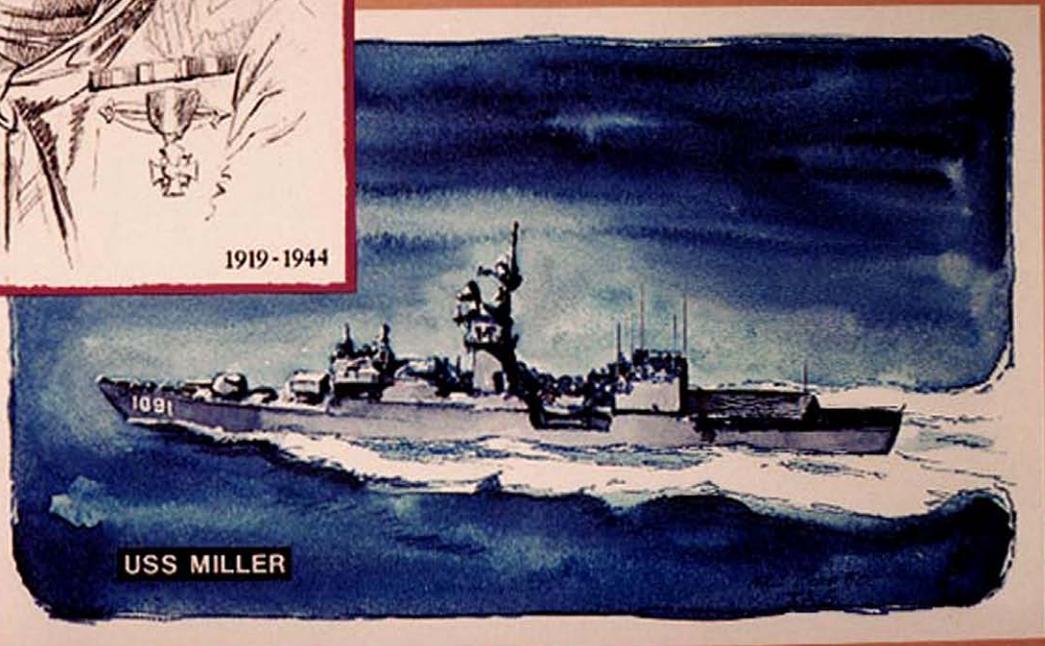


Reflecting on Naval History: Black History Month



Photo from Naval History and Heritage Command

BLACK HISTORY
Dorie Miller
MESS ATTENDANT



By Ensign Amber Lynn Daniel, Diversity and Inclusion Public Affairs

The Navy joins our nation in celebrating African American/Black History Month throughout the month of February.

With a national theme of "Black Women in American History and Culture," commands are encouraged to learn more about the contributions of African

Americans to the Navy, including the Navy's female Sailors.

African Americans have a long and notable history of service, first with state and continental navies and continuing with the establishment of the Department of the Navy in 1798. During the Civil War, black Sailors fought against slavery on every type of Union warship, and eight were Medal of Honor recipients.

During the Battle of Mobile Bay on August 5, 1864, landsman John Lawson was seriously wounded. A member of the ship's berth deck ammunition party, Lawson remained at his post despite his injuries and continued to supply USS Hartford's guns. For his heroism

HISTORY, Contd. on Page 3

Commanding Officer's Hot Line: Ext. 4435

You can call the Captain with your question/concern too. Dial 335-4435 any time, seven days a week! The purpose of the hotline (record-a-phone) is to provide all PMRF military members, families, civil service and contractor employees the opportunity to communicate directly with the CO. Some suggestions are:

- Safety suggestions/violations/unsafe practices, ideas to improve safety and promote safety awareness.
- Ways to improve morale, working or living conditions.
- Suggestions on how to save taxpayer dollars, cut costs, save energy, reduce labor manhours, etc.
- Security violations and/or recommendations for strengthening physical security and safeguarding classified information.
- Any positive things (events, programs, policies, benefits, etc.) that you feel are particularly good.
- Any negative things you feel should have the CO's attention.
- Suggestions for improving disaster preparedness (tsunamis, hurricanes, fires, etc.)

You need not identify yourself to leave a message, but if you would like a staffed response, please do so. If reporting a problem, please try to recommend a workable solution. Some of the questions or problems reported will be answered in the Within Range.

A good point of contact for issues involving Navy families is the PMRF Ombudsman, Jeannie Clemmo who can be reached at: Cell 635-5364 or email at pmrfoambudsman@yahoo.com.



U.S. Navy photo by MC1 Jay C. Pugh

P
M
R
F

S
n
a
p
s
h
o
t

"All right, KHON TV News! Shaka Brah! Wait, what? That's not a TV camera?"

PMRF's best of the best ham it up prior to meeting Rear Adm. Ponds. For more on PMRF's latest active duty award winners, see pages 5 and 6.

Within Range is published bi-weekly by the Pacific Missile Range Facility Public Affairs Office. Questions, concerns and comments can be directed to the Editor at tom.clements@navy.mil or jay.pugh@navy.mil.

Commanding Officer: Capt. Nicholas Mongillo

Executive Officer: Cmdr. James Wucher

Editor: Tom Clements

Command Master Chief: AFCM(AW/SW) Willie Canaya

Staff: MC1(AW) Jay C. Pugh

HISTORY, Contd. from Page 1

in that action, Lawson was the awarded the Medal of Honor.

In the 1880's, Ordinary Seaman Robert Sweeney was awarded the Medal of Honor twice within three years. Sweeney's first Medal of Honor was awarded for saving a shipmate from drowning while serving on board USS Kearsarge at Hampton Roads, Virginia on October 26, 1881. In addition while USS Jamestown was at the New York Navy Yard on December 20, 1883, Sweeney rescued another shipmate, A.A. George, who had fallen overboard and was drowning. Sweeney received a second Medal of Honor for his rescue of George.

On December 7, 1941, America was attacked by Japanese forces at Pearl Harbor. During the attack, Mess Attendant 2nd Class Doris "Dorie" Miller remained steadfast at his post, machine-gunning inbound Japanese planes. Miller received the Navy Cross for his actions during the attack, and

became one of America's first national heroes of World War II.

In 1942, Samuel L. Gravely, Jr. began his career as a seaman apprentice in the U.S. Navy. Gravely rose through the ranks and achieved many firsts for African Americans during his career, including becoming the first African American to command a combatant ship. Gravely was also the first African American to be promoted to flag rank and the first to command a Naval fleet. On May 16, 2009, an Arleigh Burke class guided-missile destroyer was christened the USS Gravely in his honor.

Following in Gravely's footsteps was J. Paul Reason. Raised in Washington, D.C., Reason initially chose to enter the U.S. Naval Academy because it seemed the most economical way to get an excellent education. Reason went on to make the Navy his career, and in 1996 he broke one of the most significant color barriers left within the Navy, becoming the first African American four-star admiral.

"I totally attribute my success

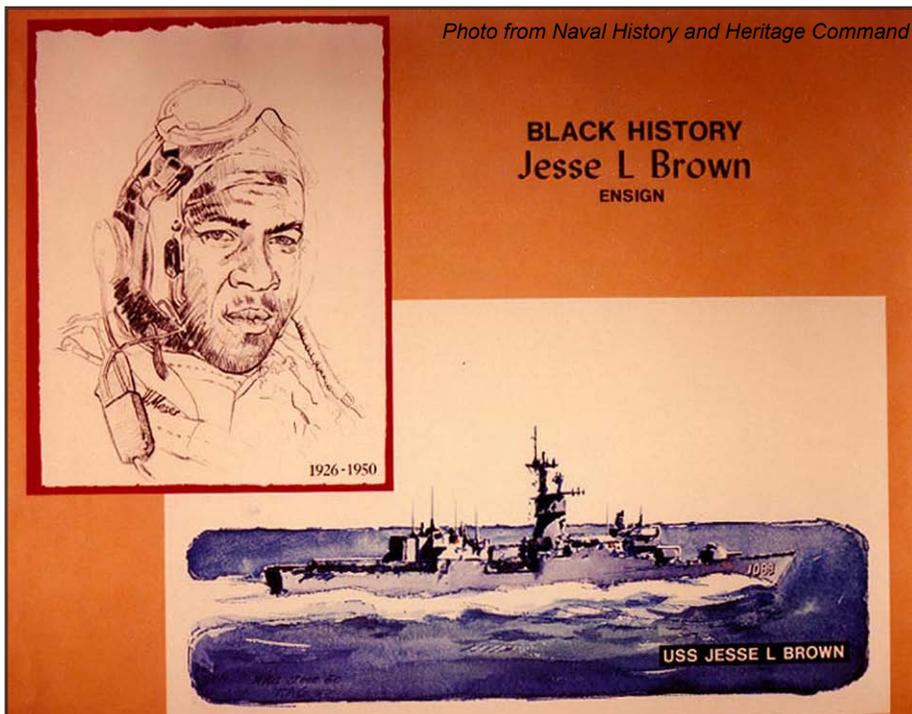
to those who have gone before me - all minorities," Reason said during a 2009 interview with American Forces Press Service. "People who have broken down barriers by showing others they're capable of doing the expected task, that they can perform and it has nothing to do with color of skin or ethnicity - nothing to do with anything other than a person's capabilities."

The contributions of African Americans in Navy history aren't just reserved for men, however. In December 1944, Lt. j.g. Harriet Ida Pickens and Ensign Frances Wills made history when they became the first African American officers in the Women Accepted for Volunteer Emergency Service (WAVES) program. African American females first enlisted in the Navy during World War I, and continue to serve with distinction and honor today.

When she was 12 years old, Michelle Howard told her older brother she wanted to join the Navy. A quarter century later, Commander Howard became the skipper of the USS Rushmore and the first African American woman to command a U.S. warship. Howard went on to lead an amphibious squadron, serve as senior military assistant to the Secretary of the Navy, and ultimately achieve flag rank. In 2010, she was selected to two-star rank and began serving as Chief of Staff to the Director of Strategic Plans and Policy on the Joint Staff.

African American/Black History Month serves as an important time for all Sailors to reflect on the history of our Navy, as well as its future.

Photo from Naval History and Heritage Command



Grand Opening of New Radar Detection Lab

Story by MC1 Jay C. Pugh. Photos by Jerry Lamar.

A ribbon cutting ceremony for the Advanced Radar Detection Laboratory (ARDEL) facility was held Jan. 25, at PMRF.

The two-story ARDEL facility consists of a radar tower, mechanical and electrical rooms, radar chiller room, control rooms, equipment storage and loading areas, data processing room and other supporting spaces. The facility was originally designed and built to attain a "silver" designation of the Navy's Leadership Energy and Environmental Design (LEED) building standards. However, with additional sustainability and energy efficient design elements and other innovations the project moved towards LEED "gold."

LEED is a certification system, developed by United States Green Building Council, for environmentally friendly construction, indicating the project meets or exceeds government mandates as well as industry standards. Buildings can achieve certified silver, gold or platinum designation of LEED compliance. Each level corresponds to the number of credits accrued in five "green" design categories: sustainable sites, water efficiency, energy and atmosphere, materials and resources and indoor environ-



Native Hawaiian practitioners Puni Patrick (left) and Caroline Newcomb assist noted Kauai kupuna, Auntie Aletha Kaohi (right) in a blessing ceremony during the grand opening of the ARDEL building.

mental quality.

The Navy requires all construction and major renovation projects to be compliant to LEED silver standards or better. The final check for the facility certification will be done after the 100 percent construction completion.

According to the Department of the Navy's Environmental Assessment of the project, the ARDEL facility will test and evaluate a new radar system planned for the next generation of surface combatant vessels strengthening the Navy's ability to detect, track, and provide information required to engage ballistic missiles at greater distances than current systems in use as well as more elusive long-range air threats. The advanced technologies of the new radar incorporate various aspects of ballistic missile defense, air defense, and surface warfare.

"The program is a major milestone for ballistic missile defense,"

said Capt. Nicholas Mongillo, commanding officer of PMRF. "ARDEL will benefit the Navy's ability to make our nation and our allies safer while strengthening PMRF's status as an invaluable training and test and evaluation resource for our country."

The ARDEL facility will have six permanent staff that could be augmented to the projected peak number of 40 persons during radar testing. The facility would be manned 24 hours per day, 7 days per week, 365 days per year.

Naval Facilities Engineering Command (NAVFAC) Pacific awarded the \$18.5 million, firm-fixed price contract to Tomco Corp. of Honolulu for construction of the ARDEL facility. NAVFAC Hawaii, who is administering the project's execution, expects the facility to be completed in March 2012.

The ARDEL building basks in the morning light.



Congratulations to our Sailor of the Year winners!



**2011 Sailor of the Year
EM1(SW) Francis Garcia**

Electrician's Mate 1st Class Francis Garcia was born in San Francisco, California. Raised by parents Edwin and Susan, he is the elder to his younger brother Philip and youngest sister Clarissa.

His family eventually moved to Vallejo, California in 1988 where he graduated from Peoples High School in 2001.

He enlisted in the Navy on June 8, 2004 and was shipped off to Great Lakes, Ill., for boot camp. After he graduated, he began Electrician's Mate "A" school. After completing "A" school he reported to the USS Ponce (LPD-15) in 2004 which was home ported in Norfolk, Va., where he completed three Persian Gulf Deployments, earned his Enlisted Surface Warfare Qualification, and later became the Leading Petty Officer at sea over three work centers. He advanced to First Class Petty Officer prior to his departure in 2009. He then reported for duty

to PMRF in 2010 and is currently the Leading Petty Officer of the Seaborne Powered Targets Division as well as the Command Career Counselor.

"We need to remember that this isn't an ordinary job, this is military service. It is a service to our country and to our fellow service members. Finish the job big or small, no compromise," said Garcia.



**2011 Junior Sailor of the Year
BM1(SW) Isaac Burkhalter**

Boatswain's Mate 1st Class Isaac Burkhalter claims Wichita, Kansas as his hometown. He joined the Navy in 2002 to see the world. His command history includes the USS Blue Ridge (LCC 19), Naval Support Activity Bahrain, USS Normandy (CG 60), and PMRF.

He plans to start taking college courses to better himself as an asset to the Navy, be promoted to chief, and to continue to pass on his knowledge gained over the years to his subordinates.

He had this advice to future

Sailors striving to become the next Junior Sailor of the Year:

"Let your work and your performance be your guide. Hard work pays off. Be involved, be proactive, and have a can-and-will-do attitude," said Burkhalter.



**2011 Bluejacket of the Year
ASAN Miguel Barrera**

Aviation Support Equipment Technician Airman Miguel Barrera is originally from Texas, but now finds himself at his first duty station at PMRF.

His hobbies include playing soccer and basketball as well as hiking, paddling, and coaching Pop Warner Football.

His future goals include completing his bachelor's degree and earning the rank of petty officer.

He had this advice to future award winners.

"I achieved it by working hard, staying out of trouble, helping those around me, and giving back to the community," said Barrera.

Congratulations to our Sailor of the Quarter winners!



**Sailor of the Quarter
AWV1(AC/AW) Scott Barrow**

Naval Air Crewman 1st Class Scott Barrow was born and raised in Tennessee. After graduating from Collierville High School he immediately enlisted in the Navy in 1998.

He served in Sicily, Italy as an MH-53E helicopter Crew Chief with the Black Stallions (HC 4). He then spent three years in Key West, Fla., assigned to the Operation Maintenance Department (OMD) flying on a C-12 Huron and on two UH-3H Search and Rescue (SAR) helicopters. He then transferred to the Shadows (VQ 4) in Oklahoma City, where he flew on the E-6B Mercury as a flight engineer. As a Naval Air Crewman now assigned to the Air Operations department at PMRF, he is the Leading Petty Officer of the Transit Line, NA-TOPS, and Quality Assurance Supervisor (QAS). So far in his career he logged 3,925 flight hours.

His current goals are to obtain a promotion in rank and to finish his degree at Ashford

University.

Barrow advises future Sailors to, "continue to work hard and apply what you learn to your everyday duties. Always seek to improve your life by involving yourself in the local community, volunteering, and off-duty education. However, the most important thing is to take care of your Sailors! Lead by example and pass on your knowledge and know-how to your Sailors so they can climb the ladder of success and achieve their goals in life and in the Navy."



**Junior Sailor of the Quarter
MA2 Benjamin Cheng**

Master-at-Arms 2nd Class Benjamin Cheng was raised in Guangzhou, China. He moved to the U.S. when he was 14 years old. After high school he enlisted in the Navy out of Seattle. Cheng has served in the Navy for seven years. He likes travel, outdoor activities, and eating out.

His goals are to finish his college degree, advance to the next pay grade and stay fit while a Sailor at PMRF.



**Bluejacket of the Quarter
MA3 Randy Christensen**

Master-at-Arms 3rd Class Randy Christensen was born in the suburbs of Cleveland, Ohio to Chris and Beth. He is the middle of three children, in between his older brother Ryan and younger sister Naomi.

After graduation he got a job at a logistics company in the safety department and shortly worked his way to Safety Director. After about two years of an office job he realized that he would be much happier in the Navy.

He left for Great Lakes, Ill., to start boot camp in 2010. After boot camp he traveled to Lackland, Texas for "A" school.

He graduated top of class and was awarded his choice of orders and ended up at PMRF.

Christensen advises future Sailors to, "never compare yourself with your peers. Just compare yourself to the best possible you. Never settle for what you have and always try to achieve the next step, and beyond."



Safety Corner

Don't get sidelined by injury

By April Phillips, Naval Safety Center Public Affairs

When the temperatures start to cool off, there's one question we're all asking ourselves: "Are you ready for some football?"

For most of us, an affirmative answer simply involves a comfy couch, chips and dip, and a prime spot in front of the TV. However, there are a few wannabe warriors who prefer to take to the field for a game of flag football. Sports of any sort offer a great way to blow off steam, build camaraderie, and burn off some excess calories. But an unconditioned athlete can find him or herself sidelined by injuries without proper precautions.

"It's important for people to

listen to their bodies," said John Williams, an off-duty recreation safety specialist at the Naval Safety Center. "Most injuries are the result of overexertion and wrong equipment."

Overexertion injuries include sprains, strains and hamstring pulls. If you haven't spent the whole summer in the gym like an NFL superstar, you aren't going to be able to perform like one and your body will punish you for trying.

"Start working out before you decide to play football," Williams said. However, he said just any old workout won't do. "You need to do football-specific exercises such as running and stopping quickly, changing directions on a dime, and lifting weights. This creates the muscle memory that your body needs to

participate in this activity.

Proper protective equipment is also very important. Wear the right shoes and padding for the conditions.

"A lot of people want to play chess with checker pieces, but you can't go out and play flag football if you don't have the right gear," Williams said. "You'll just make yourself a candidate for the emergency room."

If you do get injured playing football, don't try to tough it out. Small injuries will just get worse if they aren't attended to, Williams said. If worse comes to worse, nurse your injuries by putting your feet up on the couch, and leave the real competition to the pros.



"Theft prevention at work"

Who knows. Maybe somebody stole one sometime and took it home and stuck it in their garage. Maybe somebody fired one off during some horseplay and made a mess. Whatever happened, apparently the local powers-that-be figured it was best to keep this one locked up.

Two questions. Whatever happened to common sense? And who has the key?

A retired Navy chief saw this while on vacation in Alaska. "Immediately thought of you guys," he wrote.

Wish you were here - Photos from the Fleet



U.S. Navy Photo by MC2 Mark Logico

(Above) PEARL HARBOR (Jan. 29, 2012) More than 200 Hawaii-based Sailors stand at attention at the Aloha Stadium field during the 2012 Pro Bowl Military Appreciation halftime show. The AFC defeated the NFC, 59-41. **(Below left)** ARABIAN SEA (Jan. 31, 2012) Seaman Matthew Haag stands watch as a lookout at sunset on the fantail aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). Carl Vinson and Carrier Air Wing (CVW) 17 are deployed to the U.S. 5th Fleet area of responsibility. **(Below right)** SINGAPORE STRAITS (Jan. 30, 2012) A Sailor prepares to handle line as part of a sea and anchor detail as the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74) prepares to depart Singapore.



U.S. Navy photo by MC2 James R. Evans



U.S. Navy photo by MC3 Benjamin Crossley