

(Right) Operations Specialist 2nd Class Henry Summers and Operations Specialist Third Class Gabriel Evans plot USS Russell's (DDG 59) position in combat information center (CIC) while underway during Composite Training Unit Exercise (COMPTUEX). The ship wrapped up the training Nov. 14 and will continue to work with the USS Abraham Lincoln Strike Group in preparation for next year's deployment.



Gunnery Mate 3rd Class Scott McCormick, assigned to guided missile destroyer USS Russell (DDG 59), operates the ship's gun camera, which is used as a tracking aid for shooting the five-inch gun.



Ensign Kurt Welday plots the ship's bearing and range on a maneuvering board, a navigation aid that helps bridge teams determine a safe course and speed.

Russell Sailors complete COMPTUEX

Story and photos by
Ensign Theresa Donnelly

USS Russell (DDG 59) Public Affairs

Sailors assigned to Pearl Harbor-based, guided missile destroyer USS Russell (DDG 59) completed Composite Training Unit Level Exercise (COMPTUEX) on Nov. 14, working in conjunction with the USS Abraham Lincoln Strike Group.

The tactical training exercise was designed to flex all warfare areas and utilize every available asset that the strike group brings to the fight. It also sharpens communication and inter-operational ability between air wing and surface participating units.

Sailors on Russell took part in air, surface, subsurface, strike and ballistic missile defense (BMD) scenarios.

The combat information center

(CIC) was the focal point of most activity as the ship practiced many tactical exercises in preparation for her upcoming deployment early next year.

"We utilized every asset of our multi-platform warfare capabilities," said Operations Specialist 1st Class John Mattingly.

Not only were combat watch standers put to the test, but Russell's deck division conducted more than 60 deck landing qualifications, enabling flight crews to practice landings and take offs from Russell's flight deck.

Many exercises were designed to harness situations that could potentially be duties that the ship could perform while on deployment. Russell's team of 21 visit, board, search and seizure (VBSS) members, composed of crew members from a variety of job specialties, performed compliant and non-complaint boarding exercises.

The purpose of these boardings is to gather intelligence and investigate ships suspected of criminal activities, including illegal drugs, human trafficking, piracy and terrorism.

In recent news, Navy destroyer VBSS teams operating in the 5th Fleet area of operations off the coast of Somalia have conducted boardings, assisting with civilian distress calls and helping to combat piracy on the high seas.

The fact that crew members are training for events that they could potentially perform during the ship's next deployment is a challenge that they both welcome and for which they feel a

sense of pride.

Gunnery Mate 3rd Class Homer Small, trained to locate personnel during a non-compliant boarding, said "I love my job. I get to be a part of something that is important and it really brings the team together."

All exercises culminated with a final battle problem, where Sailors had to effectively deter threats from all platforms simultaneously. This portion of the exercise tested the watch standers quick decision-making skills and capability to handle incoming threats from a broad spectrum of warfare areas.

Using a total integrated combat environment, Sailors took control of airborne and other ship assets to successfully defeat simulated threats. Using Navy P-3 and SH-60B/F air assets, Russell air controllers searched and tracked U.S. Navy submarine USS Helena (SSN 725) as well as Chilean submarine HMCS Simpson. Providing an active defense against the carrier, Sailors gained valuable hands on training working with live ships in a synthetic environment.

"The fact that we trained with actual submarines was a big plus," commented Chief Sonar Technician Loren Nowatski.

Other training missions that directly tied in to real world events include an oil platform defense exercise, where the ship used training procedures to take command and control duties of an oil platform, replicating the off shore infrastructures located in the Persian Gulf. Additionally, the ship maintained armed lookouts, watching



Seamen Apprentice Talmadge Thompson steadies the aft tending line of guided missile destroyer USS Russell's (DDG 59) rigid hull inflatable boat during the boat's operations while the ship was engaged in Composite Training Unit Exercise (COMPTUEX). The ship recently completed COMPTUEX off the coast of southern California and will continue to work with the USS Abraham Lincoln Strike group in preparation for next year's deployment.

for suspicious vessels and even boarded ships posing an imminent threat to the simulated terminals.

Other exercises included Tomahawk Strike planning scenarios and a ballistic missile defense (BMD) exercise. Since Russell is one of only six naval ships with the latest computer systems upgraded to BMD, it is essential that the ship perfects its warfighting procedures to deter enemy aggression and hos-

tile intent.

Lt. j.g. Brian Yarbrough, who performs his duties on Russell as air warfare coordinator and has been onboard for six weeks, said, "I got the chance to learn how to operate with the carrier strike group. It was a very new and interesting experience."

Russell is currently assigned to the USS Abraham Lincoln Strike group and is making preparations to join the carrier on its upcoming deployment.



Culinary Specialist Seamen Joshua Foye slices mushrooms in preparation for evening chow onboard USS Russell (DDG 59).



Rear Adm. Robert J. Bianchi tours the men's department at the Mall at Pearl Harbor during a visit to the store on Oct. 24.

NEXCOM commander tours Navy Exchange

Story and photo by Scheherezade Roundtree

Navy Exchange Hawai'i Marketing

Navy Exchange Hawai'i Region welcomed its new commanding officer, Rear Adm. Robert J. Bianchi, Commander Navy Exchange Service Command (NEXCOM), on Oct. 23-25 for a three-day tour of the Mall at Pearl Harbor and outlying Navy Exchange activities.

Successor to retired Rear Adm. Robert E. Cowley III, the newly-appointed NEXCOM commander and chief executive officer, will oversee the global conglomerate which includes 109 Navy exchanges worldwide, 44 Navy Lodges, 156 Navy ship's stores, and the Navy Retail Uniform Program Management Office, as well as the Navy's Fleet and Family Support Services.

At the invitation of Rear Adm. T. G. Alexander, commander, Navy Region Hawai'i and commander, Naval Surface Group, Middle Pacific, Bianchi came to Hawai'i to tour the Navy family superstore and

to also take part in addressing the Naval Installation Command Board of Directors (NICBOD). The NICBOD, which consists of regional commanders from across the globe, serves as a vehicle to unify the Navy regions in an effort to improve upon matters affecting the fleet and to better support the war fighters and their families. Periodically, the board of directors assembles to discuss issues concerning each region and develop resolutions.

In addition to his tour of NEX Hawai'i Region, Bianchi also appeared at the Mall at Pearl Harbor's fifth anniversary celebration and expressed his appreciation for being made a part of such a milestone.

The five-day anniversary celebration doubled as a customer appreciation event for the military community. Patrons had the chance to win prizes and experience the special guest appearances such as Paul Brown, John Cruz and Kim Taylor Reece. The Taste of the NEX tent was also a big hit with patrons. Bianchi presented the

NEXCOM Commander's Coin for Outstanding Performance to those associates who exemplified the excellent level of service and commitment that benefits Navy Exchange patrons.

According to Beverly Hudgins, NEX Hawai'i general manager, Bianchi's feedback was very positive and complimentary to NEX employees and facilities. "He [Bianchi] mentioned in our morning meeting how impressed he is with the dedication of our associates to the mission of the Navy Exchange and to support our active duty family members. He said this more than once and applied it to our associates at all levels. He seemed most impressed with our people," said Hudgins.

Michael Cottrell, NEX district manager, said, "Our reputation for customer service, the high standards we embrace, and the way we keep our stores told a great story. Our associates all over the exchange sent a clear message of dedication, professionalism and spirit. Yes, it was a great success."

Navy counselors share aloha with veterans

NCCS (SW/AW) Toby Ruiz

Naval Computer and Telecommunications Area Master Station

The Hawai'i chapter of the national Navy Counselors Association (NCA) started their Nov. 16 weekend by spending time with some residents of U.S. VETS Outreach in Kalaheola.

Various command career counselors from around the island assembled at the non-profit organization's Hawai'i complex, on the grounds of the old Barbers Point Naval Air Station. They grilled and served hamburgers and hot dogs, along with all the fixings, plus chips and sodas to approximately 50 veterans and staff members.

Navy Counselor 1st Class (NC1) (SW/AW) Khafre Quintall, command career counselor for Commander, Naval Surface Group Middle Pacific and president of the Hawai'i NCA chapter, kicked off the event with opening remarks, introducing the NCA chapter and explaining what command career counselors do. The counselors also were given a tour of the property, learned the organization's mission, and spent time with some of the support staff.

After lunch, a few of the counselors tried out their card playing skills with the vets. Quintall, along with Senior Chief Navy Counselor Gillian Guy, Commander, Navy Region Hawai'i career counselor, teamed up to take on an Army vets' team in a round of

Spades, although they didn't fare well. "There was something wrong with those cards. We never got a good hand," joked Guy. Other counselors sat and exchanged stories and laughter with some of the other veterans. NC1 (SW) Michelle Dilday, Commander, Pacific Fleet Staff Career Counselor, learned how to play dominoes.

Both the counselors and members of US VETS said the event was enjoyable for all. "The reward for us being here today is interacting with the veterans," said Quintall. "It's a very small token of our appreciation for what these veterans have given to our country."

The Navy Counselor Association is dedicated to the continued support of education and professional development of not just career counselors, but all personnel who aid in the professional development of Sailors past and present, by providing a network of assets and experience, facilitating the best possible career information flow to the Navy.

The U.S. VETS outreach team serves homeless veterans throughout Oahu and the island chain, offering services to them including long term transitional housing, employment assistance, clinical case management, substance abuse treatment and permanent housing for disabled veterans.

For more information or to set up volunteer opportunities with this organization, call 682-9000 or visit the team's Web site online at www.usvetsinc.org.



U.S. Navy photo by NCCS Gillian Guy

The Hawai'i chapter of the national Navy Counselors Association (NCA) started their Nov. 16 weekend by spending time with some residents of U.S. VETS Outreach in Kalaheola.

Briefings slated for Military Spouse Career Advancement Accounts Initiative

Story and photo by
Navy College Office and
Fleet and Family Support Center

There is a new program in Hawai'i for military spouses called "Military Spouse Career Advancement Accounts Initiative (CAA)." This program is a partnership between the Department of Defense (DoD) and Department of Labor (DOL).

The Military Spouse CAA Initiative is a time-limited demonstration to find an effective way of helping military spouses get the training and education they need to have portable careers.

The DoD and DOL have jointly identified target industries and occupations under the CAA initiative. The five industries are: construction, education, financial services, health care and information technology; specific occupations have been identified in each area. The targeted military spouse community is E-1 to E-5 and O-1 to O-3. The Navy, Marine Corps, Air Force and Army will all implement the same program.

The Navy College Office, Fleet and Family Support Center and Hawai'i DOL One-Stop Career Center will present a spouse CAA orientation brief every Thursday, starting at 9



Pearl Harbor Naval Station's Command Master Chief Stephen Mitchell welcomes participants to the Military Spouse Career Advancement Account Initiative training workshop.

a.m. Dec. 6 in the Naval Station Training Complex, Pierce Street, building 679, room 24. The brief will cover education and career opportunities, eligibility requirements, identi-

fied occupations and application process for the CAA initiative.

For more information, contact the Navy College Office at 473-5705.

Protein is powerful for losing weight

Karen Fauber,
MA, RD, LD

*The Dietician's
Voice, Defense
Commissary
Agency*

What better time to lose a few pounds

than before the beginning of the holiday season. If you are trying to lose weight, make sure to include meat, beans, seafood and soy foods on your shopping list for your next trip to the commissary.

So often when we cut calories, we skimp on the foods that are high in protein. Yet, protein is made up of amino acids that are the building



blocks for every cell in our bodies. Protein is vital to building and repairing all of our muscles and organs.

Too little protein in the diet can lead to losing muscle mass when you are trying to lose weight. When you don't eat enough protein, you are more likely to feel hungry and tired, and that leads to overeating.

So how much protein is enough when you are trying to lose weight? The average person needs 0.8 grams of protein per kilogram of body

weight or about 45 to 60 grams of protein each day. Endurance athletes and weightlifters normally need more protein to build and maintain muscles.

Good sources of protein include the following:

Salmon - 42 grams per fillet
Haddock - 36 grams per fillet

Chicken breast - 35 grams per breast

Cottage cheese - 31 grams per cup

Pork chops - 27 grams per three ounces

Most cuts of beef - 27 grams per three ounces

Turkey breast - 25 grams per three ounces

Lentils, white beans - 18 grams per cup

Other protein-rich foods

are milk and yogurt, so don't forget to include them in meals and snacks, too. There are also protein- and meal-replacement bars and shakes to help meet your daily protein allowances, especially when you're on the go and don't have time to plan a meal.

In any case, before you sit down to that holiday feast, make sure to include a food that contains protein and your waistline will thank you.

See you in the commissary!

For more information on protein or other nutrition topics, visit the DeCA Dietitian, post your questions on the DeCA Dietitian Forum, and be sure to look for other useful information in the Dietitian's Voice archive.



NORAD prepares for Santa tracking, Web site goes live

North American
Aerospace Defense
Command

In honor of the 52nd season of NORAD tracking Santa Claus on his annual journey around the world, the binational command tasked with providing aerospace security for North America announces that the NORAD Tracks Santa Web site www.noradsanta.org is now live, according to NORAD officials.

"The NTS program began

in 1955 when an errant phone call was made to NORAD's predecessor, the Continental Air Defense Command (CONAD) Operations Center in Colorado Springs, Colo.," said Michael Perini, NORAD director of public affairs. "The call was from a local child who dialed a misprinted telephone number in a local newspaper advertisement," Perini said. Although it was the wrong number, the commander who answered the telephone that night gave the

youngster the information he requested ...thus the tradition of NORAD tracking Santa began.

The program has grown immensely since it was first presented on the Internet in 1998. "In 2006, the Web site received a whopping 941 million hits from 210 countries and territories," Perini said. In addition, the NTS Operations Center, occupied by 756 volunteers on Christmas Eve, answered nearly 65,000 phone calls and 96,000 emails from children

around the world.

The Web site features the history of the program, information on how NORAD tracks Santa and interactive games. On Dec. 24, beginning at 2 a.m. Mountain Standard Time (4 a.m. Eastern Standard Time, 9 a.m. Greenwich Mean Time), the Web site will feature a minute-by-minute update on Santa's travels around the world. All of this information is available in English, French, German, Italian, Japanese and Spanish.

Skylark CENTRAL

Find these 14 words for Thanksgiving

WORD SEARCH

- Thanksgiving
- Turkey
- Cranberries
- Stuffing
- Pilgrims
- Indians
- Colonies
- Feast
- Corn
- Harvest
- Horn of Plenty
- Mayflower
- November
- Plymouth

G C Z V M M A Y F L O W E R
 L G Z Z Q C F E A S T D R S
 L E W H A R V E S T B V I F
 O T S T U F F I N G D F I T
 C O L O N I E S R C T E F O
 A I N D I A N S U B T A C X
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 G N Q B T H P I L G R I M S
 R G W D O V J W G N G N P Q
 I C R A N B E R R I E S A A
 S T H A N K S G I V I N G W
 B K L F M U N O V E M B E R
 S O J P L Y M O U T H S H R
 H O R N O F P L E N T Y A D

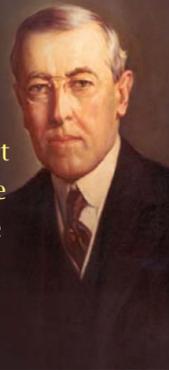
WHO SAID IT?

"LEADERSHIP IS A POTENT COMBINATION OF STRATEGY AND CHARACTER. BUT IF YOU MUST BE WITHOUT ONE, BE WITHOUT THE STRATEGY."

Answer to last week's Who said it?

"We shall fight for a universal dominion of right by such a concert of free peoples as shall bring peace and safety to all nations and make the world itself at last free."

Woodrow Wilson



WORD SEARCH SOLUTION

Find these 31 Geographic Places containing Ok

- AROOSTOOK RIVER
- HOOK OF HOLLAND
- ROANOKE
- BANGKOK
- KEOKUK
- SHAMOKIN
- BROKEN ARROW
- KOKOMO
- SHERBROOKE
- BROOKLYN LAKE
- OKEECHOBEE
- SKOKIE
- CAHOKIA MOUNDS
- MOLOKAI
- SPOKANE
- COOK ISLANDS
- OCRACOKE ISLAND
- STOKE-ON-TRENT
- OKEFENOKEE SWAMP
- TILLAMOOK BAY
- OKINAWA
- TOKYO
- HOBOKEN
- OKLAHOMA
- VLADIVOSTOK
- HOKKAIDO
- OKLAHOMA CITY
- YOKOHAMA
- HOLYOKE
- PEMBROKE
- GREAT SMOKY MOUNTAINS

G T N E R T N O E K O T S K O K I E
 R S O K S O K R N D A M O D S K N K
 E N D O N I D B A N G K O K U T D O
 A E M N N O N E K A A S O K Y L H R
 T O B A A I A K O L O M O L O O H B
 S Y W O O L L N P L O E H L L K R M
 M A I R H D S O S O K E C Y E E A E
 O B E B O C I I O H H A O T V F K P
 K K W R Y H E A K F H K O I M E L V
 Y O N O O A K E K O E O R C N N Y L
 M O O O R L O K K K O K L A H O M A
 O M N K B R C I O O O C F M K K N D
 U A Y L R E A O O O E H K O I E S I
 N L L Y O M R N T H A K H H O E S V
 T L O N O B C S E A O A A A O S I O
 A I R U R A O E V K M N N L O W K S
 I T N E K O B O H A O O S K O A H T
 N D H K R O W H O K N R C O B M R O
 S S H A M O K I N Y R O B N O P O K

Q. What was the name of the Japanese destroyer that sank PT-109, commanded by Lt. John F. Kennedy, on Aug. 2, 1943?



Last week's question...

When was the Pearl Harbor Navy Yard, later called Pearl Harbor Naval Shipyard, officially established in the Territory of Hawai'i as a coaling station for U.S. Navy ships transiting the Pacific Ocean?

Answer... May 13, 1908

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation



PEE WEE FLAG FOOTBALL

Parents can register their children for Pee Wee Flag Football from Nov. 26-Dec. 14 at the youth sports office, located at 620 Main St. off Valkenburgh) at building 3456. When registering, parents should bring their child's birth certificate and a current physical examination card. The season runs from January to March 2008. The sport is open to all military-affiliated youth, ages three to five years old. The cost is \$35. FMI: 474-3501.

CAMP ALOHA

Parents can sign up their child for Camp Aloha, a free resident recreation camp. There will be two sessions for Camp Aloha - Jan. 2-5 (four days, three nights) will be for campers ages eight to 12 years old; the Jan. 7-11 (five days, four nights) session will be for campers ages 13 to 17 years old. Both overnight camps will be held at White Plains Beach. Registration will be on a first come, first served basis from Nov. 26 to Dec. 12 at Catlin Clubhouse and will close when full. These camps are open to all eligible Morale, Welfare and Recreation (MWR) patrons. FMI: 421-1556 or visit www.greatlifehawaii.com.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

November

Now ~ Tickets are now on sale for the Boutiki's sixth annual holiday Tour of Homes. The tours will be from 6-9 p.m. Dec. 10. Tickets are \$14 and can be purchased at the gift shop. All proceeds from the event will benefit military and local charities. FMI: 442-6662 or myboutiki@yahoo.com.



30 ~ Community flu shots will be available for non-active duty military beneficiaries from 10 a.m. to 3 p.m. at the Navy Exchange at Pearl Harbor. All TRICARE beneficiaries with Department of Defense-issued identification cards are encouraged to receive the flu shots. Additional dates have been scheduled for December.

December

7, 8, 9 ~ Lt. Col. Dick Cole, Jimmy Doolittle's co-pilot during the Doolittle Raid, will speak at Pacific Aviation Museum on Ford Island at 7 p.m. Dec. 7. Reservations are required for the after-hours presentation. Cole and Jonna Doolittle Hoppes, Doolittle's granddaughter and author of "Calculated Risk," will be available for book signings from 11 a.m.-2 p.m. Dec. 8-9 at the museum. There will be free admission for museum members and military in uniform on Dec. 8-9. FMI: 441-1000.

Sharkey Showtimes



Elizabeth: The Golden Age (PG 13)

Growing keenly aware of the changing religious and political tides of late 16th century Europe, Queen Elizabeth finds her rule openly challenged by the Spanish King Philip II – with his powerful army and sea-dominating armada – determined to restore England to Catholicism. Preparing to go to war to defend her empire, Elizabeth struggles to balance ancient royal duties with an unexpected vulnerability in her love for Sir Walter Raleigh. But he remains forbidden for a queen who has sworn body and soul to her country.

TODAY

7:00 PM We Own the Night (R)

SATURDAY

2:30 PM The Game Plan (PG)

4:45 PM Good Luck Chuck (R)

7:00 PM The Comebacks (R)

SUNDAY

2:30 PM The Seeker: The Dark is Rising (PG)

4:45 PM Elizabeth: The Golden Age (PG 13)

7:15 PM The Heartbreak Kid (R)



Learn about photovoltaic solar energy systems

Krista Stehn

*Naval Facilities Engineering Command
Hawai'i Energy Team*

In Hawai'i, we are fortunate to have an abundance of sunshine throughout the year. It not only enables us to enjoy the outdoors, but the sun is also a great source of electrical power.

While the Navy has implemented solar technology in several projects in Hawai'i, including photovoltaics, solar collection and solar hot water heaters, Navy Region Hawai'i continues to explore the many opportunities available to harness the sun's power.

The presentation is exceptionally timely since Department of Defense policy now requires all installations to procure or produce 25 percent of all total energy from renewable energy sources by fiscal year 2025.

"We are all key players in the region's energy conservation efforts," said Greg Gebhardt, energy and utilities service manager, NAVFAC Hawai'i. "Of course we can all save energy by being mindful and reducing energy waste. Each of us is in a position to support the region's energy conservation goals by suggesting energy project possibilities to NAVFAC Hawai'i's Energy Team."



Photo courtesy of Andrew Keith

The Navy has implemented solar technology in several projects in Hawai'i, including photovoltaics, solar collection and solar hot water heaters. Navy Region Hawai'i continues to explore the many opportunities available to harness the sun's power.

The upcoming energy efficiency seminar will provide attendees with practical information on photovoltaic solar energy and is intended to expand Navy Region Hawai'i's renewable energy possibilities.

Personnel interested in registering for this free seminar or seeking more information should contact Krista Stehn at 471-0440 or krista.stehn.ctr@navy.mil.

Construction projects around Pearl Harbor

Denise Emsley

*Naval Facilities Engineering Command
Hawai'i*

The following scheduled road/bridge closures are ongoing around Naval Station Pearl Harbor:

Ford Island:

- A new temporary road will be opened off Chafee

Boulevard to provide access to the area for public-private venture (PPV) construction through June 30, 2008.

- The Admiral Clarey (Ford Island) Bridge will be closed for preventive maintenance from 8:30 - 9:30 a.m. Nov. 26 for preventive maintenance.

Naval Station Pearl Harbor:

- The parking lot at the

corner of South Avenue/Fuller Way will be unavailable for parking in support of a new environmental and preventive medicine unit military construction project in the area through Nov. 26, 2008.

- The driveway between building 223 and Fuller Way will be closed to install a drainage system through Nov. 30.

Girls' fast pitch softball program seeks players

Morale, Welfare and Recreation Youth Sports

The Navy Region Hawai'i Morale, Welfare and Recreation (MWR) Youth Sports Program is introducing a brand new program for all military-affiliated girls from nine to 18 years old. The RBI Girl's Fast Pitch Softball Program, sponsored by Major League Baseball (MLB) and Boys & Girls Clubs of America (BGCA), is looking for girls to participate in this instructional program. Experience is not necessary to play.

Practices have already begun and registration is ongoing at the MWR youth sports office. The cost for the program is \$30 per participant.

Practices are held from 5 to 6:30 p.m. (4:30 p.m. for pitch-



ers and catchers) on Thursdays and from 3 to 5 p.m. on Sundays at Pearl Harbor's Nimitz Field. The field is located behind Holy Family School and Fleet Reserve Association.

According to MLB and BGCA, "For nearly 17 years,

the Reviving Baseball in Inner Cities (RBI) program has touched the lives of thousands of young people, providing them with an organized and safe way to learn and play baseball and softball. Since its origins in the south central section of Los Angeles, RBI programs have been started in 200 cities worldwide. More than 120,000 young people learn not only baseball and softball skills, but important life skills as well."

Visit the MWR youth sports office located at 620 Main St. from 9 a.m.-5:30 p.m. Monday through Friday to register. Parents should provide their child's birth certificate and a current physical at registration. For more information, call 474-3501.

To report...

Fraud, Waste or Abuse

Contact Commander, Navy Region Hawai'i Inspector General

✓ We are here to help

✓ You can remain anonymous

✓ Remember to use your chain of command first

HOTLINE:
808-473-1782

EMAIL:
prlh-cnrhig@navy.mil