



Family Life Educational Program

Helping parents prevent child abuse and neglect. See story on page A-4.



Pacific Fleet Rock Band

Sailor musicians invade Hawai'i's Big Island. See story on page B-1.

Hawai'i Navy News Briefs

Flag officer announcement

Chief of Naval Operations Adm. Mike Mullen announced the following flag officer assignments Sept. 29:
Rear Adm. Thomas K. Burkhard is being assigned as command surgeon, U.S. Pacific Command, Pearl Harbor, Hawai'i. Burkhard is currently serving as commander, Naval Medical Center Portsmouth, Portsmouth, Va.
Rear Adm. (lower half) Thomas R. Cullison is being assigned as commander, Naval Medical Center Portsmouth, Portsmouth, Va. Cullison is currently serving as Medical Officer to the Marine Corps, Washington, D.C.

Navy League Sea Service Awards

Commands have one more week to submit their nominations for the 2005 Navy League Sea Service Awards. The awards will recognize 52 outstanding men and women (O-1-O3 and E3-E6) from the three sea services. The Honolulu Council, Navy League of the United States, will host an awards luncheon on Dec. 7 at 11:30 a.m. at Hale Koa Hotel. Nominations must be submitted to Navy Region Hawai'i Public Affairs Office, Building 150 (first deck), room 100 by Oct. 15. For more information, contact the community relations officer at 473-3958.

PHNSY golf tournament

Pearl Harbor Naval Shipyard will host a golf tournament Oct. 21 at noon at the Klippers Golf Course, Marine Corp-Base Hawai'i - Kaneohe Bay. All active duty, enlisted, officer, retired military and civilians are invited to participate. Sign up deadline for the tournament is Oct. 14. For more information, call 473-8000 ext. 2335.

Pearl Harbor unit best in the Navy for AT/FP training

Story and photos by
JO3 Ryan C. McGinley
Staff Writer

Afloat Training Group Middle Pacific (ATG MID-PAC) and the Center for Anti-terrorism and Navy Security Forces Learning Site, Pearl Harbor (CENATNSF LS/PH) were awarded the Department of Defense's anti-terrorism award Oct. 4 for significant achievements and strides made in the anti-terrorism field.

The award is given in a variety of categories to offer recognition for those who work behind the scenes to protect DoD personnel, family members, facilities, installations and ships by heightening awareness of military and family members to the nature and dangers of terrorism, while also helping to deter and prevent terrorism through aggres-

sive defensive measures. "There is only one mission you do 24 hours a day, seven days a week and that's anti-terrorism/force protection (AT/FP)," said Lt. Cmdr. Mark A. Pricer, officer in charge of CENATNSF LS/PH. "No matter what port you're in, no matter where you are, you're conducting AT/FP. That's why it's so vitally important. When you're on a ship, that's your home. You have to protect it and you have to know how."

Pearl Harbor was the first to integrate the afloat training group command with a center for anti-terrorism school house (after standing up a regional AT/FP training center) to better provide Sailors with a seamless transition from the classroom to the waterfront.

"People refer to Pearl Harbor as the MIDPAC model because they have done a better job at what

they have created out here in the school house and on the waterfront, which has now become a model for what they are doing throughout the rest of the Navy," said Capt. Dell Epperson, commodore, ATG MIDPAC.

"Because we combined forces, it's allowed us to become extremely forward leaning when it comes to curriculum development," said Pricer. "We know immediately what needs to be adjusted in the curriculum to make it work right on the ship, whereas no other organization has that insight because they're not joined at the hip like we are."

Lt. John Tobin, AT/FP department head for ATG MIDPAC, said the integration has allowed instructors the ability to not only improve the curriculum, but also create new scenarios to stay one step ahead of the enemy.

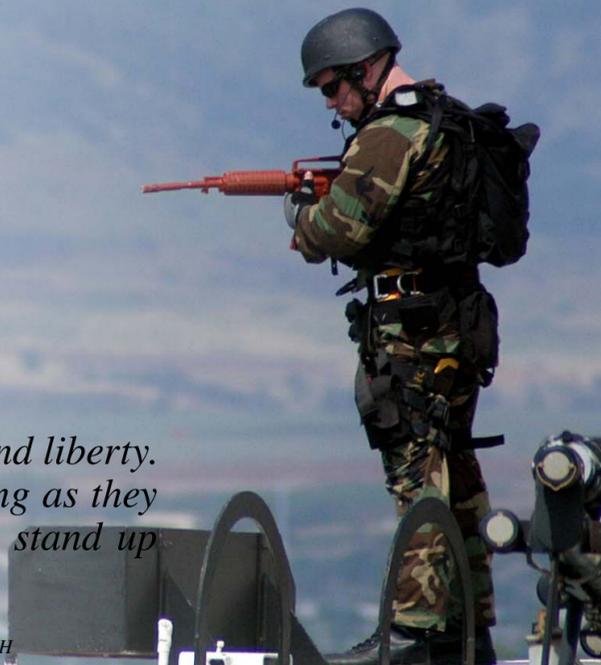
"We think of new tactics of how to attack ships, of how a terrorist would think," he said. "Then with those new tactics, we develop counter tactics to save ourselves. We're constantly thinking in the realms of the criminal mind. As soon as we fix one problem, we develop a new one and keep building from there."

Specific courses and information taught through ATG MIDPAC and CENATNSF LS/PH include developed non-lethal weapons training, initiated specialized tactical training, AT/FP small arms and tac-

▼ See AT/FP, A-2

"Not everyone agrees with our belief in freedom and liberty. Those things are always going to be at risk. As long as they are, there has got to be people who are willing to stand up and say, 'Not on my watch.'"

Lt. Cmdr. Mark A. Pricer
Officer in charge of CENATNSF/LS/PH



Pearl Harbor Sailors raise money for Katrina victims

JO3 Ryan C. McGinley
Staff Writer

More than 4,000 miles away from the devastation caused by Hurricane Katrina, Pearl Harbor Sailors are doing their part to help raise money for the victims affected by the category 5 storm.

Twenty Sailors from the Center for Naval Engineering Learning Site, Pearl Harbor organized a car wash with all proceeds going directly to the Katrina victims.

"A lot of us have come from the Gulf region, been stationed down there or had family in the area," said CWO4 Anthony Lavery, officer in charge of the Center for Naval Engineering Learning Site, Pearl Harbor. "We all know that we have to take care of our own. We are going to do whatever we can to help them out, even though we're in a remote area."

The event raised \$900 that was presented by check to the Red Cross. Lavery said he and his Sailors would have liked to have been there to help out, but since they are so far away, they considered this the next best thing.

"I was frustrated because I couldn't go there personally to help," he said. "A lot of us would have liked to hop in our vehicles and drive there to help out. We couldn't so this is our way of helping."

Lavery said the car wash was a success and attracted Sailors and family members who didn't even need their car washed.

"Some people drove by and didn't have time for a car wash, but still made a donation," he said. "[Everyone] gets a lot of personal reward out of being able to help in situations like this."

Master-at-Arms 2nd Class Jesse Quintana, assigned to Naval Station Pearl Harbor Security, did his part by organizing a garage sale with items donated from families throughout his neighborhood.

"People find it hard to donate money because it does get expensive," he said. "So we took another approach. It really doesn't cost anything to donate household items you don't use any more."

Quintana presented a check for the proceeds to the Red Cross in the amount of \$260. He said after watching the devastation on television, that this was the least he could do to help those in need.

"I felt horrified and scared for the children who lost their families," he said. "I believe it is very important to help -- as a person and as a service member. It's important for service members to help because we will not only be looked at as a person who fights in a war, but also as a person who cares."

Ford Island under construction for dramatic facelift

Grace Hew Len
Contributing Writer

Ford Island, the 450-acre heart of Pearl Harbor, is undergoing a major transformation as the Navy continues with plans to revitalize the historic island that still bears scars from the Japanese attack on Dec. 7, 1941. With the Adm. Bernard Clarey Bridge in place, the Navy plans to develop major infrastructure, new facilities and private-sector commercial activities on the island.

"The Ford Island of the future will be dramatically different than the current one," said Lt.j.g. Robert Kleinman, Naval Station Pearl Harbor's Ford Island operations officer. The once quiet outpost of yesteryear is now "under construction" as the crawl of excavators and the drone of heavy equipment make for lively activity on the gradually changing island.

In October 2004, master developer Fluor Hawai'i broke ground on the \$84

million Ford Island Master Development Project. The work involves extensive revitalization on Ford Island and consists of four different projects: electrical and telecommunications upgrades, sewer upgrades, road realignment and upgrades, and a new conference building.

Two projects, electrical/telecommunications upgrades and sewer upgrades, are complete. In August, Hawai'i Electric Company (HECO) started a new \$14 million project for electrical upgrades that will connect to the electrical improvements installed by Fluor Hawai'i. HECO's project will include installing an undersea cable from Halawa Landing to Ford Island.

The most visible project is the current work to realign the major roadways and to resurface many of the existing roadways, said Naval Facilities Engineering Command (NAVFAC) Hawai'i's Lt. Jeremy Gates, a team leader for Resident Officer in Charge of Construction (ROICC).

Secondary roads will be resurfaced and repaved to create a central roadway bordering the historic runway. "Ultimately, the work will greatly improve traffic flow and will allow the island to handle the upcoming traffic increases that will come from the new housing and operational facilities," Gates noted.

Certain areas on Ford Island will be closed off to traffic as the work on the roads progresses. Vehicles might undergo detours or slight delays, but all connection points will remain open. Residents, workers and visitors to the island should heed all construction signs and warnings as they commute around the island. "The best way for residents to be informed is to pay attention to traffic signage and to read the coordination map sent out to all residents on a bi-monthly basis," explained Gates. Tenant commands should monitor ALL NAVACTS messages, as all road closures and detours are communicated to commands

through official Navy messages.

The final project to build a conference center involves the renovation and upgrade of building 89 (the old theatre), which will be used as a multi-purpose conference center.

The ROICC team has been working closely with Navy Region Hawai'i and the Ford Island Operations Center to minimize or eliminate any disruptions to the island's historic landmarks and current tenants, such as the Battleship Missouri Memorial. "Other landmarks will not be affected, primarily since the preservation of the historic character of the island has been a major focal point on these projects," Gates said.

Work also continues on the USS Utah Memorial, which stands serenely on the island's west side. Earlier this year, the Utah Memorial closed while extensive structural repairs were done. Structural repairs are now complete, what remains are some aesthetic

▼ See FORD ISLAND, A-6

COMPACFLT honors Hispanic Heritage

JO2 Michael Perez
U.S. Pacific Fleet Public Affairs

Last Friday, several Sailors from the Commander, U.S. Pacific Fleet staff served traditional Hispanic lunch plates to other Sailors here in support of Hispanic Heritage Month.

The luncheon was used to raise awareness of Hispanic Heritage month and to raise money for the Pacific Fleet Morale, Welfare and Recreation program.

"The Navy is made up of different cultures and Sailors should be aware of them," said Cryptologic Technician (Administrative) 1st Class (SW) Wilmarie Alomar, Hispanic Heritage luncheon head coordinator. "All the heritage months are the best time for Sailors to learn."

Approximately 80 Sailors and Marines came out to support the culture and enjoy the food. The plates served at the luncheon included beef and chicken fajitas, red rice, beans, chips and salsa. Sailors had the choice of getting the regular plate for \$7 or they could exchange their chicken for another portion of beef for \$8.

"I'm here to support Hispanic Heritage," said Marine Cpl. Latia Brown, Rear Adm. Jay Donnelly's driver. "I normally don't eat Hispanic food, but I'm trying to learn more about the food and culture."

Hispanic Heritage Month officially started Sept. 15, which is the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico declared its independence on Sept. 16, and Chile on Sept. 18 in 1810.

The term Hispanic refers to anyone who is related to Spanish-speaking people or culture. This includes people from Mexican, Cuban, Puerto Rican, Spanish and other Latino descent. According to the 2000 U.S.



U.S. Navy photo

Draftsman 2nd Class Vladimir Ramos prepares a traditional Hispanic plate for the Hispanic Heritage luncheon held at the Makalapa Complex last Friday. The plate included beef and chicken fajitas, red rice, beans, chips and salsa.

Census, 35 million people identified themselves of Hispanic heritage.

Since the U.S. military is made up of so many different cultures, it is important for Sailors to become aware of not only Hispanic cultures, but other cultures as well. Several even suggested different luncheons for other heritage months in the future.

"I would love to see more heritage luncheons in the future," said Brown. "You get exposed to so many different backgrounds in the Navy, and this helps you become aware of the other cultures."



Left: Damage Controlman Senior Chief (SW) Eric Duckworth and BMC (SW) Douglas Phillips, Afloat Training Group, Middle Pacific, simulate a waverunner terrorist attack during an anti-terrorism exercise held off Ford Island on Pearl Harbor. The simulated terrorists demonstrated making high speed advances with fake weapons at more than 80 mph toward a ship.



A Sailor secures the ex-U.S. Coast Guard Cutter Yacona as part of a visit, board, search and seizure (VBSS) exercise.



A Sailor scrambles over a rail of the ex-U.S. Coast Guard Cutter Yacona as part of a VBSS exercise.

AT/FP ANTI-TERRORISM FORCE PROTECTION

Continued from A-1

tical simulators, shipboard simulator, shipboard AT/FP exercises and visit, board, search and seizure exercises.

"The Sailors love this because this is one of the most intense courses they have had," said Chief Master-at-Arms Timothy Hall, instructor at the school. "The only request I get from them is that they need more time and more training. We give them a lot of information in a short amount of time."

The Sailors are provided a realistic environment, augmented by wave-runners, rigid hull inflatable boats (RHIB) and simulated ammunition, or "simunition" weapons with which to train and improve their confidence and reaction time to a particular situation.

"It's fun. It's a blast for me. It's something I like to do," said Chief Gunner's Mate (SW) Horst Pipher, instructor for ATG MIDPAC. "When the Sailors are

having fun, I'm having fun. What I have found is if the crew enjoys it, they actually do better scoring-wise."

"This is a really excellent program," said Boatswain's Mate 2nd Class Eric Welker, assigned to the guided missile cruise USS Cowpens (CG 63), who traveled from Japan to take the course. "They teach you a lot of stuff. This training is important because it will save your life if you're ever in this situation. It's important to do this training so when we do the real thing, we're prepared."

Pricer said he

and the team of civilian contractors and military personnel at ATG MIDPAC and CENATNSF LS/PH get a tremendous amount of satisfaction from training Sailors to protect themselves and their shipmates.

"I know that the difference between life and death for our Sailors out there can come in the form of a little bit of muscle memory and a certain amount of information in a skill set that they may have developed while they were sitting in my classroom," he said. "There is nothing more

important than teaching force protection to Sailors and making sure they understand what they're up against and how to counter the threat."

"If you look at the events of the past four or five years and you go back to the [USS] Cole incident, where it should have been a relatively benign port visit, and it turned into one of the most defining moments of recent history," said Epperson. "That started us down a path of looking at how we do business in terms of force protection. If the enemy succeeds in attacking us, then we are no longer a tool that the president has to use. For that reason, every single thing we do in AT/FP is there to support being ready to go do our mission."

Epperson said ATG MIDPAC and CENATNSF LS/PH will continue to make advances and initiatives in the field of AT/FP to make a decided impact on the fleet's readiness to combat global terrorism.



BM2 (SW) Lavar Guyton, assigned to the guided missile destroyer USS Chung-Hoon (DDG 93), simulates shooting an intruder during a small boat attack scenario.

"One of the key things we need to look at is how can we take what we have learned so far and expand it beyond the bounds of surface ships, and where can we take it to the next level so we develop a Navy-wide awareness and increased level of competency when it comes to AT/FP training," said

Epperson. "Unfortunately it's a hostile world we live in," said Pricer. "Not everyone agrees with our belief in freedom and liberty. Those things are always going to be at risk. As long as they are, there has got to be people who are willing to stand up and say, 'Not on my watch.'"



Damage Controlman 2nd Class Luke Warner, assigned to the guided missile destroyer USS Chung-Hoon (DDG 93), simulates a swimmer attack scenario during an anti-terrorism/force protection exercise.

Hawai'i Navy News Editorial

Safety first! At work or home

Pacific Fleet Master Chief (SS/SW) Rick West



FLTCM(SS/SW) Rick West

Before I start this week's column, I just wanted to say Hoo-Ya to those Sailors putting out the effort to reduce the Navy's class "A" mishaps, an average of 30 percent. The overall goal is, of course, zero mishaps, but because of you, we are well on our way to meet the 50-percent-reduction challenge by the Secretary of Defense.

Along those lines, I want to spend this week talking about applying simple operational risk management (ORM) in everyday activities, on and off duty.

In today's Navy, whether you're a seaman or a captain, you are making decisions that not only affect you, but also those on your team. Part of your decision-making responsibilities includes using the Navy's ORM process to keep mishaps to a minimum by weighing the risks with the benefits. An essential part of everyday business and every Sailor's responsibility is to know and use ORM.

Risk management is actually more than a decision-making process; it's a common-sense approach to thinking about everything we do. Learning to manage safety over risk is as simple as making and following a

plan.

Let's look at the ORM procedures. There are two basic steps – the first is the ORM plan process and the second is applying that plan.

When we start any kind of activity, we all need to look at the five ORM steps:

1. Identify hazards.
2. Assess hazards.
3. Make decisions.
4. Implement controls.
5. Supervise.

We use the steps of ORM as a basic plan for determining the benefits of taking the risk involved. Once we go through the steps, we go through the possible decision outcome:

1. Accept when benefits outweigh the cost.
2. Accept no unnecessary risk
3. Anticipate and manage by planning.
4. Make decisions at the right level.

Let's take, for example, an incident that happened not too long ago, and I'll show you how easy it is to use ORM in any situation.

Aboard a Navy destroyer, a

lieutenant junior grade was in the midst of a safety walk-around. He opened a fuse panel to make sure the fuses were the right kind, and he found an open discrepancy.

He tried to point out his discovery to a fellow division officer, which doesn't sound all that challenging, unless he really sticks his finger into the empty fuse holder, at which point the difference between pointing and touching becomes quite clear.

Since fuse boxes are live equipment with more voltage than your average J.G. can take, they entail a certain amount of training, equipment, personal protective equipment (PPE) and tag out authorization before monkeying around with them.

Now let's go back in time, imagine for a moment that you are the lieutenant junior grade. Your first step is to identify the hazards. There is the little matter of an exposed electrical current. That was not too tough.

Now let's assess the hazard. If we have electricity, we know it can be dangerous. So we'll need a subject-matter expert on electricity and some PPE to protect ourselves from any possibility of shock. So far, nobody has gotten injured.

Let's make some decisions based on the first two steps. Using the performance mainte-

nance standards, the right person can tag out the panel. Even though our panel is off, electricity is one of those forces that cannot always be completely controlled, so ensuring PPE is worn is something we can control – safety.

It is important for someone to supervise the events to make sure everything is going well. I don't want to see their names on a mishap report. It is also the responsibility of the Sailors doing the work to let the supervisor know of more discrepancies.

With the steps in place, we can apply the principles to have some control over the outcome. The goal in this case would be a properly working and safe electrical panel. The risk would be minimal because we have taken enough precautions to reduce the chance and severity of electrical shock.

Unless we're unable to find the proper tools, equipment or knowledgeable people, there would be no unnecessary risk. Without the right people and tools to do the job, we would have to use our best judgment in determining whether or not the risk is worth the outcome ... probably not. Immediately inform a supervisor.

A good way to apply the principles is to document the problem and write down how we're using ORM to fix it. Making sure there is a subject matter expert present

is part of making decisions at the right level because they can let you know who needs to know, and when to notify the proper people. Now the lieutenant junior grade is ready to save the day the right way.

Taking and using the principles of ORM can also be helpful after the problem is fixed to identify any lessons learned and make it easier for the next Sailor.

Today, the Navy has some of the smartest and most dedicated Sailors I have ever had the privilege of knowing. However, it is critical for all personnel to have the tools necessary to take advantage of this Navy-unique, decision-making process that will ensure a safe and successful mission.

I'm not just picking on a JG for this article -- we all play a role in safety. The safety center has a great Web site that you can use to foster a safe working environment. Just download some great presentations or see what is new. I highly encourage you to introduce this site to your Sailors and especially the supervisors. You can link up to the safety center via <http://www.safetycenter.navy.mil/>.

Safety is everyone's business. If it doesn't look right or feel right it probably isn't; stop what you're doing and "ask the chief." Thanks for the ear and stay safe ... the Navy needs every warrior!



White House photo by Paul Morse

President George W. Bush addresses the media Oct. 5, in the Rose Garden, flanked by Gen. David Petraeus, former Commander of the Multi-national Security Transition Command-Iraq; Secretary of Defense Donald Rumsfeld; and Gen. Peter Pace, chairman of the Joint Chiefs of Staff.

President meets with Secretary Rumsfeld, Generals Pace and Petraeus to discuss progress in Iraq

President George W. Bush

I just had a briefing from Secretary Rumsfeld and General Pace on our ongoing operations in the western part of Iraq. As you know, we're on the offense against insurgents and terrorists. We fully understand they intend to disrupt the constitutional process, or will try to do so, as well as stop the progress of democracy. And part of the way the Pentagon and the folks on the ground are going to deal with it, is to stay on the offense, and that's what's taking place.

I was also pleased to hear there are 3,000 Iraqi forces in the fight; that they're doing a fine job out there, they make a difference on the battlefield.

We also have General Petraeus with us, who has served incredibly well in Iraq. His job was to help U.S. forces and coalition forces train the Iraqis so they can take the fight to the enemy. He briefed me, and will be briefing the country at the Pentagon here a little later on, about the strong progress that we're making; that we've recruited a lot of folks, but we've got more than just recruitment going on. We've got a quality control program in place to make sure that the troops we train are capable of taking the fight to the enemy.

Over 30 percent of the Iraqi troops are in the lead on these offensive operations. We've got troops embedded with them and it's important for the training mission.

But, nevertheless, the Iraqis are showing more and more capability to take the fight to the enemy. And that's how we're going to succeed in helping democracy become established in Iraq. I've told the American people all along our troops will stay there as long as necessary. We'll do the job, we'll train these folks, and as they become more capable, we will be able to bring folks home with the honor they've earned.

And we're seeing progress on the ground. And we're also seeing political progress on the ground. The constitution has been written; folks will have a chance to vote it up or down here this month. And then there will be elections, if the constitution is approved, for a permanent government.

So on the one hand, we're making progress when it comes to training Iraqis to take the fight to the enemy, we're bringing the enemy to justice, we're on the offense. On the other hand, democracy is moving forward in a part of the world that is so desperate for democracy and so desperate for freedom.

Oct. 7 marks the anniversary of the beginning of Operation Enduring Freedom in 2001



U.S. Navy photo by PH1 Ted Banks

A "Tomahawk" land attack missile is launched from aboard the guided missile destroyer USS John Paul Jones (DDG 53) in a strike against al Qaeda terrorist training camps and military installations of the Taliban regime in Afghanistan on Oct. 8, 2001. The carefully targeted actions were designed to disrupt the use of Afghanistan as a base for terrorist operations and to attack the military capability of the Taliban regime.

Operation Enduring Freedom Facts

- The United States led the world in providing humanitarian assistance and reconstruction efforts in Afghanistan. In fiscal year 2002 and 2003, the United States provided over \$900 million annually in aid to Afghanistan. The U.S. Congress passed the Afghanistan Freedom Support Act, which authorizes \$3.47 billion for Afghanistan over fiscal years 2003-2006. In conjunction with U.S. combat operations to root out remnants of al-Qaida and Taliban terrorists, the president has announced a doubling of U.S. assistance to Afghanistan to over \$2 billion this year. The Afghans are in the final stages of producing that country's first constitution in nearly 40 years. We are working hard with the government of Afghanistan to raise additional funds from friendly countries and to provide conditions supportive of national elections in 2004.

- More than 403,000 metric tons of food have been delivered since operations in Afghanistan began. The United States is assisting in the repair of more than 4,000 km of roads, reconstruction of 28 bridges, and rehabilitation of over 6,000 water wells, canals, dams and water systems. We rebuilt 72 clinics and hospitals as part of a three-year \$133 million health program and rehabilitated 200 schools. In 2002, over three million students went back to school (33 percent girls), double the number previously enrolled. The U.S. government has provided \$10 million to rebuild the national radio network.

- The United States is the lead nation for establishing, training and equipping the new Afghan National Army, committing over \$400 million to this endeavor, and will provide similar amounts over the next several years. The United States is funding a facility to train police, judges and prosecutors in modern criminal justice principles and human rights.

Hawai'i Navy News

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Family Life Education Program helps with parenting dilemmas

(Domestic Violence series – part 4)

Karen S. Spangler

Assistant Editor

Parenting can present a variety of dilemmas and challenges – such as how to discipline, when to discipline, the strategies of communication, and building self esteem in children. But help is as close as the telephone or the Fleet and Family Support Center (FFSC) office at Naval Station Pearl Harbor.

Chet Adessa, FFSC's family advocacy prevention and education specialist, noted that FFSC offers a number of family life education programs (FLEP) and services. These include parenting consultations by a certified family life educator and parenting classes that are conducted monthly.

The myriad of programs offered by FFSC are geared toward prevention, Adessa said, with classes covering such subjects as shaken baby syndrome, child safety, car seat safety, etc. He noted that there is "a lot of intervention" and ongoing family life skills education and prevention programs.

Whether a parent is dealing with a fussy newborn, an active toddler, a defiant teenager or any phase of childhood in between, FFSC has classes that provide information and help for the issues parents face in raising their children.

Adessa described family life education as "the empowerment of parents by providing the necessary tools and skills with which to raise happy, cooperative and encouraged children with the goal of preventing child abuse and neglect."

Parents who participate in the classes learn through role playing and interactive scenarios. "They learn from each other," explained Adessa.

In one class, "Loving Discipline of Young Children (ages 0-5)," parents learn that "discipline is not a dirty word" and gain an understanding of why reward, physical punishment and yelling are ineffective methods of discipline. But FLEP program specialists teach them what works instead.



In a session entitled "Anger, Temper Tantrums and Sibling Rivalry," strategies are taught to help parents minimize sibling rivalry, deal with temper tantrums, understand what triggers young children's anger and provide positive, safe ways to do it.

Describing situations where young children "act out" or are fussy in public areas, such as restaurants and stores, Adessa offered some advice to parents before leaving home. "Don't set yourself up for failure," he cautioned moms and dads. "Plan ahead so that they [children] have had a nap, have been fed, etc."

When parents are confronted with negative behaviors from their children, Adessa advised,

"Learn to ignore that behavior or make a plan to leave. A lot of parents don't understand that children are going to do this- they [parents] have unrealistic expectations."

Building self-esteem in children is important and through the FLEP, parents are given a new understanding of the special "language of encouragement" instead of praise. Building good self-esteem in children starts with infants and is learned and used for all ages. The FLEP noted that high self-esteem can be a parent's greatest ally for cooperation. Parents of teenagers learn about how self-image affects their teens' behavior and how to overcome negative behavior through positive reinforcement and encourage-

ment.

Dealing with teenagers on the threshold of adulthood poses some unique challenges, but these are readily addressed through FLEP classes, such as "Improving Communication with Your Adolescent/Teen (ages 11-18)" and "Parents and Those Wonderful Teens (ages 13-17)."

Some of the strategies offered show parents how natural and logical consequences work when punishment and grounding fail. They [parents] learn how to ignore the resistance (back talk and defiance) and how to "let go" of their 18-year-old teens with love.

There are also parent-child communication classes for other age groups, one for youth ages six-10

and another for children ages 0-five.

There is no charge for any of the FFSC class offerings and they are open to active duty, reserve, retired personnel, family members and DoD employees, except as noted in the program description.

In addition to classes, FFSC provides information through a Family Resource Center Library of books, audio and video cassettes and DVDs.

Through its classes and resources, FFSC teaches parents how to meet the challenges of parenthood head-on as they guide their youngsters and teens in their daily lives.

For more information on FFSC programs, call 473-4222, ext. 272.

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USS Duluth decommissioned after 39 years of service



U.S. Navy photo by JOJN Joseph Caballero

The amphibious transport dock-ship USS Duluth (LPD 6) returns to Naval Base San Diego after a 15-day underway period to Esquimalt, British Columbia and Seal Beach, Calif. This was Duluth's final underway period after 39 years of service. During her last deployment, she supported operations in the Persian Gulf and humanitarian efforts in Southeast Asia.

JOJN Jay Clement
Fleet Public Affairs Center Pacific

The Austin-class amphibious transport dock ship USS Duluth (LPD 6) was decommissioned at Naval Station San Diego on Sept. 28 after serving the Navy and the nation for 39 years.

Duluth has been one of the most versatile ships in the Navy, combining the functions of three different amphibious ships - dock, tank and attack cargo ships. Duluth's primary missions involved transporting ground forces with their equipment and vehicles to enemy shores.

Duluth, the second ship in the Navy to be named after the Minnesota city, has a valiant history. The ship sailed to Danang, Republic of Vietnam, in May 1965 to operate with Amphibious Ready Group, U.S. 7th Fleet in the Vietnam War and more recently supported Operation Iraqi Freedom.

"It was the first ship I was on," said Wayne Bshara, a Sailor aboard Duluth from 1965 to 1967. "It's hard to see such a good ship go."

Duluth also won many awards in its 39 years. The most recent was the Coast Guard Meritorious Unit Award for supporting Navy

SEAL (Sea, Air, Land) operations securing oil platforms during Operation Iraqi Freedom.

The amphibious transport dock ship's last deployment ended in July 2005 after a six-month cruise to the Persian Gulf in support of Operation Iraqi Freedom.

During this deployment, Duluth also supported Operation Unified Assistance and delivered 210 tons of supplies to Sumatra and Sri Lanka in response to the tsunami that struck the area in December 2004.

"She performed extraordinarily," said Rear Adm. Christopher C. Ames, commander, Expeditionary Strike Group 5, one of three speakers at the ceremony.

Cmdr. Larry D. Grippin, commanding officer of Duluth, and Herb W. Bergson, mayor of Duluth, Minn., also spoke at the ceremony.

"It was an honor to work with this crew and to be part of this great ship," said Grippin, who had served as the commanding officer since March 2004.

Electronics Technician 2nd Class (SW) Shon R. Alexander deployed with the ship twice and spent almost his whole four-year enlistment aboard Duluth. "I have so many memories here. I'll miss it," he said.

Task Force 76 aligns vision during commanders' conference

Lt. Ed Sisk
Task Force 76 Public Affairs

Commander, Amphibious Force, U.S. 7th Fleet held a commanders' conference Sept. 28 in Sasebo to ensure all Task Force 76 ships and units were in alignment with the vision and goals of Vice Adm. Jonathan Greenert, commander, U.S. 7th Fleet's framework for action.

Task Force 76 commanders, command master chiefs and other senior enlisted leaders gathered at Fleet Activities Sasebo to discuss a variety of topics ranging from readiness,

conduct ashore and quality of life.

Rear Adm. Victor G. Guillory, commander, Amphibious Force, U.S. 7th Fleet, highlighted the critical role Sailors and Marines have in the day-to-day readiness and mission of the Navy's only forward-deployed amphibious force, and how leaders need to foster Sailor growth to achieve that end.

"In order to continue to do our mission, we need to ensure that our Sailors and Marines understand their role, on and off duty, as representatives and ambassadors of the United States," said

Guillory. "Our readiness and ability to conduct our mission here is inherently associated with our behavior ashore. As leaders, our responsibility is to mentor our people, retain the best, and create the opportunities for their continued growth and success."

During the conference, Task Force 76 Deputy Commander Capt. Alan R. Moore stressed the importance of accurately defining and continuously validating Task Force 76 ships' and units' readiness, ensuring near-term readiness while maintaining long-term sustainability.

"Commanders not only need to check that their maintenance and training processes support a sustainable readiness requirement, but also the readiness level is accurately defined and validated to continuously support the Fleet Response Plan," said Moore.

Task Force 76 commanders also discussed quality of life issues that are important to the Sailors and their families in Sasebo.

"The biggest issue that the command master chiefs face is the quality of life of our Sailors and their families here in

Sasebo," said Command Master Chief (AW/SW) James E. Blevins, Task Force 76 command master chief. "The Sailor is the Navy's most important asset, and it's our job to make sure that our Sailors and their family members have the best quality of life available to them while they are serving their country here in the forward-deployed Navy."

Task Force 76 is the Navy's only forward-deployed amphibious force and is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo, Japan.



U.S. Navy photo by PH1 Michael Moriatis

Two F/A-18E Super Hornets and two F/A-18C Hornets perform a fly-by of Harbor Island during the "Sea and Air Parade" held as part of Fleet Week San Diego 2005. Fleet Week San Diego is a three-week tribute to Southern California-area military members and their families.

Fleet Week San Diego 2005 kicks off with Sea 'N' Air Parade

JO3 Jenness Stevens
Fleet Public Affairs Center San Diego

Navy and Coast Guard ships steamed into San Diego Bay on Oct. 1 during the "Sea 'N' Air Parade" to signal the beginning of Fleet Week San Diego 2005.

An estimated 100,000 spectators lined the shores of San Diego Bay to witness an extensive display of naval readiness.

Demonstrations included a "special insertion and extraction" rigging demonstration by an explosive ordnance disposal team. In addition, an air cushion landing craft disembarked from USS Germantown (LSD 42) and skimmed the bay in front of the crowd. A Coast Guard HH-60 search and rescue helicopter hoisted a would-be stranded swimmer from the water. And F/A-18E and C Hornets flew overhead in formation and demonstrated an aerial refueling.

Marion Starkey of Poway, Calif. was among those who came out to catch a glimpse of the military firepower from Harbor Island.

"It makes me very proud of these men and women," Starkey said, "It allows civilians to see America's arsenal at work."

USS Camden ends 38-plus years of Navy service

Fred Miles Watson
Naval Base Kitsap Public Affairs

The fast combat support ship USS Camden (AOE 2) was decommissioned Sept. 29 at Pier Delta at Naval Base Kitsap, ending 38 years of naval service.

More than 300 people attended the pier-side ceremony held under a large ceremonial tent due to inclement weather conditions. Capt. Kenneth Norton, the ship's commanding officer, welcomed the audience that also included more than a half dozen former Camden commanding officers and approximately 100 former crew members who served aboard throughout the ship's career.

"Today we are not only going to honor the decommissioning of the USS Camden, but we are going to honor 88 years of continuous service of the Combat Logistics Force of U.S. Navy commissioned ships," said guest speaker Capt. Walter Carter, former Camden commanding officer. "Today, we close the door as USS Camden represents the last of the Navy ships to turn that mission over to the Military Sealift Command."

Camden was the second of four Sacramento-class ships to be built after Navy officials determined in 1952 there was a need for ships that were fast and that could deliver three products all at once to the emerging fleet of newer and faster aircraft carriers being built.

Carter said Camden's legacy is not just that she has answered the call for 38 years. "That personality of the ship, that life blood, is the crew," Carter said. "And if you look back at the history of the Camden, for 38 years, [it] has been the home to over 8,000 Sailors, chief petty officers, officers, aviators, during her life span."

Carter said the experiences by crews who have manned the Camden is what it's all about.

"I would tell you that I am very proud to have been one of the 27 commanding officers of the USS Camden," he said. "As I stand here, I will tell you that I am just as proud or more proud to say that I stand shoulder to shoulder with 8,000 crew members of this ship. We will all have a common bond on board Camden. We'll have the privilege to say we were shipmates. That will be the legacy of the USS Camden."



U.S. Navy photo by PHAN Sherry Louise Peck

The fast-combat support ship USS Camden (AOE 2) transits through the Suez Canal, while operating with the Carl Vinson Carrier Strike Group deployed to the 6th Fleet area of operations (AOR). Camden and Carl Vinson recently departed the 5th Fleet AOR, after completing missions in support of Operation Iraqi Freedom and Enduring Freedom.

Ford Island: Undergoing facelift

Continued from A-1

painting to be done in the next two months. The memorial pier will remain off limits for visitors so work on a new access road and parking extension can be completed. A new road is being laid to allow access to the memorial without having to drive on Yorktown Road fronting officer housing. The memorial honors the 58 men who died aboard USS Utah when it was struck by Japanese torpedoes on Dec. 7, 1941.

The memorial of another battleship, USS Oklahoma, will also be built on Ford Island. Oklahoma was struck by aerial torpedoes on Dec. 7, 1941, trapping 429 men on board. All that remains of USS Oklahoma is roughly 55 feet of mast resting in the water off seaplane ramp seven on Ford Island.

The new footprint of Ford Island will be graced by a historic interpretive trail and a path for runners and bikers that will encircle the island. "The main purpose of this trail is to divert pedestrian traffic from the main roadways on the island. The path will also have information kiosks with historic information and photos of Pearl Harbor," explained Gates.

Other projects are on the horizon. The National Oceanic and Atmospheric Administration (NOAA) announced its selection of Ford Island as the preferred site to build a new \$240 million Pacific regional center. NOAA has partnered with NAVFAC, which is providing local support for construction project management.

In addition, the \$54 million Pacific Aviation Museum will be built on the southeastern end of the island. Plans call for the restoration of Ford Island's hangars 37, 54 and 79 and the control tower, which will all be part of the museum designed to showcase aircraft and the people who flew them during World War II, and the Korean and Vietnam wars. The Pacific Aviation Museum is tentatively scheduled to open on Dec. 7, 2006.

When the master development project wraps up next summer, historic Ford Island will become a brighter, more diverse island that will continue to be the centerpiece of Pearl Harbor.



U. S. Navy photo by PH1(AW) William R. Goodwin

Ford Island resident Kelly Blanchard walks her dogs, Madison and Abe, around Ford Island which is undergoing a major transformation as the Navy continues with plans to revitalize the historic island that still bears scars from the Japanese attack on Dec. 7, 1941. Certain areas on Ford Island will be closed off to traffic as the work on the roads progresses. Vehicles might undergo detours or slight delays, but all connection points will remain open.

Safety Tips on Ford Island

- Do not walk or run more than two abreast to avoid interfering with vehicular traffic.
- When running, do not run in marked construction areas, including the central runway area.
- Wear reflective gear and bright-colored clothing so that vehicles can see you.
- Wear proper safety equipment when biking or roller skating or roller blading, such as helmet, elbow and knee pads.
- Refer to the coordination map if you are unsure if you can run in an area. If you are still not clear, contact the Ford Island Operations Center. For more information call Ford Island Operations at 472-0338.

Five Pacific subs receive unit awards

Lori Cravalho
Commander Submarine Force,
U.S. Pacific Fleet Public Affairs

Five submarines assigned to Submarine Force, U.S. Pacific Fleet, have been given unit awards for deployments made to the Western Pacific.

USS Charlotte (SSN 766), USS Tucson (SSN 770), USS Honolulu (SSN 718), USS La Jolla (SSN 701) and USS City of Corpus Christi (SSN 705) were all recognized for outstanding operational performance during deployments in 2003 and 2004.

Tucson and Charlotte both received the Navy Unit Commendation. City of Corpus Christi received the Meritorious Unit Commendation, while Honolulu and La Jolla received letters of commendation from the Secretary of the Navy. According to the award citations, each of the submarines successfully completed missions that were vital to national security while operating in a challenging environment.

"These awards are a direct reflection of how submarines make real, substantive contributions to our nation's security on a daily basis," said Rear Adm. Jeffrey Cassias, commander, Submarine Force, U.S. Pacific Fleet, who was on hand to present the Navy Unit Commendation to the crew of Tucson on Oct. 4.

"Even in peacetime, submarines perform challenging missions that help maintain regional stability, dissuade potential adversaries, and provide valuable information to our nation's decision makers," Cassias said.

Tucson, which returned from its Western Pacific deployment in November 2004, was successful in accomplishing its challenging missions due to the efforts of the crew,

said Cmdr. James Pitts, the submarine's commanding officer.

"The deployment was handled professionally and all missions were met highly successfully," said Pitts. "It's a testament to the crew's professionalism and efforts that they put in last year, so it's a tangible reward and award of their efforts."

Cmdr. Dennis Carpenter, commanding officer of Charlotte, also credited his crew for the submarine's superior performance during its deployment that ended in January.

"It was the result of significant pre-deployment preparation, the highly effective deck plate leadership of Charlotte's chief's quarters and a dedicated and effective wardroom of submarine warfare leaders," said Carpenter. "Every crew member contributes to receipt of an award like this. They simply did it all extremely well."

City of Corpus Christi, based in Guam, was recognized for operations it conducted in the Western Pacific between August 2003 and September 2004. According to the award citation, City of Corpus Christi's crew "displayed exceptional tactical skill and perseverance while operating under extremely challenging conditions to gather high-value intelligence and prepare the battlespace for future operations."

La Jolla was commended for its last deployment from February to August 2004, during which time it conducted an operation and participated in a number of exercises including Pacific Reach.

Honolulu, which returned from its deployment in October 2004, was commended for conducting operations important to national security and for participating in several exercises including JASEX-2004 and Summer Pulse.

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Hawaii Navy News

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Submarine officer receives Hispanic engineering achievement award

JOC(SW/AW) David Rush

Commander Submarine Force,
Pacific Fleet Public Affairs

An officer stationed aboard the attack submarine USS Los Angeles (SSN 688) was recognized on Thursday, Oct. 6, for his professional achievements at the Hispanic Engineer National Achievement Awards Conference (HENAAC) in Anaheim, Calif.

Lt. Gabriel Anseeuw, who serves as the navigator aboard the nuclear-powered submarine based in Pearl Harbor, Hawaii, was selected as a Luminary by HENAAC for his contributions to the Hispanic technical community.

According to HENAAC, recipients of the Luminary award "carry the torch at their respective organizations and inspire future generations to pursue careers in technology."

"It's great to have someone acknowledge you," said Anseeuw. "It just shows that hard work does pay off."

Capt. Donald D. Gerry, the deputy Chief of Staff for Training at Submarine Force

Pacific headquarters in Pearl Harbor, traveled to Anaheim for the event. Gerry was Anseeuw's first commanding officer on USS Alexandria (SSN 757), and was the commander of the Naval Submarine School in Groton, Conn., when Anseeuw attended the Submarine Officer Advanced Course.

"When I was commanding officer at the submarine school, he won the L.Y. Spear Award as the top academic performer in the Submarine Officer Advanced Course," said Gerry. "I was also his first submarine commanding officer. I am very proud of his accomplishments."

Anseeuw said he was honored to have Gerry present at the ceremony. "He gave me my dolphins," said Anseeuw. "It's pretty fitting that he was there when the award was presented to me."

Anseeuw's executive officer on USS Los Angeles, Lt. Cmdr. Michael Brunner, credited Anseeuw not only for his performance on the submarine, but also for the work he did prior to this as a recruiter in Jacksonville, Florida.

"He made significant contributions to the Hispanic-American community," said Brunner. "At every stage of his career, Lt. Anseeuw would look for new ways to improve the career development of Hispanic Americans."

HENAAC spokeswoman Bertha Haro said Anseeuw was an excellent candidate for the award. "He is a superior navigation and operations officer who sets high standards of excellence and leadership," said Haro. "In his prior assignment, one of his greatest accomplishments was empowering Hispanic Sailors to advance their careers by becoming Naval officers."

Anseeuw, who was born in Puerto Rico and grew up in Miami, Fl., attended the U.S. Naval Academy in Annapolis, Md.

Anseeuw credits his uncle, retired Air Force Lt. Col. J.C. Fernandez, with inspiring his initial interest in the Navy. When he was nine-years-old, Anseeuw lived briefly with his uncle in Panama where he was stationed. During that time, the two visited USS Stein (FF 1065), which was making a port call.

"That's when I really became interested in the Navy," said Anseeuw.

Now that he's in the Navy, Anseeuw said he has his sights set on becoming a commanding officer.

"I want command of my own ship," said Anseeuw. "Command at sea -- that's where it's at."



Lt. Gabriel Anseeuw



U.S. Navy photo by JO2 Devin Wright

HMSA Theresa Frazer Leon Guerrero (right) welcomes HMSR Robin Coker (left) into the HM rate at a merger ceremony of the DT and HM rate at the Naval Health Clinic Hawai'i on Oct. 3.

DT and HM ratings merge

JO2 Devin Wright
Editor

A ceremony held Oct. 3 at the Makalapa Medical Clinic recognized the merger of dental technicians (DT) into the hospital corpsman (HM). The merge of the two ratings became official Oct. 1.

The merger is part of the Chief of Naval Operations human capital strategy intended to reduce duplicate rates and add more education and advancement opportunities for both DT and HM. Training for Sailors newly recruited into the hospital corpsman field will combine both HM and DT job ratings skills. Those already in their rates will cross train. Upon completion of HM 'A' school, designated personnel will

attend a follow-on dental assistant school to train in specialized dental assisting skills.

"Personnel in both of these rates are going to have to cross train," said Capt. Charles Barker, commanding officer, Naval Health Clinic Hawai'i. "Advancement exams will have combined questions on both dental and corpsman topics. Other than that the changes will be subtle. This merge has been a long time coming and we are glad it is here so we can press on into the future," he said.

HM1 Aaron Blake assigned to Naval Health Clinic Hawai'i said the opportunity to go from DT to HM is something he has been looking forward to.

"This opens up a lot of dif-

ferent opportunities," Blake said. "There were only five 'C' schools in the DT rate. Now we have a lot more to choose from and that helps us become more knowledgeable in our job field," he added.

For some corpsmen, having DTs in their rate represents the completion of a circle.

"This is how we started out," said HM1 Ferdinand Ajel, assigned to Naval Health Clinic Hawai'i. "The rating was one before and now we are one again. This is how it should be. We welcome them into our rate and look forward to learning from them as well."

The ratings merger will affect nearly 3,000 DT and 24,000 HM active and Reserve personnel.

Hawai'i Navy News Sports

Navy claims 33-3 win over Army in Pride Bowl XXVII



Courtesy of Naval Academy Varsity Athletics

Junior Ryan Engle made 23 tackles in Navy's 33-3 win over Army in Pride Bowl XXVII

Naval Academy Varsity Athletics

Junior linebacker Ryan Engle (Reed City, Mich.) made a career-high 23 tackles as Navy topped Army 33-3 in front of 4,300 fans in Pride Bowl XXVII at Kean Alumni Stadium on Oct. 2 in Union, N.J. With the win, the Midshipmen upped their mark to 3-0, while the Black Knights dipped to 1-2.

Engle's 23 tackles, 10 of which were solo and one behind the line of scrimmage, earned the junior game MVP honors. The linebacker has led the team in tackles in the past two Pride Bowls, as he made 12 stops against Army in last year's 31-15 win at Riverfront Stadium.

Navy owns a perfect 5-0 record all-time in Pride Bowl play, with the past four wins coming against Army. The Midshipmen have won seven of the last eight meetings with the Black Knights, including a current three-game winning streak.

Army controlled the clock in the first quarter, maintaining possession for 12 minutes, but came away with no points. With time expiring in the first half, Adam DeMarco's

(Sarasota, Fla.) 32-yard field goal attempt was blocked by junior David Novotney (Chesterton, Ind.), recovered by senior Patrick Flores (Diamond Bar, Calif.) and returned to Navy's 45-yard line.

The Midshipmen marched down the field with a 10-play, 49-yard drive that took up 4:12. Yet, the drive stalled on the Army 20-yard line and senior Anthony Conticelli's (Alpharetta, Ga.) 36-yard field goal attempt came up short.

On the very next play from the line of scrimmage, Army quarterback Braden Amigo (Marietta, Ohio) fumbled the ball, and Flores picked the ball up and scampered 24 yards for a touchdown to put Navy up 6-0.

Army responded with a 14-play, 78-yard drive that chewed up over six minutes that resulted in a 22-yard DeMarco field goal to cut Mids lead to 6-3.

Navy struck right back on the ensuing kickoff, as senior Trevor Garabedian-Prophet (Ventura, Calif.) returned the kick 92 yards to push the margin to 12-3.

After an Army three-and-out, Navy strung together a nine-play, 55-yard scoring drive in the final

two minutes of the opening half. Senior Theo Williams (Artesia, N.M.) capped off the drive with a 10-yard touchdown catch from senior James Olsen (Germantown, Tenn.) that put the Mids up 19-3 at the half.

The Midshipmen received the ball to start the second half and wasted little time in adding to their lead. On a pitch to the left, senior Jontavious Singleton (Cordele, Ga.) squared up and found an open Kurt Laughary (Morris, Ill.) for a 65-yard scoring strike to pad Navy's lead to 26-3.

With 14:38 remaining in the game, Williams received a pass from Olsen on the right sideline and streaked to the end-zone for a 66-yard touchdown that increased the lead to the eventual final score of 33-3.

Army possessed the ball for 40:18 compared to Navy's 19:42 and ran 45 more plays than the Mids. However, Navy outgained Army 339-320, averaging 7.2 yards per play compared to the Black Knights 3.5.

The Black Knights were able to drive the ball inside Navy's red zone on five occasions, but the Midshipmen defense held Army to

a field goal, blocked field goal, recovered a fumble and ended two drives on fourth down in limiting the Black Knights to three points.

Senior defensive back Andrew Holmes (Savannah, Ga.) recorded a career-high 11 tackles and broke up a pass in the win. Fellow senior Douglas Keel (Dallas, Texas) also made a career-best 11 tackles, including assisting on a tackle for a loss. Senior John Pico (Colorado Springs, Colo.) registered eight stops, 2.5 for a loss with a sack and recovered a fumble. Junior Daniel Davis (Phoenix, Ariz.) added eight tackles, three of which were behind the line of scrimmage and posted a sack.

Offensively, Olsen completed 8-of-16 passes for 150 yards and two touchdowns on the day. Williams finished the contest with three grabs for 89 yards and two touchdowns. On the season, six of Williams' eight receptions have gone for touchdowns. Sophomore running back Richard Engel (Medford, N.J.) ran for 61 yards on eight carries to lead the Navy rushing attack.

Navy returns home to take on Cornell today in its CSFL opener at Rip Miller Field.

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