

Chafee returns from maiden deployment

Ensign Sonia E. Honda

USS Chafee Public Affairs

USS Chafee (DDG 90) returned to Pearl Harbor on Wednesday along with embarked Helicopter Detachment One from HSL 37 based at Marine Corps Base Hawaii, Kaneohe. Chafee and HSL 37 Det One departed on the May 20 for the ship's maiden deployment to the Arabian Gulf in support of Operation Enduring Freedom, Operation Iraqi Freedom and the Global War on Terrorism. Chafee deployed with Carrier Strike Group 11 which included USS Nimitz (CVN 68), Carrier Air Wing Eleven (CVW-11), Destroyer Squadron (DESRON) 23, the Aegis-equipped guided missile cruiser USS Princeton (CG 59), the Arleigh Burke-class guided missile destroyer USS Higgins (DDG 76), and the fast combat support ship USNS Bridge (T-AOE 10).

Chafee spent the first phase of deployment in the Gulf of Oman and Arabian Sea region conducting operations that set conditions for security and stability in the maritime environment and complimented the on-going efforts to counter terrorism by the navies of the region. Day to day efforts for Chafee and HSL 37 Det One included patrols, boarding operations, and frequent interaction with local fishermen and the crews of small merchant ships. "We spent a lot of time earning the trust

of the locals," said Quarter Master Seaman Steven B. Legate, a member of Chafee's Visit Board Search and Seizure (VBSS) Team. "Once we were not a threat in their eyes they provided information about the area and what goes on." During this phase Chafee worked closely with units from different facets of foreign navies, ensuring traffic throughout the region was closely monitored.

The most intense phase of deployment was spent in the Northern Arabian Gulf (NAG) during the heat of the summer. In the NAG, Chafee worked alongside forces from Iraq and other nations to provide security for Iraqi oil terminals, Al Basra Oil Terminal (ABOT) and Khawr Al Amaya Oil Terminal (KAAOT). The majority of Iraq's oil flows through these two terminals, making this maritime infrastructure essential to the rebuilding of Iraq. Chafee served as scene of action commander for ABOT and the mission included surface and helicopter surveillance and defensive tactics to protect the terminal against attack. Chafee also served as the flagship for Commander Destroyer Squadron 50 who directed the efforts of multinational forces in the NAG. As flagship, Chafee was called upon to act as logistics hub for smaller vessels in the area and for the U.S. Navy Security teams stationed on the terminals. This duty



Photo illustration
A Sailor assigned to the guided missile destroyer USS Chafee (DDG 90) embraces his daughter after returning from a six-month deployment in support of the Global War on Terrorism.

▼ See USS CHAFEE, A-2

Region celebrates America Recycles Day 2005 NSA/CSS

Commander, Navy Region Hawai'i Recycling Center

Commander, Navy Region Hawai'i (COMNAVREG) celebrated America Recycles Day (ARD) Tuesday, which is in its 8th year of celebrating and reaffirming the nation's commitment to preserving its resources and to further its recycling efforts.

The region has helped to recycle more than 1,384 tons of material over the past year. Wendy Ray, operations manager for the recycling center on Pearl Harbor, said the Hawaiian Islands are unique when it comes to recycling and waste disposal, as there is very little landfill space available, which makes it even more important that great effort be put into recycling to extend the life of the landfills.

She said the Hawai'i Region alone recycled 1,384 tons of material in fiscal year 2005 thanks to the great efforts of its enlisted and civilian personnel. This continued and

increased effort to recycle will continue to make the military proud stewards of America.

COMNAVREG Hawai'i's Qualified Recycling Program is a program designed to increase recycling efforts for the Navy. The main recycling center is located at building 159 Russell Avenue, Pearl Harbor with centers also at National Security Agency/Central Security Service Hawai'i (KRSOC), and Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS). The main center is available for recycling needs for recyclable materials generated at home or in the work place. The goal of the center is to make recycling as convenient as possible with a renewed commitment to address everyone's recycling needs. The renewed commitment includes the purchase and distribution of more recycling containers for the region. The recycling center hopes to change recycling from a chore to a subconscious habit by

making it as effortless as possible.

"We are excited about the future of the Region's recycling Program," said Lt. Cmdr. Wendy Halsey, facilities support manager for Navy Region Hawai'i. "The team at the recycling center is committed to serving the needs of the base and their enthusiasm and hard work will benefit the entire Region. I encourage any activity or organization who has questions concerning recycling to contact the center so that we can provide you the best possible service," she said.

The region's recycling center works with island recyclers to handle as many different types of materials as possible. As there is more effort in the processing of the materials because of the great distance from many processing plants, the types of materials that can be recycled may not be as vast as the mainland's materials, however as time goes by new materials are added to the list, so it is a good idea to keep up

▼ See ARD, A-8

Navy Region Hawai'i wins energy awards for energy conservation efforts

Karen S. Spangler

Assistant Editor

Navy Region Hawai'i and Pacific Missile Range Facility (PMRF) on Kauai were Gold Energy Award winners, for the second consecutive year, at the Secretary of the Navy (SECNAV) Energy Awards ceremony held Oct. 26 at the Navy Memorial in Washington, D.C. In 2002, PMRF won the SECNAV Platinum Energy Award.

Naval Facilities Engineering Command (NAVFAC) HI PW652, Water Division, was also a Water Conservation Award winner at the Federal Energy and Water Management (FEMP) Awards, presented Oct. 27 at the State Department building in Washington, D.C.

The awards not only represent recognition for the region's and PMRF's energy-

saving initiatives, but are given based on a savings of more than \$2 million in fiscal year '04.

The SECNAV Energy Awards were established "to recognize outstanding commitment to energy and water conservation by Navy and Marine Corps installations and ships. The Department of the Navy energy program evaluates and classifies the overall energy performance of each installation and ship and those that have exemplary energy conservation programs are ranked according to a system of blue, gold or platinum achievers," according to information provided at the SECNAV Energy Awards ceremony.

"The mission of the energy program is to assist the command to increase its energy and water efficiency and achieve mandated goals set

▼ See ENERGY, A-8



A breathtaking look at this alternative to traditional hockey. Story on page B-1.

Hawai'i Navy News Briefs

Veterans' Day events

Veterans' Day will be observed throughout the nation today. The following events will be held locally in tribute to the veterans of America's wars:

9:00 a.m. - Wahiiawa Community Parade, California Avenue.

10:00 a.m. - National Memorial Cemetery of the Pacific (Punchbowl).

11:00 a.m. - Submarine Memorial Park, Pearl Harbor. Address by Rear Adm. James E. Beebe, USNR, Director, Submarine Reserve, deputy commander, Submarine Force U.S. Pacific Fleet and deputy commander, Navy Region Hawai'i

Noon - Battleship Missouri Memorial, a moment of silence will be observed. Complimentary admission and flag-raising privileges to all American veterans, including active duty personnel.

1:00 p.m. - Governor's Ceremony, Hawai'i State Cemetery at Kaneohe.

Nov. 12:

4:00 p.m. - Sunset on the Beach Tribute to Veterans, Waikiki Queen's Surf Beach. Performance by Air Force's "Hana Hou" Band at 5 p.m. Movie starts at sunset time. Movie to be announced.

Paul Hamilton Sailor shares sea stories with World War II veterans

Ensign Kathleen Kunkemoeller

USS Paul Hamilton Public Affairs

USS Paul Hamilton (DDG 60), homeported at Pearl Harbor, is the third ship to be named after Paul Hamilton. The second destroyer named for Paul Hamilton (DD 590) served during World War II. Every year since 1980, (DD 590) shipmates gather for a reunion and celebration with crew members of their World War II sister ship, USS Twiggs (DD 591). This year, a Paul Hamilton (DDG 60) Sailor attended the event in Charleston, S.C.

As the bluejacket of the quarter, Personnel Specialist 3rd Class Isaiah Holcomb traveled to the east coast to join the crews of (DD 590) and (DD 591) as they celebrated another reunion, discussed their service in the Pacific and honored their fallen shipmates. Paul Hamilton (DD 590) and Twiggs (DD 591) were both Fletcher-class



U.S. Navy photo
Paul Hamilton Bluejacket of the Quarter, PS3 Holcomb, visits with World War II veterans in South Carolina.

destroyers and were built rapidly on the same pier at Norfolk Naval Shipyard in Virginia and then commissioned in October 1943 in Charleston, S.C.

The theme this year was "Where It All Began" and Charleston shipyard employees who worked on the ships were also invited. Almost 100 people attended the event and the reunion spread across

generations - the oldest person in attendance at the reunion was 88 years old and the youngest, a great-grandson of a war veteran, was 11. The weekend included a dinner cruise on "The Spirit of South Carolina," a formal banquet and many opportunities for Paul Hamilton Sailors from the past to share sea stories with younger "Tin Can Sailors."

Paul Hamilton and Twiggs served in the Pacific campaigns during World War II. Paul Hamilton received seven battle stars and Twiggs received five for action throughout the Pacific campaign. They saw action in the Battle of the Philippine Sea, the Battle of Leyte Gulf and provided gunfire support for U.S. Marines ashore on Iwo Jima. Both ships and their crews served valiantly in the Okinawa campaign and provided critical gunfire support during the spring of 1945, which ended up being the largest naval gunfire support operation in history.

During the evening of June 16, a Japanese torpedo bomber struck the destroyer Twiggs and the aft magazine exploded, immediately sinking the vessel and leaving just over 100 survivors. She was the 12th destroyer downed off Okinawa, and she was lost in the 12th week of the campaign.

Holcomb brought with him a DVD of the memorial ceremony that the modern-day

Paul Hamilton held for Twiggs off the southern coast of Okinawa while recently deployed to Southeast Asia. The video was shown many times and the memorial service performed by Paul Hamilton Sailors brought many at the reunion dinner to tears.

Holcomb reported that his favorite part of the trip was being able to share sea stories with the other destroyermen. "I enjoyed exchanging sea stories with the World War II veterans," he said. "They told me how things were on destroyers in their day and I told them how it is now." Making this reunion more special was the fact that it was the final one. The veterans agreed that due to health concerns, this would be the last gathering.

Holcomb reported that the veterans, despite failing health, danced and laughed well into the evening. It was a memorable reunion for the two sister ships and a special link to the past for one lucky Paul Hamilton Sailor.

USS Chafee: Lessons learned from deployment

Continued from A-1

added a new facet to operations for Chafee and kept the ship's small boats and boarding teams operating on the water for 12 hours or more each day conducting boardings, transferring personnel, providing technical support, and preparing and transporting of three hot meals a day to each of the 65 Sailors on ABOT. Chafee was also called upon nearly every day to refuel United States Navy (USN), United States Coast Guard (USCG), and Iraqi navy patrol vessels and ultimately provided over 97,000 gallons of fuel. "Operating in the NAG to provide security, Command and Control, and logistical support for the maritime security of Iraq's oil infrastructure was a unique experience that made all of us on Chafee proud," remarked Chief Operations Specialist (SW) Michael Munoz. Boatswain's Mate 2nd Class (SW) Matthew S. Ventura, another member of the VBSS Team, adds, "I had the opportunity to speak to many local fishermen. One of our missions was to open a line of communication with the local fishermen and explain our purpose for being in the Gulf. We were graciously received because Chafee's presence provided stability to the NAG."

After departing the Arabian Gulf Chafee spent ten days in Exercise MALABAR 2005 with the Indian Navy. MALABAR was a complex multi-phase exercise that enhanced interoperability and furthered security relationships between the two navies. "I was very impressed with the professionalism of the Indian navy," Lt. Michael J. Johnson observed. "We had many evolutions in which they aptly demonstrated their nautical expertise." The exercise also included tactical evolutions such as joint air operations, anti submarine exercises, and a comprehensive War at Sea exercise.

During deployment the Sailors from Chafee and HSL 37 Det One enjoyed port calls to Hong Kong, Thailand, Bahrain, India, Australia, and a short visit to Pago Pago in American Samoa. "I really enjoyed the opportunity to meet people of different cultures and experience what

their countries had to offer," Lt.j.g. Jeremy L. Watkins said. Many Chafee Sailors participated in community relations projects in Hong Kong, Thailand, and Australia. "For our project in Thailand we helped out at an orphanage. I enjoyed being able to help the kids and brighten their day," Personal Service Seaman Alicia D. Johnson remarked. "It's a great chance for members of the United States Navy to make a good impression on foreign countries."

To keep operations moving while deployed Chafee completed 26 underway alongside replenishments and nine helicopter replenishments during which a total of 3,081,758 gallons of fuel and 413 pallets of supplies were received. The ship also completed 25 harbor transits, 33 Enlisted Surface Warfare Specialist qualifications, 250 small boat operations, 152 boarding evolutions, and a total of over 300 helicopter launches and recoveries.

During deployment Chafee's crew members balanced their professional duties with opportunities for personal development. Many Sailors took advantage of courses offered by the Program for Afloat College Education (PACE), which provided two college instructors as well as computer based college classes. Chafee stressed fitness enhancement while on deployment through daily fitness sessions and a focus on nutrition. Sailors from all paygrades made significant strides towards a healthier lifestyle. "This is my sixth deployment since I've been in the Navy," Ensign Brian J. Blankenship, Chafee's Combat Information Center Officer, observed. "The crew's morale was notably higher than I've ever seen. There is a great sense of camaraderie here because Chafee sailors really understand the meaning of the word, 'shipmate.'"

Any Sailor will agree that the most rewarding part of deployment is seeing the face of a loved one waiting on the pier at the end of deployment. Yeoman 2nd Class (SW) Jodi C. Salazar explains, "Being a single parent I do not get to see my daughter often and being away from her is extremely difficult. She is growing up so fast and I am missing so much! Knowing that she is going to be there



U.S. Navy photograph by PH2 Justin P. Nesbitt

Kaneohe Bay, Hawai'i - Lt.Cmdr. Keith Gordon, Officer in Charge Detachment One is greeted by his children just following his return home to Hawai'i. Helicopter Anti-Submarine Light Squadron 37 Det One from Marine Corps Base Hawai'i, returned home after a routine deployment with the Pearl Harbor-based guided missile destroyer, USS Chafee (DDG 90) in support of Operation Iraqi Freedom, Operation Enduring Freedom, and the Global War on Terrorism. The first phase of deployment was spent in the Gulf of Oman where Chafee conducted operations along with units from many coalition nations to counter terrorism and to set the conditions for maritime security and stability in region.

when I return home from the first deployment that I have ever been on means more than I can say, I am getting teary-eyed just thinking of it! All that I have done in the military is for her and I hope that one day she will understand why we are apart so often and be proud to say that my mommy is in the Navy."

Chafee's commanding officer, Cmdr. John M. Clausen, assumed command on February 4, 2005. "It has been a great deployment and we all are very excited to return to Pearl Harbor and to rejoin our loved ones. While six-month deployments are never easy, this great crew along with support from our

Ombudsman and families and friends helped to make this deployment go quickly and I appreciate their dedication and professionalism. This crew never missed a beat and it was an honor to deploy with them for our nation. I hope everyone enjoys the homecoming and the significant milestone it represents.

Hawai'i Navy News Editorial

Leaving the Navy? Have you considered our Navy Reserve?

FLTCM(AW/SW) Jon R. Thompson



FLTCM(AW/SW) Jon R. Thompson

If you think what I'm about to tell you sounds like an advertisement, you're right on the money. Here goes: If you're thinking about leaving active duty anything short of a career, you need to consider the Navy Reserve. Pretty simple, huh? Just because you leave active duty doesn't mean you have to sever all ties with the Navy. I'm going to give you a few great reasons why the Navy Reserve might be a perfect fit in your life after active duty.

Before I tell you why you need to consider the Navy Reserve, however, I want you to think about why you are thinking about leaving active duty. If you're like most of the Sailors I talk to, it's either because you desire to go to school full time or you don't want to deal with long separations from your families. I certainly understand that. Active duty Navy life is demanding and while some find this lifestyle attractive, some of you may decide civilian life is more attractive. Nonetheless, I

suspect many of you may not be aware that leaving the Navy doesn't have to mean a complete divorce from our sea service. Your decision doesn't need to be all or nothing.

In case you don't know the numbers, the Navy Reserve represents 20 percent of the Navy's total assets. The Navy Reserve is a full partner with the Navy's active duty component, performing incredible work in every corner of our Navy. Today, more than 4,500 Navy Reservists are mobilized around the globe in support of the global war on terrorism and other important missions. You could be a part of that team and serving as a Navy Reservist could give you the best of both worlds - work as a civilian and also serve in the Navy.

Here are some of the top reasons you should consider

joining the Navy Reserve when you leave active duty:

- **Drill pay** - You will receive four days of base pay for every two days of weekend drilling. You also receive full pay and allowances for meals and housing during your two-week annual training.

- **Retirement** - You will become eligible for retirement pay at age 60, following 20 years of credible service (active duty combined with Reserve). Think about this for a moment. We all want to believe we'll be financially set at age 60. However, how sure are you? If you have eight years of active service and you do 12 years of Reserve service, you would be eligible to draw retirement pay at age 60. That's not a bad trade off in my opinion.

- **Promotions** - As a Reservist, you will receive ample opportunities for advancement. It's very much the same as when you are on active duty, other than Reservists compete against other Reservists.

- **Travel** - Depending on the unit you affiliate with, you may have the opportuni-

ty to travel to some great places in the world to perform your annual training. Many Reservists love the Navy Reserve for this reason alone.

I could go on and on about all the benefits, but I want you to consider another factor that might help you at least look into the Navy Reserve. Have you considered that maybe you will leave the Navy and then, after spending some time in the civilian job market, might decide you miss the Navy and want to come back onto active duty? Sound odd? Well, it just so happens that more people return to active duty than you may imagine. It's a very common occurrence.

If you are a Navy Reservist, the path back to active duty is easier than if you are not a Reservist. But, here's the biggest financial benefit. Say for instance, you have five years of active duty, then leave active duty and join the Navy Reserve and spend five years in the Reserve. Then, you decide to come back on active duty. When you return to active duty, you would have accu-

mulated five years of active duty (from before), but will be paid as an E-5 over 10 years because your pay entry base date incorporates each good Reserve year. How does that help you? Well, look at the pay charts...I think it's obvious. You get monetary credit for your Reserve years. For many, that means they return to active duty without losing anything, financially speaking.

I have two challenges I'd like to offer. The first is for any of you who might be thinking of leaving the Navy. Make sure you talk with your career counselor about the Navy Reserve before you depart active duty. You should also be briefed at TAP. I also challenge you to contact a Navy recruiter immediately after you depart the Navy to learn more. If you choose to join the Navy Reserve within 90 days of leaving active duty, all your current paperwork and medical information is current and the process is quick and easy. Beyond 90 days you will need a new physical and there's more paper-

work...but nonetheless, it's still pretty simple.

My other challenge is to all of you who lead Sailors. You should help ensure all the Sailors who work for you are provided information about the Navy Reserve. It is your job. In a sense, we are all career counselors. None of us should consider the command, department or division career counselor the end all source of information. It's my opinion that the best career counselors are leaders who genuinely take an interest in their people. You don't need to have the title of career counselor to provide solid career advice.

Shipmates, there's a phrase many Reservists cling to that I particularly like. Many consider Reservists "twice a citizen" - meaning they serve their employer and they serve their country at the same time. My hat is off to Navy Reservists. They add much to our Navy and I can't think of a better way to continue your affiliation with the Navy than to join the Navy Reserve. Good luck, shipmates!

SECDEF Releases 2005 Veterans Day Message

Special release from the U.S. Department of Defense

Secretary of Defense Donald Rumsfeld released his Veterans Day message to service members Nov. 9:

My father volunteered to serve in the Navy shortly after the attack on Pearl Harbor. At 38, he was well beyond draft age, but he wanted to serve. When he passed away some years ago, I found a letter in his personal papers that he had received from then Secretary of the Navy, James Forrestal, who later became our country's first Secretary of Defense. Secretary Forrestal apparently sent such a letter to those who served, to arrive after they had returned to civilian life.

Noting the historic achievements made by the U.S. military in World War II, Secretary Forrestal wrote:

"You have served in the greatest Navy in the world. ... It crushed two enemy fleets at once, receiving their surrenders only four months apart.

It brought our land-based air power within bombing range of the enemy and set our ground armies on the beachheads of final victory. ... For your part in these achievements you deserve to be proud as long as you live. The nation you served at a time of crisis will remember you with gratitude."

That letter hangs on my office wall in the Pentagon as a reminder of the patriots who have stood between threats and our shores - the millions of patriots we call

veterans.

From the beginning, our country has been challenged by those seeking to change our way of life - dictators, fascists, communists, and terrorists. Each time, we have stood against them - from the battles at Lexington and Concord to Fallujah and Tal Afar. The nature of the threats to our liberty changes over time, but one thing remains constant: the men and women who proudly step forward, raise a hand and say, "Send me."

Those who join the United States Armed Forces are following in that noble tradition of our country. They have volunteered for a cause that is greater than themselves.

No matter where you are deployed, at home or abroad, always remember that America is not what is wrong with the world. Whether serving for four years or 40, each of you have made an indelible mark on the cause of liberty.

There are few other professions where you can wake up every day and know that our nation is safer because of you. And when the time comes to take off that uniform for the last time, you can be proud to join the company of veterans who have helped to keep our country safe, keep us free, and preserve our way of life through the generations.

On this Veterans Day, we thank those serving today and those who have come before, for truly outstanding service to our country, and for making a proud history. God bless you all. And God bless our wonderful country.

Honoring those who serve



Fireworks light up the Fall River Iwo Jima Memorial during a dedication ceremony Nov. 6. The memorial is an original work of Felix W. de Weldon, one of the 20th century's most prolific and respected sculptors. The image of the Marines hoisting the flag has come to signify the sacrifices service members are willing to make in defense of their country.

U.S. Navy photo by Thomas J. Lowney

Hawai'i Navy News

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

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Are you a victim of domestic violence?

(Domestic Violence series – part 6)
Karen S. Spangler

Assistant Editor

Jane is 32-years-old, the wife of a Navy petty officer first class and the mother of four children who are ages 5-11. She has been married for 14 years and episodes of abuse – physical, mental and emotional – occurred over several of those years. There have also been incidents of emotional abuse involving the children.

One night, after getting drunk at a local club, her husband came home and began beating Jane and choking her. Tired of dealing with the abuse and finally realizing that things were not going to get any better, Jane – who lived in military housing with her family – called the security police. The police separated the couple, sent the husband packing to go live on his ship, and called Troy Olson, the victim services specialist (VSS) at Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor.

Olson visited the family, assessed the situation and ascertained if Jane felt safe, then began to put a number of things in motion to support Jane and her children. He advised her about the various services available as well as how to obtain a military protection order (MPO).

He also discovered that in addition to the abuse, Jane's husband was neglecting his family and failing to provide monetary support for even the basic necessities. The refrigerator was empty. Olson's next step was to obtain a monetary grant from Navy Marine Corps Relief Society to help the family with food and other essentials. He also advised Jane to call the domestic violence hotline at family court in Honolulu to set up a hearing.

Throughout the following months, Olson helped Jane with the necessary steps in freeing herself from the abusive situation in which she had lived for years – years victimized by a violent husband who frequently drank, went into a rage and vented his anger by beating her. The VSS assisted the abused woman with filling out paperwork, accompanied her to court hearings, and helped her to obtain transitional compensation from the Navy to meet daily expenses. Jane was also able to get commissary and exchange privileges, medical benefits and other help.

Finally, she was able to take her children and move back to the mainland – to start a new life away from the abuse. Her husband remained in the islands, awaiting his dishonorable discharge from the Navy.

Although the names and some of the details in this story have been changed to ensure confidentiality, this is a situation that plays out



Photo illustration

frequently in Hawai'i and across the nation. Domestic violence is a huge problem in today's society and involves people of all ranks, socioeconomic backgrounds, religions and ethnicities.

FFSC offers a number of programs geared to help families – through coping strategies, counseling, programs and support - to keep domestic violence from happening. Yet, sometimes it does happen – and helping these victims is the job of Olson and another member of FFSC's crisis intervention team, Laura Dinkins Feuz, victim advocate at FFSC.

They provide comprehensive assistance to victims of abuse/neglect. They also provide emotional support and psycho-educational services as well as information on local and community resources. Other services that may be offered include assistance in obtaining information on, or completing transitional compensation and follow-up services to all identified victims as needed.

The victim services specialist counsels the victim with regard to obtaining a temporary restraining order (TRO) or military protection order (MPO) and evaluates the safety issues in the situation. The VSS is also there to ensure that the victim is relocated to a temporary safe shelter if the situation warrants it.

But why do women like Jane remain in abusive, and often dangerous, situations? According to Olson, there are specific factors which keep

women (and men, although women are primarily the victims) from leaving an abusive situation or from reporting incidents of abuse.

"Many women are totally dependent on the service member for everything. It's a 'learned helplessness,'" said Dinkins Feuz. "The abuser says, 'They need me on that ship. I'm the service member. They're not going to believe you,'" she explained, noting that women are often "brainwashed" by their spouses and believe that it won't do them any good to seek help.

Because of their dependence on the service member for everything, many spouses have concerns about how they would manage on their own. "I can't support these kids myself," are common fears.

Dinkins Feuz iterated these concerns often verbalized by abused spouses. "If there are kids involved, what are they going to do? They don't have a job, only have a high school education," she said.

"They're isolated – here on an island," added Olson and said that most spouses have no family members or support system who are located here. He explained that many of them don't know what options they have, they think they're stuck in Hawai'i and don't know about the early return of family members option.

"They do a lot of 'self talk' that can be their way of justifying it, making it [abuse] sound not so bad. They try to convince themselves that it's not so bad so they can live with it," said Dinkins Feuz.

The FFSC victim advocates outlined some of the reasons that women give for why they were abused and said that frequently they simply accept the abuse and feel that they "deserved" the treatment. Here are some of the reasons given by abused spouses: "I didn't have dinner ready when he came home." "I couldn't keep the kids quiet." "I said something that made him angry." "I wasn't a good wife." Another of the ideations that abused women verbalize – as difficult and illogical as it may sound – is, "I know that he loves me," as though this makes the abuse an acceptable part of their lives.

According to the National Coalition Against Domestic Violence, many women may rationalize their abuser's behavior by blaming stress, alcohol, job stress, unemployment, financial hardship or other factors.

The "control factor" is often used by the abusive spouse to maintain his/her influence over the abused spouse, said Olson. "Women don't know what options they have and the service member can use it to control them. They [abused spouses] also don't have any resources. There is no boot camp for spouses and they don't how to find out [about options and Navy programs]," he remarked.

Another factor that keeps abused spouses

from leaving or reporting the incidents, according to Olson, is the embarrassment factor. "One of their greatest fears is being embarrassed."

"Abuse happens in the home and it's such a perfect realm [supposedly]. They don't want anyone to know that they're not living the perfect life," added Dinkins Feuz.

"There's a facade that goes on. They know the outside world doesn't know what's going on," she continued.

A major reason that many women stay in abusive relationships/marriages is due to fear – created from the intimidation and control generated by the abuser. "Often, it is dangerous for a woman to leave an abusive relationship. They fear their abusers will become more violent – perhaps fatal – stalking them if they leave," according to the National Coalition Against Domestic Violence.

There is a message that the victim services specialists at FFSC offer to victims of abuse. "Abuse occurs everywhere. You are not alone. We can help."

For more information about the services provided by the victim services specialists at FFSC or to obtain help, call 473-4222, ext. 236 and ext. 226.

Recognizing the signs

There are various forms of abuse. Abuse can include actions like hitting, but there are other behaviors that can be abusive.

Does the person you love:

- Control what you do, who you see and where you go?
- Blame you for their abusive actions?
- Control all finances, force you to account for what you spend, or deny you and/or your children basic necessities?
- Destroy your personal or sentimental property?
- Insult you, call you names, ignore you, or make you think you are crazy?
- Threaten to hurt you, your children, pets, family members, friends or themselves?
- Have affairs, accuse you of being unfaithful, force you to engage in sex without your consent?
- Become physically abusive toward you or your children, i.e., punch, slap, shove, choke, kick, bite, restrain, shake, jerk, cut, burn, etc.?
- Treat you like a servant, make all the big decisions?
- Make you afraid by using looks, actions, gestures and/or displaying weapons?

Stennis helps Mississippi students get back to school



U.S. Navy photo by PH3 Mark J. Rebilas

Volunteer crew members from the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74) helped schoolchildren affected by Hurricane Katrina in southern Mississippi get back to school in Waveland, Miss.

**JO2 (SW/AW)
Gabriel Owens**

*USS John C. Stennis
Public Affairs*

While Hurricane Wilma tore across southern Florida, causing more damage to the already battered gulf region, USS John C. Stennis (CVN 74) volunteer Sailors helped some schoolchildren affected by Hurricane Katrina in southern Mississippi get back to school in Waveland, Miss.

St. Clare's, a private school educating children from preschool to sixth grade, was completely destroyed by Katrina, leaving 174 pre-teens with no place to learn.

"Seventy-five percent of our students lost everything," said Mark Cumella, the principal of St. Clare's. "Getting them back into class is one step towards returning them to normalcy."

Stennis volunteer coordi-

nator Cmdr. (Chaplain) Tim Overturf heard of the school's troubles and talked to Cumella about sending a team down to help. "We go where we can give the greatest effort," said Overturf.

Within a day of talking to Cumella, the Stennis team arrived at the makeshift "tent city" that is to act as the new school in Waveland. "I was expecting maybe six extra workers to help out a bit," said Cumella. "I wasn't expecting all this."

Well over a dozen Stennis volunteers came to the site and immediately began taking tasks over. "We should be able to get the school running by Monday at this rate," said Cumella.

The Sailors helped with moving supplies and other time consuming tasks. "This is just us showing that Stennis spirit," said Electrician's Mate 1st Class Christopher Beverly. Their ship is named for Mississippi

Senator John C. Stennis, and considers Mississippi its adopted home state.

While the hard work the volunteers were doing was important, the tent city was not easy to come by in itself. With the school completely taken by Katrina, there were no funds to rebuild. Before the entire school was written off, Cumella said an act of "divine intervention" took place.

A construction company out of upstate Washington took a bunch of industrial tents down to Mississippi a mere week after Katrina. By a complete act of luck, they stopped in the parking lot of St. Clare's and asked if anyone needed tents of that kind in the area.

"Not only that, but the set up and size of the tents fit perfectly in the foundation structure of the old school," said Cumella. "It's incredible."

"It's amazing how fast

we've moved everything inside," said Electrician's Mate 2nd Class Audie Martin. "Everyone seems extra motivated on this project."

One hundred and eight of the students have enrolled to start classes next week. Cumella said he couldn't have done it without the help of the Stennis volunteers.

"This far exceeded my expectations," he said. "These men and women are so generous with their time and so hard working. We could not have done this without them."

"It's what we do," said Airman Jagen Joy. "We're here to help."

The Stennis volunteers remained in the Gulf Port region assisting with other relief efforts before returning to their hometown in Bremerton, Wash. on Oct. 28, before another group relieved them and continued assisting as needed in the region.

CCSG 9 sets sail for JTFEX

**USS Abraham Lincoln
Public Affairs**

The USS Abraham Lincoln (CVN 72) Carrier Strike Group, led by Rear Adm. Bill Goodwin, participated in a Joint Task Force Exercise (JTFEX) off the coast of Southern California through the beginning of November.

The exercise is the final step in preparing the Strike Group for deployment and is designed to test its ability to operate in a complex, hostile environment with other U.S. and coalition forces.

"This is a unique opportunity to improve upon our combat readiness. Now and in the future, the Navy will continue to be a key component of Joint Task Forces," said Goodwin.

During this "graduate-level" exercise, more than 6,500 Sailors and Marines are working together to hone their operational skills in preparation for their upcoming deployment.

"The Abraham Lincoln Carrier Strike Group serves our nation well as we deliver robust and flexible sea



U.S. Navy photo by PHAN Justin R. Blake

A plane captain assigned to the "Bounty Hunters" of Strike Fighter Squadron Two (VFA-2), signals to the crew in one of his squadrons' F/A-18F Super Hornets during starting procedures aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Lincoln and embarked Carrier Air Wing Two (CVW-2) are currently conducting Joint Task Force Exercise (JTFEX) off the coast of Southern California.

power to meet the challenges of the new security environment with our friends, partner, and Allies," Goodwin said.

Carrier Strike Group 9 is comprised of many different

ships and organizations, including Abraham Lincoln, Carrier Air Wing 2, Destroyer Squadron 9, USS Mobile Bay (CG 53), USS Russell (DDG 59) and USS Shoup (DDG 86).

Nimitz home from deployment



U.S. Navy photo by PH2 Patricia R. Totemeier

Sailors and family members man the rails aboard the nuclear-powered aircraft carrier USS Nimitz (CVN 68) as it prepares to moor pier side Naval Air Station North Island, Calif. Nimitz and her carrier strike group returned to San Diego after their six-month Western Pacific and Persian Gulf deployment in support of the Global War on Terrorism.

PACFLT Master Chief visits Strategic Communications Wing 1

Sailors

JO2 (AW) Crystal Mullen

*Strategic Communications Wing 1
Public Affairs*

U.S. Pacific Fleet Master Chief Rick West visited Strategic Communications Wing (SCW) 1 Sailors Oct. 31-Nov. 1 during his visit to Tinker Air Force Base.

The trip marked West's first chance to meet with the Sailors of the "Take Charge and Move Out" (TACAMO) community.

"I have heard a lot of good things about Tinker and the Sailors

assigned here before I visited," West said. "[That] hasn't really changed as far as what I envisioned. I could not find a Sailor stationed here who did not like being stationed here. The Sailors work hard and are proud of their mission."

West spent the bulk of his visit meeting with enlisted Sailors while touring SCW-1 commands. It started with a group meeting in the Center for Naval Aviation Technical Training (CNATT) High Bay, where he spoke on several hot-button Navy issues, including command readiness.

"We have a lot of things going on in the Navy right now. Our mission is varied, and we have to be ready at a

moment's notice to execute the mission assigned," West said. "We've performed outstanding as a Navy, and every Sailor plays a part. And we should be proud of what we've accomplished to date but still can't rest on our laurels - we've got to keep our guard up, and that's what we're all about in the Navy - any mission, any time."

West walked through the spaces of Fleet Air Reconnaissance Squadron (VQ) 3 and VQ-4. There, as he did elsewhere on his tour, West gave advice and words of encouragement as well as his thanks for the work of the TACAMO Community.

"He seemed sincere about his questions and concerns," said Aviation

Electrician's Mate 3rd Class Amber Wagner of VQ-3. "It appeared he was more interested in meeting with each Sailor than speaking to a group."

West was invited to attend quarters with VQ-3 Sailors and watched as several squadron Sailors were presented awards. Shortly after, West met with the Pacific Fleet Sailor of the Year Chief Aviation Electronics Technician Matthew J. Waxenfelter, who is attached to VQ-4.

On the second day of his visit, West spoke at the First Class Petty Officer Leadership Seminar, which was held in downtown Oklahoma City. West talked about leadership and the importance of all Sailors to make an impact and potential changes com-

ing for the Navy. Additionally he emphasized the new CNO's policies.

There were approximately 170 first class petty officers in attendance from as far away as Jacksonville, Fla., and San Diego. West commented at the seminar and told all first class petty officers to take this initiative back to their AORs [areas of responsibility]. Knowledge is power but only when shared, he said.

West continued to visit with Sailors and tour the spaces of TACAMO after the seminar. He finished out the trip by addressing TACAMO chief petty officers.

In February 2005, West became the 13th master chief petty officer to hold the title of U.S. Pacific Fleet Master Chief.

Hospital ship wins Seamanship Award



U.S. Navy photo by PH2 Dennis C. Cantrell

The captains and crew of Military Sealift Command hospital ship USNS Mercy (T-AH 19) were honored at the 39th Admiral of the Ocean Sea for its relief and humanitarian efforts throughout the year.

**Military Sealift
Command
Public Affairs**

The captains and crew of Military Sealift Command hospital ship USNS Mercy (T-AH 19) were honored during the 39th Admiral of the Ocean Sea (AOTOS) awards gala hosted by the United Seamen's Service in New York City Nov. 4.

AOTOS awards are handed out annually to recognize American mariners who have demonstrated extraordinary seamanship, devotion to duty and courage while at sea.

Mercy played a vital role in the United States' relief efforts following the tsunami that struck Southeast Asia Dec. 26, 2004. In addition to operating and maintaining the ship during its five-month humanitarian mission to Indonesia, East Timor and Papua New

Guinea, Mercy's 65 civil service mariners worked alongside the ship's Navy medical personnel to improve the lives of those affected by the disaster.

In Banda Aceh, Indonesia, Mercy's engineering department helped rebuild the region's badly damaged

Abidin University Hospital and personally donated thousands of dollars of equipment and supplies. In Nias Island, Indonesia, the site of a second earthquake that struck the country March 28, the ship's crew again ventured ashore to help rebuild damaged infrastructure and collect donations to buy clothes, food and other necessities for the disaster victims.

Capt. Nathan Smith, one of the masters of Mercy during her mission, accepted the award on behalf of the ship's crew during the

ceremony.

"Being aboard Mercy to help others that were suffering from tremendous hardships was the most rewarding experience I've had as a mariner," said Capt. Michael Leahy, who also acted as the ship's master for a portion of the mission. "The experience we gained, the friends we made and the bonds we formed will not be broken for years to come."

The United Seamen's Service is an organization that promotes the welfare of American seafarers worldwide.

MSC operates 115 non-combatant, civilian-crewed ships that move combat cargo for U.S. forces, replenish U.S. Navy ships at sea, chart ocean bottoms and strategically preposition equipment and supplies at sea around the world.

Youth, Sailors celebrate Arbor Day's 100th anniversary

JO2 Corwin Colbert

Staff Writer

The Hale Alii Keiki School in partnership with Naval Station Pearl Harbor celebrated the 100th anniversary of Arbor Day in Hawai'i on Nov. 4.

Naval Station Pearl Harbor Sailors planted three trees at the elementary school at the conclusion of a small ceremony held by the students to demonstrate the Navy's continuing support to the State of Hawai'i and the Navy's desire to give back to the environment.

Naval Station Pearl Harbor 1st Lt. Lt. Rob Kleinman and his division planted the trees in the small school.

"We searched the different areas surrounding the naval station to look for suitable places to plant trees," said Kleinman. "We decided the Hale Alii Keiki School would be the best place because the children would appreciate it more."

The idea for Arbor Day originally came from Nebraska. The state was once a treeless plain that led to the founding of Arbor Day in the 1800s.



U.S. Navy photo by JO2 Corwin Colbert

Students from the Hale Alii Keiki School watch as Sailors from Naval Station Pearl Harbor plant trees in observance of Arbor Day on Nov. 4, 2005.

J. Sterling Morton from Detroit and his wife were lovers of nature, and the home they established in Nebraska was quickly planted with trees, shrubs and

flowers.

Morton was a journalist and soon became editor of Nebraska's first newspaper. He spread agricultural information and his enthusiasm for trees to an equally enthusiastic audience.

Trees were needed as windbreaks to keep soil in place, for fuel and building materials, and for shade from the hot sun.

Morton not only advocated tree planting by individuals in his articles and editorials, but he also encouraged civic organizations and groups to join in.

On Jan. 4, 1872, Morton first proposed a tree-planting holiday to be called "Arbor Day" at a meeting of the State Board of Agriculture. The date was set for April 10, 1872. It is estimated that more than one million trees were planted in Nebraska on the first Arbor Day.

Chris Town, director/principal of the elementary school, said he appreciated the donations.

"This is a great way to teach the children to appreciate trees, nature and the native plant life in Hawai'i," said Town.

NSSC changes command



U.S. Navy photo by PH3 Teresa R. Martinez

Cmdr. Michael Pietkewicz salutes Read Adm. Jeffrey Cassias, Commander Submarine Force, as Cmdr. Mark Waller looks on at the Naval Submarine Support Command's change of command ceremony held on a submarine pier at Pearl Harbor, Hawai'i on Nov. 4, 2005. Cmdr. Pietkewicz relieved Cmdr. Waller as commanding officer of Naval Submarine Support Command.



U.S. Navy photo

Four members of the nuclear-powered attack submarine USS Los Angeles (SSN 688), homeported at Pearl Harbor, visited Los Angeles on Oct. 10-14 to strengthen its relationship with the city. Cmdr. Tom Stanley, commanding officer (center), along with Master Chief Mark Flemon (right), chief of the boat, Lt. Charles Hirsch (second from left), and the 2005 Sailor of the Year, Machinist's Mate 1st Class Jay Ines (far right), meet with various organizations as well as the city council to discuss the role of the submarine and create awareness of their mission.

USS Los Angeles submarine crew visits namesake city

USS Los Angeles Public Affairs

Four members of the nuclear-powered attack submarine USS Los Angeles (SSN 688), homeported at Pearl Harbor, visited Los Angeles to strengthen its relationship with the city on Oct. 10-14.

Cmdr. Tom Stanley, commanding officer, along with Master Chief Mark Flemon, chief of the boat, Lt. Charles Hirsch, and the 2005 Sailor of the Year, Machinist's Mate 1st Class Jay Ines, met with various organizations as well as the city council to discuss the role of the submarine and create awareness of their mission.

"Even though Los Angeles is an enormous city, we were very impressed with the

warm welcome we received everywhere we went," said Stanley. "It was very rewarding to see the genuine appreciation for our Sailors' service to their country."

The four submariners came to give a seminar to the Naval Reserve Officer Training Corps units at both University of California, Los Angeles and University of Southern California. They also were welcomed as guests of honor at the Cabrillo Beach Yacht Club, Jonathon Yacht Club and Los Angeles Rotary.

The Los Angeles-Hollywood chapter of the Navy League officially adopted the Los Angeles at a city council meeting in downtown Los Angeles. Grant Ivey, the Navy League chapter director, expressed his delight in

hosting the crew members and stated, "We look forward to hosting the entire ship's crew whenever the ship can make a port visit to Los Angeles."

Launched on April 6, 1974 at Newport News Shipbuilding and Drydock Company in Newport News, Va., Los Angeles was commissioned on Nov. 13, 1976. In 1978, Los Angeles was transferred to the Pacific Fleet.

Los Angeles is the fourth naval ship to be named after the city of Los Angeles and is the lead ship of its class. Designed as a follow-on to the Sturgeon class submarines built during the 1960s, the Los Angeles-class incorporated improved sound quieting and a larger propulsion plant than previous classes.

Flu shots now available at Naval Health Clinic Hawai'i

Preventive Medicine Department, Naval Health Clinic Hawai'i (NAVHLTHCLINIC)

Naval Health Clinic Hawai'i (NAVHLTHCLINIC) is now administering the flu vaccine for all active duty personnel and beneficiaries with a valid military identification card.

Who should get the flu vaccine?

- Deploying active-duty personnel, DoD civilians and contractors in direct operation support.
- People who are 65 years old or older - even if you're in great health.
- Children six to 23 months old. Children younger than two years old have one of the highest rates of hospitalization from influenza.
- Adults and children with a chronic health condition, such as heart disease, diabetes, kidney disease, asthma, cancer or HIV/AIDS.
- Women who will be pregnant during flu season. Flu season is typically November through March.
- Residents of nursing homes and long-term care facilities.
- Children aged six months to 18 years on chronic aspirin therapy.
- Healthcare workers involved in direct patient care.

Active-duty personnel will be administered the influenza vaccine by command/unit. Chief Hospital Corpsman (FMF) Torres will be coordinating command/unit vaccinations. He may be reached at 471-2212.

Family members and other eligible beneficiaries can receive their flu shots at either the immunization clinics at Branch Health Clinic (BHC) Makalapa or Kaneohe Bay. Patients do not have to make an appointment or go through their PCM to receive the flu shot.

Makalapa BHC Immunization Clinic Hours: 7:30-11:30 a.m. and 1-4 p.m. Monday-Thursday, 7:30-11:30 a.m. Friday. Bring your medical record. For more information, contact the immunization clinic at 473-1880, ext 323.

Kaneohe Bay BHC Immunization Clinic Hours: 7:30-11:15 a.m. and 1-3:30 p.m. Monday-Thursday, 7:30-11:15 a.m. Friday.



U.S. Navy photo by JO2 Jessica Davis

Hospital Corpsman 2nd Class Eric W. Stanley receives a flu shot from a biojector at Naval Medical Clinic, Pearl Harbor.

Bring your medical record. For more information, contact the immunization clinic at 257-3365, ext. 120.

Vaccination is not the only way to help prevent the flu. Here are some additional measures to guard against flu:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.
- Stay home when you are sick. If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Clean your hands. Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Other good habits, such as getting plenty of sleep, engaging in physical activity, managing stress, drinking water and eating good food will help you stay healthy in the winter and all year.

If you contract the flu, there are medications available to help. Your provider will be happy to discuss this with you if necessary. The staff of NAVHLTHCLINIC Hawai'i wishes you good health.



ARD: Hawai'i's effort increases

Continued from A-1

with local recycling news. The recycling center will announce any increase in material types that may be recycled and suggests a great way to keep up with recycling progress is to check in with the City and County's recycling Web site, Opala.org. (Opala is the Hawaiian word for garbage).

According to the Environmental Protection Agency Web site, in 1999, recycling and composting activities prevented about 64 million tons of material from ending up in landfills and incinerators. Today, the country recycles 23 percent of its waste, a rate that has almost doubled during the past 15 years. While recycling has grown in general, recycling of specific materials has grown even more drastically: 42 percent of all paper, 40 percent of all plastic soft drink bottles, 55 percent of all aluminum beer and soft drink cans, 57 percent of all steel packaging, and 52 percent of all major appliances are now recycled.

The recycling center offers the opportunity to continue the region's growth in recycling and hopes that the coming year brings participation to a new high. Mike Twillgear, program manager for the center, and Wendy Ray, operations manager, said they accept suggestions to help improve the region's goal and offers whatever it takes to help make the separation of recyclable materials from non-recyclable materials as effortless as possible.

Currently the COMNAVREG Hawai'i Recycling Center recycles white paper, cardboard, beverage containers, all metals, and toner cartridges.

For more information contact the recycling center at 474-9207 for container requests, questions and anything that may make recycling easier. The center encourages suggestions that will improve the center's ability to better serve the region and its recycling needs.

Energy: Conservation awards efficiency, recognition

Continued from A-1

by Executive Order 13123 and EPACT2005. We offer solutions to mitigate the command utility budget shortfalls so the Navy can continue its mission in Hawai'i with less fiscal issues," explained Kevin Saito, Navy Region Hawai'i energy manager.

Competition for the SECNAV energy awards is based on three key factors: (1) improvement in energy efficiency, (2) number of energy projects executed during the fiscal year, and (3) amount of command support in the energy program.

"Extra credit" is offered for additional energy initiatives, such as renewable energy projects and energy awareness programs. According to Saito, the region's energy awareness program was named among the best in the country by the NAVFAC (Navy Facilities) Energy Tiger Team that conducted energy audits of over 20 region buildings in late October 2005.

Saito explained that energy efficiency goals are established by Executive Order 13123 and that using a baseline established in 1985, the objective was to achieve 30 percent of improved energy efficiency by the year 2005. An additional five percent in improved energy efficiency was expected by 2010.

However, he said that under President Bush's new energy policy set in October of this year, the objective is a two percent improved energy efficiency rate every year through the year 2015.

A number of energy projects that were ongoing or completed in fiscal year '04 contributed to the success of the region's energy program and earned the coveted SECNAV Gold Energy Award. With the retrofitting of more than 12,000 light fixtures, resultant

savings will be \$360K per year. The region also began a \$1.7 million project to retrofit 18,000 light fixtures in fiscal year '05. When completed in two years, it will save 4,500 mega-watts per year at a cost savings of approximately \$540,000 per year.

An annual equivalent of 1,180 mega-watt hours of renewable energy was produced, mostly in the form of solar water heating systems on the island of Oahu, and 8.4 mega-watt hours of renewable photovoltaic (PV) power on the island of Kauai as part of the PV street light project.

One of the region's most ambitious projects, the Ford Island Photovoltaic Project was completed in September. The power from the system will be pumped into the Naval Facilities Command (NAVFAC) grid on Ford Island and is expected to generate about \$40K in savings per year. At the same time, it will eliminate 4,600 tons of carbon dioxide, 16,000 pounds of nitrogen oxide, and 22,000 tons of sulfur dioxide in emissions over the expected 30-year life of the project. The project represents the single largest photovoltaic array on Oahu.

Rear Adm. Michael Vitale, commander, Navy Region Hawai'i, talked about the shipyard central chiller plant project during an address given to the 2005 Pacific Coast Electrical Association Hawai'i Conference and Expo that was held Sept. 30 at Waikoloa. "This project consolidated dozens of aging and inefficient pieces of air conditioning equipment into a single chilled water plant - saving not only 8,000 mega-watt hours per year, but hours of maintenance and trouble calls on the old, failing equipment," he explained. Vitale noted that although it typically requires 1.4 kilowatts to produce

one ton of chilled water, the same amount of chilled water could be produced using only 0.75 kilowatts per ton. The project, which saves over \$1.3 million per year, earned the Navy HECO's 2004 Energy Project of the Year in the industrial/government division.

The Fort Kamehameha Waste Water Treatment Facility Solar Water Heating Project will save hundreds of dollars in energy costs each year. Instead of using electric resistance water heaters to wash down industrial and restaurant sludge, the project relies on the abundant power of the sun to keep the facility clean and sanitized. An added bonus is that workers at the plant have abundant hot water for their showers and to launder their work clothes, reducing the risk of infection from harmful bacteria.

"The energy program strives to be good stewards of the environment and the natural resources needed to accomplish the Navy's mission in Hawai'i. We especially focus on water and energy efficiency and make recommendations to the command on how to reduce waste without negatively impacting worker productivity," said Saito.

Through the installation of 700 VendMiser units, the Navy will reap the benefit of cost and energy savings. The units power down the soft drink vending machines when not in use and a motion sensor turns on the lights when a potential customer approaches.

As part of its energy training and awareness program, the Navy Region Energy Team performed energy audits of 12.5 million square feet of buildings in the region, provided energy training for over 500 people, and conducted weekly energy audits for 1,560 buildings. It hosted the Hawai'i Navy Energy Fair 2004, which brought more than 70

vendors to Pearl Harbor for a free one-day exposition of energy-efficient technology, and Navy Energy Week 2003 with seven energy events held during six days at six different locations.

Saito emphasized the importance of Navy Region's energy initiatives. "Energy efficiency is not just a nice-to-have buzz word; it's the fiscally responsible attitude needed by every federal worker. Whether you sail ships, saw wood or weld decking for a living, ensuring you are minimizing energy and water waste while doing your work is protecting the interests of the tax payers - our employers. In the end, energy and water efficiency is not a luxury; it's expected as part of our job," he said.

The region continues ongoing investigations and studies for future energy projects. Some of these initiatives include the exploration of a district cooling/sea water air conditioning (SWAC) system which could provide over 5,300 tons of high efficiency chilled water systems to produce chilled water at 0.15 kilo-watt per ton vice 1.4 kilo-watt per ton.

There is also ongoing research into using an existing salt-water distribution system or deep well technology to replace cooling towers and heat rejection systems. Another idea undergoing study is a solar air conditioning system that will produce very hot water in specially designed hot water collection panels and an absorption chiller that will produce chilled water with minimal energy usage.

"These are projects already in progress, but we continue to look toward the future. The Navy's energy team is every day busy exploring methods that will reduce energy consumption and save the Navy - and the taxpayer - money," noted Vitale.

Protect yourself from identity theft

(Crime Prevention – part 5)

Compiled by JO1 Alyssa Batarla

COMPACFLT Public Affairs

Victims of identity theft can spend thousands of dollars and months, or even years, to clear his or her name. According to the FBI, identity theft - the fraudulent use of someone's personal information by another - is currently the nation's fastest-growing crime.

The following information, compiled from the Federal Trade Commission (FTC), offers tips to help protect yourself against identity theft:

Tips to minimize the risk of identity theft:

When it comes to identity theft, you can't entirely control whether you will become a victim. But there are certain steps you can take to minimize your risk.

- Order a copy of your credit report. An amendment to the federal Fair Credit Reporting Act requires each of the major nationwide consumer reporting companies to provide you with a free copy of your credit reports, at your request, once every 12 months. Do not contact the three nationwide consumer reporting companies individually; they provide free annual credit reports only through www.annualcreditreport.com, 877-322-8228, and Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

- Place passwords on your credit card, bank and phone accounts. Avoid using easily available information like your mother's maiden name, your birth date, the last four digits of your social security number or your phone number, or a series of consecutive numbers.

- Secure personal information in your home, especially if you have roommates, employ outside help, or are having work done in your home.

- Ask about information security procedures in your workplace or at businesses, doctor's offices or other institutions that collect your personally identifying information. Find out who has access to your personal information and verify that it is handled securely. Ask about the disposal procedures for those records as well. Find out if your information will be shared with anyone else. If so, ask how your information can be kept confidential.

- Don't give out personal information on the phone, through the mail, or on the Internet unless you've initiated the contact or are sure you know whom you're dealing with. Identity thieves are clever and have posed as representatives of banks, Internet service providers (ISPs) and even government agencies to get people to reveal their social security number, mother's maiden name, account numbers and other identifying information.

- Before you share any personal information, confirm that you are dealing with a legitimate organization. Check an organization's web site by typing its URL in the address line, rather than cutting and pasting it. Many companies post scam alerts when their name is used improperly. Or call customer service using the number listed on your account statement or in the tele-

phone book.

- Treat your mail and trash carefully.

- Deposit your outgoing mail in post office collection boxes or at your local post office, rather than in an unsecured mailbox. Promptly remove mail from your mailbox. If you're planning to be away from home and can't pick up your mail, call the U.S. Postal Service at 1-800-275-8777 to request a vacation hold. The postal service will hold your mail at your local post office until you can pick it up or are home to receive it.

- To thwart an identity thief who may pick through your trash or recycling bins to capture your personal information, tear or shred your charge receipts, copies of credit applications, insurance forms, physician statements, checks and bank statements, expired charge cards that you're discarding, and credit offers you get in the mail. To opt out of receiving offers of credit in the mail, call: 1-888-5-OPTOUT (1-888-567-8688). The three nationwide consumer reporting companies use the same toll-free number to let consumers choose not to receive credit offers based on their lists. Note: You will be asked to provide your social security number, which the consumer reporting companies need to match you with your file.

- Don't carry your social security number card; leave it in a secure place.

- Give your social security number only when absolutely necessary and ask to use other types of identifiers. If your state uses your social security number as your driver's license number, ask to substitute another number. Do the same if your health insurance company uses your social security number as your policy number?

- Carry only the identification information and the credit and debit cards that you'll actually need when you go out.

- Be cautious when responding to promotions. Identity thieves may create phony promotional offers to get you to give them your personal information.

- Keep your purse or wallet in a safe place at work; do the same with copies of administrative forms that have your sensitive personal information.

- When ordering new checks, pick them up from the bank instead of having them mailed to your home mailbox.

- When going away from your usual duty station, place an active duty military alert on your credit reports. This minimizes the risk of identity theft while you are deployed. The alerts are in effect for one year, but you can place another if your deployment is longer. This removes you from the credit reporting companies' marketing list for pre-screened credit card offers for two years.

- Try not to store personal information on a computer that is connected to the Internet. Update virus protection software regularly. Do not open files from strangers, download programs or click hyperlinks from people you don't know. Use a firewall and use a secure browser for online transactions. Create a strong password. Don't use an automatic login or password remember feature. When disposing of a computer, erase the hard drive.

Remembering Veterans

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THE BRAINERD DAILY DISPATCH

Volume 11, Number 127

BRAINERD, MINNESOTA MONDAY, NOVEMBER 11, 1918

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By United Press
Washington, Nov. 11, 2:30 a. m.---
Government at Washington officially announced the signing of the armistice by Germany, which occurred at 5:00 a.m. Paris time. Hostilities ceased at 11 a. m. News from Washington flashed to St. Paul 30 seconds after announcement was made.

President Reads Armistice Terms

BY UNITED PRESS
Washington, Nov. 11.—President Wilson today announced the signing of the armistice terms which brought Germany to surrender, ending the war.

The allied armistice terms accepted by Germany as read by President Wilson in the first session of congress at war which the armistice brought to a close.

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"America Gains All She Fought For."

—PRESIDENT WOODROW WILSON
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Hawaii Navy News Sports

Sailors lace up their cleats for intramural league

PH3 Sara Coates

Contributing Writer

After the end of the work day, some service members get together to lace up their cleats and put on their commands' shirts. They start with a warmup to prepare themselves for a friendly game of intramural flag football.

"We're divers, everything we do is team-oriented," said Chief Hull Maintenance Technician (diver) Anthony Mabry, coach of the Shipyard Divers unit. "It goes hand and hand with each other because you have to be able to come together as a team to play in intramural flag football. The fact that we're a small community only made up of 1,500 divers in the Navy, a lot of members know each other and like to keep tight with each other," he said. It's also a good alternative to going out into town were some of the younger members can get into trouble. The intramural flag football program encompasses the very meaning of the name morale, welfare and recreation," Mabry added.

Morale, Welfare and Recreation (MWR) offers two intramural flag football leagues for ashore and afloat



U.S. Navy photo by J03 Ryan C. McGinley
Brandon Horn of USS Paul Hamilton (DDG 60) runs for a first down against a team member from USS O'Kane (DDG 77)

commands. Army Staff Sgt. David Kienzl, assigned to the Joint Intelligence Center Pacific Command (JICPAC), said the league helps him and his teammates build strong relationships and instills values encouraged by the military.

"I am out here because of my love for competition and camaraderie," he said. "Flag football builds team work and it gives you a chance to use

the values that the military teaches you such as honor, courage, commitment. Playing flag football also gives service and family members a chance to get away from work, have fun and build friendships. MWR did a [heck] of a job putting this thing together so we could have a chance to compete with other leagues," Kienzl noted.

"I feel that flag football gives you the opportunity to play with people you don't see on a day-to-day basis and also from all branches of the service," said Army Sgt. Dealando Okai, assigned to JICPAC. "It's also an escape from the everyday job and it's just a fun time."

Corey Catham of team USS O'Kane (DDG 77) lunges for extra yards against a team member from USS Paul Hamilton (DDG 60)



Photo illustration

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Hawaii **Navy News**