



## *African American History Month:* HONORING ACHIEVEMENTS OF BLACK AMERICANS

Karen S. Spangler

Editor

Numerous events held across the nation during African American History Month in February have honored the accomplishments and contributions of black Americans.

Dr. Carter G. Woodson, a Harvard-trained historian, was the founding father of African-American History Month. The event was first celebrated during a week in February 1926. In 1976, more than 50 years after the first celebration, President Gerald Ford expanded the event to a month-long observance. Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

Master Chief Aricraft Maintenceman (AW) Michael G. Cook, equal opportunity advisor for Navy Region Hawai'i and Naval Surface Group Middle Pacific, talked about Dr. Woodson and the origins of African-American History Month. "There are probably a lot of people that wonder why we have specific heritage months such as Black History Month. I would like to share the words of Dr. Woodson as he inaugurated Black History Week back in 1926. 'What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice.' His vision saw a time where the special observance of black history would not be required. He envisioned a time when peoples' history would be inclusive," explained Cook.

Through the decades, many African-Americans have left their mark on history and made valuable contributions to society. Every day, they continue to accomplish exceptional feats and contribute to our country and the world in which we live. Many of them are unsung heroes whose names we will never know.

Senior Chief Culinary Specialist Dedic Ward talked about the significance of African-American history in her life and for today's Navy Sailor. "I want to do the best I possibly can in the military and in my personal life



U.S. Navy photo by MC3 David Dexter

Senior Chief Culinary Specialist (SW/AW) Dedic Ward, leading chief petty officer assigned to Naval Station (NAVSTA) Pearl Harbor Combined Bachelor Housing (CBH), provides direction to Sailors working at Gabrunas Hall Bachelor Enlisted Quarters (BEQ) on board NAVSTA Pearl Harbor. Ward is responsible for the oversight of more than 400 military and civilian personnel and 63 bachelor enlisted quarters facilities covering NAVSTA Pearl Harbor, Marine Corps Base Hawai'i, Navy Munitions Command East Asia Division Detachment Pearl Harbor and Naval Computer and Telecommunications Area Master Station.

on a day-to-day basis." She referred to the accomplishments and challenges by African-Americans and all of the things they had to go through to make her life better, such as Martin Luther King. "It cost him his life," she said.

Ward's Navy career has spanned more than 20 years. The bachelor housing officer at Naval Station Pearl Harbor, Ward oversees the operation of 63 barracks across the island that house more than 4,400 service members.

With a staff of 12 chief petty officers, 80 enlisted service members E-6 and below, and 120 civilians, she handles the administration management and operation of a "home away from home" for the Navy's single Sailors at Pearl Harbor.

Ward reflected upon those who have had the greatest influence in her life. She remembered her father, Oscar Ward, as a role model who taught her about the challenges of being an African-American serving in

the military. "My father was retired Air Force. When he first went into the military, blacks could only go into the Army. He served four years in a segregated Army unit. Once blacks were allowed to go into the Air Force (around 1949), my father enlisted as a supply clerk. I remember my father talking to me and my brothers and sisters about dealing with the integration of Negroes into white units in the Air Force. I saw a lot of difficult things that my father went through during his 24 years in the Air Force," said Ward.

She explained that her father retired from the Air Force, earned his bachelor's degree, and subsequently entered civil service where he worked his way up to a fuels officer (GS-12) position at Vandenberg Air Force Base, Calif. "Not bad for being born a share croppers' child in the small town of Hallettsville, Texas," Ward noted.

But it was an especially proud moment for Ward when she achieved

the status of a Navy E-6. "Before my father passed away in 1992, he saw me promoted to E-6 and was very proud of me," she said.

Ward mentioned another mentor, Command Master Chief (AW/SW) Evelyn Banks, force master chief, Navy Recruiting Command, who has served as a guiding force during her Navy career.

"She is an awesome lady. She's a really good mentor and I have learned a lot from her. We have kept in contact throughout my career since I became a chief petty officer," Ward explained. "I have truly learned [that] being a female in the military, you have to stay strong and stay a few steps ahead to achieve your goals. She was always there to give me her leadership and has been an awesome role model."

According to Ward, it is the responsibility of today's Navy chiefs to follow through on Master Campa's deckplate leadership principles. "The deckplate leadership is the first of our MCPON's guiding principles. MCPON Campa says 'Chiefs are visible leaders who set the tone. We will know our Sailors and develop them beyond their expectations as a team and as individuals.' His last guiding principle is 'Sense of Heritage: Defines our past and guides our future. Chiefs will use heritage to connect Sailors to their past, teach values and enhance pride in service to our country,'" she explained.

"We need to pay tribute to these people in living a life of honor, courage and commitment. Do all that you can to mentor your Sailors. It's my turn now to do the right thing by any Sailor I come across each and every day. I wear the uniform of a Navy chief petty officer - that's a way you can pay tribute to people (our heroes) who came before you," said Ward.

Today there are more than 72,000 African Americans on active duty in the Navy, with thousands more serving proudly in the Naval Reserves. They work, train, lead and contribute every day in the finest tradition of the heroes who preceded them. Indeed, they are writing new history.

# Deployment: Helpful tips for less stress

Brian P. Smith

TriWest Healthcare Alliance

Service members and their families can meet deployment-related challenges and transitions through resources available from TRICARE, the Military Health System and TriWest Healthcare Alliance.

## TRICARE coverage for behavioral health care

TRICARE Prime beneficiaries do not need a referral for the first eight routine outpatient behavioral health visits per fiscal year (Oct. 1 to Sept. 30) for most categories of behavioral health providers. Avoid point-of-service charges by receiving care from a TRICARE-network provider.

Active duty service members must have a referral from their primary care manager for all behavioral health care.

Family members using TRICARE Standard or Extra, as well as Reserve Component members and family members enrolled in TRICARE Reserve Select (TRS), will be responsible for the annual deductible as well as applicable cost-shares associated with receiving care.



For most categories of clinical behavioral health providers, no referrals are necessary under TRICARE Standard, Extra or TRS. After the initial eight outpatient visits each fiscal year, prior authorization from TriWest will be required. The behavioral health provider is responsible for requesting additional visits when medically necessary.

Certain categories of behavioral health providers (pastoral counselors, mental health counselors and licensed professional counselors) will always require a referral, even for the first eight visits.

## TriWest's "Help From Home" behavioral health resources

The behavioral health portal on [www.triwest.com](http://www.triwest.com) provides links to

local and national resources as well as information on PTSD [post traumatic stress disorder], depression, stress, substance use, family issues and more

- An online post-deployment support video series is available on [www.triwest.com](http://www.triwest.com). The "Help From Home" video series includes "Getting Home...All the Way Home," where behavioral health experts - veterans themselves - discuss common symptoms of combat stress and the importance of early detection and treatment and "On the Homefront," featuring military families who have faced the challenges of deployment and reintegration offering practical advice for families of military service members. Beneficiaries, providers, military leaders and family support organizations throughout TRICARE's 21-state west region may order a complimentary two-DVD set.

- Personalized depression support and education from a clinical health coach for eligible beneficiaries through TriWest's condition (disease) management program.

- Continuing education to help civilian health care providers in TRICARE's west region identify and treat symptoms of combat stress or PTSD.

- Annual sponsorship of Operation Purple summer camps for the chil-

## Mental health self-assessment program

Members of the military can anonymously take a voluntary self-assessment test online; the Mental Health Self-Assessment Program contains assessments for mental health and alcohol use for service members and their families affected by deployment. It's offered online at [www.militarymentalhealth.org](http://www.militarymentalhealth.org) and over the phone at 1-877-877-3647, 24 hours a day, seven days a week. A series of guided questions (from Screening for Mental Health, Inc.) will help the beneficiary discover if there are symptoms that may benefit from treatment or further evaluation.

dren of deployed service members and 'wounded warriors.'

- A toll-free behavioral health crisis line (1-866-284-3743), recently certified by the American Association of Suicidology, staffed 24/7 by trained clinicians, providing non-emergency behavioral

health assistance to west region beneficiaries.

- A behavioral health provider locator and appointment assistance service number (1-866-651-4970) available from 8 a.m. to 6 p.m. in all west region time zones to help Prime-enrolled active duty family members find local behavioral health care providers and set appointments. Active duty service members must have a referral from their primary care manager before making an appointment

Note: The appointment assistance service is not a help line for treatment, counseling or advice. TRICARE beneficiaries seeking emergency behavioral health assistance should call 911, proceed to the nearest emergency room for treatment, or call TriWest's crisis line.

For an overview of these benefits, visit the "beneficiary services" section on [www.triwest.com](http://www.triwest.com) then select "handbooks and brochures" and "behavioral health care benefits" to view a printable brochure. Visit the "mental health and behavior" section at [www.tricare.mil](http://www.tricare.mil) for specific coverage and associated costs.

TriWest recognizes the ongoing sacrifices of the military community and is committed to doing "whatever it takes" to assist service members and their families. For additional assistance, contact TriWest at 1-888-TRI-WEST (874-9378).

## Navy Hale Keiki School donates items to Fisher House

Story and photo by Brister Thomas

Contributing Writer

The students at Navy Hale Keiki School (NHKS) celebrated their 100th day of school with a donation of more than 1,500 items to Tripler Army Medical Center's Fisher House.

Fisher House is a home where patients who need extended medical treatment can live with their loved ones on the hospital

grounds. Theresa Johnson, the director of Fisher House, visited each of the classrooms at NHKS to explain Fisher House's mission.

Each class was given a challenge to collect 100 items for the use of patients and their families. The students brought in a variety of items such as toilet tissue, hand soap, paper towels, movies and books. As the children brought in their items, they tracked their way to 100.

This 100th day celebration

was one way these students used their motto, "We are sharing, caring, helpful and kind" to work while positively contributing to their community.

Navy Hale Keiki (house of children) School was organized and established in 1946 as a non-profit organization serving the military and civilian community.

Children at Navy Hale Keiki School learn about Fisher House from Theresa Johnson, Fisher House director.



## GOT SPORTS

(808) 473-2

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Contact the HNN editor for guidelines and photo submission requirements



## Operation Homefront Hawaii'i and NEX to provide Easter baskets to military children

### Operation Homefront Hawaii'i

The Navy Exchange (NEX) at Pearl Harbor, Operation Homefront Hawaii'i and the 'Easter Bunny' want to bring Easter to more than 500 military children of deployed or injured active-duty service members during this Easter holiday.

Operation Homefront of Hawaii'i will be collecting Easter basket items, such as baskets, eggs, candy, grass and prizes until March 4 at the information booth at NEX Pearl Harbor.

The Operation Homefront of Hawaii'i Easter egg hunt and basket distribution will be held March 15 at the Oahu Veterans Center, across from Radford High School. For more information, Vickie Cariello at (866) 569-9185.



## *MWR to host Super Garage Sale and Craft Fair Saturday*

Navy Region Hawaii'i Morale, Welfare and Recreation (MWR) will host a Super Garage Sale and Craft Fair from 8 a.m. to noon Saturday at Richardson Field on Kamehameha Highway across from The Aloha Stadium. For more information, visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com) or call 473-0606.

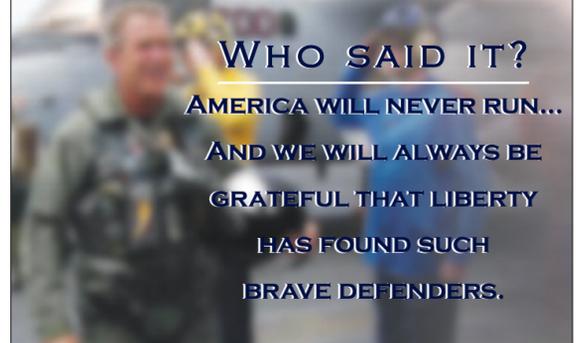
# Skylark CENTRAL

WORD SEARCH  
Find 32 words that are

## Animal Dwellings

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|-----------|-----------|----------|
| AERIE     | ROOST     | LAIR     |
| FOLD      | BURROW    | TUNNEL   |
| PEN       | HOLE      | DEN      |
| AVIARY    | STABLE    | LODGE    |
| FORMICARY | CAGE      | WARREN   |
| PERCH     | HUTCH     | DOGHOUSE |
| BARN      | STALL     | MOUND    |
| HILL      | CAVE      | WEB      |
| PIGSTY    | KENNEL    | DOVECOTE |
| BIRDHOUSE | TERRARIUM | NEST     |
| HIVE      | COOP      |          |

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



### WHO SAID IT?

AMERICA WILL NEVER RUN...  
AND WE WILL ALWAYS BE  
GRATEFUL THAT LIBERTY  
HAS FOUND SUCH  
BRAVE DEFENDERS.

### LAST WEEK'S WHO SAID IT?

*"You can tell a lot about a fellow's character by his way of eating jellybeans."*

- Ronald Reagan -



Find these 34 names of  
**Unusual Animals**  
WORD SEARCH SOLUTION

- |              |         |
|--------------|---------|
| AARDVARK     | RATEL   |
| GNU          | CAVY    |
| OCELOT       | LEMUR   |
| AARDWOLF     | TAPIR   |
| KLIPSPRINGER | CIVET   |
| OKAPI        | MANATEE |
| ARMADILLO    | VOLE    |
| KOALA        | DIK-DIK |
| ORYX         | MARTEN  |
| BANDICOOT    | WALLABY |
| KOOKABURRA   | DINGO   |
| PECCARY      | MEERKAT |
| CAPYBARA     | WOMBAT  |
| KUDU         | DUGONG  |
| PLATYPUS     | NARWHAL |
| CASSOWARY    | YAK     |
| LANGUR       | ECHIDNA |

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

**Q.** Guadalcanal, Tarawa, Peleliu, Iwo Jima: they took part in every assault the U.S. Marines conducted in the Pacific from 1942 to 1945. They served in all six Marine divisions, Marine Raider battalions and Marine parachute units, transmitting messages by telephone and radio in their native language – a code that the Japanese never broke. Who were they?

#### Last Week's Question:

What was the Navy's first commissioned submarine?

**Answer:** An American inventor, John P. Holland, built his first steam-powered submarine in 1875. The US Navy purchased his sixth submarine on April 11, 1900, for \$160,000. The 53.3-foot-long, 63-ton submarine could travel to a depth of 75 feet. It was commissioned Oct. 12, 1900, as the USS Holland (SS-1). On the surface, the Holland was propelled by a 45-horsepower engine and could go six knots. Below the surface, the submarine relied on electric storage batteries. Holland's submarine, which held six crew, carried three torpedoes and a topside gun.

# Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation



**INTRAMURAL SOCCER LEAGUE**  
Navy Region Hawai'i Morale, Welfare and Recreation (MWR) intramural soccer league will begin Saturday with games at Ward Field. The league is open and free to active duty from Pearl Harbor, Barbers Point, Naval Computer and Telecommunications Area Master Station, West Loch and Naval Security Group Activity Kunia. FMI: 473-2437 or 473-2494 and [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**INTRAMURAL SOFTBALL LEAGUE**  
Navy Region Hawai'i MWR intramural softball league will begin March 4 with games at Millican Field. The league is open and free to active duty from Pearl Harbor, Barbers Point, Naval Computer and Telecommunications Area Master Station, West Loch and Naval Security Group Activity Kunia. FMI: 473-2437 or 473-2494 and [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**SPRING FAMILY FUN DAY**  
Navy Region Hawai'i MWR will host Spring Family Fun Day from 11 a.m.-1 p.m. March 9 at Scott Pool. Enjoy games and prizes. FMI: 473-0394 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

**WEIGHT MANAGEMENT SIX-WEEK PROGRAM**  
Navy Region Hawai'i MWR will sponsor a six-week weight management program from 6-7:30 p.m. every Tuesday and Thursday from March 4 to April 10 at building 161, Bloch Arena Fitness Center. The program includes a full physical assessment, nutritional education and weight training classes with a fitness specialist. The cost is \$75 a person and open to all authorized patrons. FMI: 473-0793.

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

Community Calendar

## March

**Now** ~ The National Kidney Foundation (NKF), Hawai'i chapter, is asking for volunteers for the Gift of Life festival which will be held from 7:30 a.m.-noon. March 8 at Kapi'olani Community College. Various duties will include basic setup, water refreshment, registration and walking-course marshals. A complimentary meal and T-shirt will be provided to all volunteers at the event. FMI: Suzanne Miller at 589-5915 or visit online at [kidneyhi.org/volunteering.asp](http://kidneyhi.org/volunteering.asp).

**1** ~ The application deadline for Bowfin Memorial Scholarships is March 1. Individual awards can range from \$250 to \$5,000. FMI: 206-8534.



**29** ~ Volunteers are needed to help with the 2008 Sanctuary Ocean Count hosted by the Hawaiian Islands Humpback Whale National Marine Sanctuary. The counts will take place from 8 a.m. to 12:15 p.m. to observe humpback whales' behavioral patterns in their natural environment at selected site locations. Volunteers must attend training and will receive a free project T-shirt for their efforts. FMI: 397-2651, ext. 253 or [hawaiihumpbackwhale.noaa.gov](http://hawaiihumpbackwhale.noaa.gov).

Sharkey Showtimes



Keep the faith.  
Steal the rest.

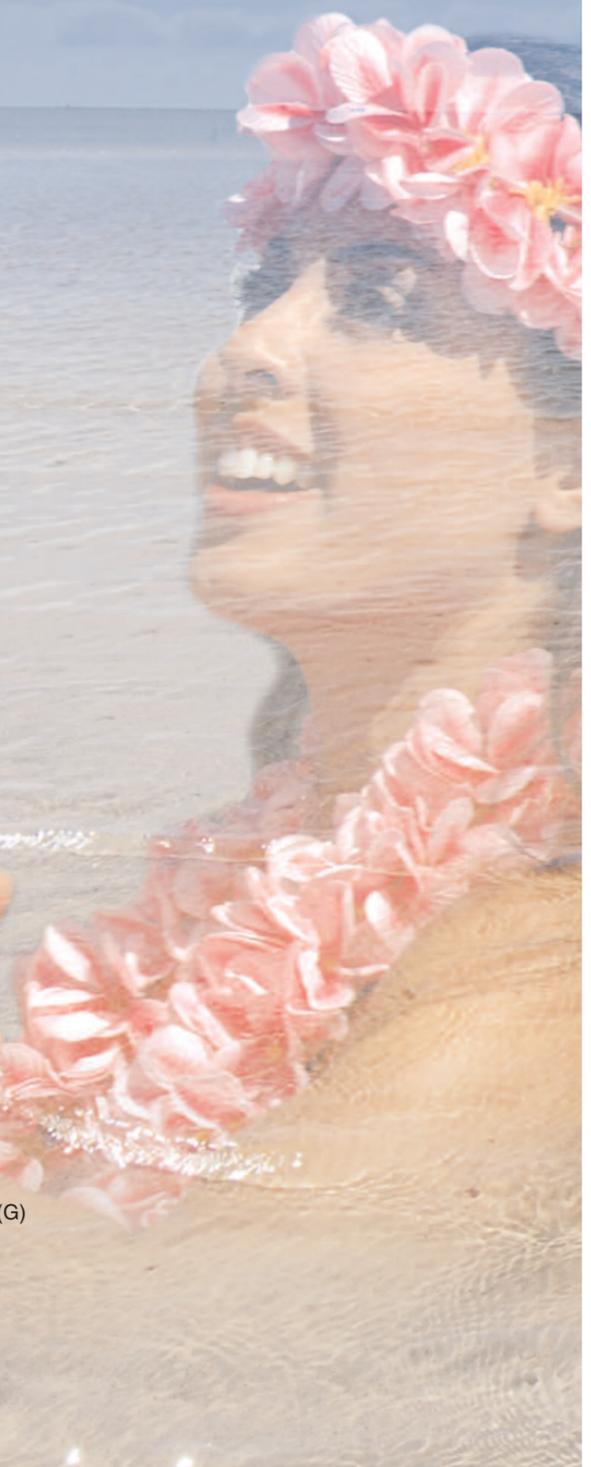
### First Sunday (PG 13)

A pair of criminals take a group of church parishioners hostage while attempting to rob the holy house, only to find their captives slowly convincing them to repent and give up their lawless lifestyles.

**TODAY**  
7:00 PM First Sunday (PG 13)

**SATURDAY**  
2:30 PM The Pirates Who Don't Do Anything (G)  
4:45 PM Juno (PG 13)  
7:00 PM Sweeney Todd (R)

**SUNDAY**  
2:00 PM The Pirates Who Don't Do Anything (G)  
5:00 PM The Bucket List (PG 13)  
7:00 PM First Sunday (PG 13)



## Aboard the 'Mighty Mo' with DEFY

Yeoman 1st Class Latasha Jones, assigned to U. S. Pacific Command, and children of the Pearl Harbor Drug Education for Youth (DEFY) volunteered their time to sweep decks, clean glass, and polish brass on board the "Mighty Mo." The Pearl Harbor DEFY program enhances family readiness for children of Hawaii-based service members through anti-drug education, leadership and character

U.S. Navy photo by MC2 Michael O'Day



# Silver Dolphin Bistro

## Lunch Menu for March 3-9

• Monday •

Old fashioned bean soup, chicken pot pie, teriyaki beef slices, boiled egg noodles, steamed rice, steamed green beans, steamed zucchini, hot biscuits, peach shortcake, cheesecake with blueberry topping, pineapple chiffon pie.

• Tuesday •

Cream of broccoli soup, New England boiled dinner, southwestern shrimp linguine, boiled potatoes, steamed rice, boiled carrots and onions, boiled cabbage, hot dinner rolls, apple crisp, peach pie.

• Wednesday (Hawaiian delight meal) •

Chicken papaya soup, pork kalua, Hawaiian huli huli chicken, steamed rice, paprika potatoes, stir fry vegetables, hot pandesal, assorted ice creams, vanilla cream pie, spice cake, pecan pie.

• Thursday •

Doubly good chicken soup, Swiss steak, five spice chicken, brown gravy, rice pilaf, mashed potatoes, steamed spinach, stewed tomatoes, hot French bread, yellow cake, chocolate cream pudding, apple pie.

• Friday •

New England clam chowder, tempura fish, beef and broccoli, oven browned potatoes, steamed rice, steamed mixed vegetables, sprout superba, hot pandesal, pumpkin pie, maple nut cake.

• Saturday •

Minestrone soup, charbroiled hamburgers/cheeseburgers/frankfurters, American chop suey, steamed rice, vegetable combo, hot dinner rolls, peanut butter cake, mocha Blanca, chocolate cream pudding.

• Sunday •

Tomato bouillon soup, charbroiled hamburgers/cheeseburgers/frankfurters, turkey barbecue sandwich, Boston baked beans, vegetable combo, hot dinner rolls, butterscotch brownies, chocolate cream pie, jelly roll.

## Dinner Menu for March 3-9

• Monday •

Chicken aroz caldo soup, sweet and sour pork, southern fried chicken, chicken gravy, steamed rice, mashed potatoes, steamed collard greens, steamed mixed vegetables, hot combread, easy chocolate cake, chocolate chip cookies, cherry pie.

• Tuesday •

Spanish soup, orange chicken, baked trout, pork fried rice, lyonnaise potatoes, steamed peas and celery, steamed wax beans, hot dinner rolls, lemon cookies, cheesecake with blueberry topping, eclairs, chocolate cream pudding.

• Wednesday •

Logging soup, Salisbury steak, turkey outlets, mix gravy, steamed rice, mashed potatoes, simmered broccoli, steamed creamed corn, hot pandesal, assorted ice creams, brownies, coconut cake, rainbow pie.

• Thursday •

Cream of mushroom soup, Caribbean flounder, stuffed beef rolls, brown gravy, Franconia potatoes, steamed rice, steamed cauliflower, simmered asparagus, hot dinner rolls, cream puffs, blueberry pie, vanilla cream pudding, filled cake.

• Friday •

Mulligatwny soup, chicken chow mein, oriental pepper steak, chow mein noodles, tossed green rice, glazed carrots, steamed turnips and bacon, hot dinner rolls, oatmeal cookies, marble cake, apple pie.

• Saturday •

Bean and bacon soup, chicken teriyaki, beef stroganoff, noodles Jefferson, orange rice, steamed broccoli, eggplant parmesan, hot pandesal, Boston cream pie, lemon meringue pie, cheesecake with strawberry topping, meringue.

• Sunday •

Beef noodle soup, Cajun baked fish, ginger pot roast, natural gravy, oven glo potatoes, steamed rice, simmered cauliflower, steamed peas, hot dinner rolls, pineapple upside cake, pecan pie, cherry cobbler.

\*A salad bar, dessert bar and beverage bar are also available for each lunch and dinner meal.  
Note: The galley may make changes to this menu when necessary to provide substitutions.