

## USS HOPPER

CONDUCTS DEPLOYMENT TRAINING AT SEA

Sailors pull the fueling line across from USNS Erickson during a nighttime underway replenishment.

U.S. Navy photo by MCSN Paul Honnick

070410-N-6674H-008



MCSN Paul D. Honnick

Fleet Public Affairs Center  
Detachment Hawaii

Pearl Harbor-based guided-missile destroyer, USS Hopper (DDG 70), and her crew took advantage of a four-day underway period enroute to Hilo to conduct at-sea training in Hawaiian waters April 10-13.

"Anytime we go to sea I like to optimize what we're going to do, to the maximum extent," said Cmdr. Jeff James, Hopper commanding officer.

Before departing Pearl Harbor, the crew conducted training by mooring the Arleigh Burke-class destroyer to a buoy, a procedure necessary when docking in a port that has no pier space.

"It's something we don't do too often, but we've got to practice so when we go on deployment and we're someplace that doesn't have pier space, we can get moored up," said James.

Over the course of the next four days, Hopper Sailors continued to train, conducting visit, board, search and seizure, man overboard and general quarters drills as well as a night-time underway replenishment [UNREP].

"Any time you do an underway replenishment, even during the daytime, it's a fairly dangerous evolution," said James. "The fact that you're 160-180 feet away from another ship going about 13 knots makes it somewhat dangerous."

As the ship linked with fleet replenishment oiler, USNS John Ericsson (T-AO 194), the sun set and the ship began receiving supplies and fuel.

"You definitely have low visibility so you have to be more aware of what's around you and what's going on," said Fire Controlman 3rd Class Hanna Lallaire.

Hopper Sailors continued to transfer supplies and more than 80,000 gallons of fuel using glow sticks and spotlights to illuminate their work area.

"It's better to do [an UNREP] in a controlled environment with people that we know - ships that we know - rather than trying to do it for the first time overseas," said Lt. Cmdr. Michael Johns, Hopper executive officer.

As the Hopper's Sailors began to secure from the evening's event and darkness enveloped the ship, 'man overboard!' called the aft lookout as a blinking light passed the ship's starboard stern beam.

The ship's rigid-hull inflatable boats quickly deployed and 'Oscar,' a training dummy outfitted in a life vest, was recovered by the crew.

As morning came, general quarters was sounded and the Sailors manned their battle stations.

The general quarters evolution was followed by evasive ship maneuvers, an evolution which consists of hard 30-degree turns at full speed, while crew members simulated dropping sonar buoys into the water to escape from enemy submarines and torpedoes.

After two days of hard work, the crew enjoyed a few hours of liberty in Hilo before returning to the ship, hosting a visit for Junior Reserve Officers' Training Corps cadets and returning to Naval Station Pearl Harbor.

"This training period is tough on the crew and tough on the families because we're so close to home, but we're working hard all the time. Sometimes we have to make sure we communicate with our families and our friends that we work hard now so that on deployment we're safe," said Johns.

Whether it's a four-day underway period or a full blown deployment, the skipper of 'Amazing Grace' wouldn't want to do it with any other crew.

"This is without a doubt, hands down, unequivocally, the greatest crew that I've ever served with," said James. "We have 300 people assigned to this ship and I wouldn't trade a single one of them for anybody on any other ship."

Gunner's Mate 3rd Class David Tercero is first boarder as his team boards USS Hopper (DDG 70) during training evolutions off the coast of Hawaii.

U.S. Navy photo by MC1 (SW/AW) Keith E. Jones



070411-N-6674H-003

USS Hopper (DDG 70) Sailors install K-type shoring in the main machinery room during a general quarters drill.

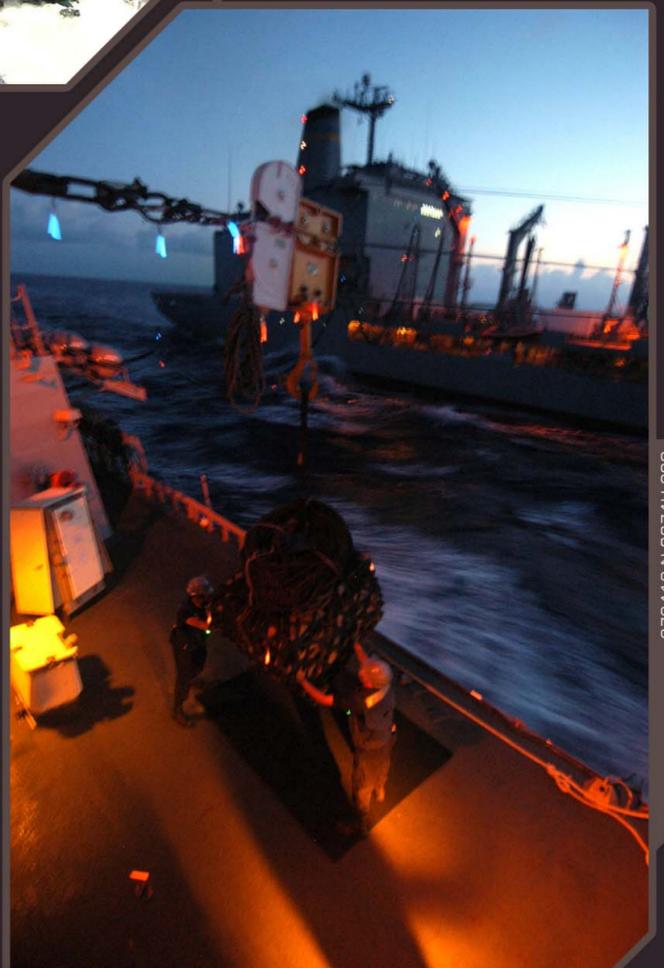
U.S. Navy photo by MCSN Paul Honnick

USS Hopper (DDG 70) Sailors receive supplies from USNS Erickson during a nighttime underway replenishment.

U.S. Navy photo by MCSN Paul Honnick.



070410-N-4400J-001



070410-N-6674H-009

Operations Specialist 2nd Class (SW) Richard Skawincki along with a five-man boarding party secure the weatherdeck of USS Hopper (DDG 70) during a training exercise designed to take control of an enemy ship.

U.S. Navy photo by MC1 (SW/AW) Keith E. Jones



070410-N-4400J-002

# Auto show will showcase 350 cars

Sara Mizushima

Navy Region Hawai'i, Fleet and Family Readiness, Marketing

Fourteen car clubs and 350 cars of various makes and models will be showcased at this year's 5th Annual Pearl Harbor Auto Show on May 6 at the Navy Exchange (NEX) Mall at Pearl Harbor.

Asian imports, vintage, early hot rods, antiques, classics from the mid '50s, '60s and '70s, and modern retro cars will line the parking lot. These cars will compete in 14 categories of their respective classes for first, second and third place and go for the 'best in show' and 'best club participation' awards. Spectators will be able to view these cars for free and enjoy a full day of activities beginning at 9 a.m.

What makes this event stand out, aside from the cars, is the support it garners for the military community. This year, co-producers Jeff Harris, Fleet and Family Readiness marketing director, and Dennis Parsons, NEX Auto Port service manager, have taken the auto show one step further by turning it into a charitable event. "This brings value to the event and in turn supports the Navy personnel and



Children at last year's Pearl Harbor Auto Show were able to enjoy the bounce houses. Bounce houses will also be a feature of this year's event.

family members," said Parsons. Those wishing to submit cars to be showcased were charged a \$12 tax-deductible fee which will be donated to the Navy-Marine Corp Relief Society (NMCRS), a non-profit organization that assists military families in need. Harris said the reason they chose NMCRS is because, "It is the only authorized charitable foundation that solely benefits Navy personnel and their family members."

This year's auto show will continue the tradition of providing entertainment for everyone. Before the event at 7 a.m., the 2nd Annual Poker Run will commence

at the Waipahu Checker Auto Parts Store. Participants will pick up their first poker card and then travel to the Mililani, Kaneohe, Kailua and lastly, the Salt Lake stores for their remaining hand. The person with the best poker hand wins a \$500 gift certificate.

At the event, there will be drawings and giveaways of prizes throughout the day. Bounce houses, a climbing rock wall and a dunk tank will amuse the children. There will also be live entertainment, including Dita Holyfield, a country singer; line dancers; Resistor, a contemporary alternative band; and



At last year's Pearl Harbor Auto Show, this Camaro SS on display shows that it always has someone working on its engine and body.

iNoA'oLe, a band that sings it all.

Food vendors will be available, offering everything from tacos and lumpia to chicken and steak plates and hot dogs and bratwurst. Proceeds from the food booths will support the commands. Also present will be sponsorship vendors who will give demonstrations and tips on banking, car insurance and even how to purchase a car.

Five years ago, the idea of the auto show was conceived at the NEX Auto Port, between Parsons and Harris. "It was a way to bring a top quality auto show to the military personnel," said Harris. Since then, it has grown tremendously. "When the relationship between NEX and MWR took hold during the second year, it added a lot to the event," said Parsons. "The collaboration between

both NEX and MWR brought together a great location with great activities," said Harris.

"After five years of collaboration, it's become a premier event that is very well-organized," said Parsons. Open to both military-affiliated personnel, their family members and the general public, the event is free to all spectators. For more information, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**STORY IDEAS?**  
 Contact the HNN editor for guidelines and story/photo submission requirements:  
 Phone: (808) 473-2888  
 Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)  
**Hawaii Navy News**

**Hawaii Navy News Online** [www.hawaii.navy.mil](http://www.hawaii.navy.mil)

# Skylark Central

**Word Find COMMON GASSES**

ACETYLENE  
AMMONIA  
ARGON  
BUTANE  
CARBON DIOXIDE  
CARBON MONOXIDE  
CHLORINE  
CYANOGEN  
ETHYLENE  
ETHANE  
FLUORINE  
HELIUM  
HYDROGEN  
ISOBUTYLENE  
KRYPTON  
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NITRIC OXIDE  
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XENON

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H O N N N I T R I C O X I D E R S

Who said  
"It follows then as  
certain as night  
succeeds day, that  
without a decisive  
naval force we can  
do nothing

"If that fellow  
wants a fight  
we won't dis-  
appoint him."

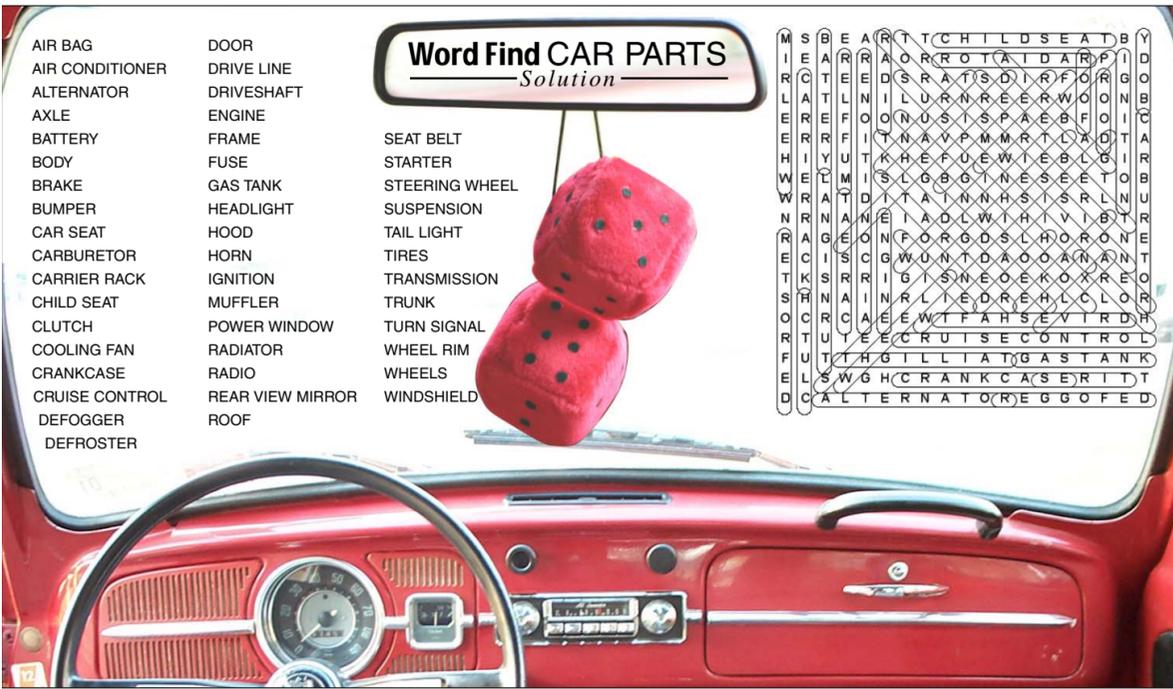


**Word Find CAR PARTS**  
*Solution*

AIR BAG  
AIR CONDITIONER  
ALTERNATOR  
AXLE  
BATTERY  
BODY  
BRAKE  
BUMPER  
CAR SEAT  
CARBURETOR  
CARRIER RACK  
CHILD SEAT  
CLUTCH  
COOLING FAN  
CRANKCASE  
CRUISE CONTROL  
DEFOGGER  
DEFROSTER

DOOR  
DRIVE LINE  
DRIVESHAFT  
ENGINE  
FRAME  
FUSE  
GAS TANK  
HEADLIGHT  
HOOD  
HORN  
IGNITION  
MUFFLER  
POWER WINDOW  
RADIATOR  
RADIO  
REAR VIEW MIRROR  
ROOF

SEAT BELT  
STARTER  
STEERING WHEEL  
SUSPENSION  
TAIL LIGHT  
TIRES  
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TRUNK  
TURN SIGNAL  
WHEEL RIM  
WHEELS  
WINDSHIELD

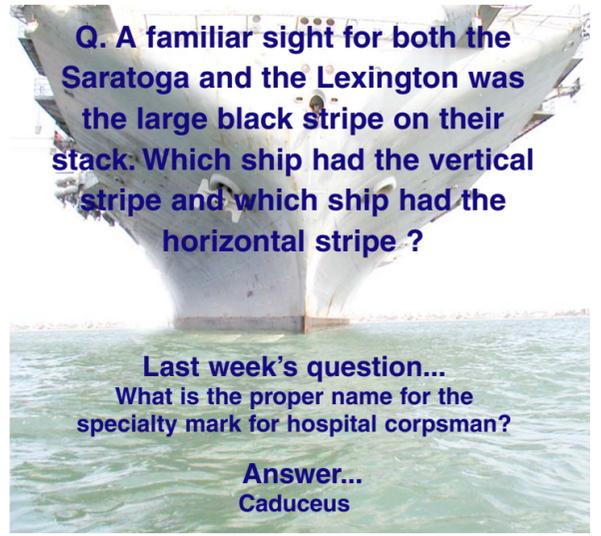


M S B E A R T T C H I L D S E A T B Y  
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C A L T E R N A T O R E G G O F E D

**Q. A familiar sight for both the Saratoga and the Lexington was the large black stripe on their stack. Which ship had the vertical stripe and which ship had the horizontal stripe ?**

Last week's question...  
What is the proper name for the specialty mark for hospital corpsman?

**Answer...**  
Caduceus



# Navy Region Hawai'i Manawa Nanea

LEISURE

## Morale Welfare & Recreation



**H MEMORIAL DAY WEEKEND TOURNAMENTS**  
Intramural softball and basketball tournaments will be held during Memorial Day weekend on May 25-27 at Naval Station Pearl Harbor. All active duty commands from Naval Station Pearl Harbor, Barbers Point, Naval Computer and Telecommunications Area Master Station Pacific (NCTAMSPAC), West Loch and NSGA Kunia, active duty family members (18 years old and older), and Department of Defense (DoD) civilian employees can sign up their teams by May 11. The basketball tournament will be held at Bloch Arena and the softball tournament will be held at Millican Field. The cost is \$175 per team and registration is limited. FMI: 473-2494.

**H INTRAMURAL SWIM MEET**  
Navy Region Hawai'i Morale, Welfare and Recreation will host an intramural swim meet beginning at 5 p.m. May 25 at Richardson Pool at Naval Station Pearl Harbor. Active duty commands from Pearl Harbor, Barbers Point, NCTAMS, Westloch and NSGA Kunia can register until May 11. The meet will consist of four events and two relays. FMI: 473-2494 or 473-2437.

**H FAMILY FUN AND MOVIE NIGHT**  
Family Fun and Movie Night will be held May 12 at Naval Computer and Telecommunications Area Master Station (NCTAMS). Family fun will begin at 6:30 p.m. with games and bounce houses. Free cotton candy will be served until the movie begins. At 15 minutes prior to the movie, free popcorn will be available. The movie, "Night at the Museum," (rated PG) will start at 7:30 p.m. Children under 10 years of age must be accompanied by someone 16 years of age or older. If there is inclement weather, the fun will be moved to the gym. The event is free. FMI: 471-8658.

For more information on Navy Region Hawai'i MWR events, visit [www.greatlifeahawaii.com](http://www.greatlifeahawaii.com)

## Community Calendar

### NMay

**14** – U.S. Pacific Command is accepting applications until May 16 for Drug Education for Youth (DEFY) camp program, Pearl Region, through May 14. The camp will be held July 10-19 at Catlin Club House. Parents can contact any of the DEFY sites to submit a youth application. The program is free and open to family members of military and Department of Defense employees. FMI: USPACOM/Pearl Region, CTA1 Latasha Jones, 477-9327; Navy Information Operations Command Hawai'i, Kunia, ITC (SW) Mollie E. Paterakis, 655-3538; Marine Corps Base Hawai'i – Kaneohe, Daryl K. Picadura, 257-8559.



### Submission of community calendar items

Community calendar items should contain the who, what, where, when and why, be as concise as possible, and include a phone number that can be published with the item. Sending a flyer, power point, etc. with the information is not acceptable. The basic information should be compiled and provided in a Word document. Please refer to page B5 of Hawai'i Navy News for format for community calendar items. The deadline for submissions is no later than close of business on Friday, a week prior to publication. Submissions should be sent to [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) and also "cc" the editor, Karen Spangler, at [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil).

## Sharkey Showtimes



### Teenage Mutant Ninja Turtles (PG)

After the defeat of their old arch nemesis, The Shredder, the Turtles have grown apart as a family. Struggling to keep them together, their rat sensei, Master Splinter, becomes worried when strange things begin to brew in New York City. Tech-industrialist Max Winters is amassing an army of ancient monsters to apparently take over the world. And only one super-ninja fighting team can stop them—those heroes in a half shell—Leonardo, Michelangelo, Donatello and Raphael! With the help of old allies April O'Neil and Casey Jones, the Turtles are in for the fight of their lives as they once again must face the mysterious Foot Clan, who have put their own ninja skills behind Winters' endeavors.

<b>TODAY</b> 7:00 PM 300 (R)	<b>SUNDAY</b> 2:30 PM Pride (PG) 4:45 PM Wild Hogs (PG 13) 7:00 PM Zodiac (R)
<b>SATURDAY</b> 2:30 PM Teenage Mutant Ninja Turtles (PG) 4:45 PM Wild Hogs (PG 13) 7:00 PM I Think I Love My Wife (R)	<b>THURSDAY</b> 7:00 PM Premonition (PG 13)

**SHARKEY THEATER** Pearl Harbor Naval Station (473-0726)  
**MEMORIAL THEATER** Hickam Air Force Base (449-2239)  
**SGT. SMITH THEATER** Schofield Barracks (624-2585)



# Military Appreciation Month events

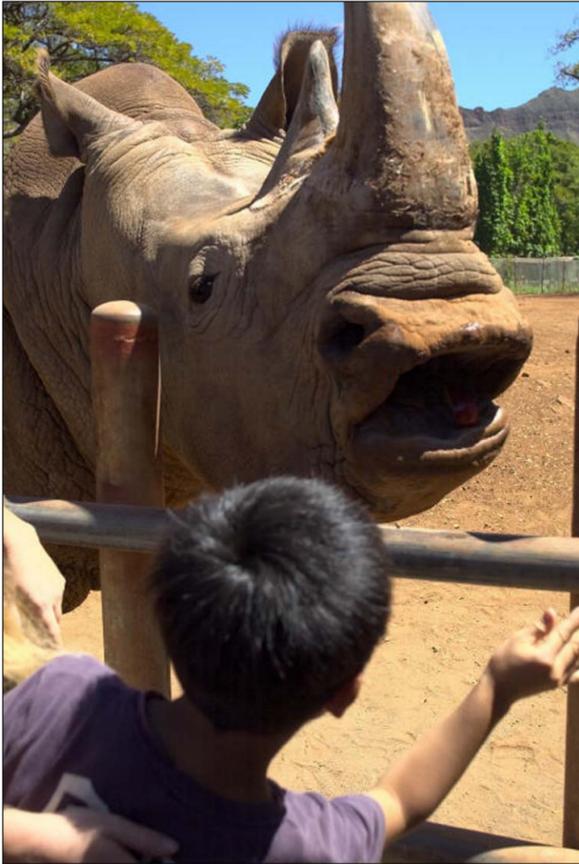


Photo courtesy of the Honolulu Zoo

A youngster gets an up close look at Kruger, a white rhino, at the Honolulu Zoo during the 2005 Military Appreciation Day.

## Navy Region Hawai'i Public Affairs

Hawai'i Military Appreciation Month kicked off with an opening ceremony on April 26 at the Pacific Aviation Museum on historic Ford Island. This year marks the 22nd consecutive year that the chamber and the business community in Hawai'i have joined together to honor military service members and their families.

A variety of activities will be held throughout the month of May. Many local visitor attractions and businesses will also be offering special discounts and benefits to military service members.

Here is a schedule of featured events for Military Appreciation Month:

The Chamber of Commerce of Hawai'i and AT&T Hawai'i

will host the **Combined Military Band Concert** from 7 to 8:30 p.m. May 19 at the historic Hawai'i Theatre in downtown Honolulu. Musicians from military bands, including the Navy, Marine Corps, Army, Air Force, Coast Guard and Hawai'i National Guard will combine their talents. The concert will feature a variety of music ranging from popular military marches to traditional American favorites. The concert is open to the public and free tickets are now available at the Hawai'i Theatre box office and the Chamber of Commerce of Hawai'i office.

The Hawai'i Army Museum Society will hold its annual military **Living History Day** from 10 a.m. to 3 p.m. May 19 on the grounds of Kuroda Field on Fort DeRussy in Waikiki. The public is invited

to visit the museum and meet with members of the society as they display military memorabilia, historic military uniforms and vehicles, and reenact a famous military event. The U.S. Army's Fife and Drum Corps from Washington, D.C. will present a special performance. The event is free and open to the public.

The annual **Military Recognition Luncheon** will be held from noon to 1:30 p.m. May 24 at the Hilton Hawaiian Village. Outstanding community service awards will be presented to members of the Navy, Marine Corps, Army, Air Force, Coast Guard and Hawai'i National Guard. The Hawai'i chapter of the Military Officers' Association of America will honor one of its members for outstanding community serv-

ice. Tables and tickets may be purchased online at [www.cochawaii.org](http://www.cochawaii.org) or call Kyle Okamura at 545-4300, ext. 317.

USO [United Service Organizations] Hawai'i, in partnership with Mayor Mufi Hannemann and the City and County of Honolulu and the Honolulu Zoo, will host **USO Military Family Day at the Honolulu Zoo** from 9:30 a.m. to 3 p.m. on June 2. The military will enjoy free admission with food, beverages and entertainment. Bus transportation will be available from Bloch Arena at Naval Station Pearl Harbor to the event. For more information on the bus schedule, visit the Navy Region Hawai'i Morale, Welfare and Recreation Web site at [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com) and click on "entertainment," then "special events."

**Hawai'i Navy News Online**  
[www.hawaii.navy.mil](http://www.hawaii.navy.mil)

# TRICARE offers resources, treatment for alcohol abuse

**Brian P. Smith**

*TriWest Healthcare Alliance*

As part of a proactive outreach campaign, the Department of Defense launched "That Guy," a multimedia campaign with the goal of reducing excessive drinking among servicemen and women, with a campaign reminder, "Don't be 'that guy' (or gal)."

Although 'that guy' is the butt of many jokes, the affects of alcohol - particularly prolonged abuse - can have a significant impact on the health and wellbeing of service members and those who love them.

In fact, more than 16,000 active duty service members volunteered to complete a Pentagon survey with results released earlier this year,

showing that 44.5 percent of respondents participated in 'binge drinking,' up from 41.8 percent in 2002.

Results also indicate higher rates of heavy alcohol, cigarette and illicit drug use among those deployed from 2002 to 2005 than those who did not deploy. The survey was the ninth in a series of similar surveys administered by the Pentagon about health-related behaviors of active duty military.

"Alcohol abuse is common among service members returning from combat duty who try to self-medicate in hopes of relieving such symptoms as difficulty sleeping, irritability or anxiety - all common side effects of combat stress. But if left untreated, their problems can get significantly worse," cautioned Dr. Blake Chaffee, vice

president of Integrated Health Care Services for TriWest Healthcare Alliance. TriWest manages access to TRICARE services and providers throughout TRICARE's 21-state west region.

## **Help is always available**

Regardless of the reason for alcohol abuse, help is always available. TRICARE-eligible service members and their dependents are eligible to receive care at military treatment facilities (MTFs) and TRICARE-network behavioral health providers. In fact, eligible family members may attend up to eight behavioral health outpatient visits each fiscal year (Oct. 1-Sept. 30) without a referral.

A printable brochure with an overview of TRICARE-covered behavioral health care benefits and treatment

options is available online at [www.triwest.com](http://www.triwest.com). Select "beneficiary services" then click on "handbooks, brochures and flyers," and select TRICARE Behavioral Health Care Services from the drop-down menu.

TriWest also offers a behavioral health portal at [www.triwest.com](http://www.triwest.com) with an interactive map of resources by state, a variety of self-help options, and answers to frequently asked questions. To access the portal from [www.triwest.com](http://www.triwest.com), select "behavioral health" from the left navigation menu.

TriWest's behavioral health crisis line is also staffed by clinicians 24 hours a day, seven days a week, at 1-866-284-3743. Family members are invited to use these resources as well if they feel there might be a

problem. But, remember, if there is an emergency, always call 911.

## **Other resources:**

- TRICARE ([www.tricare.mil](http://www.tricare.mil))
- Military OneSource ([www.militaryonesource.com](http://www.militaryonesource.com))
- National Council on Alcoholism and Drug Dependence ([www.ncadd.org](http://www.ncadd.org))
- U.S. Department of Health and Human Services ([ncadi.samhsa.gov](http://ncadi.samhsa.gov))

