



### A dirty run

Pearl Harbor submariner tackles Nissan Xterra. See story on page A-7.



### Final farewell

Punchbowl stands as a memorial to fallen military members. See story on page B-1.

## Hawaii Navy News Briefs

### Lane notices on Ford Island Bridge

From Nov. 2 to Nov. 11, the in and out bound lanes on the Ford Island Bridge will be detoured around personnel and vehicles conducting top-side and underside inspections of the bridge.

Cones and detour signs will be in place to guide motorists around inspection areas. All motorists are to be alert and obey all traffic control devices.

### Anthrax vaccinations on hold

The Department of Defense has put a temporary pause on all anthrax shots to military personnel while they review an injunction issued by the U.S. District Court for the District of Columbia Oct. 27. It is similar to the temporary injunction issued last December when the DoD paused the vaccination program for two weeks for clarification of legal issues.

At that time, it was concluded the anthrax vaccination is safe and effective for all forms of anthrax exposure. The new injunction is based on a decision by the court that the Food and Drug Administration was required by its regulations to solicit additional public comments before finalizing its conclusion the anthrax vaccine is safe and effective for protection against inhalation anthrax.

### Temporary power outage planned

There will be a temporary power outage in building 150 on Naval Station Pearl Harbor from 2 to 3 p.m. today as the temporary chiller is removed and the new one is put online.

### Makahiki ceremony

The Pearl Harbor Canoe Club is scheduled to participate in the Makahiki ceremony Nov. 20. Canoes will leave from Iroquois Point at 7:30 a.m., land on Ford Island for a Hawaiian cultural and religious celebration, continue to Hickam AFB and return to Iroquois Point.

# Abe Lincoln arrives today

## Navy Region Hawai'i Public Affairs

USS Abraham Lincoln (CVN 72) is scheduled to pull in today for a brief port visit.

The ship and crew left Washington Oct. 19 to support Commander, U.S. 7th Fleet potential contingency operations and theater security cooperation initiatives.

Capt. Kendall L. Card of Fort Stockton, Texas commands Abraham Lincoln at the center of the strike group. Abraham Lincoln carries approximately three million gallons of fuel for 70 aircraft and three escort ships, and enough weapons and stores for extended operations without replenishment.

This is the first deployment for Abraham Lincoln since the ship and crew returned from their historic 10-month deployment in May 2003 supporting Operations Southern Watch, Enduring Freedom and Iraqi Freedom.

"Because of our surge capabilities under the new Fleet Response Plan, our deployment will actually result in having spent less days at sea overall," explained Rear Adm. Doug Crowder, commander, Abraham Lincoln Carrier Strike Group.

Officials say there will be no public tours of the nuclear-powered aircraft carrier. Group tours have already been pre-scheduled for the duration of the ship's brief visit to Pearl Harbor.



U.S. Navy photo  
USS Abraham Lincoln (CVN 72) passes the USS Arizona Memorial on a previous visit to Pearl Harbor. The ship and crew are scheduled to remain here for a few days for a port visit before continuing to the Western Pacific on their latest deployment.

## Commissary to implement self-check registers

### MM3 Greg Bookout Staff Writer

The Pearl Harbor Commissary will open four new self-checkout cash registers Nov. 12 as an added convenience to customers.

According to Susan Campbell, the store's administrator, using the new self-checkouts will be an easy process and will be open to those customers with just a handful of items, up to those with a full load of goods.

"The self-checkouts are mainly going to be used by customers with 15 items or less, but there will be no limit on the number of items. Customers may check out a full cart of groceries in this manner if they wish," said Campbell. "There will be four registers with one attendant between them to assist customers if a problem should arise. Customers will be able to walk up, scan the product's UPC barcode, and place the products into bags. The bags rest on a scale which is programmed with the weights of the products, so the scales will know when the products have been placed into the bags."

The Pearl Harbor Commissary's addition of the self-checkout system comes as a result of positive results of this method at other commissaries around the country.

"Growing customer acceptance of the use of self-checkouts installed earlier this year in several other commissaries convinced the agency to expand their use," said Scott Simpson, Defense Commissary Agency's (DeCA) chief operating officer. "They're a great convenience for people with a few items who want to avoid waiting in line to check out," Simpson said.

The registers will accept cash, credit cards and debit cards, according to Campbell.

"The machines will be able to accept most forms of payment," said Campbell. "Cash may be accepted through a slot. Similar to an ATM machine, credit and debit cards may be swiped. Purchases made on credit cards must be signed for on an automated screen and debit purchases require a PIN number to be entered," she explained.

Customers of the commissary showed support for the new self-checkout process



U.S. Navy photo by MM3 Greg Bookout  
A checkout worker quickly rings up a customer's purchase at the Pearl Harbor Commissary. When the new self-checkout registers open, Nov. 15, customers will have the option to do this on their own.

and seemed ready to try the new system.

"I think self-checkouts will be faster and easier to use," said Napoleon Bragada, a retired submarine chief engineman and island resident. "A lot of other stores, like Home Depot, have implemented this system with a lot of success. This is a good commissary and this will be just another way it can provide quality customer service," he added.

Army 1st Lt. Johnny Wandasan, stationed at Wheeler Army Airfield and at home on rest and relaxation leave from Iraq, also said the system would be more convenient.

"I will definitely use it," said Wandasan. "It should speed up the checkout process. It will especially help for people coming over at lunch or on a break, when you need to grab something quickly."

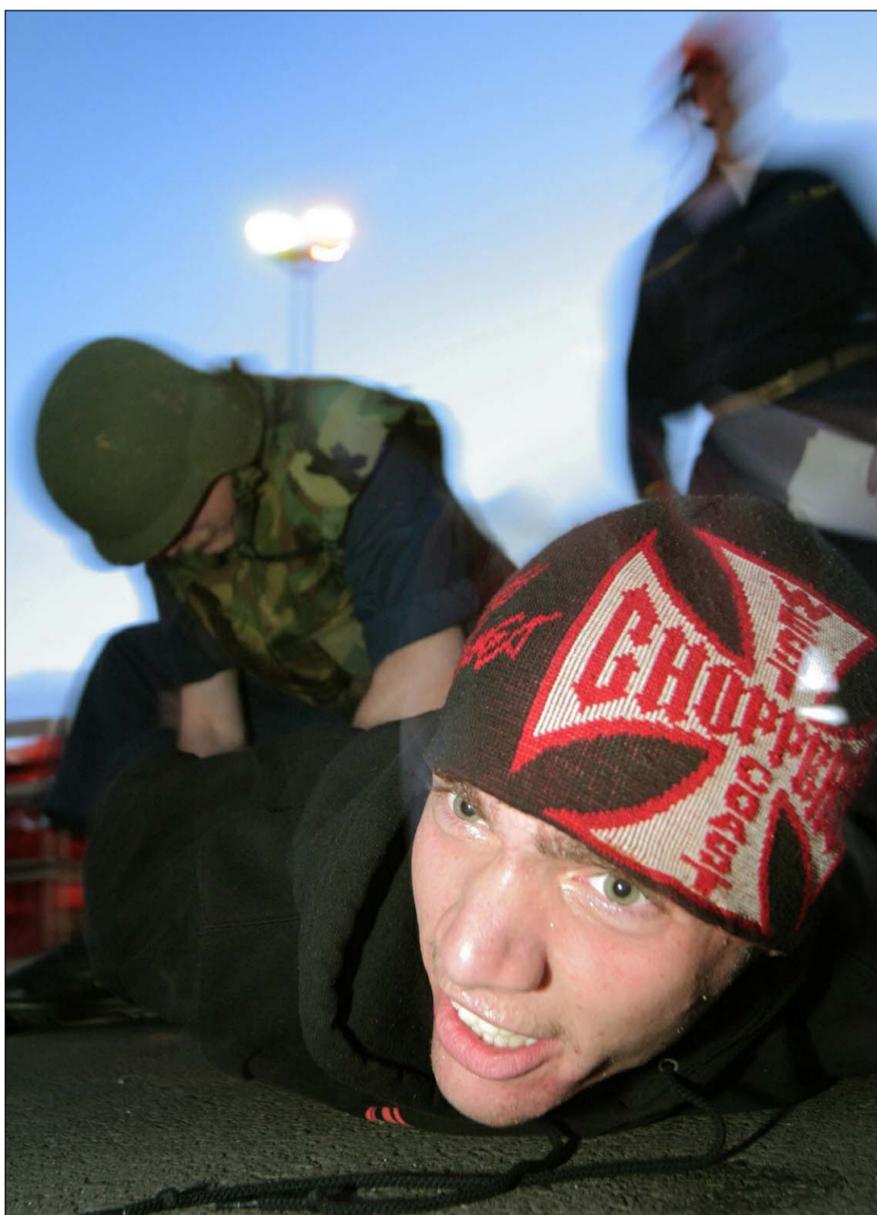
The new self-checkout registers will be located at the head of the current machines, Campbell noted. With the addition of the four self-checkouts, there will be a net gain of three registers in the store.

"The self-checkouts will add to the total number of registers we have available," said Campbell. "We are going to take out register number one and replace it with two of the new self-checkouts. The other two new machines will be added in the area between register one and the shopping cart returns."

Campbell said she is expecting the new feature to be a great success and a great convenience for the customers.

"I'm looking forward to having the self-checkout system," said Campbell. "We are excited to bring this feature into our stores. They will assist our customers and they save on costs for us as there is a need for only one person for the four machines."

# Anti-terrorism



U.S. Navy photo by PH1 (AW) William R. Goodwin  
FN Ezra Johnson of the Arleigh Burke-class guided-missile destroyer USS Chafee (DDG 90) acts as a mock demonstrator while his shipmates secure his hands during a civil disturbance scenario as part of the ship's three-month anti-terrorism/force protection (AT/FP) training. The exercises are part of an ongoing qualification process to prepare Pearl Harbor-based ships for deployments. Ships must qualify every 24 months in a variety of AT/FP exercises.

## Chafee Sailors train in force protection measures

### JOSN Ryan C. McGinley Staff Writer

Sailors attached to the Arleigh Burke-class guided-missile destroyer USS Chafee (DDG 90) contained "angry" protesters on the pier Oct. 28 during a mock civil disturbance scenario as part of the ship's three-month anti-terrorism/force protection warfare certification.

The drill was the third and final phase conducted by Afloat Training Group, Middle Pacific to prepare Chafee's crew for real-life AT/FP situations in order to pro-

tect the ship. ATG MIDPAC is responsible for training all Pearl Harbor ships and submariners in AT/FP.

"It is what we call objective-based training," said Chief Master-at-Arms (SW) Pamela Medearis. "The overall goal is to be combat ready."

ATG MIDPAC put Chafee through a three-period training evolution that incorporates known and unknown threats the ship might encounter while on deployment.

# Housing residents asked to complete, return surveys

**Karen S. Spangler**  
Assistant Editor

Navy officials want to know how to make family housing better for its Sailors and their families. By completing the Third Annual Resident Satisfaction Survey that was mailed to housing residents in early October, residents can take an active role in making their suggestions and concerns heard.

What do you like about Navy family housing or what don't you like? What suggestions would you make for improvements? The housing surveys are part of a Navy-wide performance assessment program to ask those questions.

Capt. Norman Ho, assistant chief of staff for housing for Navy Region Hawai'i, stressed the importance of residents taking the time to complete and return the surveys. "The participation of residents is critical to the success of the program and will help Navy officials to identify resident concerns and determine areas that need improvement," Ho said, noting the surveys only take approximately 10 minutes to complete. The surveys were mailed to residents who live in non-PPV housing areas.

The surveys should be completed and returned to CEL & Associates, Inc. in the pre-paid, self-addressed envelopes as soon as possible.

The final deadline is Dec. 3. If residents wish to comment on a particular issue or want to be contacted regarding a specific issue, they should also complete the comment card that accompanied the survey and include it in the mailing.

The survey was designed by the nationally-recognized real estate consulting firm of CEL & Associates, Inc. The firm will tabulate the survey results by neighborhoods and provide the data to the appropriate housing office.

Housing residents are asked to express their true feelings and thoughts when completing the form. The survey results are completely confidential and anonymous. The bar code, number, boxes and color-coding identify only the housing community and does not identify individuals.

According to Ho, this year's survey will be compared to prior year results.

"The surveys will help us to identify weaknesses and improve our performance," Ho explained. "We plan to use the responses to identify what our residents like and/or don't



U.S. Navy photo by MM3 Greg Bookout

SH2 (SW) Timothy Murray, of the USS Port Royal (CG 73) fills out a housing survey. Navy housing residents can take an active role in making their suggestions and concerns heard by housing officials by filling out the Third Annual Resident Satisfaction Survey and mailing it back before Dec. 3.

like about our performance and facilities," he said.

Housing officials stressed the importance of resident inputs via the surveys and asked that housing residents return the surveys as soon as possible.

Information collected by the surveys provides an opportunity for family housing residents to voice their concerns or make suggestions regarding family housing.

Ho explained that housing is dedicated to improving customer service and the quality of life of military members and their families. "We want to hear from you. We need your feedback so that we can better help you and address your concerns," Ho said.

"We strive to provide exceptional customer service. Customer service is our top priority," he added.

# Tripler limiting flu vaccinations to 'very highest priority patients'

**Margaret Tippy**  
Tripler Army Medical  
Center Public Affairs

Tripler Army Medical Center is currently limiting flu vaccinations on a case-by-case basis to deploying troops and those people who are at very high risk for developing complications from influenza.

Military-eligible patients in "very high risk" categories may obtain an authorization form from their primary care or specialty care provider to receive the vaccine at Tripler's allergy and immunization clinic.

The clinic's immunization hours are Tuesdays from 1 - 3 p.m. and from 9 - 11:30 a.m. Wednesday and Fridays. The clinic is located on Tripler's fourth floor. The two easiest ways to get there are:

1. Park on the mountain side and stay to your left. Walk all the way down the left corridor and you'll be at the clinic.
2. Park oceanside and take the elevators near the Tripler Post Office and Distribution Center. Go to the fourth floor, turn right and you will be at the clinic.

"As more vaccine becomes available to Tripler, or the community influenza situation changes, more guidance will be provided," said Navy Capt. (Dr.) Kevin Berry, Tripler's deputy commander for clinical services. "Tripler is making sure the vaccine gets to the patients with the most critical needs first."

Tripler specialty care patients who are enrolled Hickam Air Force Base, Pearl Harbor and Kaneohe Bay Clinics primary care providers (PCPs) are asked to get their vaccine from their PCPs.

These are the patients Tripler staff is identifying as being at very high risk.

- Very high risk patients:
- Hematology-oncology patients undergoing active therapy
  - HIV/AIDS patients
  - Dialysis patients



U.S. Navy photo by PHAN Ian W. Anderson  
HM3 Anna Pesqueira, assigned to Branch Medical Clinic Sasebo, Japan, prepares an annual influenza vaccination for injection.

- Transplant patients
- Patients on immunosuppressive agents
- Steroid-dependent pulmonary disease patients
- Severe chronic Obstructive pulmonary disease patients
- Patients with extreme heart disease (congestive heart failure, coronary artery disease, and congenital heart disease)

It is extremely important that very high-risk patients have correct address and phone contact information in DEERS so they may be contacted at their current residence. DEERS stands for Defense Eligibility Enrollment Reporting System.

The easiest way to update the DEERS information is to go to [www.tricare.osd.mil](http://www.tricare.osd.mil), and click on "DEERS" at the bottom right of the web page. It will take you directly to the "address change option" in DEERS.

Enrollment forms to transfer TRICARE benefits are also located on the website above.

Enrollees may also call the Defense Manpower Data Center Support Office at 1-800-538-9552, 9 a.m. to 6 p.m., eastern time, Wednesdays through

Fridays. "Other locations in the community may have more vaccine doses available than Tripler, and patients are encouraged to use these sites while Tripler seeks additional sources of vaccine," said Col. (Dr.) Dale Vincent, chief of Tripler's department of medicine.

For information on flu vaccinations available in the community, call 211. Tripler's immunization clinic may be reached at 433-6334.

Good health habits prevent getting the flu. People should concentrate on not getting the flu by doing the following:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too. If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

The CDC website includes many of these prevention tips in other languages such as Spanish, Chinese, Tagalog and Vietnamese. The CDC also offers toll-free hotlines to the public in English 888-246-2675 | Español 888-246-2857 | TTY 866-874-2646.

*(The CDC's website contributed many of the tips listed in this release.)*

*More information on good health habits is available on the CDC's website available at <http://www.cdc.gov/>. For local updates, check Tripler's website at [www.tamc.amedd.army.mil](http://www.tamc.amedd.army.mil) and click on Flu Updates.)*

## Free classified advertising for military in Hawaii Navy News

Active duty and retired military, civil service and dependent personnel can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows: Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified

advertisements can be submitted via email, if from a ".mil" address (submit to [lkaneshi@honolulu.gannett.com](mailto:lkaneshi@honolulu.gannett.com)), by phone at 521-9111 or by visiting [www.honoluluadvertiser.com](http://www.honoluluadvertiser.com) and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requestors should include their military ID number and a call-back phone number.

# Hawaii Navy News Editorial

## JCS 2004 Veterans Day message

Special message from Chairman of the Joint Chiefs of Staff



Air Force Gen. Richard B. Myers

This Veterans Day, we pause to honor and thank our veterans, past and present - those who have served and those who are serving today around the world, advancing freedom and the cause of liberty.

Since the colonial Minutemen first stood shoulder-to-shoulder, countless Americans have answered our nation's call to serve and defend liberty.

They are true heroes. In the past century alone, they fixed bayonets at the Battle of the Marne, they stormed the beaches at Normandy and Omaha, assaulted Heartbreak Ridge, patrolled the la Drang Valley and stared down our adversaries on the plains of Europe.

They stood as shining examples of ordinary citizens doing the extraordinary to defend a grateful nation.

Like those who wore the uniform before them, today's armed forces continue this proud legacy.

At this very moment, American service men and women - active and Reserve - from every walk of life and from every ethnic, religious and racial background, serve in harm's way.

From the mountains in

Afghanistan to the sands of Iraq, from the jungles of Colombia to the shores of the Philippines, they are giving hope to millions that liberty, justice and a lasting peace are within their reach.

Today, the proud men and women of our armed forces are once again engaged in a global struggle against those who threaten our way of life. At every turn, they demonstrate our firm resolve and serve notice to terrorists that we will succeed. We are proud of their commitment, dedication and accomplishments.

The Joint Chiefs of Staff and I thank our veterans for their selfless service and for ensuring the continued security of our nation.

May God bless you and God bless America.

## Navy must strive to take care of its own

Commentary  
FLTCM(AW/SW)  
Jonathan R. Thompson  
U.S. Pacific Fleet  
Master Chief



"If the Navy wanted you to have a family, you would have been issued one in your seabag!"

Ever heard that before? Most have, but most would probably agree it's usually been said humorously. If you look at our history, however, there once was a time when that sentiment was commonplace.

In the few short years after the military transitioned to an all-volunteer force in 1973, service members with families to care for were the exception rather than the rule.

In 1980, just four years after I entered the service, the Navy had more Sailors than family members. Contrast that with Navy statistics from 1997, which showed family members outnumbering active duty Sailors by a three-to-one margin.

Today, that ratio continues to increase. Currently, roughly 60 percent of active duty Sailors are married; another 6.4 percent are single parents.

For leaders in today's Navy, the phrase "looking out for our Sailors" means more than just focusing on the service members under our charge; it also includes their families, who are also our responsibility as part of our Navy family. We have an obligation to protect our own.

The Navy is full of unique challenges. Long deployments, frequent moves, and mission readiness demands all represent stressors on our families, sometimes leading to

marital and parent/child conflict. When these conflicts are left unresolved, the results can be detrimental to everyone involved — the service member, the spouse, the children — even the command and the Navy.

As members of the Navy family, we all have a responsibility to be on the lookout for signs of domestic abuse.

What is domestic abuse? It's a pattern of behavior used to establish power and control over another through fear and intimidation, often incorporating threats and violence.

Not all incidents of abuse involve actual physical violence, however. Domestic violence perpetrators use a variety of tactics — emotional/psychological abuse, economic control and interference with personal liberty to instill fear, intimidate, manipulate and control their victims. Additionally, exposure to domestic violence negatively impacts children, immediately and for years to come.

In the words of the Chief of Naval Operations, "Domestic violence is, in most cases, a criminal offense that harms individuals, ruins families, weakens communities, and undermines fleet readiness. Accordingly, Navy leadership at every level must continue to take steps to prevent domestic violence, protect victims...and hold offenders responsible."

Domestic violence and child/spouse abuse is incompatible with Navy Core Values and our high standards of professional and personal discipline.

Learning how to recognize signs of abuse, and teaching conflict resolution skills to our people is vital. The Navy's Family Advocacy Program (FAP) has a variety of resources to prevent and com-

bat the effects of family violence.

FAP, a component of the Fleet and Family Support (Center) Program, offers training and resources in five distinct areas: prevention of family violence, victim safety and protection, offender accountability, rehabilitative education and counseling, and command intervention.

A strong command and community attitude against domestic violence is a powerful resource in eliminating this societal problem. Here's how your command can help:

- Realize that service members are responsible for their family's safety.
- Talk about individual and command responsibilities at quarters and command indoctrination.
- Refer service members to Fleet and Family Support Center when a family is under stress.
- Report all known or suspected family violence to the Family Advocacy Program.
- Call police first in an emergency.
- Schedule family violence prevention programs for your command by calling your local Fleet and Family Support Center.

If you believe you're a victim of abuse, or see it happening, report it (it can be done anonymously). You can speak with a FAP representative by contacting the Domestic Violence hotline at (800) 799-7233.

Family advocacy is a personal and a leadership issue. It's a responsibility "levied upon" every service member to ensure the safety, health, and well-being of his/her family members. As strong as our Navy is, our commitment to our families makes us even stronger.

## Letter to the Editor

Dear Editor,

My husband and I were recently making some plans for Christmas and we got to talking about the old days (some good and some not so good!) when we were first married.

He was an E-3 and our boy was only three months old. Anyway, for a couple of those years, the holidays were looking pretty grim because we were stationed overseas and it was real tight for us financially.

We will never forget how some awesome shipmates and caring neighbors helped us out.

Now, twelve years later, it's our turn to give back. Any ideas how we can help military families who need a little extra help?

Sincerely,  
Senior Chief and Mrs. 'Been There'  
Dear Senior Chief and Mrs. 'Been There',

I think many of us have 'been there', too. Kudos to you folks for wanting to help those in a similar situation this year. Here are some suggestions for you to consider.

The Marine Corps Reserve's Toys for Tots program provides toys to youngsters in both

military and civilian families at Christmas. If you want to make the holiday brighter for a child, take a new, unwrapped toy to any of the 82 Oahu Subway Sandwich stores, to any Bank of Hawai'i, or any Armed Services YMCA.

All are official Toys for Tots drop-off locations. Pearl Harbor is home to two Subways and the Armed Services YMCA is located in Building 89 on North Road.

The Armed Services YMCA is working with military commands to provide food baskets for families at Thanksgiving and Christmas. If you would like to contribute non-perishable food items, call Dave Gomez, ASYMCA Executive Director, at 473-1427.

Christmas baskets for families with children will include gifts from the Toys for Tots program.

Special thanks to the Armed Services YMCA for their assistance with this response.

Anyone with opinions or questions for the editor can write Hawai'i Navy News at [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com). Put either "Opinion" or "Letter to the Editor" in the subject line.

## Service to Sailors

NMCRS is always there in time of need

Navy Marine Corps Relief Society

Retired Admiral Steve Abbot, president of the Navy-Marine Corps Relief Society, reflected in the November issue of LINK, wrote about the society's response to the recent hurricanes.

The admiral wrote: "In the wake of Hurricanes Francis and Ivan that struck Pensacola, Florida with a vengeance, forty exceptional individuals responded with enthusiasm, creativity, compassion, and tireless energy to provide a helping hand to nearly 700 clients. These remarkable people included husband and wife teams, families, civilians, active duty and retired military members, juniors and seniors, locals, as well as supporters from as far away as California and Indiana. They represented society resources from Pensacola, Gulfport, Meridian, Pascagoula, Jacksonville and Camp Lejeune.

"What they all shared was a strong belief in helping others. Because the Pensacola base was closed due to extensive damage, they established a temporary office. Within hours of the passage of the storm, they began methodically responding to the emergency needs of clients. In a short period of time, they disbursed nearly \$200,000. Their work included counseling and consoling service members and their families, answering telephones, arranging working parties to clear the rubble and salvage items in our Thrift Shop, handing out food bags, delivering bottled water and cleaning sup-

plies from across the country, and much, much more. Even when their own residences were in a state of chaos, they put their personal lives on hold to provide much needed assistance to improve the quality of life of others. To learn the magnitude of their involvement through pictures, emails, and telephone calls is enriching, rewarding, and very satisfying to me. They make me very proud. They epitomize the spirit of cooperation, dedication, commitment and perseverance that have been hallmarks of the Navy-Marine Corps Relief Society since its founding in 1904. Congratulations on a job exceptionally well done!"

In the aftermath of the devastation left by Hurricanes Francis and Ivan, NMCRS Pensacola disbursed over \$177,000 in grants and loans. Preliminary tallies indicate \$168,602.98 in aid to Navy and Marine Corps families.

The work of the Society continues here in Hawai'i where staff and volunteers provide financial assistance and counseling on a daily basis. Over \$1 million dollars in financial assistance was provided to Sailors, Marines, their families and retirees in Hawai'i last year and the work continues. NMCRS Hawai'i provides assistance with food, rent, emergency travel, medical expenses, car repairs, and other emergency needs.

The Society Thrift Shop at Pearl Harbor offers outstanding values and is renowned for its large and well-stocked uniform shop. Call NMCRS at 423-1314 at the Pearl Harbor office and 254-1327 at MCBH Kaneohe for help and information.

## November is National American Indian & Alaska Native Heritage Month

Department of the Interior, Bureau of Indian Affairs

What began at the turn of the century as an effort to gain a day of recognition for the significant contributions the First Americans made to the establishment and growth of the United States has resulted in the month of November being designated for that purpose.

Early Proponents

One of the early proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian who was the Director of the Museum of Arts and Science in Rochester, New York. He persuaded the Boy Scouts of America to set aside a day for the "First Americans," and for three years the Scouts adopted such a day. In 1915, at the annual Congress of the American

Indian Association meeting in Lawrence, Kansas, a plan celebrating American Indian Day was formally approved.

The Association directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to set aside a day of recognition. Rev. Coolidge issued a proclamation on September 28, 1915, which declared the second Saturday of May as American Indian Day and contained the first formal appeal for recognition of American Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfeet Indian, rode horseback from state to state, seeking approval for a day to honor American Indians.

On December 14, 1915, Red Fox James presented the endorsements of 24 state governments to the



White House. There is no record, however, of such a national day being proclaimed.

State Celebrations

The first American Indian Day to be celebrated in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September.

In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any legal recognition as a national holiday.

Heritage Months

In 1990 President George Bush approved a joint resolution designating November 1990 as "National American Indian Heritage Month." Similar proclamations have been issued each year since 1994.

National American Indian and Alaska Native Heritage Month is celebrated to recognize the intertribal cultures and to educate the public about the heritage, history, art, and traditions of the American Indian and Alaska Native people.

For more information on this heritage month, visit <http://www.ihs.gov/PublicAffairs/Heritage/index.cfm>



Hawaii Navy News Online  
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Public Affairs LCPO/Managing Editor - PH1(AW) William R. Goodwin  
Editor - JO1 Daniel J. Calderón  
Assistant Editor - Karen Spangler  
Staff Writer - JO2 Devin Wright  
Staff Writer - JOSN Ryan C. McGinley  
Staff Writer - Lacy Lynn  
Staff Writer - MM3 Greg Bookout  
Technical Adviser - Joe Novotny  
Layout/Design - Angie Batula

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## Supporting the Sea Services



U.S. Navy photo by JOSN Ryan C. McGinley

(From left) Capt. Ronald R. Cox, Commanding Officer, Naval Station Pearl Harbor; Diane Thompson, president of Friends of the Fleet and Family Support Center; Retired Capt. Kraig Kennedy, Navy League President; Kathryn Koos-Lee, regional family programs director. Kraig Kennedy presents a check for \$2,700 to Diane Thompson to support the CO/XO Spouses Leadership Continuum and Junior Officer Leadership Continuum, which provides information and training to spouses in order to support commands and their mission.

## 2004 CFC campaign draws to a close

**JO1 Daniel J. Calderón**  
Editor

The 2004 Combined Federal Campaign season wrapped up Oct. 19. Organizers said this year's program, with "Service to Others" as its theme, was a success.

"This was definitely a successful year," said Lt. j.g. Jonathan Langley, deputy coordinator for the Hawai'i-Pacific area Navy CFC campaign. "We got the word out and training was available so people could make informed decisions."

Langley said the goal for this year's campaign was 100 percent contact and 100 percent training so potential donors would understand what the CFC program was about. The CFC team employed a variety of means, including lunch-  
eons, face-to-face conversa-

tions and an Internet presence at [www.hawaii.navy.mil/cfc2004/index.html](http://www.hawaii.navy.mil/cfc2004/index.html).

"This is the first time we've involved that technical aspect to the campaign," Langley said. "In the past, you'd have an E-2 or E-1 given a pledge card without knowing what CFC was all about. This year, we're doing a better job of explaining to them what we do, why we give and how to give. People can just go to the website, look it up and see what we're about."

The eight members of the CFC campaign team have been working together for this year's campaign since May. Langley said the process involved gathering campaign materials, setting up meetings for area commands and ensuring coordination across their area of responsibility was accomplished.

Last year, CFC raised about \$5.6 million in the Hawai'i Pacific area. Langley said the total tally for this year would run into the millions, but didn't have a dollar figure yet.

"The average donation has gone up, but there are fewer donors to give," Langley said. "With people on deployment, we knew there would be less this year. Right now, we're still in the process of finding out just how much CFC raised."

CFC is the annual fundraising drive conducted by federal employees in their workplace each fall.

The mission, according to the CFC Website, is, "To promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all."

## Top Navy culinary specialists sought for Presidential Mess

**Ron Flanders**

*Fleet and Industrial Supply Center San Diego Public Affairs*

The Presidential Food Service Department is looking for the Navy's top culinary specialists (CS) to work in the White House Presidential Mess.

Forty-nine Navy culinary specialists (CS) work in the White House, providing the nation's leader with everything from meals at the Presidential Mess to valet services. Recently, members of the White House Presidential Mess traveled to San Diego and Naval Air Station Lemoore to look for the elite members of the CS fraternity.

"We're looking for the best of the best of the Navy," said Lt. Jon Oringdulph, the director of Presidential Food Service. "We need the people we place in charge of taking care of the commander in chief to have unprecedented attention to detail. We need Sailors who are willing to work extremely hard, have a great attitude, and maintain a very low profile."

Culinary specialists at the White House work in a variety of tasks. The logistics department purchases all of the food and brings it onto the White House grounds. The main mess facility provides between 250-325 gourmet meals a day for the president and his staff, including breakfast, lunch and carry-out meals in the evening.

In addition, two senior enlisted culinary specialists are standing by at all times for the president to provide valet services and ensure all travel needs are met. These CSs travel on Air Force One, to Camp David and the private residence.



U.S. Navy photo by JO1 Daniel J. Calderón

CS2 Noemi Gonzalez prepares lunch at the Naval Station Pearl Harbor Silver Dolphin Bistro.

Long days are expected of staff CSs during the six-day workweek.

"We are looking for people with a lot of heart, people who don't have the words 'I can't,' in their vocabularies," Oringdulph said.

According to Master Chief Culinary Specialist (SS) Glen Maes, the deputy director and command master chief of the Presidential Food Service division, there is a need for top culinary specialists in the E-6 and E-5 paygrades ("hot-running" E-4s are also encouraged to apply). In order to be considered for White House duty, Sailors must have a letter of recommendation from their commanding officer; be able to obtain a Top Secret clearance with single scope background investigation; a complete medical screening and copies of their last five personnel evaluations.

Due to the sensitive nature of these positions, an intensive security background check is conducted on each applicant selected for the position. Background checks take between nine to 18

months on average, so it's best to apply inside of two years away from a projected rotation date.

Maes added that the Presidential Mess is also working to raise the standard of service in the fleet.

"It's a win-win situation," said Maes. "It gives us the opportunity to have the best of the best out there. We train these guys up in leadership, mentorship and give them the best professional knowledge, and then send them back to the fleet."

While in San Diego, the Presidential Food Service team interviewed area candidates at the Navy Food Management Team San Diego (NFMT) offices, as well as aboard USS Ronald Reagan (CVN 76). Maes said the Presidential Food Service team will be making a similar visit to the Puget Sound area in November.

For information on program eligibility/requirements, contact the White House Presidential Food Service team at (202) 757-1285 or via email at [games@whmo.mil](mailto:games@whmo.mil).

# AT/FP: Realism aids training



Sailors aboard the Arleigh Burke-class guided missile destroyer USS Chafee (DDG 90) advance in formation toward an angry crowd during a mock civil disturbance scenario as part of the ship's three-month anti-terrorism/force protection (AT/FP) training evolution.

Continued from A-1

Period one teaches basic waterside defense, which includes takedowns and crowd control for ships and submarines. The second period teaches defense against hands-on swimmer and small boat attacks, suicide bombers and vehicle bombs.

"If we weren't able to do this, I wouldn't know how to react to this situation," said Torpedoman's Mate 1st Class Charlene Carter. "There's a lot of emotion involved and now I do. It's good to get yourself comfortable with the equipment needed to deal with a civil disturbance of this nature."

When they get to period three in the exercise, ATG MIDPAC lets the ship or submarine operate on its own without advice or help, which teaches the Sailors to recognize diversions and possible threats and take appropriate measures to fend off enemies.

"With the real-life scenarios you actually get to go down and put into practice the things you learn from the instructors," said Ensign Steve Bower, anti-terrorism officer for Chafee. "There's no substitute for that."

Bower also added constant training is the key to understanding the situation and acting accordingly.

"The training is what simulates the real world environment overseas," he said. "The more we train, the more it will prepare us to respond accurately if these things actually occur."

ATG MIDPAC has stepped up efforts and training sessions after the incident with the guided-missile destroyer USS Cole (DDG 67) and the Sept. 11, 2001 attacks to help train Sailors for any possible situation.

"We make sure that we teach them how to defend themselves from air, water and land," said Medearis. "We love doing this work because we know it pays off."

Chafee was commissioned Oct. 18, 2003 and arrived in her new homeport of Pearl Harbor Dec. 19, 2003.

*"With the real-life scenarios, you actually get to go down and put into practice the things you learn from instructors."*

Ensign Steve Bower  
USS Chafee (DDG 90)  
anti-terrorism officer



U.S. Navy photo by JOSN Ryan C. McGinley  
Disbursing Clerk Seaman Candice Denson, assigned to the Arleigh Burke-class guided missile destroyer USS Chafee (DDG 90), watches a group of mock demonstrators with a close eye during a civil disturbance scenario.



U.S. Navy photo by JOSN Ryan C. McGinley  
Sailors aboard the Arleigh Burke-class guided missile destroyer USS Chafee (DDG 90) play the role of angry demonstrators during a mock civil disturbance scenario as part of the ship's three-month anti-terrorism/force protection (AT/FP) training evolution. The exercises are part of an ongoing qualification process to prepare Pearl Harbor-based ships for deployment. Ships must qualify every 24 months in a variety of AT/FP exercises, including small boat, wave runner and swimmer attacks.



U.S. Navy photo by JOSN Ryan C. McGinley  
A Sailor assigned to the Arleigh Burke-class guided missile destroyer USS Chafee (DDG 90) restrains Fireman Ezra Johnson, playing an out of control protester, during a mock civil disturbance scenario.



U.S. Navy photo by JOSN Ryan C. McGinley  
Gas Turbine System - Mechanical 2nd Class Mario Ramirez, assigned to the Arleigh Burke-class guided missile destroyer USS Chafee (DDG 90), watches a group of mock demonstrators.



U.S. Navy photo by PH1 William R. Goodwin  
Fireman Ezra Johnson of the Arleigh Burke-class guided-missile destroyer USS Chafee (DDG 90) acts as a mock demonstrator while his shipmates secure his hands during a civil disturbance scenario.

# O'Kane holds Career Information Day

**FC3 (SW) Richard Neuer**

*USS O'Kane Public Affairs*

As USS O'Kane (DDG 77) Sailors filled The Banyans Oct. 28, they were greeted by the ship's administration department and handed their individual information folder, goal card, and personal budgeting planner. The crew also verified their Navy Knowledge Online and MyPay enrollment. It was O'Kane's second career day at The Banyans.

According to Fire Controlman 2nd Class Colleen Ryan, the Navy is moving toward electronic files, allowing Sailors to be proactive in their career development.

"The Navy is becoming more and more computer-based everyday," said Ryan. "Currently you can find your leave and earning statements, SMART transcript, and service records online, available for each Sailor to download and keep track of."

The Career Information Day highlights the competitiveness of the Navy when compared to civilian counterparts in financial planning and career development. Both aspects were presented to the crew with the intentions of allowing them to make an informed decision and decide if continuing in the Navy would be the best choice for them and the Navy.

Naval Personnel Development Command, COMPACFLT Career Planning, Edward Jones Financial Planning, Navy Federal Financial Planning Group, as well as O'Kane personnel provided 45-minute presentations

to the crew.

According to Lt. j.g. Matthew Cox, O'Kane navigator and administration officer, the briefs addressed many financial and professional growth topics that were relevant to all ages and paygrades.

"Topics such as the Thrift Savings Plan were geared toward the junior Sailor since they are at a point where they can take advantage and enroll now, becoming a millionaire by retirement," Cox explained. "Briefs on stocks and portfolio diversity were geared toward the more mature Sailor that has a stable financial foundation and is seeking investment opportunities."

O'Kane Electronic Technician 3rd Class Kaipo Lopes found the variety of speakers helpful to his financial planning.

"It was good to hear about the different ways to save for my family's future, which is a major concern. There are many options out there that I wasn't aware of before today," Lopes said.

Various services representatives, indirectly related to career development, set up booths along The Banyans walls and provided pamphlets during scheduled breaks. These booths included Morale Welfare Recreation / Information Tickets and Tours, Health Promotions, and Liberty in Paradise. These booths allowed every Sailor to benefit from some of the activities and programs that Naval Station Pearl Harbor offers.

O'Kane gave special thanks to Deana



U.S. Navy photo by JOSH Ryan C. McGinley  
A member of the Navy Federal Credit Union explains to USS O'Kane (DDG 77) Sailors the importance of saving money at the ship's Career Information Day held at The Banyans.

Broadway and William Maskiell from Naval Personnel Development Command, NCCM (SW) Doyle from COMPACFLT Career Planning, Dave Livingston from Edward Jones Financial Planning, and Melinda Kluster and Chris Labrie from the Navy Federal Financial Planning Group for their presentations and information.

"The purpose of Career Information Day is to put quality information out to educate the crew and help them make smarter decisions using all of the Navy's available services," said Ensign Angela Asemota, O'Kane public affairs officer. "The overall image of the Navy is to become more technologically sound and produce self-sufficient Sailors."

## Check-21 Act in effect

**Lacy Lynn**

*Staff Writer*

On Oct. 28, the Check Clearing for the 21st Century Act (Check 21) went into effect, creating faster processes for financial institutions across the country, and potential problems for those who rely on "floating" checks.

For employees and customers of Pearl Harbor Navy Federal Credit Union (PH NFCU), however, the procedure is "business as usual," said manager Jerry Sobieski.

Check 21 legislation was passed last year in response to the aftermath of 9/11 attacks when planes were grounded and check clearing was delayed because checks could not be flown to their destinations.

Now, instead of physically transporting documents from one bank to another, financial institutions can electronically transport an image of the original check between banks. The image then becomes the record of the check, and originals may be kept or destroyed.

"It can reduce the paper-handling of a check," said Sobieski, which will make employee operations easier.

Sobieski explained, "Navy Federal has been making copies of digital checks for several years. This is not new technology for us."

Banks are not required to accept electronic checks so if a financial institution later in the process does not accept electronic images, a substitute check may be created.

According to Sobieski, these substitute checks can be requested by customers and used as proof of payment as

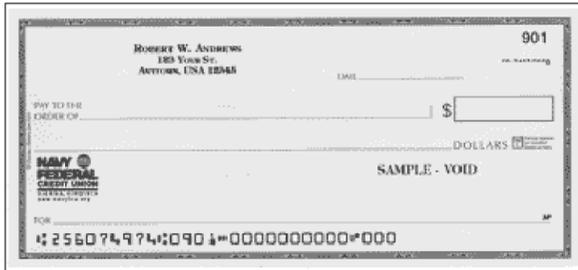


Image courtesy of Navy Federal Credit Union

well in the place of the original check. The substitution is another time-saving benefit for credit union employees who previously had to sort through a room full of file drawers to find and retrieve a cancelled check.

Not all copies of a check are substitute checks. Pictures of multiple checks on a single page and photocopies of original checks are not substitute checks.

The substitute check is the legal equivalent of the original check, and the front of the substitute check should state: "This is a legal copy of your check. You can use it the same way you would use the original check."

Substitute checks and electronic transmission may make check processing faster, which means it is more vital than ever to make sure checks are covered by account funds.

Although Sobieski said the hold-time for checks will not change, he cautioned customers not to "write a check at the NEX on Wednesday for a payday on Friday" because the

timing is no longer predictable.

Service members and their families will no longer have the advantage of "float" time between when a check is written and when it is actually deducted from their bank accounts.

Other than losing float time, PH NFCU customers will not feel the effects of Check 21, which, according to Sobieski, "should be mostly transparent to our membership."

PH NFCU does not return cancelled checks, but customers of financial institutions that do may notice they now receive a combination of original checks and substitutes in their statements.

Check 21 provides a special process that allows consumers to claim a refund if an error is made because of the substitute check.

For more information about Check 21, contact your bank or visit the Federal Reserve online at: <http://www.federalreserve.gov/paymentsystems/truncation/default.htm>.

# Hawai'i Navy News Sports

## Cheyenne Sailor takes on Xterra

**JO3 Corwin Colbert**  
*COMSUBPAC Public Affairs*

Lt. j.g. Andrew Sause, USS Cheyenne (SSN 773), placed in the top 25 percent of the Nissan Xterra World Championship in Maui on Oct. 24.

"I came in 97th place in the Xterra," Sause said. "This is my second race in

about a month. I competed in the Ko Olina Challenge on Sept. 28. I placed eleventh overall there."

His coach wanted him to pull out of the Ko Olina race because he had little time to prepare due to his submarine's schedule, but Sause competed anyway.

"I advised him to not compete in the Ko Olina and

focus on the Xterra," said Suzi Dobias, Sause's coach. "But he was so determined to do both."

Sause not only had to deal with a compressed training schedule, but he also competed with sore ribs and fatigue.

"I hurt my ribs before the Xterra. I think I went over the handle bars during training or I hyper-extended my side cranking the wrench while fixing my handlebars during practice," said Sause. "I spent most of September out at sea, so I had to pack a lot of training in a short amount of time. That is the reason my legs were worn out," said Sause.

"Since I hurt myself, I couldn't swim until the race. Therefore, I did not have a good swim at the championship. The bike was the hardest bike race I have ever done.

"There were so many hills and I wore out my legs," he explained. "We had the swim first, then we ran a mile to get on our bicycles," said Sause. "When you swim, all of your blood is in your upper body, so when I went to the bike my heart was racing," he said.

"There were a lot of precarious situations going downhill due to the lava rocks and branches. I got a few flats, but my tires had a liquid inside that crystallizes around the hole. It was very dangerous," said Sause. "My legs were really hurting by the time I had to do the run. I was overheated and dehydrated. I thought how embarrassing it would be if I had an IV while on the course," he chuckled.

Despite many obstacles to overcome, Sause still placed

97th out of 400 overall.

"The cool thing about Andy is that he only has been racing for two years. He had no idea what to do, but always placed well. He has not touched his full potential yet. Next year he will go pro. I coached a former second ranked tri-athlete, Lauren Alexander, but I've never seen anyone like Andy," said Dobias.

Now that he is finished, Sause is preparing to switch gears and return to his shipmates aboard Cheyenne, who left him behind so he could compete.

"The boat is on a Western Pacific deployment. I am so grateful to my superiors who allowed me to compete. Now I must go back and become part of the team," Sause concluded.

The Nissan Xterra World Championship is the final stop on the Xterra Global Tour - a national and international series of 50 qualifying events held in Australia, Canada, Saipan, Germany, New Zealand, the Czech Republic, the Netherlands, and the United States.

The course is considered Xterra's toughest and most demanding made up of a 1.5-kilometer rough water swim at Wailea Beach, a grueling 30-kilometer mountain bike on the lower slopes of Haleakala, and an 11-kilometer trail run from Makena to Wailea.

The field is limited to 400 competitors, including 70 pros, who represent the best off-road multisport athletes on the planet.

They come from more than 20 countries and compete for one of the richest pro purses in multisport at \$105,000.

## Amputees run Army Ten-Miler

**Sgt. Lorie Jewell**  
*Army News Service*

They didn't take home any top awards in the Army Ten-Miler, but the performances of service members who lost limbs in Afghanistan and Iraq was, to many, nothing short of heroic.

Army Capt. David Rozelle, who lost part of his right leg below the knee in a June 2003 land mine explosion in Hit, Iraq, spearheaded the effort to put together a team of amputees from Walter Reed Army Medical Center for the Oct. 24 race, a kickoff to the annual Association of the United States Army meeting.

Dubbed the "Missing (Parts) In Action team - Some Assembly Required" - the group included Staff Sgt. Andrew McCaffrey, Sgt. Ethan Payton, Marine Cpl. Dan Lasko, Navy Corpsman Jose Ramos and Airman 1st Class Anthony Pizzifred. Also running on the team was Lt. Col. Barbara Springer, chief of physical therapy; Capt. Matt Sherer, a physical therapist; and Spc. Harvey Naranjo, a certified occupational therapist assistant.

"It's important for people to see amputees recovered and back in action," Rozelle said prior to the race start, adding he had no doubts that each would make it across the finish line. The same steely mettle that helped steer them off the battlefield after suffering horrific injuries will carry them through the 10-mile route, Rozelle said.

"It's guts, nothing but guts. Some may walk, but that's okay. What matters is that they will finish," he said.

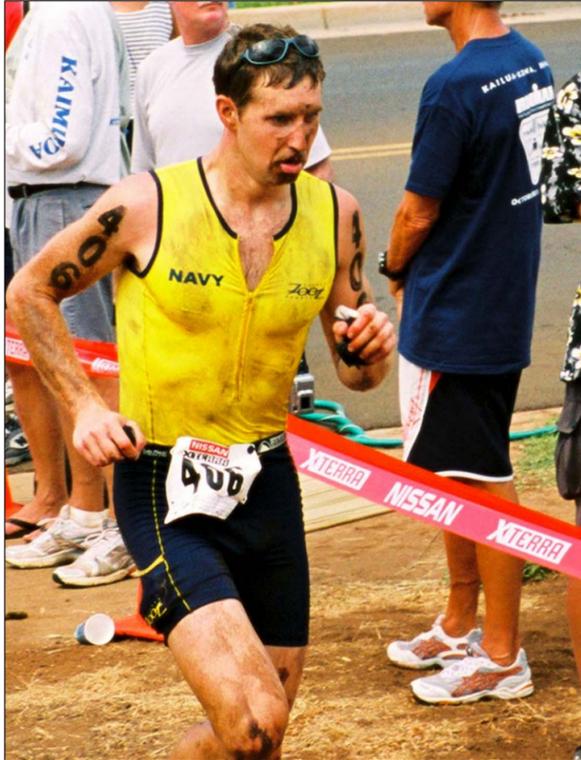


U.S. Navy photo

Lt. Col. Barbara Springer, chief of physical therapy at Walter Reed Army Medical Center, hands out bib numbers to Airman 1st Class Anthony Pizzifred.

An expert skier, Rozelle hit the slopes again in December for a Disabled Sports USA ski clinic. In April, he participated in the National Disabled Veterans water sports clinic, put on by the Veterans Administration and Disabled American Veterans.

Rozelle, who served as team captain, has been relentless in not letting his injury prevent him from being the best Soldier he can be. He commanded a cavalry troop from Fort Carson in Iraq. After a medical board cleared him to remain on active duty earlier this year, he took command of a 3rd Armored Cavalry Regiment headquarters troop. He's been alerted that he'll be deployed again to Iraq next year.



U.S. Navy photo by JO3 Corwin Colbert

Lt. j.g. Andrew Sause runs the Nissan Xterra in Maui Oct. 24. Sause came in 97th, which placed him in the top 25 percent of Xterra challengers. The course consisted of a 15-kilometer rough water swim at Wailea Beach, a 30-kilometer mountain bike run on the lower slopes of Haleakala and an 11-kilometer trail run from Makena to Wailea.

