



Remarks from Chief of Naval Operations (CNO) Adm. Gary Roughead as he welcomed new chief petty officers (CPOs) to the fleet at the Washington Navy Yard on Sept. 16:



*"I've seen many navies and I've seen many militaries around the world and it has constantly reinforced to me that the greatest difference between the United States Navy and the other armed services is the chief petty officers. As you take up your new responsibilities,*

*remember that it's your job to lead, mentor and to serve. Becoming a chief is the greatest achievement that any Sailor in the United States Navy can achieve, and it is a day that the chiefs and their families will never forget."*

The chief petty officer induction process is a 115-year-old tradition where chief selectees participate in team building activities and community relations projects, as well as learning CPO history and heritage. The Navy advanced 4,021 first class petty officers to chief petty officer throughout the fleet this year.



U.S. Navy photo by MC2 Michael A. Lantron



## Fitness program launches at Pearl Harbor

Story and photo by  
Camille L. Sargent

Navy Region Hawai'i Fleet  
and Family Readiness  
Marketing

Navy Fitness launched a new physical fitness program specifically designed for active duty Sailors age 40 and over. The pilot program, called SHAPE (Senior Health Assessment Program Enterprise), was created to help "mature" Sailors develop and maintain a fitness regimen geared toward their specific needs.

"This program is designed to help our higher ranking personnel, both enlisted and officers, get the help that they need to stay fit," said Judy Kosaka, Navy Region Hawai'i MWR fitness director. "Right now, we have two trainers onboard for the purpose of this program and their goal is to impact as many as possible."

The most notable benefit of SHAPE is that each participant will receive all of the benefits of having a personal trainer at no cost. The program begins with an initial consultation as a way for the trainers to get a physical evaluation of each Sailor. The initial consultation includes stress, strength and flexibility tests along with a complete fitness assessment that focuses on the results of the tests and eating habits.

Heather Koontz, one of the trainers, is thrilled to be in Hawai'i starting up the program and anticipates a high level of success among the Sailors. She recognizes that being physically fit is a challenge for every Sailor, even those who already have an established fitness routine.

"Being and staying physically fit becomes more difficult with age progression. We are here to help the Sailors maintain a healthy fitness routine that includes not only exercising, but also eating right," stated Koontz. "We want to bring fitness back into the Sailors' lives



SHAPE (Senior Health Assessment Program Enterprise), was created to help "mature" Sailors develop and maintain a fitness regimen geared toward their specific needs.

because it's healthy to do so. Many of them view fitness as something that is simply a mandatory aspect of their job."

The other trainer, Sarah Shipe, believes that many people are unaware of the bodily changes that come with age. She views SHAPE as a tool to get Sailors more involved in and aware of their overall fitness needs.

"We plan to teach each Sailor about the effects of certain behaviors that can highly impact their physical health," said Shipe. "Each Sailor will learn how they measure in regard to body age versus chronological age. Smoking, sleep deprivation, stress, diet and many other factors all relate to a person's body age. Chronologically, a Sailor could be 41, but his lifestyle could put his body age at 51."

Both trainers credit Pearl Harbor as being an excellent facility for the program because of the many resources available to aid in implementing a unique fitness regimen. In addition to Pearl Harbor, SHAPE is only being offered at two other base locations: Naval Station San Diego, Calif. and Joint-Forces Staff College in Norfolk, Va.

There is an existing program at the Washington Navy Yard, which is where SHAPE originated.

Commander, Navy Installations Command (CNIC) Headquarters is fully supporting SHAPE. Although the program is supervised and managed locally at each installation, CNIC is providing a registered dietitian at headquarters to assist the trainers with dietary guidance.

"We want our 40-plus population to experience an optimal level of performance as they not only finish their time in the Navy, but also as they move into retirement years," said Lisa R. Sexauer, CNIC assistant program manager. "We want them to maintain functionality and health, which can reduce health care costs and increase retention and optimized performance within our target population."

SHAPE is a free program open to all active duty Navy personnel ages 40 and above. The trainers are willing to work around the various shifts and schedules of officers and enlisted, but appointments are limited during peak hours. For more details or to arrange your initial consultation, call 473-0792.

## Health Care U - TRICARE coverage for your college-bound child

Brian P. Smith

TriWest Healthcare Alliance

College-bound family members of active duty or retired service members can take comfort that their TRICARE coverage will make the journey with them, at home or away. For many students, this will be the first time away from home and may be the first time they have to manage their own health care decisions.

The Centers for Disease Control and Prevention (CDC) estimates that nearly 30 percent of college-age young adults have no health insurance. Fortunately for TRICARE-eligible families, full-time students remain covered up to their 23rd birthday.

Coverage can extend past the 21st birthday. Family members usually lose eligibility for TRICARE benefits at the age of 21. However, children attending college can extend their TRICARE benefits until age 23 if the following three conditions are met:

- More than 50 percent of the student's financial support is provided by the sponsor.

- The student remains enrolled full-time at an accredited institution.

- Documentation for the above is provided to a uniformed services ID card-issuing facility prior to the child's 21st birthday.

One important step to keeping your child eligible, no matter their age, is to make sure their address and personal information is always updated in the Defense Enrollment Eligibility Reporting System (DEERS). An up-to-date record may help prevent delays or denials of claims if your child changes location. Your child should also have a valid uniformed service ID card that shows TRICARE eligibility. You can find information about updating DEERS and finding a local ID card-issuing facility at [www.tricare.mil/deers](http://www.tricare.mil/deers).

TRICARE-eligible children staying close to home can use TRICARE as usual. But if your child is moving away from home, the TRICARE program they had been using may not be available in their new location.

Eligible students can use TRICARE Prime benefits in TRICARE Prime service areas (usually near a military treatment facility or other designated areas). Students using TRICARE Prime will have a local primary care manager (PCM) and will access their care through the PCM.

TriWest Healthcare Alliance has information for those beneficiaries who move and might have questions about Prime availability, changing their PCM or updating their contact information online at



Courtesy of TriWest Healthcare Alliance

[www.triwest.com](http://www.triwest.com) or by calling 1-888-TRIWEST (874-9378).

Outside of areas with Prime coverage, TRICARE Standard and Extra will be the only programs available for your child living away from home. Your student will be able to access care from TRICARE-authorized or network providers and is not required to enroll for Standard and Extra coverage. However, if your child previously had Prime coverage, he will have to disenroll from Prime (visit [www.triwest.com](http://www.triwest.com) to download a disenrollment form).

Split enrollment allows a student with Prime coverage to live in a different TRICARE region than their sponsor while the family pays only one annual Prime enrollment fee (if applicable). Contact the TRICARE contractor in your family's home region and the contractor in your child's new TRICARE region to set up the split enrollment.

When your child travels or returns home, TRICARE coverage follows. Students with Prime coverage will have to coordinate non-emergency care with the student's PCM. For long stays (more than 30 days) outside of their home region, enrollment can easily be transferred over to the new regional contractor. Students with TRICARE Standard and Extra coverage will still be responsible for applicable deductibles, cost-shares and, in most cases, completing/filing the claim paperwork while out of their home region.

TRICARE benefits pay second to any other health insurance (OHI), including student-specific health plans or employer-sponsored health insurance. Visit [www.triwest.com](http://www.triwest.com) for information on how to keep your OHI information current.

For students in, or moving out of TRICARE's 21-state West Region, TriWest has the information to help you manage your benefits at [www.triwest.com](http://www.triwest.com). For tips on managing your overall health, visit the healthy living portal at [www.triwest.com](http://www.triwest.com).



## State ballot return deadlines

### Federal Voting Assistance Program

Below is a list of general election deadlines for overseas citizens and military stationed in the U.S. and abroad. States appearing twice on the list are indicated with an asterisk. Please also be aware of states with postmark deadlines.

**Nov. 3:**  
Mississippi\*, overseas citizens and stateside military, 5 p.m.  
North Carolina, 5 p.m.

**Nov. 4:**  
Alabama, Noon  
American Samoa, 1:30 p.m.  
Arizona, 7 p.m.  
Colorado, 7 p.m.  
Connecticut, close of polls  
Delaware, 8 p.m.  
Florida\*, stateside military, 7 p.m.  
Guam, 8 p.m.  
Hawaii, close of polls  
Idaho, 8 p.m.  
Indiana, close of polls  
Kentucky, close of polls  
Louisiana  
Maine, 8 p.m.  
Massachusetts\*, stateside military, 8 p.m.  
Michigan, 8 p.m.  
Minnesota, close of polls  
Mississippi\*, overseas military, 7 p.m.  
Missouri, 7 p.m.  
Montana, 8 p.m.  
Nebraska, close of polls  
Nevada, 7 p.m.  
New Hampshire, 5 p.m.  
New Jersey, close of polls  
New Mexico, close of polls  
Ohio\*, stateside military, close of polls  
Oklahoma, 7 p.m.  
Puerto Rico, 3 p.m.  
Rhode Island, 9 p.m.  
South Carolina, close of polls  
South Dakota, close of polls  
Tennessee, close of polls  
Texas\*, stateside military, close of polls

Virginia, 7 p.m.  
West Virginia  
Wisconsin\*, overseas citizens, close of polls  
Wyoming, close of polls

**Nov. 7:**  
Georgia, postmarked by Nov. 4  
North Dakota

**Nov. 10:**  
Iowa, noon, postmarked by Nov. 3  
Texas\*, overseas citizens and stateside military, in delivery by Nov. 4

**Nov. 11:**  
New York\*, overseas citizens, postmarked by Nov. 3  
Pennsylvania, postmarked by Nov. 3

**Nov. 14:**  
Alaska\*, stateside military  
Arkansas, 5 p.m.  
District of Columbia  
Florida\*, overseas citizens and overseas military, 7 p.m.  
Ohio\*, overseas citizens and overseas military, 5 p.m.  
Virgin Islands, 5 p.m.  
Wisconsin\*, military, 5 p.m., postmarked by Nov. 4  
Massachusetts\*, overseas citizens and overseas military, postmarked Nov. 4

**Nov. 17:**  
New York\*, Military, postmarked by Nov. 3

**Nov. 18:**  
Illinois, postmarked by Nov. 3  
Utah, noon, postmarked by Nov. 3

**Nov. 19:**  
Alaska\*, overseas citizens and overseas military

**Nov. 25:**  
Washington, oath sign/dated by Nov. 4

## National Hispanic Heritage Month to be observed Sept. 15-Oct. 15

National Hispanic Heritage Month will be observed from Sept. 15 to Oct. 15 with the theme "Our rich cultures contributing to America's future." Hispanics have served bravely in the U.S. Navy through every war and conflict since the American Revolution. All personnel are encouraged to support the Association of Naval Services Officers (ANSO), an organization that recently completed 25 years of service to the Navy, and its Hispanic community of officers, enlisted

and civilians. For more information about National Hispanic Heritage month or to become a member of ANSO, visit [www.ansomil.org](http://www.ansomil.org).

## In the fast lane...



U.S. Navy photo by MC2 Paul D. Honnick

Cmdr. Kristin Barnes, officer in charge of Afloat Planning System, Pacific, trains for the Ironman World Championship triathlon at the Camp H. M. Smith pool. Her rigorous training program requires her to follow a strict diet and involves 26-36 hours of weekly endurance training. Barnes is scheduled to compete in the world's biggest triathlon race, held annually at Kailua-Kona, Hawaii; alongside approximately 1,800 athletes from around the world Oct. 11.

# Skylark CENTRAL

**WORD SEARCH**  
Find 61 words that Came From the Portugese

ALBACORE	BETEL	CASHEW	N A V N E Y W P A L E E Y A R O M C P
CUSPIDOR	JACARANDA	MADEIRA	C D A R C V E E R I P E P A N A N A B
MONSOON	PORGY	TAPIOCA	O N I B L A A O H M A N G O Y J L S N
ALBATROSS	BOSSA NOVA	CASTE	T M M E M C M N A S L E V A R A C T A
DODO	JAGUAR	MANDARIN	L O T U N O C O C A A L U B N G B E H
MORAY EEL	SAMBA	TAPIR	I E W Y N I L A A L V C A Q H U Y S C
ALBINO	CAPYBARA	CAVY	B V S S A R R A B M E M U S O A E A N
EMBARRASS	JUNK	MANGO	I T O U C A N A S N R I I M B R S R U
PAGODA	SAVVY	TEAK	D O I O A C T M D S N T T M V H A A A
AUTO-DA-FE	CARAMEL	COATIMUNDI	N O A O P R A S A N E E A A D H H B L
EMU	LACQUER	MANGROVE	U A C J O C A M R F A S L N K N O Y C
PALANQUIN	SERVAL	TOUCAN	M O U S A V L A E K A M I G A C L P G
BANANA	CARAVEL	COBRA	I T S W V C B D U M A R A R G G O A U
FETISH	LAUNCH	MARMALADE	T A P Y O C A R Q T A P I O C A E C G
PALAVAR	TAMARIND	YAM	A R I C N L C R C M A P Z V R U A R A
BANYAN	CARIOCA	COCKATIEL	O I D P A G O D A U B A T E Q R O E N
GROUPER	MACAQUE	MOLASSES	C E O M S C R T L N A Y N A B U A R K
PEON	TANAGER	ZEBRA	E D R D S N E A O W D A C O P R B N N
BAROQUE	CASH	COCONUT	A A U T O D A F E W C A C E P I A N U
IPECAC	MACAW		M M A C B D C O L E M A R A C T R C J
PIRANHA	TANK		

**WHO SAID IT?**  
"The art of war is simple enough. Find out where your enemy is. Get at him as soon as you can. Strike him as hard as you can, and keep moving on."

**LAST WEEK'S WHO SAID IT?**  
"A PEOPLE THAT VALUES ITS PRIVILEGES ABOVE ITS PRINCIPLES SOON LOSES BOTH."  
-Dwight D. Eisenhower



**WORD SEARCH SOLUTION**  
Find these 43 types of Primates

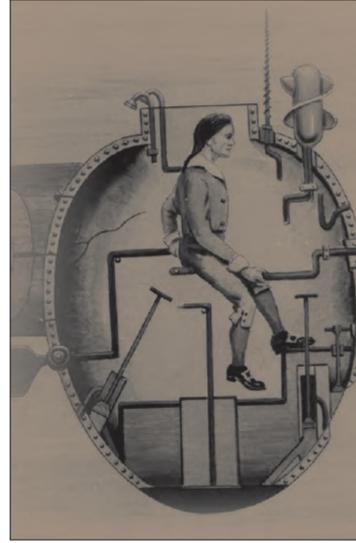
AYE-AYE	MANGABEY
HUMAN	TALAPOIN
SAKI	GALAGO
BABOON	MARMOSET
LANGUR	TAMARIN
SIAMANG	GIBBON
BONOBO	MONKEY
LEMUR	TARSIER
SIFAKA	GORILLA
BUSH BABY	MURIQUE
LION TAMARIN	TITI
SNUB-NOSED MONKEY	GRAY LANGUR
CAPUCHIN	ORANGUTAN
LORIS	UAKARI
SPIDER MONKEY	GUENON
CHIMPANZEE	OWL MONKEY
LUTUNG	VERVET
SQUIRREL MONKEY	HOOLOCK GIBBON
COLOBUS	POTTO
MACAQUE	WOOLLY MONKEY
SURILI	HOWLER
DOUC	



**This Week's Trivia**  
Who was the only president of the United States to travel on the USS Indianapolis?

**Last Week's Question:**  
In which war was the first submarine deployed?

**Answer:** The American Revolution: the American designed Turtle tried and failed to sink the HMS Eagle, the flagship of the British blockaders in New York harbor on Sept. 7, 1776.



# Navy Region Hawai'i Manawa Nanea

## Morale Welfare & Recreation

**✠ CNIC COMMAND FITNESS LEADER COURSE**  
 The CNIC CFL (Command Fitness Leader) Course helps Sailors to become a certified command fitness leader. The course, Sept. 22-26, will prepare Sailors for the PFA (physical fitness assessment) as well as allows them to become ambassadors of fitness for their commands. To qualify, Sailor must have current CPR certification, be a non-tobacco user (including chewing tobacco), and be within good weight standards and able to pass the PFA (physical fitness assessment) on the first day. FMI: 479-6545.



**✠ FITNESS INCENTIVE PROGRAM**  
 Beginning Oct. 1, join the MWR "Excellence in Fitness Program" and take on the challenge of sustaining a healthy lifestyle. Sailors will be able to stay fit and track progress through self-paced and self-monitored workouts. The program is free and open to all military-affiliated patrons. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

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

## Community Calendar

### ✠ September

**✠ 25** ~ The Supply Corps Association Hawai'i will host the 1st annual Ensign Joseph L. Howard four-person team scramble golf tournament at Hickam AFB Mamala Bay Golf Course. Sign up is on a first come, first serve basis and is limited to 36 teams. Entry fee for the event is \$20 per person, including golf cart, green fees, pupus and door prizes. All military, Department of Defense (DoD) civilians and non-DoD civilians are welcome to participate. FMI: Lt. Cmdr. Todd Chipman at 653-0065.

**✠ 29** ~ The USS Chung-Hoon Family Readiness Group will host a monthly meeting at 6 p.m. at the Pearl Harbor Memorial Chapel. This month's guest speaker will be from Fleet and Family Support Center (FFSC) to discuss financial planning for deployment. Child care will be provided and light refreshments served. FMI: Email [chunghoonfsg@yahoo.com](mailto:chunghoonfsg@yahoo.com) or call Careline at 440-4648.

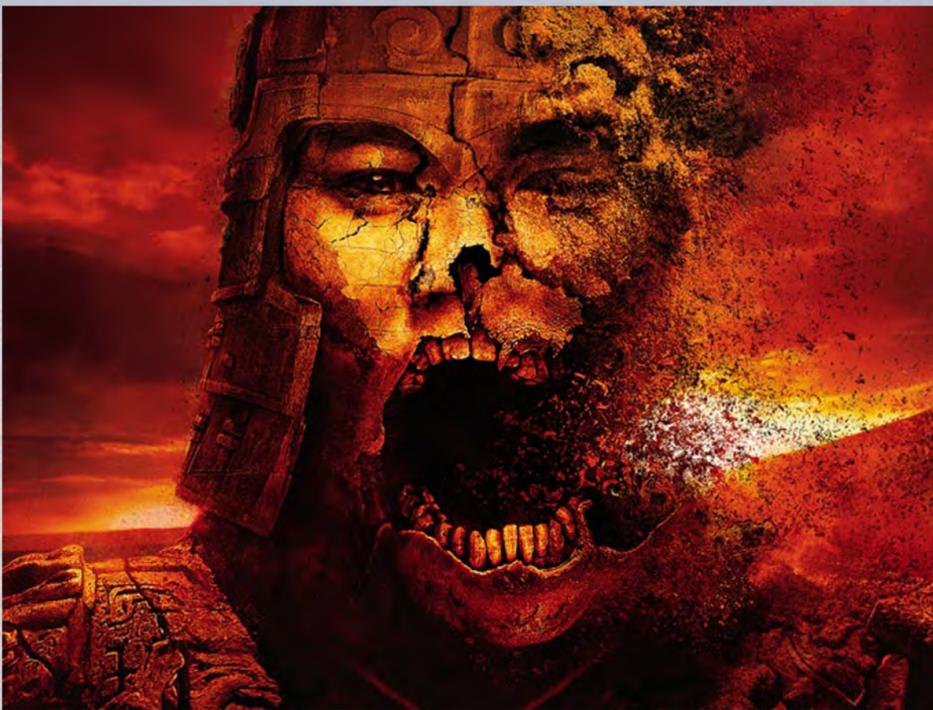
### ✠ October

**✠ 8** ~ The Navy Exchange (NEX) and Tripler Blood Donor Center will hold a military blood drive to aid in the collection of life-giving support from 10 a.m.-3 p.m. at the rotunda of the NEX Mall at Pearl Harbor. FMI: 423-3274.

### ✠ At a Glance

**✠** The Navy Officers Birthday Ball, planned for 6 p.m. Oct. 18 at the Hilton Hawaiian Village, will commemorate the 233rd anniversary of the U.S. Navy. This year's theme is the "Pacific Partnership, a cooperative strategy for the 21st century." Music will be provided by Kalawe Ohana, a local singing group, and also the Pacific Fleet Band, who will play throughout the evening. Cost for the event is \$55 for O3 and below, \$60 for O4, O5, Department of Defense civilians; \$65 for SES, O6 and above. FMI: Lt. Salvador at 473-4501 or Lt. Quay at 473-1280.

## Sharkey Showtimes



### The Mummy: Tomb of the Dragon Emperor (PG 13)

Explorer Rick O'Connell is sent to combat the resurrected Han Emperor in an epic that races from the catacombs of ancient China high into the frigid Himalayas. Rick is joined in this all-new adventure by son Alex, wife Evelyn and her brother, Jonathan. The O'Connells must stop a mummy awakened from a 2,000-year-old curse who threatens to plunge the world into his merciless, unending service.

#### TODAY

7:00 PM Step Brothers (R)

#### SATURDAY

2:30 PM The Mummy:

Tomb of the Dragon Emperor (PG 13)

5:00 PM X-Files: I Want to Believe (PG 13)

7:00 PM Swing Vote (PG 13)

#### SUNDAY

2:30 PM The Mummy:

Tomb of the Dragon Emperor (PG 13)

5:00 PM Sisterhood of the Traveling Pants 2 (PG 13)

7:15 PM Pineapple Express (R)

# Fisher House program brings families together

## Tripler Army Medical Center Public Affairs Office

The Fisher House program is a unique private-public partnership that supports America's military in their time of need. The program recognizes the special sacrifices of our men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that normally provided by the Departments of Defense and Veterans Affairs.

Because members of the military and their families are stationed worldwide and must often travel great distances for specialized medical care, Fisher House Foundation donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times - during the hospitalization for an unexpected illness, disease, or injury.

Fisher Houses are provided with the comforts of home in a supportive environment. Annually, the Fisher House program serves more than 10,000

families and has made available nearly 2.5 million days of lodging to family members since the program originated in 1990.

By law, there is no charge for any family to stay at a Fisher House operated by the Department of Veterans Affairs and Fisher House Foundation uses donations to reimburse the individual Fisher Houses operated by the Army, Navy and Air Force. No family pays to stay at any Fisher House.

In addition to constructing new houses, Fisher House Foundation continues to support existing Fisher Houses and help individual military families in need. Families and friends of patients at any of the military's hospitals can now receive up-to-the-minute reports on a loved one by going to the patient's own customized web page, thanks to new services provided through CaringBridge.

Tripler Army Medical Center's Fisher House is one of 27 Fisher House programs world-wide. The houses have full-time salaried managers, but depend heavily on volunteers and voluntary support to enhance daily operations

and program expansion.

In addition to needing volunteers, the Tripler Fisher House Program participates in the Combined Federal Campaign. Military personnel and federal civilian employees can choose to donate to the TAMC Fisher House through the CFC program if they so desire. The agency code for the TAMC Fisher House Foundation is 71377.

CFC contributions provide for enhancements for families staying at the homes and they help defray the costs of operating and maintaining the homes.

The Tripler Fisher House recognizes that donors have choices. We ask that you review your options and call the Tripler Fisher House manager at 433-1291 if you have questions. If you share our vision - that America owes a debt of gratitude to its service men and women and their families, and especially upon the unexpected hospitalization of a loved one, then consider designating the Tripler Army Medical Center Fisher House during the upcoming annual Combined Federal Campaign.



Photo courtesy of Tripler Army Medical Center Public Affairs Office

Country singer Cindy Standage and her band pose in front of one of Tripler's Fisher Houses. Standage and crew attended the Fisher House re-dedication ceremony last November, then performed a free concert in Tripler's Kyser Auditorium for staff and patients. Standage and band will return to Tripler on Oct. 10 to perform a Fisher House benefit concert at Tripler's track.

## Construction projects around Pearl Harbor

### Naval Facilities Engineering Command Hawai'i

#### Self help working with NCTAMS PAC to renovate House of the Rainbow

Seabee builders, electricians and plumbers from the Naval Facilities Engineering Command (NAVFAC) Hawai'i Self Help Shop recently began a renovation project at the Hale Anuenue on Naval Station Pearl Harbor, Wahiawa Annex.

Situated on the crest of Polaris Drive, the Hale Anuenue - or House of the Rainbow - serves as a cherished gathering place for the Naval Computer and Telecommunications Area Master Station (NCTAMS

PAC) Chiefs' Mess and hosts various command functions throughout the year.

Led by Builder 2nd Class Chad Rowlett, the Seabees are renovating the building's kitchen and bar areas and are attempting to replace the existing carpet throughout the facility. The kitchen upgrades include the installation of new laminate flooring, the construction of new cabinetry, and the installation of a new fire suppression system.

Not without its challenges, the project includes hazardous material abatement, performed by the environmental branch of NAVFAC Hawai'i. Asbestos floor tiles will be remediated to prepare for the installation of the

facility's new carpet. Additionally, lead-based paint will be abated during the renovations.

A distinctive feature of the renovation work is the proposed concrete countertop for the Hale Anuenue's bar. Formed off-site and transported to the Hale Anuenue, the countertop installation will highlight the construction expertise for which the Seabees are renowned. The renovations will continue for the next few months with an estimated completion date of February 2009.

#### Road/bridge/parking lot closures

- Ford Island: The Ford Island Bridge will be closed for routine maintenance from 8:30 to 8:40 a.m. on Sept. 24.



### FBI Career Seminar September Schedule

For those interested in a career with the Federal Bureau of Investigation (FBI), FBI recruitment team will be conducting career presentations at the following dates in September:

Sept. 23 – 10 a.m., Hickam Air Force Base at 10 a.m., Family Support Center, building 1105. For more information, call 449-0300.

Sept. 26 – 10 a.m., Prince Jonah Kuhio Federal Building, 300 Ala Moana Blvd., room 5-208 in Honolulu. For more information, call 566-4488.