

USS O'Kane departs for Fifth Fleet



Wives of the Sailors aboard USS O'Kane (DDG 77) wave their goodbyes as the ship makes its way past Hospital Point. The Pearl Harbor-based guided missile destroyer USS O'Kane (DDG 77) deployed as part of the USS John C. Stennis (CVN 74) Carrier Strike Group. The Stennis Carrier Strike Group will operate in the Persian Gulf region with the Eisenhower Carrier Strike Group, already in the Central Command area of operations. The strike groups will support Operation Enduring Freedom, Operation Iraqi Freedom and Combined Joint Task Force Horn of Africa and will conduct maritime security operations. Guided missile destroyers operate in support of carrier strike groups, surface action groups, amphibious groups and replenishment groups and are multi-mission [Anti-Air warfare (AAW), anti-submarine warfare (ASW), and anti-surface warfare (ASUW)] surface combatants.

U.S. Navy photo by MC2 Ben A. Gonzales



Successful missile defense intercept test takes place at PMRF

Missile Defense Agency

Missile Defense Agency Director Lt. Gen. Henry "Trey" Obering announced that a planned intercept test for the terminal high altitude area defense (THAAD) missile defense element was successfully conducted at 12:20 a.m. EST Jan. 27 (Jan. 26, 7:20 p.m. Hawai'i Time) at the Pacific Missile Range Facility (PMRF) off the island of Kauai in Hawai'i. Preliminary indications are that planned flight test objectives were achieved.

This test involved the successful intercept of a "high endo-atmospheric" (just inside earth's atmosphere) unitary (non-separating) target representing a "SCUD"-type ballistic missile launched from a mobile platform positioned off Kauai in the Pacific Ocean. The interceptor was launched from the THAAD launch complex at PMRF.

Primary flight test objectives included demonstrating successful missile launch from the PMRF launch site; interceptor seeker characterization (target identification); discrimination and intercept of a non-separating liquid-fueled target; and collection of data including missile aimpoint, ground equipment and radar tracking/target discrimination and hit assessment algorithms, and evaluation of the missile launching procedures and equipment.

This was the first test of the THAAD system at PMRF since equipment was moved to the range in October 2006. For the first time, Soldiers of the 6th Air



Photo courtesy of Missile Defense Agency

A terminal high altitude area defense (THAAD) missile is launched into the atmosphere from Pacific Missile Range Facility, Kauai, during a planned intercept test. THAAD is the first weapon system with both endo-atmospheric (inside the atmosphere) and exo-atmospheric (outside the atmosphere) capability developed specifically to defend against short, medium and intermediate range ballistic missiles.

▼ See **MISSILE TEST, A-8**

HSV2 Swift visits Pearl Harbor



U.S. Navy photo by MC1 (AW/SW) James E. Foehl

U.S. Navy High-Speed Vessel Swift (HSV2) sits moored pier side at Naval Station Pearl Harbor. Swift is currently in port at Naval Station Pearl Harbor for routine maintenance.



USS Hopper recognizes outstanding Sailors

See page A-2



USS Russell helps Afghan schools

See page A-7



Navy Chief is someone's hero

See page A-2



Football Frenzy at MWR

See page B-1

Pro Bowl Week events

See page B-1



DCC (SW) Robert McGregor (center), recently was a bone marrow donor for a cancer victim.

Navy chief becomes someone's hero

Story and photo by
Ensign Tony Macaluso

USS Crommelin (FFG 37)

Chief Damage Controlman (SW) Robert McGregor, leading chief petty officer for USS Crommelin's (FFG 37) repair division, just devoted seven days of his life to a complete stranger.

Two years ago, when asked if he would be willing to become a bone marrow donor, McGregor jumped at the opportunity. "I have had many family members affected by different forms of cancer. If there is a cancer patient out there who can benefit from me, I will help them any way that I can," he said.

McGregor's recipient is suffering from acute lymphatic cancer. Lymph nodes are responsible for many processes throughout the body. Most importantly, they are directly responsible for antibody pro-

duction and, in turn, a healthier immune system.

On Jan. 12, McGregor made the long plane ride from Hawai'i to the Bone Marrow Program site in Annandale, Va. Upon arrival at the transplant center, the attending physician determined that the Navy chief would be best suited for a peripheral blood stem cell donation (PBSC).

PBSC is a collection of blood from the donor's veins, which then passes through a blood cell separator that strips the white cells from the blood. White blood cells contain the stem cells that are responsible for regenerating healthy blood once passed to the recipient. PBSC donations are much longer than the conventional extraction of bone marrow via a needle from the donor's hipbone. "It was a fairly long process. They gave me five days of shots prior to the procedure to boost my white blood cell count. On the fifth day, they proceeded with the PBSC

transfer," explained McGregor.

Matching the stem cells of the patient and the donor is crucial to prevent the patient's body from rejecting the foreign stem cells. Only 25 to 30 percent of cancer patients in need of a transplant have a sibling with compatible stem cells. Thus, a vast majority of stem cell donations take place between perfect strangers.

There are rules limiting the interaction between donor and recipient for the first year. When asked if he knew the patient, McGregor replied, "The only thing I know about the recipient is that he is a 21-year-old male battling cancer. The rest is confidential. I just hope he can benefit from my donation."

Although stem cell transfer can be a very impersonal, drawn out, and sometimes painful process, you will never hear McGregor complain.

He just became someone's hero.

USS Hopper Sailors recognizes top performers

Ensign Alix Rupp

USS Hopper (DDG 70)

Aboard for a routine visit to Commander, Destroyer Squadron 31, Commodore Frederick Pfirrmann, assisted Cmdr. Peter Driscoll, captain of USS Hopper, in announcing three Hopper Sailors as Hopper's Sailors of the year on Jan. 9.

The honorees were: Senior Sailor of the Year, Boatswains' Mate 1st Class (SW) James Larsen; Junior Sailor of the Year, Interior Communications Electrician 2nd Class (SW) Dorothy Favors; and Bluejacket of the Year, Hull Maintenance Technician Fireman (SW) Christopher Hutchison.

According to CMDCM Darlene Lovell, command master chief, these Sailors show the common thread of working above and beyond expectations, being proactive and having terrific attitudes. They were chosen after a thorough review of their service records and questioning by a board of chief petty officers earlier in the year. These Sailors showed themselves to be the best of a very talented bunch.

Hopper's Sailors agreed with those choices. When each name was called, applause mingled with cheers prevented the commodore from completing his congratulations. "I am only as good as my people and my chain of command," said Larsen when



U.S. Navy photo by ISC Frank Stefanik

Bluejacket of the Year, Hull Maintenance Technician Fireman (SW) Christopher Hutchison, Senior Sailor of the Year, Boatswains' Mate 1st Class (SW) James Larsen and Junior Sailor of the Year, Interior Communications Electrician 2nd Class (SW) Dorothy Favors.

asked how he felt about receiving the honor.

"Without the great people working around me, it wouldn't have worked out this way," he added. He said he is most excited to tell his wife, but the parking spot he will be awarded for the year comes in as a close second.

USS Tucson departs Pearl Harbor



U.S. Navy photo by MC1 (SW) Cynthia Clark

USS Tucson (SSN 770) bid aloha to Hawai'i as it departed its homeport of Naval Station Pearl Harbor on Jan. 25. Tucson is on its way to Norfolk Naval Shipyard in Portsmouth, Va. for a 14-month depot modernization period.

Hawaii Navy News Editorial

Elliptical machine, stationary bike become PRT cardio options



U.S. Navy photo by MCC (SW/AW) David Rush

Commanders may now authorize the elliptical trainer as an alternative testing option for the cardio portion of the Physical Readiness Test's (PRT) 1.5 mile run beginning with the spring 2007 physical fitness cycle. As with the swim and treadmill options, commanders and officers-in-charge maintain discretion in authorizing the elliptical trainer for the physical readiness test. The elliptical trainer test is a 12-minute fixed-time test, which correlates the results to the 1.5-mile run. The elliptical trainer test will provide the Sailors caloric output, which will be converted into a run time. The run performance standard charts, in OPNAVINST 6610.1H, will determine the PRT score. The goal is to burn as many calories as possible during the 12-minute test.

Lt. Scott Mowery

*Naval Personnel Command
Public Affairs*

The Navy's culture of fitness program is introducing new ways for Sailors to complete the cardiovascular portion of the physical readiness test (PRT). NAVADMIN 11/07 spells out the details for commanding officers' use of elliptical trainers and stationary bikes as options to running the PRT.

When commanders approve the options, Sailors who do not wish to run are offered other ways to complete the cardio standard. Any medical issues, however, need close attention. According to the NAVADMIN, Sailors who are medically waived from the 1.5 mile run cannot be required to test using the stationary cycle, elliptical, swim or treadmill options. Sailors and command fitness leaders must ensure any medical waiver states which cardio options are cleared.

The elliptical and cycle tests are both 12-minute, fixed-timed tests with a direct correlation to the 1.5 mile run. The goal is to burn as many calories as possible.

Once the user obtains their caloric output from the elliptical or stationary bike, they can input these results into a calculator located on the PRT Web site: www.npc.navy.mil/CommandSupport/PhysicalReadiness/. This calculates a run time that can be compared to the 1.5 mile run section of the PRT instruction.

"We are trying to encourage the culture of fitness concept

by giving Sailors the option to test like they train. These new options, when allowed by the command, give Sailors the chance to work out on a regular basis on equipment they can use to complete the run portion of the PRT," said Lt. Cmdr. Lisa Finlayson, the Navy's program manager for physiology and fitness.

The culture of fitness encourages Sailors to exercise more frequently and get rid of the "three mile club," those Sailors who only exercise when the PRT comes around. "This also helps deployed commands complete their PRT on time and gives deployed Sailors more options to stay in shape," said Finlayson.

If using these options for the PRT, command fitness leaders (CFL) must ensure Sailors train on the machine and know the safety, setup/start/stop, and testing procedures for that machine prior to testing day.

"These options are challenging events," according to the NAVADMIN, so Sailors need to know their performance capabilities before taking the test.

CFLs must obtain authorization from their commanding officer to use the elliptical and stationary bike for a PRT. CFLs and Sailors should read NAVADMIN 11/07 at www.npc.navy.mil (messages section) to get a list of the correct model numbers of authorized machines that are required to take the test.

For more physical fitness information, go to <http://www.npc.navy.mil/CommandSupport/PhysicalReadiness/>.

Commentary

Fireside Chat

Navy Region Federal Fire Dept.



Photo courtesy of the Federal Fire Department

You've just lost everything in a fire Now what ?

Statistics show that someone will be involved in a fire at one point or another in their lives. So what would you do if you lost everything? The first hours after the fire are the most confusing and filled with anxiety. Most people are not able to think clearly because they have been traumatized by one of the worst events that they will ever experience, and certainly never forget. So what do you do?

After the fire is declared out by the fire department, certain actions must be taken to secure property and start the recovery process. So plan ahead. Here are some helpful guidelines to assist you if you are involved with a structural fire:

- Do not go back into the structure. Once out stay out and out of the way.

- If you come home to discover that your home was involved, do not go into the structure without speaking to a fire department official and/or your housing representative. The reason

is that the structure may not be stable and the atmosphere in the structure could be deadly from the fumes. Also, you do not want to compromise the investigation.

- Work with the fire department investigator to find out what actually happened that caused the fire.

- Contact the American Red Cross and other relief services for some immediate aid and assistance.

- Call your insurance company. Even in government housing, you should have renter's insurance. Important papers and receipts should be secured in a fire resistant box or safe.

- Discard food, beverages and medications exposed to heat and smoke.

- Let others know of your relocation (employer, family, school, etc.).

For more information about fire loss or other fire-related issues, contact the Federal Fire Department Fire Prevention Division at 471-3303.

USS Ranger (CV 61)



Official U.S. Navy photograph, from the collections of the Naval Historical Center

Marines and Sailors of the crew of the carrier USS Ranger (CV 61) man the rails as she leaves Honolulu, Hawaii on March 10, 1989, enroute to the western Pacific. Tug at left is Niantic (YT8-781).

Hawaii Navy News

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Admiral's daughter visits Pearl Harbor neighborhood after 60 years

Story and photo by
Grace Hewlen

Navy Region Hawai'i Public
Affairs

When Doris Sosin walked into the Commander, Pacific Fleet boathouse for her tour on the admiral's remembrance barge, she couldn't help but shed a few tears. She glanced at the entrance wall decorated with black-and-white photos of past Navy leaders - Admirals Nimitz, Powers, Spruance, Denfeld, Radford.

"I knew all of them," she said. "I played with their kids." Doris was a kid herself when she lived at Pearl Harbor more than 60 years ago and when she returned for a recent visit, she felt the charm and magic of the islands embracing her once again.

Sosin and her husband Rolfe Wyer, visited Pearl Harbor on Jan. 18 with a special mission - to return to the naval base and stroll along the officer housing where she lived from 1946 to 1948, when her father, Adm. Louis Dreller, commanded the Pearl Harbor Navy Yard. She fulfilled her mission and immediately remembered Quarters "E" along the quaint and historic Hale Ali'i neighborhood.

"The ladders are still there," she exclaimed, referring to the white ladder that sits atop each of the pre-World War II homes. She remembers fondly when a highly inebriated Sailor climbed the rooftop ladder that led to the window of her bedroom one evening - he thought he was climbing a ladder to his



Doris Sosin, who lived at Hale Ali'i at Naval Station Pearl Harbor more than 60 years ago, talks with Culinary Specialist 1st Class Jack Brown about her memories of living in the neighborhood. She returned for a visit on Jan. 18.

ship along nearby Bravo Piers. When her angry father discovered the infraction, he ordered the "poor Sailor" to the brig. While the Sailor didn't harm her, she said she felt badly that he spent the night at the brig and tried to persuade his father to let him go.

During her visit to Hale Ali'i, Sosin met Culinary Specialist 1st Class Jack

Brown, who works for Rear Adm. Tim Alexander, Commander, Navy Region Hawai'i and a resident of nearby Quarters "C." Brown knew the neighborhood very well and even ventured to check if the current residents of Quarters "E," Rear Adm. Christopher Mossey and his family, were home. They weren't. Brown invited Sosin to Alexander's home, where she was wel-

comed by the hospitality of Kathleen Alexander.

Sosin's memories of Pearl Harbor date back to 1941, when she was only 10 years old and a witness to the attack of Pearl Harbor on Dec. 7, 1941. Her father was then a naval officer stationed on the USS Indianapolis, a heavy cruiser and the flagship for the Pacific Fleet. The family lived in a modest home in

secluded Nu'uuanu Valley.

During the morning of the attack, Sosin was walking along the valley when she noticed hot metal in the street. "It was shrapnel from the bursting bombs," she said in her written memoirs. "I observed planes diving low and ack-ack fire hitting the planes." She assumed it was a mock battle. Then a woman grabbed her and pulled her into her house

where she would be safe. Hawai'i was at war.

Sosin said her father and neighbor, Lt. Cmdr. Joseph Rochefort, often met to discuss their theory that the Japanese would attack Pearl Harbor. She explained that they communicated their theory to Navy brass at Pearl Harbor, but no one believed them.

Three months before the attack, her father left to go out to sea aboard USS Indianapolis. "Before he sailed, he made reservations on the Matson Lines for my mother, my sister and me to sail to California on Nov. 13 and thus escape the attack he feared would happen," she said. But her mother canceled the reservations, feeling there was no danger. History proved her wrong.

Two months after the Pearl Harbor attack, they left the beloved islands in tears by troop ship, USS Henderson, which zigzagged through the Pacific to try to elude enemy submarines. They made it safely to the mainland and eventually reunited with her father in Los Angeles. Her father later received orders to the Philadelphia Navy Yard to design and oversee the construction of war ships. He was subsequently promoted to admiral and put in command of the Navy Yard in Pearl Harbor, where they returned in 1946 to live at Hale Ali'i.

Today, as Sosin strolled along the quiet Hale Ali'i neighborhood 60 years later, the energetic 75-year-old pointed out the shortcuts she walked, the trees she climbed, the wonderful ethnic dishes she ate. That's the Pearl Harbor she'll always remember.

Hawai'i Navy News Online www.hawaii.navy.mil

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Pearl Harbor Highlights



(Left) A group of chiefs aboard USS O'Kane wave to friends and family as they prepare to get underway. The Pearl Harbor-based guided missile destroyer USS O'Kane (DDG 77) deployed Jan. 26 as part of the USS John C. Stennis (CVN 74) Carrier Strike Group. The Stennis Carrier Strike Group will operate in the Persian Gulf region with the Eisenhower Carrier Strike Group, already in the Central Command area of operations. The strike groups will support Operation Enduring Freedom, Operation Iraqi Freedom and Combined Joint Task Force Horn of Africa and will conduct maritime security operations.

U.S. Navy photo by MC2 Lindsay Switzer



Students from the JROTC at McKinley High School visited the USS Chafee (DDG 90) on Jan. 23.

U.S. Navy photo by Lt. Col. Vince Morikawa



The Pearl Harbor-based, guided missile destroyer USS O'Kane (DDG 77) prepares to get underway Jan. 26 as part of the USS John C. Stennis (CVN 74) Carrier Strike Group.

U.S. Navy photo by MC2 Lindsay Switzer



JROTC students from McKinley High School toured the USS Chafee (DDG 90) on Jan. 23.

U.S. Navy photo by Lt. Col. Vince Morikawa



USS O'Kane (DDG 77) makes her way slowly through the harbor channel as it leaves Pearl Harbor on Jan. 26 to join the USS John Stennis (CVN 74) Carrier Strike Group.

U.S. Navy photo by MC2 Ben A. Gonzales



Fire Controlman 1st Class Kris McGuire, stationed onboard the USS O'Kane, kisses his son goodbye as he prepares to get underway.

U.S. Navy photo by MC2 Lindsay Switzer

Helping Make-a-Wish



U.S. Navy photo

Senior Chief Hull Maintenance Technician (SW) Mark A. Williams, president of the Shipyard Chief Petty Officers' Association (CPOA), presents a check to Cyndi Sheehan, development director for Make-a-Wish Foundation of Hawai'i, along with Command Master Chief (SS) Mark Shearer. The shipyard CPOA raised \$500 for the Make-a-Wish Foundation during a recently held poker run.

Save energy while having 'super party'

Krista Stehn

Energy Awareness Manager,
Naval Facilities Engineering
Command Hawai'i Energy
Team

Super Bowl XLI is almost here. It is a time for watching great football, relaxing with family and friends, and enjoying all of those commercials. Whether you are rooting for the Bears or the Colts, there will probably be plenty of food at your Super Bowl party. The Naval Facilities Engineering Command Hawai'i Energy Team would like to provide you with some energy conservation tips

(courtesy of Hawaiian Electric Company) for enjoying that 'super party.'

Tip 1: Slow cookers allow you to cook food while you enjoy the game and use 20 percent less energy than simmering food on the stove.

Tip 2: Outdoor grills are an excellent way to cook food without using electricity.

Tip 3: When cooking in your oven, use a timer rather than continually opening the oven door to check food. Every time the oven door is



opened, heat escapes and more energy is used.

Tip 4: When cooking on the stove top, match the size of the pan to the heating element. More heat will get to the pan and less heat will be lost.

Tip 5: Finally, cool leftovers before storing them in the refrigerator or freezer. This allows your appliance to use less energy to cool the food.

Enjoy your party, the food and the game.

Navy families impacting global war on terrorism

Story and photo by
Ensign Theresa Donnelly

USS Russell (DDG 59)

Sailors from USS Russell (DDG 59) wrapped up their "Freedom through Education" initiative on Jan. 26, an effort which generated more than \$4,000 in school supplies to schools in the Khowst Providence of Afghanistan.

"There's almost zero overhead," said Cmdr. Brad Cooper, Russell's commanding officer. "Everything contributed turns into school supplies and will be shipped via C-17 to eastern Afghanistan."

The fundraiser began in early October 2006 and was primarily run by Michelle Carns, Russell Family Support Group (FSG) member and Navy family member. Carns organized fund drives at many local businesses, including the Navy Exchange and the Navy Commissary.

FSG members set up booths at the local businesses where the community donated cash and school supplies. "It was great to get involved with the public and do something good for someone else. The schools in Afghanistan aren't supported by the government. The children learn in broken down buildings, neighbors' homes, really anywhere they can," said Carns.

In fact, the dim prospects for education in Afghanistan are what motivated the Russell team to become involved. According to a report published in November 2006 by aid group Oxfam, more than half of all children in grades one-12 do not attend school. For those that do, many are malnourished and "faced with inadequate educational materials, textbooks and teachers." The report also stated that the U.S. military has spent over \$20 million annually in the last few years on education alone.

The school supplies that Russell collected included pencils, notebooks, erasers, glue, rulers and many other materials. The items were bagged individually and sent to the Khowst Joint Provincial Reconstruction Team, a com-



Russell Sailors load boxes full of school supplies as part of its "Freedom Through Education Initiative," which raised over \$4,000 in school products which will be delivered to the Joint Provincial Reconstruction Team. The team will distribute to various Afghan schools in the region.

bined forces military command whose mission it is to promote security and facilitate the economic development and reconstruction within the Khowst Providence of Afghanistan.

Navy Cmdr. John Wade leads the reconstruction team. The team is involved in a variety of different activities including building roads, bridges, medical clinics, and supporting the construction and operation of local schools.

Russell Sailors also showed their support for the fund drive by holding a raffle contest onboard led by Ensign Jason Garfield. "It is a great feeling to know that you are helping less fortunate children gain an education. They deserve the same opportunities we have here so that they can become leaders in their country," said Garfield.

The Hawai'i community also did its part to help out. Information Systems

Technician Seaman Patrick Grube's church, First Immanuel Lutheran, sponsored a student run coin drive via its elementary school that resulted in donations of more than \$600 of school supplies. And the outpouring of generosity from the local community didn't stop there. The Honolulu Sunset Rotary club presented Carns with a \$1,600 check on Jan. 25 to be used for the purchase of additional school supplies.

Cooper later presented Carns with a letter of appreciation for her hard work and dedication to the Afghanistan project. "The fundraiser went exceptionally well," he said. "The Russell families that manned tables, donated school supplies, and assisted with the transportation boxes were just fabulous. I can't thank them enough for all the hard work and positive support that we had for this project."



GM2 Cody Eckles, stationed aboard USS Port Royal, visits the namesake town of his ship.

Port Royal Sailor returns to namesake town

Story and photo by
Ensign Rachael Pitchford

USS Port Royal (CG 73)

Gunner's Mate 2nd Class Cody Eckles is more familiar than most crew members with the heritage of USS Port Royal (CG 73).

Having grown up in a quaint town adjacent to the town of Port Royal, S.C., Eckles was inundated with the historical battles fought in Port Royal Sound.

USS Port Royal is the second ship of the U.S. fleet to commemorate these battles and it was of great coincidence that Eckles was assigned to the ship that bears the name of the town he knows so well.

While serving aboard Port Royal, Eckles deployed twice to the Arabian Gulf and played an important role as a member of the ship's visit, board, search and seizure (VBSS) team. Eckles, never forgetting from where he came, remained in touch with the town of Port Royal by writing newspaper articles for the Beaufort Gazette while the ship was on deployment.

After detaching from USS Port Royal last December, Eckles returned to his hometown before beginning his next tour of duty. While there, he presented Mayor Samuel Murray with an American flag that once flew over USS Port Royal.

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Hawaii Navy News

ESG 5 comes together for integrated exercise

MC2 (AW/SW) Jennifer Rivera

USS Bonhomme Richard (LHD 6) Public Affairs

USS BONHOMME RICHARD, At Sea (NNS) -- USS Bonhomme Richard (LHD 6) brought its Navy and Marine Corps team back together Jan. 22 to participate in a pre-deployment integrated training exercise, one of the final preparations for the ship's upcoming deployment.

Ships assigned to Expeditionary Strike Group (ESG) 5, including USS Chosin (CG 65) and USS

Chung-Hoon (DDG 93), both homeported at Pearl Harbor; USS Denver (LPD 9), USS Rushmore (LSD 47) and USS Milius (DDG 69), got underway to kick off the pre-deployment training evolution.

ESG Integration Training (ESGINT) is one of three pre-deployment, at-sea training exercises that give ESG 5 the opportunity to work together as a team and test out plans for the first time, according to Master Chief Operations Specialist Gerard Sprewell, operations department leading chief petty officer

"During ESGINT, we will go through tactical scenarios that will prepare us for situa-

tions we might [encounter] during deployment," said Sprewell. "ESGINT will better prepare us for upcoming exercises and ultimately for deployment."

Bonhomme Richard embarked Marine Medium Helicopter Squadron 163 and elements of Marine Medium Lift Alternative Squadron 267, Marine Heavy Helicopter Squadron 466 and Marine Attack Squadron 513 of the Aviation Combat Element of ESG 5. The ground combat element also embarked the amphibious ships by way of the well deck using utility landing craft (LCU) and air-cushion land-

ing craft (LCAC) assigned to Assault Craft Unit (ACU) 5 from Camp Pendleton, Calif.

Marine Gunnery Sgt. Flan Harell, assistant combat cargo officer, said the LCU and LCAC operations are a great training evolution for Sailors and Marines.

"For many of these guys, this is their first at sea period," said Harell. "ESGINT really provides a live fire training environment for conducting amphibious operations. This experience is vital to prepare all the Sailors and Marines for deployment."

Capt. Steve Greene, Bonhomme Richard commanding officer, said having

the Marines back aboard allowed his ship to get back to doing what it does best - moving Marines to the fight or scene of a disaster.

"It's great to have the 13th MEU embarked and to begin the intermediate phase of our pre-deployment training," said Greene. "The relationships and teamwork we build now will translate into successful missions during our upcoming deployment."

According to the ship's training officer, Lt. Rico Aikens, during ESGINT all ESG 5 ships will establish and maintain communications with one another while conducting various at sea evolutions. Ships will conduct daily well and flight deck operations, drills and underway replenishments.

"USS Rushmore, USS Chosin and USS Milius must maintain communication with ships assigned to ESG 5 during their scheduled visit, board, search and seizure exercise, all of which will serve to better prepare the ESG for deployment," explained Aikens.

Bonhomme Richard and ESG 5 currently are underway off the coast of southern California, conducting operations in preparation for a scheduled upcoming deployment.

Missile test

Continued from A-1

Defense Artillery Brigade stationed at Fort Bliss, Texas operated all equipment during the test, conducting operations of the launcher, fire control and communications and radar. Their interaction with the complete THAAD system provided valuable test and operations experience for the Soldiers and contributed to the operational realism of the test.

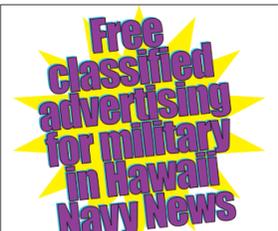
THAAD is the first weapon system with both endo-atmospheric (inside the atmosphere) and exoatmospheric (outside the atmosphere) capability developed specifically to defend against short, medium and intermediate range ballistic missiles. The THAAD system will provide high-altitude missile defense over a larger area than the complementary Patriot system, and, like the Patriot, intercepts a ballistic missile target in the "terminal" phase of flight - the final minute or so when the hostile missile falls toward the earth at the end of its flight. THAAD uses "hit to kill" technology, using only the force of a direct impact with the target to destroy it.

This was the second successful intercept for the current THAAD program in three tests, including a test conducted in September 2006 at White Sands Missile Range, N.M., that was not completed due to a failure of the target missile after it was launched.

The ballistic missile defense system now in development and testing will be capable of providing a layered defense for the U.S. homeland, its deployed forces, friends and allies against ballistic missiles of all ranges in all phases of flight.

The higher-altitude and theater-wide protection offered by THAAD provides more protection of larger areas than lower-tier systems like Patriot alone. THAAD can be transported by air to wherever it is needed worldwide and consists of radar, fire control unit, missile launchers, and interceptor missiles.

The THAAD program is managed by the Missile Defense Agency in Washington, D.C., and executed by the THAAD Project Office in Huntsville, Ala. Lockheed Martin Corporation is the prime contractor.



Active duty and retired military, civil service and family members 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), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.