in damages of more than \$180,000, according to information released Monday by the Federal Fire Department.

The fire is still under investigation, but fire department officials have determined that the fire started in the room where the hot water heater was located.

Three fire units and an ambulance responded to the blaze which occurred at 2924 Noonan Place. The call was received about 2:31 a.m. There were no injuries reported.

Three types of hot water heaters are installed in Navy housing - those fueled by electric, propane gas and synthetic natural gas.

Victor Flint, fire inspector for Federal Fire Department, offered precautions for hot water heater safety. "Nothing should be stored on or around hot water heaters," he advised.

He cautioned, "All gasoline and other flammables and combustibles should be stored outside the house and certainly should not be stored near hot water heaters."

Periodic maintenance of hot water heaters is also required. Flint noted that soot can build up in gas hot water heaters which can clog the chimney and is combustible.

"If you smell a gas (rotten egg) smell coming from the hot water heater or room where the water heater is located, immediately evacuate the house and call the fire department at 911," he stressed. Calling 911 from a landline phone will get a prompter response.

So far in 2004, there have been only two fires in Navy housing - the Halsey Terrace fire and a blaze caused by an unattended candle. The Federal Fire Department has a proactive fire prevention program in place and this has been a major factor in fewer housing fires, according to Chief Jones.

"The best way to fight a fire is to prevent a fire," said Jones.



U.S. Navy photo by JO1 Daniel J. Calderón. Herbert Yasukochi of The Gas Company inspects the Halsey Terrace house that was destroyed by fire April 20. Officials believe the fire started in the same room as the water heater. The blaze resulted in damages of more than \$180,000, according to information released Monday by the Federal Fire Department.

COMSUBPAC Sailors team up with local commands for Earth Day

JO3 Corwin Colbert
COMSUBPAC Public Affairs

Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) and Defense Distribution Depot Pearl Harbor (DDPH) Sailors teamed up and held a beach park clean-up to support Earth Day April 23.

Initially organized by Chief Hospital Corpsman Edgar Dimagiba of DDPH with the City and County of Honolulu, COMSUBPAC volunteered to assist in cleaning litter from Neal S. Blaisdell Park in Aiea, Hawaii.

The two commands were not the only commands helping. Navy Environmental Preventive Medicine Unit Six (NEPMUSIX) and federal civilian employees also signed up for the event.

"This is great. We had a good turnout and accomplished a lot. Hopefully, we can get more involved in the future," said Hospital Corpsman 2nd Class Leroy Arnedariz, NEPMUSIX.

Upon arrival, Robert R. Rock, environmental information specialist for the City and County of Honolulu, gave the team a pep talk and a safety brief.

"The primary purpose is to help protect the environment. The spin-off is building community and military relations. The military really strives to relate with the community. What we do to the land affects our environment. I am all for hands-on activity, but we need to also educate people about pollution. We want the community to police themselves. We also like the fact that the military personnel get to see Hawaii's parks," he said. "Sometimes we are wrapped up in our jobs we forget to see what Hawaii is all about. It is



U.S. Navy photo by JO3 Corwin Colbert
Two volunteers participate in a beach park clean-up to support Earth Day April 23.

great that the military is involved in the community and it makes sense because the military has been a presence for so long," said Rock.

The group cleaned the coastline and the surrounding areas for four hours, collecting more than 60 bags of litter. Volunteers said they are more than happy to get a little dirty to give back to the community.

"The importance of the project is to have fresh air and a clean environment for the kids. It is nice to have people walk around in a clean park. It's also nice to give back to the community for their support and appreciation," said Information System Technician 1st Class William Kreger of COMSUBPAC.

"I walk around the beaches and if there is trash, I will pick it up. This is the paradise island and it should look like it," said COMSUBPAC's Fire Control Technician 1st Class Benjamin Kern.



U.S. Navy photo by JOSN Ryan C. McGinley
Jean Orian, a letter carrier for the United States Postal Service, delivers mail at Hale Moku Navy housing. The U.S. Postal Service will collect food donations from military members and civilians across the nation May 8. Military members should place non-perishable food items in a bag next to their mailbox for pickup.

Postal workers help needy

JOSN Ryan C. McGinley
Staff Writer

Letter carriers in Hawai'i and across the nation will collect food donations from postal customers in the country's largest one-day effort to help combat hunger, May 8.

"May's event will mark the 12th year the National Association of Letter Carriers has successfully organized this grass-roots effort," said Rudy Salazar, NALC food drive co-chairman.

Last year, letter carriers collected 62 million pounds of food in over 10,000 cities across the nation, which was then transported to local food banks.

"Studies have shown that hunger in America is a much more serious problem than most people realize," said Salazar. "The number of Americans who depend upon food banks, directly or indirectly, is estimated at a staggering 30 million people."

In Hawai'i, letter carriers collected more than 300,000 pounds of food last year on 750 routes. Oahu alone collected over 250,000 pounds of food from mail patrons.

"No single-day food drive provides the quality of nutrition or the variety of much-needed foods to help Hawai'i's less-fortunate citizens," said Salazar.

Military members should place non-perishable food items in a bag next to their mailbox for pick-



up May 8. Examples of such foods include canned soup, juice, pasta, vegetables, cereal and rice. NALC requests that mail patrons not include any glass or perishable items.

"The best thing about it is its simplicity," said Salazar. "You just have to put the food by your mailbox; it's that simple."

Each household should receive a food drive announcement card in their mailbox the week of the event, encouraging the assistance of everyone, said Salazar.

"Letter carriers see the need every day, as they serve families in each neighborhood and community," he said. "This is a unique and easy opportunity for every family in America to help needy people in their area."

Naval Medical Clinic, Pearl Harbor earns third straight Gold Star Award

Wendee Ellen Kukuwich
Naval Medical Clinic,
Pearl Harbor

For the third consecutive year, Naval Medical Clinic, Pearl Harbor (NMCLPH) received the prestigious Gold Star Award for command excellence in health promotion from the Navy Environmental Health Center (NEHC).

The award was established in 1995 and recognizes Navy and Marine Corps commands that have successful population-based health promotion programs and services. Awards are presented on three levels: Gold Star (the highest award), Silver Eagle

and Bronze Anchor. All Navy health promotion or Marine Corps semper fit programs across the nation are eligible to submit award packages for consideration.

Strong command support and commitment from leadership, headed by the commanding officer, Capt. Joseph L. Moore, was among the criteria cited for NMCLPH receiving the Gold Star Award.

Through teamwork of the health promotion department, the clinic nursing staff, preventive medicine, the SMART Clinic and a variety of command personnel who assist with teaching health education, the command was

recognized for promoting healthy lifestyles by offering optimal health and wellness services.

The NMCLPH also received applause for opening the first BMC wellness center in Hawai'i and obtaining the first "on the move" health education vehicle in the Navy. Through the wellness center and the health education vehicle, a variety of health promotion services are made available at facility worksites and at the deck plate level. There are now wellness centers available at BMC Makalapa, BMA Camp Smith and one is scheduled to open at BMC Kaneohe very soon.

Hawai'i Navy News Editorial

Commentary

Ohana Line

I heard May is Military Appreciation Month. Is there anything going on this weekend?

Family Sunday Military Day at Bishop Museum is on May 2. The family fun will take place from 9 a.m. to 5 p.m., with \$3 admission for kama'aina. Bishop Museum Association members, military personnel and dependents with proper I.D., and children under age four are free. Support of Family Sunday Military Day is provided by KSSK Radio.

Among the day's festivities will be the grand opening of What In The World Is It?, a giant maze filled with mystery stations for kids, and entertainment by Farrington High School's Island Harmony Polynesian dance group, The Liberty Bells, Richard Nells & Sons, Whisky Starship, Kupa'aina, Gee Yung Lion Dance Association, Mariachi Loco, and Ellsworth Simeona & Friends. In addition, there will be military-themed activities such as the Marine Corps working dog demonstration.

Festival-goers can also enjoy demonstrations by the Birds of Paradise as they fly their radio-controlled flyers over the Great Lawn, and get up close and personal with models of airplanes, tanks and ships presented by The International Plastic Modelers Society - Battleship Row of the Hawaii Chapter.

Pacific Rim Westside Cruisers will be on hand with displays of hot rods, motorcycles and choppers.

There will also be plenty of fun activities for keiki, with face painting, take-home crafts, inflatable rides, and a petting zoo with pony rides. In addition,

Farrington High School teens will entertain kids through puppetry with hourly presentations.

We currently live in military housing going through phase one of PPV. My husband and I had noticed our neighbor's wife taking bricks and stones that may have been left over from the past occupants. Is this right? I have seen her taking bricks and stones from vacant houses. Is it okay to go through vacant houses and take whatever is out? If not, who do we contact when we do see suspicious activity like that? Now it makes me feel unsafe that our neighbor's wife may be rummaging our area when we are not home. Will there be more police patrolling our area? Also, are we allowed to park in garages that are vacant?

Taking stones, bricks or any items from unoccupied Navy houses is not only suspicious, it is against the law.

Taking what does not belong to you — whether from an occupied or unoccupied dwelling — is theft. The homes are all federal government — Navy — property and, under public-private venture, will be maintained by Forest City management.

If you see any suspicious activity, report it to the police department. Parking in garages that are vacant is not allowed. This constitutes trespassing on Navy property. With the start of phase one of PPV, police and fire protection will be provided by the city and county of Honolulu.

There will be 24-hour patrols throughout the communities.

Respecting Navy housing areas

JO1 Daniel J. Calderón
News Editor



While I freely admit that Navy housing is not the most opulent place to live on the island, I must also admit the housing is pretty nice. It's comfortable, well-maintained and, for me, a pretty safe place.

Even better than that, it's affordable and I have seen much worse places to live. I have trouble with folks who complain about the housing itself and either do nothing to take care of it or even go around trashing it.

It isn't always a matter of outright trashing. It's usually a little more subtle than that. It's folks who leave trash outside their house, or pile it up by electric transformers. Or there are folks who continue to overwater their lawns or even miss the lawns completely, instead watering the sidewalk and street. As far as I have seen, the street and concrete walkway never seem to sprout a lot — even with the constant watering.

Then, there are the folks with pets who walk them through the neighborhood. I love dogs and enjoy seeing the reaction my children get when they see a dog. They are excited and they chatter away as we pass by on our walks. The mood sours quickly when the dog leaves behind a steaming pile of refuse and the owner does not bother to pick it up.

Owners should remember that other people use the same sidewalks and grassy areas as their four-legged friends. Kids don't always watch where they step. It only takes a few seconds for a dog owner to bend down and pick up the droppings with a plastic bag. This will save a kid from going home to explain to his or her parents why the smell of poop is

hanging in the air.

I said dogs because the dog droppings are most prevalent. If there are any cat or chinchilla owners that take their pets out on walks, this applies to you as well.

Of course, I have big issues with folks who go around speeding through the housing areas. I see them every day. They tear around corners and ignore stop signs. Many are on cell phones while some are just plain uncaring.

I say uncaring because you would have to be pretty callous to zoom around at 40 miles an hour through a tight street where you know kids might come out at any time. It's a neighborhood, folks. Small children live and play in the neighborhood. Sometimes, they play with balls or frisbees or other things and those things tend to fly around.

Granted, they do need to watch where they go, but how many of you remember your own childhood? Did you always look both ways?

We are the grown ups. We are supposed to be the responsible ones. We need to watch for them. They're busy being kids. They're busy having fun. It's a pretty pathetic individual who says, "Oh, that kid should've watched where he was going," after plowing into him at 45 miles an hour in a 20-mile-an-hour zone.

Remember, housing area speed limits are posted at either 20 mph or 15 mph. Don't exceed them.

That being said, just take care of your neighborhood. For the most part, I think people do a really good job. With PPV starting up, the lawns in the phase one area will be taken care of by the PPV folks. I'm sure that's a relief to the weekend lawn jockeys out there.

Maybe one day, we can convince them to let an ice cream truck come into the neighborhoods. I kind of miss the sound of some cheesy tune wafting through the air as I ran out for an ice cream on a Saturday morning. We'll see what happens.

Commentary

For Your Security and Safety

Karen S. Spangler, Assistant Editor

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Playground safety

Karen S. Spangler
Assistant Editor

Is your child at risk for playground-related injuries? More than 200,000 children ages 14 and younger are treated annually in emergency rooms in the United States for playground-related injuries, according to information from the National Center for Injury Prevention and Control (NCIPC).

Studies show that although all children who use playgrounds are at risk for injury, a slightly higher number of girls, or 55 percent, are injured more often than boys (45 percent). The studies also determined that children ages five to nine most frequently visit emergency rooms for playground injuries than any other age group. It showed that most of the injuries occur at school.

Data provided by NCIPC indicates that about 45 percent of playground-related injuries are severe, including fractures, concussions, dislocations and amputations. About 75 percent of non-fatal injuries related to playground equipment occur on public playgrounds, with most occurring at schools and daycare centers.

Risk factors vary in comparing public playgrounds to home playgrounds. According to the NCIPC, more injuries on public playgrounds

occur on climbing equipment. It notes that swings are responsible for most injuries on home playgrounds.

The Centers for Disease Control and Prevention (CDC)-funded National Program for Playground Safety has recommended some strategies to help prevent playground injuries:

- More adult supervision of children on playgrounds.
- Educate the public about age-appropriate playground equipment.
- Build playgrounds with surfaces — such as shredded rubber, wood chips, wood fiber and sand — that reduce injuries related to falls.
- Improve maintenance of equipment and surfacing.

For more information and links to Websites about playground safety, visit www.cdc.gov/ncipc or visit the Navy Region Hawaii safety Website at <http://www.hawaii.navy.mil/Safety/index.htm>.

If you have a security or safety question or concern, please send us an email or a fax and we'll obtain an answer.

(You can email your questions or comments to: hnn@honoluluadvertiser.com. Or fax us at 473-2876. Please put the words "security column" in your subject line and that will help us to more quickly route it to the appropriate point of contact.)

Letters to the Editor

Thanks for kidney donor story

I was able to get your article [April 23] online and it is absolutely wonderful. I want to thank you for your fantastic article regarding such an important topic.

I was unable to figure out how to enlarge the article for printing purposes, but Don Robbins is supposed to send me a copy of the actual newspaper.

Once again, thank you for recognizing our special daughter for the wonderful gift she gave.

Kathy and Danny Barrett

Speeding on base is dangerous

Your article in Hawaii Navy News (April 23) regarding speeding on the Naval Station was right on. Thankfully, you and son were not injured.

On numerous (nearly everyday) occasions I either witness or experience similar situations.

I definitely can identify with the circumstances in which you describe the accident where the bicyclist was hit. I average riding 300-500 miles per week on all locations around island. For over 10 years, I have frequently ridden on the Naval Station.

Without any reservation, I can tell you that the Naval Station is the most dangerous place I ride and has become worse in the past couple of years.

When civilian friends accompany me, they cannot believe the total disregard that vehicles, both POVs and government, have for bicyclists.

I've often wondered why that is and the only reason I can come up with is that there is nearly zero enforcement of traffic regulations on base.

Your call for drivers to be more considerate and slow down, while points well taken, will ring hollow until security becomes aggressive in enforcement of traffic laws, particularly speeding.

Security needs to set up speed traps during peak traffic times, for example in the morning when people are speeding

toward the shipyard.

Although it may do some good to set speed traps on the weekends, many of the worst speed violators will never be caught.

Good article...
Best regards, Ken

Please don't trash our island home

Thank you for writing about trashing history and you are right, it is pathetic that some people don't care about our paradise enough to take the time to put the trash where it belongs.

I had a family of two adults and one teenage boy who came to visit the islands from California and I decided to take them behind the Ilikai to see the beautiful waves to begin our tour of the islands.

They wanted to stop to buy some shave ice and take some pictures, but as we turned around, I could not believe what I was seeing. There was so much debris -- bottles, diapers, plastic bags, cigarettes, you name it.

My friend is a teacher in California and wanted to know why we don't take care of our beautiful island, why we put the trash on the ocean, why we allow this to happen, why we don't do anything about it and who is responsible for the cleaning up.

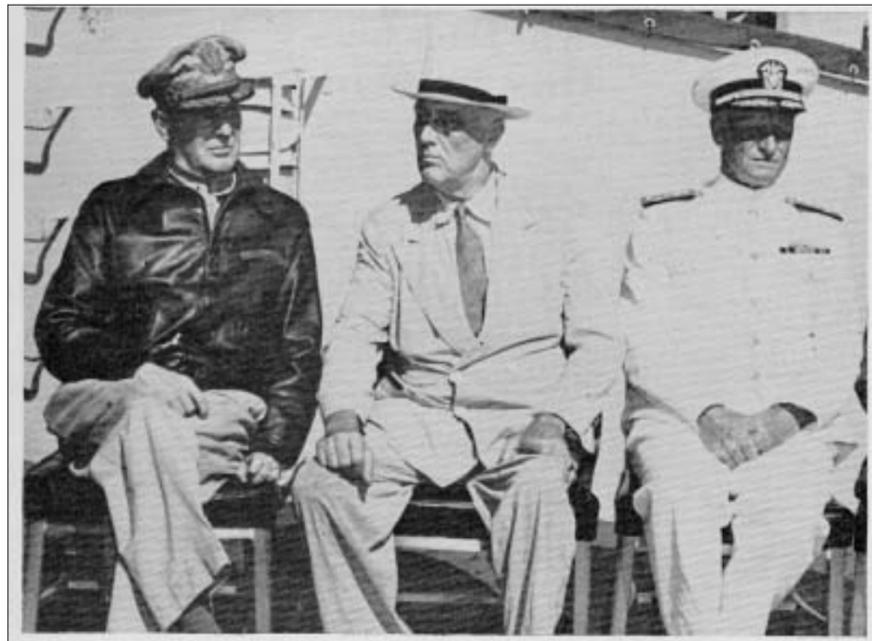
I was so amazed at all the trash around the harbor and didn't know what to tell her and her 14-year-old son mentioned that some one should do something about it.

I agreed and off we went to see other sights, but I was so ashamed and feel guilty also for not doing anything about it. I didn't do anything about it, because I thought that it was just that harbor till I read your article and I also was not aware that some people use Pearl Harbor as a floating trash container.

What can one person do to help? We have so many other issues to get involved, that when it comes to trash I guess the issue of ice, education and homeless are most important. How do we choose which issue to focus the most?

Mahalo and aloha from this ex-Army wife of 20 years.
Blanca L.

The President is dead...



In April 1945 the death of President Franklin D. Roosevelt was announced. This photo from "The Pearl Harbor Banner" newspaper depicts Roosevelt sitting with General Douglas MacArthur and Admiral Chester W. Nimitz during his last visit to Pearl Harbor July 27, 1944. It was his second trip to Hawai'i during his term as president. Roosevelt came to inspect the various installations in the islands and spoke briefly to thousands of shipyard workers assembled at the administration buildings.

U.S. Navy photo

Hawai'i Navy News

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U.S. Navy photo
A SH-3G Sea King helicopter lands aboard the command ship USS Coronado (AGF 11) April 20 as a Military Sealift Command (MSC) civilian mariner watches. Coronado is serving as the temporary command ship for U.S. Seventh Fleet.

Coronado, 7th Fleet end Subic Bay visit

JOSN Nathan Gomez
U.S. 7th Fleet Public Affairs

USS Coronado (AGF 11) left Subic Bay, Republic of the Philippines, April 26 following a three-day port visit.

For the San Diego-based ship, currently deployed to the U.S. 7th Fleet area of responsibility as the temporary flagship for U.S. 7th Fleet, it was the first visit to this tropical Asian nation.

During the first night in port, Vice Adm. Robert F. Willard, commander of U.S. 7th Fleet, held a reception aboard for members of the Philippine military, U.S. embassy and other dignitaries, including the chief of naval operations for the Philippine navy, Vice Adm. Ernesto De Leon.

Sailors were excited for the opportunity to see a port that many had heard of from older Sailors, but had not seen. U.S. Navy ships have not made a port visit to the Philippines in more than two years.

"I think it's going great," said Religious Programs Specialist 2nd Class (SW) Tshombe Harris of the visit. "It's an excellent opportunity for 7th Fleet to come to the Philippines and for the Philippine government to interact with the 7th Fleet admiral and staff, to get relations built back up in this area."

The ship also hosted a tour for Philippine navy sailors from the Naval Education and Training Command. They were shown the flight deck, mess decks and the bridge, among other locations.

Off the ship, the Coronado/7th Fleet team entertained and interacted with local citizens. The 7th Fleet Band played two concerts for the citizens around the Subic Bay Metropolitan Authority, at the old naval base site, and in Olongapo City, outside the gates. Musician 2nd Class Christopher Beeler said the band was more than happy to be a part of it.

"There was a lot of enthusiasm in the band to get out into Subic Bay," he said, "espe-

cially since we haven't been there in a long time. We saw just as much enthusiasm in the crowd and they were almost as excited as we were. The band sounded great and it was the most positive experience I've had in a long time."

About 35 Sailors, officers and enlisted, volunteered for a community relations project, painting school buildings at the Iram Elementary School in Olongapo City.

"We are very glad that you visited one of the remotest schools [in Olongapo]," said Principal Pastor Padua. "The whole community would like to extend their gratitude and welcome to our small village."

The school, which supports 521 students from the area, still shows signs of the damage it suffered during the eruption of Mount Pinatubo in 1991. Coronado contributed the supplies for the project from excess materials aboard.

"We came here to restore school houses," said Harris, the project's coordinator. "They needed painting, roofs needed repairing and some of the windows needed repairing, so we came here to help them out."

"All the Sailors are having fun. Everyone is laughing, smiling, getting paint on themselves, but we're all enjoying it," said Operations Specialist 2nd Class (SW) Maria Rose. "I'm glad I did this one. It's really nice; it's working out really well. We've accomplished a lot. We were supposed to do two buildings, but we did four and inside one classroom."

Coronado is commanded by Capt. Chris Noble. The ship is experimenting with a unique manning concept.

The crew is made up of civilian mariners from the Military Sealift Command (MSC) and a small group of Sailors and is designed to replace the 481 Sailors normally assigned to Coronado.

The combined MSC/Navy crew of 263 and some augmentees from 7th Fleet's regular flagship, USS Blue Ridge (LCC 19), support the embarked 7th Fleet staff.

O'Kane holds Career Information Day

Ensign Angela Asemota
USS O'Kane Public Affairs

USS O'Kane (DDG 77) held a Career Information Day at The Banyans on April 26.

After Sailors arrived about 7 a.m. and separated into alphabetical lines, they were handed an individual information folder, Navy leader development guide and goal card.

Sailors also had to verify their Navy Knowledge Online and MyPay enrollment. Containers filled with military identification cards represented Sailors without MyPay access, demonstrating the need for commands to set aside a day to address and monitor Sailors' professional and personal development.

The importance of enrolling in, and periodically visiting, new Navy program Internet sites are stressed in command indoctrination; however, some senior Navy leaders say its importance does not register to many personnel and the issue never resurfaces. To rectify this situation, O'Kane has instituted career information day to acquaint Sailors with various programs and their sources while emphasizing information pertinent to its Sailors' success. According to Chief Quartermaster (SW) Herbert Kelton, the career information day highlights the competitiveness of the Navy when compared to its civilian counterparts in education assistance, financial planning and career development.

"Being in the Navy for 21 years, I have seen numerous changes in the military's emphasis on the professional development and quality of life issues of Sailors," said Kelton. "The old 'work first' emphasis has been replaced with a more productive balance of all aspects of the Sailor's life, ranging from professional growth to healthy recreational activities. These changes leave the servicemembers with more control of their own destinies. More specifically, Internet services like MyPay allow Sailors to have direct access to their LES."

"Additionally, the Perform to Serve program is shaping the Navy in the right direction by identifying those not performing up to the Navy's high standards," Kelton concluded.

O'Kane commanding officer, Cmdr. William Nault, introduced relatively new programs, such as Navy Knowledge Online, Five Vector Model and NavyOneSource, during his opening remarks.

These programs represent the Navy's move toward innovative and technologically-based organization. According to O'Kane Command master chief (SW) Donald Krampert, a primary goal of the career information day was getting all hands registered and familiar with Navy Knowledge Online.

"The focus on Navy Knowledge Online is very beneficial to the crew since it is the vehicle



US Navy Photo

QMSA Brian Vaughan speaks with a representative from Chaminade University while another USS O'Kane (DDG 77) Sailor looks over information from Hawai'i Pacific University at the O'Kane's Career Information Day at The Banyans Monday.

Sailors' information packet

Navy Leader Development Guide: A 153-page organizer comprised of monthly calendars, reminders/notes of interest for the month, goal development worksheets, and mentoring guidelines.

Goal card: A miniature eight-page pocket guide to one's long-term and short-term goals, stressing priorities. The card addresses career, education, fitness, finance, community involvement and mentorship.

Individual information folders: Folders containing personal data such as the servicemember's most current leave and earnings statement (LES) and SMART transcript, as well as generic worksheets on financial topics and Navy Knowledge Online.

through which all future programs will be accessible," explained Krampert. "O'Kane cares about the success and professional growth of our Sailors. Our organization is set up for success and Sailors need the most current information in a timely manner to be able to contribute to that success."

Navy College, First Command, as well as O'Kane personnel provided hour-long presentations to the crew. According to O'Kane navigator and administration officer, Lt. j.g. Matthew Cox, the briefs addressed many financial and educational issues relevant to all ages and paygrades.

"Topics such as the Thrift Savings Plan were geared toward the junior Sailor since they are at a point where they can take advantage and enroll now, becoming a millionaire by retirement," Cox explained. "Briefs on stocks and portfolio diversity were geared toward the more mature Sailor with a stable financial foundation who is seeking investment opportunities."

Gas Turbine Systems Technician-Mechanical Fireman Michael Malon found the variety of speakers helpful to his financial planning.

"It was good to hear from various sources on the different paths toward economic

growth," Malon explained. "As a father, a primary concern is the financial stability of my family. I found the topics on credit reports and Thrift Savings Plan to be most informative."

The Navy College brief, given by Navy College Director Ernest Poe, fulfilled the prerequisite to use tuition assistance benefits. Tuition assistance is only granted to those who have received the college brief, which was previously only given on Thursdays at the Navy College office.

O'Kane brought this service to its Sailors to aid in their educational process. According to Krampert, 90 percent of new check-ins cite higher education as their primary reason for joining the Navy.

Additionally, Poe's accounts of a second class petty officer receiving his doctorate reinforced the Navy's commitment to education assistance and personal development.

"This was the most personalized career-enhancing seminar I have attended since joining the Navy," said Fireman Crystal Summy. "The fact that my command values positive growth in all areas of my life validates my decision to join. I have never seen my Sailor Marine Ace Registry Transcript before and look forward to using USMAP (a journeymen pro-

gram) to aid in my education. Additionally, the Liberty in Paradise booth had a lot of fun outings that I plan on attending."

According to Boatswain's Mate 3rd Class Damien Green, the briefs provided a good foundation for Sailors to take charge of their careers.

"[Sailor's can] get the correct information directly from the source," said Green. "Sailors can track their own progress and set personal milestones in order to reach their goals without having to rely on their chain of command for everything. This helps everyone become proactive in their careers."

Various services representatives, indirectly related to career development, set up booths along the Banyans' walls and provided pamphlets during scheduled breaks. These booths included servicemember opportunity colleges- Navy (SOCNAV) and other base-affiliated services.

The SOCNAV universities represented were Hawaii Pacific University, Chaminade University and Wayland Baptist University. Other base services booths included Navy College, Navy Federal Credit Union, Veterans Administration, Navy Reserve Recruiting, MWR/ITT, YMCA, Bloch Arena, health promotions, Navy Legal Service Center, chapel, Fleet and Family Service Center, NEX and Liberty in Paradise.

"The purpose of career information day is to put the information out, educating the crew on all available services," said Navy Counselor 1st Class (SW) Patrick Morlan. "All the topics we covered are available on the Internet to make the Sailor more informed so they can make the proper choices. The overall image of the Navy is to be more technologically sound, producing self-sufficient Sailors."

Undersea warrior learns to fly

JO3 Corwin Colbert
COMSUBPAC Public Affairs

Onboard USS Cheyenne (SSN 773), one submariner spends long working hours preparing the submarine for getting underway. The little time he has for himself is spent learning in a totally different environment.

Electrician's Mate 2nd Class (SS) Jay McKnight, a nuclear electrician onboard USS Cheyenne, spends his time off getting his private pilot's license for a single engine Cessna.

"A Cessna plane is the first plane you must learn to fly," said McKnight. "The school is over at the Honolulu International Airport, but you can take classes at most major or regional airports.

"The training is 30 hours plus basic flight school. Twenty hours is spent with the instructor's guidance and 10 hours with the instructor observing. There is an instructor's test using a CD program," he said. "I



U.S. Navy photo by JO3 Corwin Colbert
EM2(SS) Jay McKnight connects an electrical cable to a shore power terminal. McKnight is stationed aboard USS Cheyenne (SSN 773) and is close to earning his private pilot's license.

have been learning to fly since August. I have completed 24 hours and all written exams. I need just six more hours and a final exam."

The classes are made up of

different areas of concentration. McKnight explained everything learned is critical in order to fly safely.

"You learn how to make your own flight plan, how much fuel

you're going to need, about the weather and your angle of attack. Everything you learn is important. Let's say the winds are high - you burn more gas when you go against the wind," explained McKnight.

Spending rare spare time is not the only thing that McKnight sacrifices. He spends a considerable amount of money, hoping that in the end it will be worth the investment.

"The expenses are pretty steep. It cost about \$200 per hour for a basic flight instructor. You have to pay for your gas, about \$75 dollars per class, and other expenses. I have over \$4,000 invested already," he said.

As much fun as he has in the air, McKnight has had to put getting his pilot's license on the back burner as his duties aboard USS Cheyenne have become more strenuous during workups.

That necessity is echoed by one of McKnight's fellow electrician's, Electrician's Mate 2nd

Class Alex Moriarty.

"Electrical division has one of the largest workloads on the boat. We have to dig and scrape for time off. It does not come very easy. I think what McKnight is doing is great. I previously held a class A skydiving license. It is a great way to blow off some steam and pressure. Any time you can find an activity like that off the boat, it's a good thing," said Moriarty.

According to McKnight, his interest of flying came from air show events and his peers.

"I have always wanted to fly. It is the most liberating experience, except for skydiving and rock climbing, which are my other two favorite things to do. I wanted to fly since I attended an air show sometime ago. Originally, I wanted to fly the fighter planes," he said. "A friend of mine was getting his license, which inspired me to get mine as well. Now he is getting his commercial license. That takes a lot of time and money," said McKnight. "It's a lot of fun and I enjoy it," he added.

VP-9 to change hands



Cmdr. Daniel G. Rieck will be relieved by Cmdr. Rodney M. Urbano May 7 at 10 a.m. in hangar 104 on Marine Corps Air Base, Kaneohe Bay. Cmdr. Perry D. Yaw is the incoming executive officer. Military members from across the island are invited to attend the ceremony.

USS Los Angeles submarine crew visits namesake city



U.S. Navy photo by JO1(NAC) Jason A. Penny
USS Los Angeles (SSN 688) chief of the boat, Master Chief Mark Flemon; commanding officer, Cmdr. Tom Stanley; and Lt. j.g. Jean Domercant receive a plaque from city of Los Angeles representatives at Dodger Stadium during their visit to the city.

Leaders pave the way in L.A. for visit by submarine's entire crew

JO1(NAC) Jason A. Penny
Navy Recruiting District,
Los Angeles Public Affairs

Three senior leaders of the nuclear attack submarine USS Los Angeles (SSN 688) visited the city of Los Angeles recently to strengthen the relationship with the city.

Commanding Officer, Cmdr. Tom Stanley, along with chief of the boat (COB), Master Chief Mark Flemon, and Lt. j.g. Jean Domercant met with various representatives of Los Angeles organizations to discuss the role of the submarine and create awareness of their mission.

"Even though our homeport is Pearl Harbor, Hawai'i, we still want to make the city of Los Angeles proud," said Flemon. "Our entire crew feels a kinship with this great city."

The three submariners came to give a seminar to the

Navy Reserve Officer Training Corps (NROTC) units at both UCLA and USC.

They brought their expertise from the fleet to tell future officers about the U.S. Navy's silent service.

"It's important to make future officers aware of the different components of naval service," said Stanley.

They also visited El Camino Real High School in Woodland Hills where they spoke with Navy Junior Reserve Officer Training Corps (NJROTC) cadets about submarine life.

The local Navy League chapter held a luncheon in the crew's honor at the exclusive Jonathan Yacht Club in downtown Los Angeles.

During the luncheon, Stanley presented a plaque from the officers and crew of the submarine, thanking the Navy League members for

their support.

Navy League Chapter Director Grant Ivey expressed his delight in hosting the crewmembers.

"It was really a treat to have this opportunity to meet with the skipper and the COB of the Los Angeles," Ivey said. "I look forward to when we can have the sub here in southern California for a visit."

The three submariners capped off their tour of the city with a trip to Dodger Stadium to meet with the vice president of stadium operations, Doug Duennes, and special events and promotions supervisor, Elaine Lombardi.

Stanley presented a plaque to the Dodgers organization solidifying their relationship. The Dodgers then made a pledge to give the crew an autographed jersey and bat for the crew to display on the submarine.

"This will be a real morale boost for the crew," said Flemon. "Everyone on the crew is a Dodgers fan."

Sailors can now shape the future of their ratings

Lt. Susan Henson
Naval Personnel Development
Command Public Affairs

Through the job task analysis (JTA) process, the Revolution in Navy Training is giving unprecedented numbers of Sailors the opportunity to directly impact the future of not only their ratings, but the future of the Navy as well.

With the JTA, Sailors of all pay grades and communities are being brought together to look at each job, task, duty or function they are expected to perform. Their scrutiny is the first step in determining what data is loaded into their rating's 5 Vector Model (5VM).

Information Systems Technician 2nd Class (SW) Chris Stanley, a four-year Navy veteran, recently spent two weeks in San Diego as part of the Information Systems Technician (IT) Job Task Analysis Phase II (JTA-II) project. The USS Lassen (DDG 82) Sailor was one of 64 asked to participate.

Stanley and his six-person team were charged with evaluating the IT network administration Navy enlisted classification (NEC) (2735). After identifying each of the individual skill objects and related tasks associated with network administration, the information was entered into a database to serve as the foundation of the professional development vector of the IT 5VM.

The IT rating isn't the only one going through this process of categorizing each step of each job a Sailor performs. Each of the Naval Personnel Development Command's learning centers is completing the JTA-II for each of their as-

signed ratings.

The JTA process is an integral part of the Navy's Revolution in Training. The database created through the JTA will ultimately enable Sailors to see the skills they possess and the skills required for other jobs, as well as the training required for those jobs as a part of their 5VM. Phase I, which served to classify all job tasks as skill objects, was completed for most rates last year.

Fleet Sailor input is an essential part of creating a roadmap that is an accurate reflection of what Sailors do, whether they are stationed on shore or at sea. The six-week working groups were comprised of shore-billeted Sailors and instructors the first two weeks and fleet Sailors for the remaining four, as subject matter experts.

Information Systems Technician 1st Class (SW) Jameeka Green, NMCI Detachment San Diego, was excited to be a part of the working group.

"It's a wonderful opportunity. Having taken the first 5 Vector Model survey, I have a better understanding of how our work will be used and I'm very happy to be a part of that," said Green.

The JTA process starts by identifying what tasks are performed at the recruit, apprentice, journeyman and master levels. This gave the working groups both a sense of direction and allowed for further refinement, as they worked through the skills required of the rating.

Electronics Technician 3rd Class Jeremy Ray, USS John C. Stennis (CVN 74) global command and control system maritime (GCCS-M) technician,

liked the two-step process.

"The previous week they had in the instructors, who set the framework. We added information that we see in the fleet that they might not see in the schoolhouse," Ray said. "My input will directly affect IT's coming out of school. I get a feeling that I may help future GCCS-M techs be more successful in the fleet."

Other subject matter experts like Ensign James De Los Santos, a prior enlisted IT now stationed aboard Stennis, were brought into the working group to help ensure continuity across all Navy platforms. De Los Santos worked on the advanced network analyst NEC (2781) group.

"There are things that techs on small ships see that big decks don't see and vice versa, whether it's software, hardware or installation, and by joining us together, we see different problems emerge," said De Los Santos.

Together, the JTA Phase I and II processes are producing great results. The information derived from the process will be used to shape the 5VMs for the various enlisted ratings and provide a model to work from when development of officer models begins. Additionally, the data collected and the resulting skill objects will end up being more responsive to future technology. In the end, the Navy and Sailors both win because of tighter matches between what is required of Sailors in the fleet and what training is being delivered to them.

To learn more about the IT JTA process, visit the Center for Information Technology Web page on Navy Knowledge Online at www.nko.navy.mil.



U.S. Navy photo PH1 Chadwick Vann
The visit, board, search, and seizure team assigned to the coastal patrol ship USS Firebolt (PC 10) boards a cargo vessel, or dhow, leaving the port city of Umm Qasr, Iraq in the North Arabian Gulf.

Department of Defense identifies Navy, Coast Guard casualties

Special release from the
U.S. Department of
Defense

Two U.S. Navy Sailors and one Coast Guardsman from a coalition boarding team were killed and four other crew members wounded Saturday as a result of three concurrent waterborne attacks on oil terminals located in the northern Arabian Gulf.

At approximately 5 p.m. (Bahrain time), coalition naval personnel observed an unidentified dhow approaching the Khawr Al Amaya Oil Terminal in the northern Arabian Gulf. Standard maritime interception operations procedures required the crew to board the dhow for inspection.

As the seven-member boarding team approached the dhow in a rigid hull inflatable boat (RHIB), the dhow exploded,

flipping the RHIB and throwing the crew into the water, killing two and wounding four.

All crew members were recovered by other coalition naval forces in the area and evacuated to a military hospital in Kuwait.

Approximately 20 minutes after the first dhow explosion, two unidentified small boats were observed approaching the Al Basrah Oil Terminal (ABOT). ABOT security forces immediately took action to intercept. Prior to reaching the terminal, the boats exploded.

Initial reports indicate no damage to either terminal.

Coalition forces captured both oil terminals during the first phase of Operation Iraqi Freedom last year in the effort to prevent environmental sabotage of the terminals by Iraqi forces.

The Department of Defense

announced Monday the death of two Sailors and one Coast Guardsman who died Saturday in the northern Persian Gulf as a result of a waterborne attack while supporting Operation Iraqi Freedom.

They were assigned to USS Firebolt (PC 10), forward-deployed to Manama, Bahrain, and listed as:

Navy Petty Officer 1st Class Michael J. Parnaselli, 27, of Monroe, N.Y.

Navy Petty Officer 2nd Class Christopher E. Watts, 28, of Knoxville, Tenn.

Coast Guard Petty Officer 3rd Class Nathan B. Bruckenthal, 24, of Smithtown, N.Y. Bruckenthal was assigned to Tactical Law Enforcement Team South, Detachment 403.

Coalition maritime forces are operating under the command of Commander, U.S. Navy Forces Central Command.

Faster 'snail mail'

DoD working to speed up military mail system

Sgt. 1st Class Doug Sample, USA

American Forces Press Service

Acknowledging that problems persist in the military mail system, Defense Department officials said they are taking steps to improve the process.

A report this month by the General Accounting Office, which oversees government agencies and spending, said long-standing problems with military mail delivery need to be resolved.

DoD is aware of the problem and is working to remedy it, said Charles S. Abell, principal deputy undersecretary of defense for personnel and readiness, in an interview with the American Forces Radio and Television Service.

"Mail is very important to our service members and their families and, thus, it's very important to the Department of Defense and the leadership," Abell said. "Every time we identify a glitch in the process, we move immediately to fix it."

According to the GAO report, more than 65 million pounds of letters and parcels were delivered to troops serving in Operation Iraqi Freedom in 2003, and problems with prompt and reliable mail delivery surfaced early on.

Congress and the White House forwarded more than 300 inquiries about mail delivery problems to military postal officials, the report said.

The GAO reported that Soldiers and Marines in Opera-

tion Iraqi Freedom were unhappy with mail service; almost 60 percent of 127 service members surveyed said they were "dissatisfied" with the timeliness of mail delivery.

Although a test of transit time for mail delivery by military postal officials showed that so-called "data test letters" arrived in theater within the wartime standard of 11 to 14 days, service members said their personal mail actually took much longer to reach them.

More than half of the surveyed soldiers from Fort Stewart, Ga. and Marines from Camp Pendleton, Calif. said they waited four weeks or longer to get mail.

Others commented that mail took as long as four months to work its way through the system, the report said.

Another 80 percent said they were aware of mail that was sent to them, but was not received while they were deployed.

The non-receipt of mail became a concern for friends and family back home, the report stated.

Abell said that during a recent visit to Iraq, he talked to commanders and Soldiers about mail delivery and found "generally good" reports.

He said slow delivery can be attributed to the sheer distance the mail has to travel to reach the theater and the remote locations of some units on the ground.

Mail to Iraq is delivered either by tactical airlift or

along dangerous convoy supply routes from Kuwait and Bahrain.

"It takes a lot of logistical support to get the mail from 'Mr. and Mrs. America' to our units on the ground," Abell said. "We're working it, we're watching the flow, and every time we can find a way to decrease the transit time, we act on it."

Abell said stability in Iraq will help to ease some mail delivery problems because "units aren't moving around as much - we know where they are and the logistical links to them to provide the mail."

DoD also increased the number and size of military postal units in Kuwait and Bahrain, Abell said, which has helped to reduce transit times.

He noted that the mail will be especially important as election time approaches, with thousands of service members expected to request and mail in absentee ballots.

To ensure that votes arrive in the mail on time, Abell said, deployed eligible voters should seek out their voting assistance officers to learn more about requirements to vote in their state, precinct, borough or locality.

"They have the materials and can help the individual go through the process," he said.

Abell also urged overseas voters to request a ballot no later than the second week of September.

He said absentee voters should mail their ballot on or before Oct. 20 so that "no matter where you are in our service overseas, your ballot will get to the right place by the time it needs to be there to be counted."

He also advised family members sending mail to Iraq to use a current address, to print clearly and to include the proper postage.

Training to maintain readiness



U. S. Navy photo

Chief Aviation Electrician's Mate (AW/NAC) Perry Long, a flight engineer instructor at the Commander, Patrol and Reconnaissance Wing 2 Training Facility, watches aircrew respond to a scenario he programmed at the operator station in the 2F-87 operational flight trainer, a full motion P-3C Orion aircraft flight simulator. Aircrew personnel from Patrol Squadron Four and other Hawaii-based P-3C squadrons routinely train at the facility to maintain mission readiness.

STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements

Hawaii Navy News

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Hawai'i Navy News Sports

CMT K 7



U.S. Navy photo by JOSN Ryan C. McGinley

Stephen Mudge, Nicholas Lenzy and Chad Castro participate in the final round of the Armed Forces Hawai'i Bodybuilding championships. Stephen Mudge went on to win his respective division and the overall competition Saturday. Both Nicholas Lenzy and Chad Castro won their individual weight divisions to advance to the final round. This is the 21st year that MWR has held the event, which brings together representatives from all the military branches.

Flex time

Military body builders meet at Sharkey

JOSN Ryan C. McGinley
Staff Writer

Naval Station Pearl Harbor held its 21st annual Armed Forces Hawai'i Bodybuilding Championship Saturday at Sharkey Theater.

More than 250 spectators watched 12 males and four females from all branches of the military compete in the event, which included four weight divisions for the males and two for the females.

Six judges from the National Physique Committee awarded Stephen Mudge, U.S. Army, with the light heavyweight division title as well as the overall male award. Michelle Evans, U.S. Air Force, won the overall female award and her respective weight division. The U.S. Army won the team competition, edging out the Navy.

The competition is the only all-military contest on the island that allows new bodybuilders to compete and gain experience.

"I wanted to offer a contest that gave the first-timers a chance," said Rodney Gouveia, athletic director for Naval Station Pearl Harbor. "At least half [of the competitors tonight] have never done a contest before."

Everyone in the championship gets an award,



U.S. Navy photo by JOSN Ryan C. McGinley

Shirl Laroche competes in the woman's division of the Armed Forces Hawai'i Bodybuilding Championship.

which Gouveia feels helps to maintain an experience-building event for everyone to participate.

"It takes a lot of guts to go up there on stage," said Gouveia.

Morale, Welfare and Recreation funds the entire event which is held every April.

K-Bay cheerleaders tumble to the top

JO1 Daniel J. Calderón
News Editor

At the 2004 Spirit Spectacular April 17, the cheerleading team from Marine Corps Base Kaneohe Bay out-performed squads from across Oahu.

"I am so proud of all these girls," said Kelly Montoya, the team's coach. "This was my first year as K-Bay's cheer coach and I did not know what to expect. Most of these girls had little to no experience cheerleading. They should be proud of their accomplishments."

The K-Bay team took home three first place trophies: all-around elementary division, coaches' choice for spirit and unity and one cheerleader won the solo cheer/dance division.

All of the cheerleaders are between sev-



Photo by Chad Guerrero

The cheerleading team from Marine Corps Base Kaneohe Bay performs at the April 17 2004 Spirit Spectacular.

en and 14 years old in the 12-girl squad. During a lull in the competition, Montoya said there was an unexpected twist.

"While the judges were making their decisions, our cheerleaders started a cheer

battle or cheer off," she said. "I must admit the parents were humored and entertained. This was one of those times that they took the initiative and became leaders. Before it was all over, most of the squads lined up on opposing sides of the field and battled it out in a healthy, competitive way."

The team will be holding tryouts in August. Montoya said she may end up creating two squads - one for the experienced cheerleaders to compete and one for the new girls to practice.

"As in any sport, cheerleading is competitive and cheerleaders have to be tough and not afraid to put in a little sweat," Montoya said. "Every time we have practice, someone gets hit or scratched. It comes along with the territory."

For more information, parents can e-mail Montoya at amorabailar@hotmail.com.



Photo by Chad Guerrero

After winning the Spirit Spectacular competition, the cheerleading team from Marine Corps Base Kaneohe Bay takes a moment to savor their victory.

May is National Osteoporosis Awareness and Prevention Month

Special to Hawai'i Navy News

May is National Osteoporosis Awareness and Prevention Month, a time to make a concerted effort to inform people about this disease which has the ability to cripple, and even to kill.

Exercise physiologist Dianne Daniels, author of "Exercises for Osteoporosis," puts to rest the myth that walking builds bone and, therefore, can prevent osteoporosis.

Osteoporosis literally means "thinning bone." When bone architecture has deteriorated in this manner, a fracture may be just around the corner. While every bone in the body is at risk, the spine and the hip are the most susceptible. A fracture in one of these two sites may cause the independent lifestyle to be lost forever.

With a recent study revealing that 50 percent of women over the age of 50 have low bone density, the numbers of potential future victims is staggering. Currently, there are 10 million Americans with osteoporosis, many of whom are not even aware that they have it. Although more likely to strike post-menopausal women, men are not immune (one in nine is affected) and they, as well, should take steps to reduce bone loss.

As Daniels explains in "Exercises for Osteoporosis," bone responds to ever-increasing stress being placed upon it.

"Walking - a wonderful, heart-healthy exercise - can be part of a program to prevent osteoporosis, but it is not the whole story," Daniels said. "To cause bone to grow, it must be challenged with a new, added weight, not the same load over and over again, as with walking."

The best strategy is to make strength training (also called resistance training or weight training) a part of any osteoporosis-fighting plan.

Slowly and progressively adding additional weight can cause new bone growth to occur. And when this type of exercise is combined with osteoporosis medications prescribed by a doctor, the effect is additive and creates even greater positive results.

"You don't need to go to a gym or use any special equipment to wage an effective campaign," Daniels adds. "Soup cans, elastic tubing or easily affordable

hand and ankle weights can do the job. If you do go to a gym, many of the exercises you see there can actually put you in jeopardy, as certain body positions may cause a fracture in a person with severe osteoporosis. Be sure to avoid bending over, doing traditional abdominal crunches, holding something at arm's length, or twisting rapidly from side to side."

Weight training has other beneficial side effects; it can help improve balance, thereby making falls and fractures less likely. And it can make everyday activities - shopping, climbing stairs, cleaning - easier and more enjoyable to do.

In her book, Daniels gives specific exercises to improve balance and many safe ways to increase bone density. Also included are osteoporosis-friendly exercises targeted for the abdominals, a body part almost everyone seems to cast a critical eye on. Here are three exercises she suggests for beginners:

Chair sit:

Stand in front of a chair with a pillow on the seat. Your arms are down at your sides and relaxed, your feet about hip distance apart. Slowly sit on the chair. Then slowly stand up.

When you can perform 15 repetitions (sitting down and standing up), remove the pillow. When you can perform 15 repetitions without the pillow, hold onto one-pound weights (soup cans or any household items are fine). Gradually, over time, increase the amount of weight you hold in your hands.

Superman:

Lie face down on the floor. Extend both arms forward on either side of your head (like Superman flying). Now lift your arms off the floor as high as you can while keeping your head on the floor. Pause, then lower them slowly. When you can perform 15 repetitions easily, do them while holding one-pound weights in each hand.

Ball squeeze:

Hold a rubber ball in your right hand with your palm up. Your arm should be resting on your lap or on a table. Squeeze the ball as hard as you can for three seconds. Maintain a straight wrist (no bending) and keep your middle finger in line with the middle of your wrist. Do this three times, then switch to your left hand. Build up to 10 squeezes per hand.

Remember - before you do these or any exercises, always check first with your doctor to make sure they are safe for you.

Regional energy education needed

A quick survey shows level of energy awareness at Pearl Harbor

Region Energy Team

At the Earth Day event at NEX's Main Exchange April 17, members of Navy Region Hawaii's energy team participated in a four-hour education exhibition where they talked to active duty and DoD personnel about the Navy's energy program.

The team solicited a quick survey of 15 questions from interested personnel assigned within the Region. Survey results indicate that many more Navy employees need to learn about energy conservation.

Here are some of those findings:

- 100 percent knew that watering

lawns was best before or after the heat of the day.

- 100 percent agreed that a small plumbing leak is serious enough to report.

- 96 percent knew the significance of using mulch to reduce water evaporation and keep plants healthier.

- 90 percent actually keep doors and windows closed when the air conditioning is running.

- 80 percent knew to turn their office lights out when they are the last to leave the office.

- 70 percent leave their computers on after working hours, citing NMCI instructions.

- 50 percent were interested in obtaining energy awareness training for workspace personnel.

- Less than 50 percent were aware of the Region's "Take Charge Hawaii" program which mandates energy usage within the Region.

- 30 percent knew that the Region's

air conditioning temperature setting mandate is 74 degrees.

- Less than 30 percent knew that air conditioning is the most energy-consuming technology.

- Less than 10 percent have solar water heating in their work place.

- Less than 10 percent knew that compact fluorescent lamps are 90 percent light and 10 percent heat and thus, incandescent bulbs only convert 10 percent of its power into light.

The survey results reinforce the Region Energy Team's determination to improve energy awareness in 2004 and educate.

"The more people are aware of the simple and most basic energy facts," said Dan Saenz, an energy specialist, "the more successful the Region can be when it comes to energy consumption reduction."

To schedule a 30-minute energy awareness training session, contact the Region energy team at 474-7666.