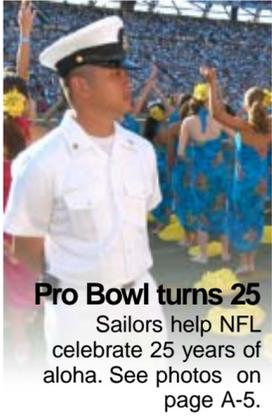


Pearl Harbor: Best in QOL



Pro Bowl turns 25
Sailors help NFL celebrate 25 years of aloha. See photos on page A-5.



Engine-less racing
Box car racing track is fun for the whole family. See story on page B-1.

JO1 Daniel J. Calderón
Editor

The Navy Times has named Naval Station Pearl Harbor as "Best Base for Quality of Life" for 2003.

The recognition is part of the annual best base award, an annual program begun by the Military Times Media Group. The group includes the Navy Times, Army Times, Air Force Times and Marine Corps Times.

"We are thrilled to be recognized by Navy Times," said Rogers Patrick, quality of life manager for Navy Region Hawai'i. "This honor was achieved through a team effort and we intend to maintain this high standard in the future."

Among the quality of life improvements is Pearl Harbor's ability to house nearly 100 percent of its single shipboard Sailors in bachelor quarters while the ships are not deployed. Oklahoma Hall, a \$16.5 million bachelor enlisted quarters, opened its doors to over 200 Pearl Harbor Sailors last year.

In addition to bachelor housing, family housing in Hawai'i is trans-

ferring to the first phase of public-private venture (PPV) to replace and renovate more than 2,000 homes in Pearl Harbor's inventory and turn over management of existing homes to a professional management company. The project is designed to eventually replace and upgrade thousands of homes in a fraction of the time possible through military construction projects.

The 1st Lieutenant Division and Seabee Construction Battalion Unit 413 oversee beautification on Naval Station Pearl Harbor. Their combined efforts earned them 2003's U.S. Pacific Fleet Installation Excellence Award. The two units spent hundreds of thousands of man-hours and over \$60 thousand in renovation projects, including the landscaping of the USS Utah Memorial on Ford Island.

Morale, Welfare and Recreation (MWR) also contributes to the quality of life for Sailors and their families. MWR offers several workout facilities across Oahu, travel and vacation opportunities, and a wide range of recreational offerings on and around the islands.



Photo by PH1(AW) William R. Goodwin
Naval Station Pearl Harbor's ability to house nearly 100 percent of its single shipboard Sailors in Bachelor Enlisted Quarters like this one is one fact that contributed to Navy Times naming Pearl Harbor Best in Quality of Life for 2003.

Aloha O'Kane commanding officers

JO1 Daniel J. Calderón
Editor

In a ceremony attended by guests, crew and friends, Cmdr. Michael S. Viland turned command of USS O'Kane (DDG 77) over to Cmdr. William J. Nault. The change of command ceremony was held on the pier next to O'Kane on Feb. 6.

Capt. Philip H. Greene Jr., Commander Destroyer Squadron 31, was guest speaker. He praised Viland's service to the Navy and to the nation during his tenure as commanding officer.

"I owe a huge debt of gratitude that can never be repaid, only recognized," said Viland in his opening remarks.

Before going too far in to his speech, Viland turned to the crew watching the proceedings from the rails on the ship. He asked if the Sailors at the far end could hear. When they indicated they could not, Viland motioned for them to come closer and he asked the assembled crew standing in ranks on the pier to stand at ease.

"I won't have anyone falling out of ranks," Viland said. "That won't become an O'Kane tradition."

Viland then reminisced on his 18-month tour as O'Kane's captain. He had high praise for the Sailors and officers he sailed with.

"My success was made possible by the contributions of this country's finest sons and daughters," said Viland in a voice broken by his holding back tears. "My only regret, shipmates, is that I didn't get to know you better. No captain could have asked for more and no captain could be prouder."

Viland reported to O'Kane on Sept. 5, 2002. Four months later, in January 2003, O'Kane left Pearl Harbor on deployment in support of Operation En-



Photo by JO1 Daniel J. Calderón
(Left to right) Capt. Philip H. Greene Jr., commander Destroyer Squadron 31, and Cmdr. Michael S. Viland congratulate Cmdr. William J. Nault. Nault assumed command of USS O'Kane (DDG 77) from Viland at a change of command ceremony held on Naval Station Pearl Harbor on Feb. 6.

during Freedom. During deployment, she transitioned to combat operations as part of Operation Iraqi Freedom. The crew launched several salvos of Tomahawk missiles as part of the operation and returned to homeport on July 28, 2003.

After reading his orders, Viland turned O'Kane over to Nault, who pledged to continue O'Kane's tradition of service to the United States and to the Navy.

USS O'Kane is named for Rear Adm. Richard H. O'Kane who was awarded the Medal of Honor for his service during World War II.

Prime minister visits Pearl Harbor



U. S. Navy photo
Air Force Lt. Gen. Robert Dierker, deputy commander, U.S. Pacific Command, escorts former prime minister of Israel, Ehud Barak, from the USS Arizona Memorial shortly after a wreath presentation on Tuesday. Hawai'i Lt. Gov. Duke Aiona and Maj. Gen. Robert Lee, the state adjutant general, also participated in the wreath laying. Barak was in Hawai'i for a one-day visit and also attended a dinner hosted by Lee.

Golf prodigy Michelle Wie tours USS Honolulu

JOC(SW/AW) David Rush
COMSUBPAC Public Affairs

Hawai'i local resident and golf's brightest young star, Michelle Wie, age 14, met with Sailors and toured USS Honolulu (SSN 718) on Monday.

Along with her parents and some friends, Wie looked through the periscope in the control room, listened to whale songs in the sonar room, and checked out the weaponry of the torpedo room aboard the nuclear-powered attack submarine. Escorted by Cmdr. Charles Harris, USS Honolulu's commanding officer, the tour ended with lunch in the officer's wardroom.

According to Wie, the Sailors are truly dedicated. "It must be really hard to live aboard a submarine, but it seems like fun to work with all of this equipment. It's very interesting. I thought it would be cramped - it was," said Wie.

Drawing parallels to the game of golf and submarine life, Wie said that both require commitment and practice. "It's kind of

the same because they go through a lot of preparation and training."

When not underway or working, many Sailors enjoy playing golf, particularly here in Hawai'i. Wie's advice for those who get frustrated by their performance is simple. "Sometimes they think about golf too much. Just get away from it sometimes."

Based on her statistics, Wie does not need to get away from the game. She said she plays and trains every day. This dedication earned her an invitation to play in the Sony Open in Hawai'i where she came within one stroke of making the cut.

Michelle's father, B. J. Wie, enjoyed the tour and also offered tips to a better game. "I learned a lot about how a nuclear-powered submarine works. I really appreciate what they are doing for our country and my respect for them has grown a lot from this visit."

As for taking strokes off, he suggests going back to the basics and practice. "Work on your short game. If you really want to lower your score, practice putting, chip-



Photo by JOC(SW/AW) David Rush
Hawai'i resident and teenage golf star, Michelle Wie, age 14, met with Sailors and toured USS Honolulu (SSN 718) on Monday.

ping and bunker shots. Driving is only for show."

Michelle's mother, Bo Wie, also enjoyed the tour and praised the Sailors for their hard work and dedication to their country. "I am thankful to the crewmembers for keeping our nation safe," she said.

Correction: Tax Center hours are as follows:

Walk-ins only (no appointments): Mondays, Wednesdays and Fridays, 9 a.m. to 5 p.m.; Saturdays, 8 a.m. to noon

Appointments only (no walk-ins): Tuesdays and Thursdays, noon to 8 p.m.

For more information, contact the tax center at 471-8030.

Reuben James heads to Central America

Ensign Nathan Christensen
USS Reuben James Public Affairs

The 256 Officers and crew of USS Reuben James (FFG 57) set sail yesterday enroute to Central and South America to perform Counter Drug Operations in the Eastern Pacific Ocean.

Although the ship returned ten months ago from the Arabian Gulf following a nine-month war deployment, the ship is answering the nation's call again. This time Reuben James will fight not only the War on Terror, but the War against Drugs as well.

In order to help perform this mission, Reuben James has embarked several members of a United States Coast Guard ship's boarding team detachment, specializing in counter-drug operations.

Lt.j.g. James Cole, the ship's Combat Information Center Officer and primary Visit, Board Search and Seizure Officer looks forward to Reuben James' mission and teamwork with the Coast Guard.

"For me, this deployment gives me a chance to do what I love and what I joined the Navy to do," Cole said. "Working with the Coast Guard will definitely be a learning experience and something that I greatly look forward to"

Frigates perform important roles in the Navy today, serving primarily as escort ships and littoral combatants. Although the ship performed escort duties in the Arabian Gulf, this deployment will test the ship's mettle in a host of different ways.

Lt. Cmdr. Ian Pollitt, the ship's Executive



Photo by JOSN Ryan C. McGinley

Family members of the crew of the USS Reuben James (FFG-57) watch as the ship departs Pearl Harbor on its way to Central and South America to perform Counter Drug Operations.

Officer, served on the last deployment to the Arabian Gulf and will take part in the ship's current deployment.

"The mission has changed, but the ship and her crew are ready for the challenges that lie ahead," said Pollitt.

The ship leaves Pearl Harbor after completing a successful Inter-Deployment Training Cycle (IDTC). Upon completion of the Final Evaluation Problem and Under-

way Demonstration, the IDTC's two major milestones, Reuben James' crew has set their sights on the challenges that await.

Gunner's Mate 2nd Class (SW) Jonathan Manley views this deployment as "a great opportunity to see another part of the world and serve the U.S. in new and exciting ways. That is what the Navy is all about-being able to make a difference no matter what we do and where we go."

Hawai'i Navy News

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Commentary

For Your Security and Safety

Karen S. Spangler, Assistant Editor karen.spangler@navy.mil

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



Photo courtesy of the Federal Fire Department

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 stay 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 474-7785 or 474-7783.

Iroquois Pt. Elementary showcases students



Photo by JO3 Devin Wright

A third grader at Iroquois Point Elementary looks over a story at the curriculum fair. The fair showcases some of the work students have completed throughout the year as part of the Hawai'i content performance standards.

JO3 Devin Wright Staff Writer

Iroquois Point Elementary School held a curriculum fair on Feb. 5.

The majority of students at the school have parents who are active duty in the military.

The fair was held to showcase some of the work the students have done throughout the school year and to address the Hawai'i content performance standards. The standards are the state's benchmarks for what the students should know and be able to do as far as schoolwork.

"All of our teaching and curriculum is designed to address those particular standards for that grade level," said Iroquois Point Vice Principal, Heidi Armstrong.

The student's displays include: writing portfolios, samples of students poetry, science displays and video presentations.

"All of the work displayed has the standard it addresses right next to it," said Armstrong. "This is really important because it gives the students an opportunity to show off their work and it lets their parents and family see what the school as a whole is working towards in education. There is a lot of writing in the fair and writing has been our focus."

Many of the elementary students agree that the new standards have helped their studies.

"I like reading now so I think the fair has taught me that I'm going to be a librarian, or a veterinarian... or a dirt bike racer," said a second grader at Iroquois Point.

Some parents of the students feel at ease that their child is getting the best education the state has to offer.

"This is a great school," said Dana Servaes a parent of an Iroquois Point elementary student and a Navy spouse. "It really reassures me because when we go back to the mainland I feel our child will be on the same page and probably ahead of their standards. I certainly want my child to get the best education possible."

To get the students to reach the Hawai'i content and performance standards is a joint venture.

"This is a spectacular display," said Armstrong. "The teachers, students and even the families have worked very hard to get the students to this point in their education. They should all be very proud of their accomplishments."

Awareness key to suicide prevention

JOSN Ryan C. McGinley
Staff Writer

Suicide is one of the top three leading causes of death in the Navy, according to the Department of the Navy Suicide Incident Report. It's a concern that has not subsided in recent years and new approaches are being made to make Sailors aware of the signs.

"More people die by suicide every year than by homicide, which is unbelievable to me," said Lt. Cmdr. J.P. Hedges, staff chaplain at Naval Station Pearl Harbor. "More service members have killed themselves than have died in battle."

There are many indicators that all Sailors should look out for in their workplace. The acronym AID LIFE helps co-workers to remember the process of intervening and approaching Sailors who might be in trouble.

The first step is to **Ask** if there is a problem. A shipmate might be noticeably depressed or their work might be inconsistent with prior efforts. Asking the person if there is anything wrong is the first step to prevention.

"Open-ended questions are good, and you can quickly assess how bad off it is," said Hedges.

The next step is to **Intervene** immediately. If the warning signs are evident, it's important not to dismiss or shy away from a problem.

"The handwriting is clearly there that there's something

wrong with this picture, but because we don't like pain...we stray away from it and we minimize it," said Hedges. "Above all else, someone who is contemplating suicide wants to know that someone else is concerned."

Once intervention is established, **Don't keep it a secret**. Keeping the problem a secret denies the person help that they may need.

"It's about people," said Hedges. "We have to take care of people; that's really what suicide prevention is all about."

Then **Locate help** immediately.

"Suicide, it's a 49 to 51 vote, teetering back and forth, wanting the pain to stop but struggling, knowing (you) want to live," said Hedges.

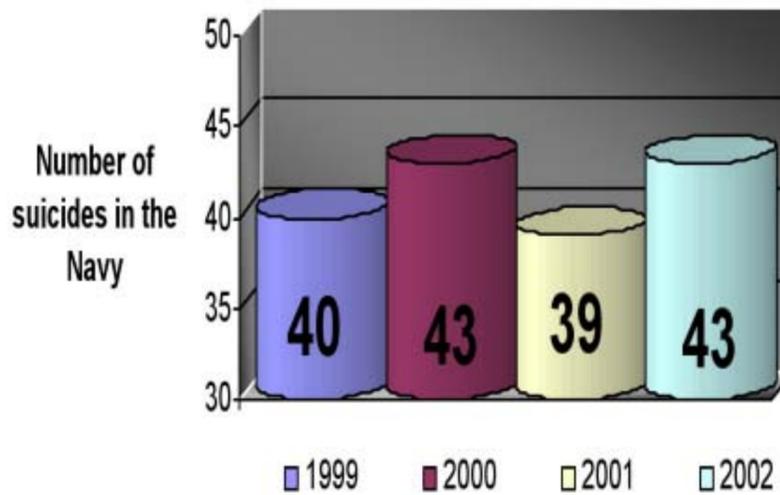
After that, **Inform the chain of command**. The chain of command is there to help Sailors and make sure they get the proper treatment that someone might need.

The final two steps are to **Find someone** and **Expedite the process**. Waiting too long can be crucial mistake that could cost a life.

There are many reasons someone might consider taking their life.

"Relationship problems are the number one reason that we have problems," said Hedges. The relationship can be with a spouse, boyfriend, girlfriend, family or co-workers. The problem will lead to feelings of depression, anxiety,

Suicide rates per year



Statistics courtesy of the Department of the Navy Suicide Incident Report

guilt or alcohol abuse. Other problems that can lead to suicide include financial, work, legal or disciplinary problems. "With suicide, it's a desire to feel something other than

pain." Hedges hopes that everyone will take a proactive approach and care about their shipmates.

"They don't care how much

you know, they want to know how much you care," said Hedges.

For more information, log on to <http://www.nhrc.navy.mil/programs/donsir/>.

STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

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Email: hnn@honoluluadvertiser.com

Hawaii Navy News

FEP: USS Paul Hamilton completes evaluation

Ensign Jason Cipriano
USS Paul Hamilton Public Affairs

Capping months of preparation and dozens of drills, USS Paul Hamilton (DDG 60) completed her final evaluation problem (FEP) on Jan. 30. The event was assessed by the Afloat Training Group (ATG) and lasted two days.

Describing his namesake ships, Arliegh Burke once said, "This ship is built to fight and you had better know how."

The final evaluation problem, or FEP, is a challenging, two-day event in which all areas of shipboard readiness are assessed.

The goal of FEP is to determine whether or not a ship has the capability to train watchstanders for any situation. Successful completion of FEP means that the ship is now "surge ready" and can be deployed at a moment's notice to virtually any area of the world.

The road leading to FEP began more than a year ago, when the ship began to map out its training needs and identify crewmembers to go to various Navy schools. The planning during that period resulted in a training program beginning when the ship returned from deployment in April.

In addition to the schools and shipboard training, numerous training teams were tasked with updating drill packages that would test the crew's proficiency.

In the months that followed, Paul Hamilton's underway periods were dominated by training events and drills.

No area of the ship was spared – from bridge and combat watchstanders to engineers and boatswain's mates, the entire crew was tested in virtually every area of shipboard survivability and combat readiness.

Many hours were spent at general quarters (battlestations), fighting simulated fires throughout the ship, and attacking virtual enemies using the ship's weapon systems. All of this led up to Jan. 29 and 30, when ATG stepped aboard to watch the ship in action.

In the end, more than two dozen fires were fought, multiple inbound missiles were destroyed, enemy submarines and ships were sunk, and Paul Hamilton came out on top.

The watchstanders were tried, tested and tired – but victorious. The ship remained afloat with a minimum loss of equipment or personnel in the simulated attacks.



Photo by Ensign Jason Cipriano
 Sailors aboard USS Paul Hamilton (DDG 60) run through a drill simulating a fire aboard the ship during the Final evaluation Problem phase of their shipboard training.



U.S. Navy photo

The Honorable Gordon R. England

SECNAV urges Sailors to vote

Special message from Secretary of the Navy Gordon R. England

Today, Sailors and Marines are deployed throughout the world, often in harm's way, protecting our nation and supporting the cause of freedom and democracy. In many places, the struggle centers on one very basic but powerful principle of democracy - the right to vote.

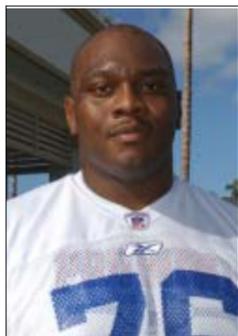
In our country, we have that right as a result of past and present sacrifices of U.S. service men and women like you.

Therefore, it is particularly appropriate that you, who protect this right for all of us, also exercise this right for yourself. It's your sacrifice, it's your country, and it's your future. You've earned this right, and your vote counts.

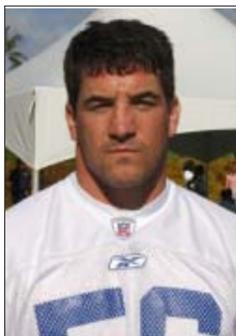
I encourage you to register to vote early this year. Do it now to eliminate potential problems later. Your command's voting assistance officer has the absentee voter registration materials.

Thanks for your untiring service to America and our democratic ideals. God bless you and your families, and God bless America.

Navy News asks: *What do you have to say to Hawai'i Sailors?*



Steve Hutchinson
Seattle Seahawks Guard
 Thanks for serving your country and I hope everyone comes home safely.



Keith Brooking
Atlanta Falcons Linebacker
 Thanks for everything. We appreciate all of what you're doing for us.



Champ Bailey
Washington Redskins Cornerback
 I just wanted to let you know we're behind you and thinking about you when you're out there protecting our freedom.



Corey Simon
Philadelphia Eagles Defensive Tackle
 You're the real heroes. Thanks for all of the sacrifices you make.



LaVar Arrington
Washington Redskins Linebacker
 My father lost his legs while serving in the military so you guys are very dear to my heart. Thanks for what you do and keep up the good job.



Photos by J01 Jim Williams
Left: Sailors performed security duty on the field and in the parking lot for the Pro Bowl.

Background photo: NFC wide receiver Derrick Mason, from the Tennessee Titans, attempts to avoid a tackle during the 2004 Pro Bowl.

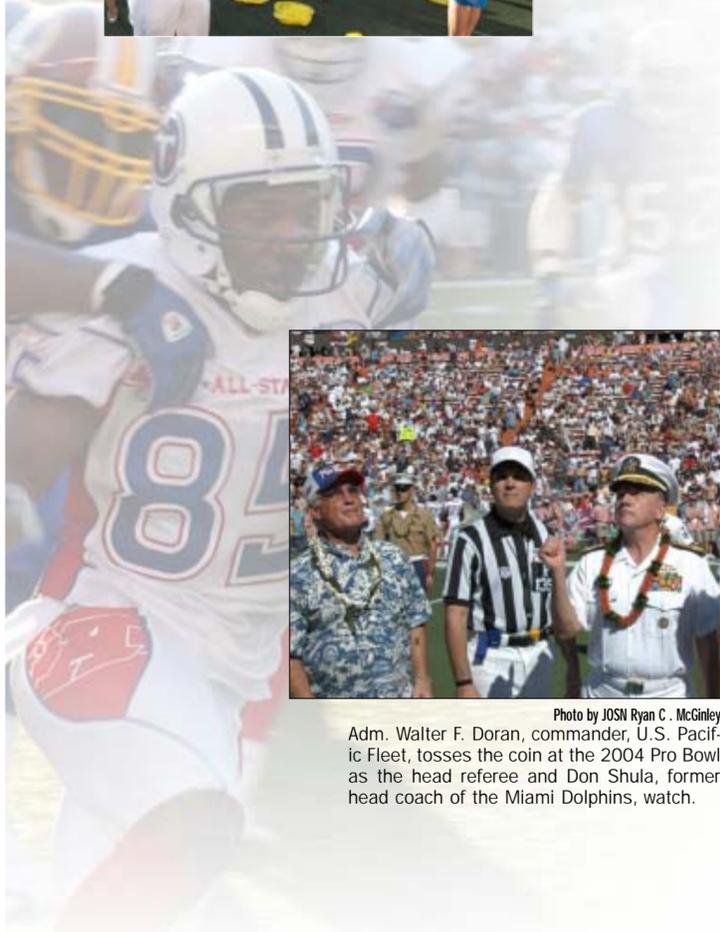


Photo by JOSN Ryan C. McGinley
Adm. Walter F. Doran, commander, U.S. Pacific Fleet, tosses the coin at the 2004 Pro Bowl as the head referee and Don Shula, former head coach of the Miami Dolphins, watch.



Photo by JOSN Ryan C. McGinley

The Joint Service Color Guard presents the colors at the 2004 Pro Bowl at Aloha Stadium. The game celebrated the 25th anniversary of the Pro Bowl in Hawai'i. Sailors also assisted with security and shore patrol for the event.

Navy shows Pro Bowl aloha

Sailors from around Oahu had the chance to participate in the 2004 Pro Bowl. The game celebrated the 25th anniversary of Pro Bowl in Hawai'i -- 25 years of aloha.

Before the game began, Adm. Walter F. Doran, Commander United States Pacific Fleet, performed the coin toss to determine which side - NFC or AFC - would receive the football first and Aviation Ordnanceman 1st Class Joseph Weaver of Naval Magazine West Loch, participated in the multi-service color guard. Challenger, the American bald eagle, soared

into Aloha Stadium during the singing of the national anthem to a standing ovation.

Gas Systems Electronic Technician 1st Class (SW) Matthew Danforth of USS O'Kane (DDG 77) was on hand to represent the Navy as Sailor of the Year.

In addition, Sailors participated in the pre-game show by taking flags representing each of the teams participating in the Pro Bowl onto the field. Sailors also provided security inside the stadium and in the parking lot throughout the game.



Photo by J01 Jim Williams

The American bald eagle Challenger poses on its owner's arm after flying into the Aloha stadium during the opening ceremony performance of the National Anthem.

Photo by JOSN Ryan C. McGinley

Adm. Walter F. Doran (right), commander, U.S. Pacific Fleet and Rear Adm. Barry McCullough (left), commander, Navy Region Hawai'i, salute during the singing of the national anthem at the 2004 Pro Bowl.

Smile

February designated National Children's Dental Health Month

JO1 Jim Williams

Feature Editor

Both the children and their parents of Hawai'i can smile a little bigger this month - thanks to the Naval Dental Center Pearl Harbor. In honor of National Children's Dental Health Month this month, personnel from the dental center at Pearl are visiting several local schools to stress the importance of good oral hygiene for both children and their parents.

"We think it is important to get out and provide a dental education to children as early as possible to help prevent them from having problems later in life," said Capt. William B. Parker, commanding officer, Naval Dental Center, Pearl Harbor. "So we provide this service during children's dental health month to both civilians and family members as part of our service to the local community."

The annual observance of children's dental health began as a one-day event in Ohio in 1941. During that year, Feb. 3 to Feb. 7 was designated as Children's Dental Health Week.

The American Dental Association (ADA) held the first national observance of Children's Dental Health Day in 1949. In 1981, the program was extended to a month-long celebration known today as National Children's Dental Health Month.

"Since it began in 1941, it has grown to a one-month event that reaches millions of people throughout the country and military bases around the world," said Parker.

Teams from the dental clinic will be visiting the Navy Hale Keiki, Pearl Harbor Elementary, Holy Family Catholic Academy, Pearl Harbor Kai Elementary, Barber's Point Elementary, Lehue Elementary, Rainbow Hale and the Bougainville Child Development Center, to name a few, to spread the word about good dental hygiene.

"We try and target schools that have significant number of the military

family members in them," said Parker. "But we don't visit them exclusively. We go throughout the entire community."

"We just feel it's very important [to] teach children these habits when they're young," Parker continued, "so they can avoid many of the dental problems we as adults might have suffered with when we were children."

According to the ADA, children should receive their first dental exam before the age of one. Infants usually begin to get their baby teeth around the age of six or seven months. Once the first tooth has erupted, the parent should begin brushing the infant's teeth. Use a moistened, soft bristled toothbrush and gently brush the tooth and gums around the tooth to remove any plaque. Do not apply any toothpaste to the brush at this time. Toothpaste can be harmful to an infant or small child if swallowed.

Another condition parents should be aware of is the premature loss of a tooth due to decay or trauma. When a baby tooth is lost too early, several problems could result. The child might experience delayed eruption of the permanent tooth, the tooth might not even erupt at all, the permanent tooth might come in crooked or the teeth on either side of the missing tooth might tip and move into the space, thus complicating the eruption of the permanent tooth. If a tooth is lost prematurely, a dentist can place a space maintainer to preserve space for the permanent tooth to erupt. Older children should wear athletic mouth guards when playing sports. Athletic mouth guards will help protect the teeth in case the child sustains an injury to the head or mouth. Athletic mouth guards can be purchased from any sporting goods store.

The third condition is caused by smokeless tobacco used by teenagers. Smokeless tobacco contains the drug nicotine, which is a powerfully addictive stimulant. Over time, several com-



Photo by JO1 Jim Williams

Cmdr. Linda Niemeyer, department head of the Comprehensive Dental Department, works on a patient at the Naval Dental Center Pearl Harbor. In honor of National Children's Dental Health Month this month, personnel from the dental center at Pearl are visiting several local schools to stress the importance of good oral hygiene for both children and their parents

ponents of smokeless tobacco cause a dramatic increase in the chance of developing oral cancer of the lower lip and gums. Oral cancer, if not quickly diagnosed, has a very poor five-year survival rate. These same irritants significantly accelerate gum recession and other forms of periodontal disease.

One final condition is tooth decay due to poor oral hygiene or anatomical considerations. Everyone has bacteria in their mouths. These bacteria stick to the teeth and gums. Whenever simple sugars and starches are eaten, the bacteria will use the sugars to produce acid that is in close contact with the

tooth surface. Over time, the acid gradually erodes the tooth surface - thus forming a cavity.

Good oral hygiene, which includes brushing, flossing, and good eating habits can help prevent tooth decay. Fluoridated water and toothpastes can also help stop decay by strengthening the tooth against acid attack. Some teeth have deep pits and grooves that provide a safe haven for food residue and bacteria. "Pit and fissure" sealants can be applied to the teeth to deny cavity-causing bacteria access to these areas. Orthodontic work can also be done to straighten teeth and make them

easier to clean.

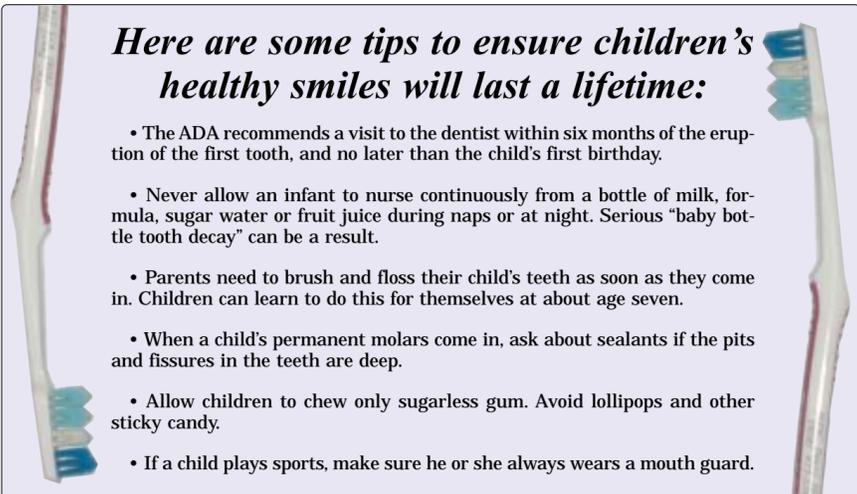
According to the ADA, the important point to remember is to teach children to practice good oral hygiene (brushing, flossing, good diet, etc.) and make sure that every member of your family gets an annual dental check-up.

"We're proud to be able to provide support to the family members and the community," concluded Parker, "while keeping our primary focus on our operational mission."

Editor's note: Facts compiled from the Naval Dental Center Pearl Harbor and the American Dental Association

Here are some tips to ensure children's healthy smiles will last a lifetime:

- The ADA recommends a visit to the dentist within six months of the eruption of the first tooth, and no later than the child's first birthday.
- Never allow an infant to nurse continuously from a bottle of milk, formula, sugar water or fruit juice during naps or at night. Serious "baby bottle tooth decay" can be a result.
- Parents need to brush and floss their child's teeth as soon as they come in. Children can learn to do this for themselves at about age seven.
- When a child's permanent molars come in, ask about sealants if the pits and fissures in the teeth are deep.
- Allow children to chew only sugarless gum. Avoid lollipops and other sticky candy.
- If a child plays sports, make sure he or she always wears a mouth guard.



Navy scuttles ship for environment

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The ex-USS Oriskany (CVA 34), the last Essex-class aircraft carrier in the fleet's inactive ship inventory, served the Navy for more than 25 years, maintaining a powerful presence during the Korean War and the Vietnam conflict. Decommissioned in September 1976, the ship is ready to do more sea time, only this time beneath the surface, serving as an artificial reef.

Four states have applied for the ex-USS Oriskany: Florida, Mississippi, Texas, and a joint application by Georgia and South Carolina.

"Artificial reefing benefits the ecological environment of the respective state receiving the ship by relieving stress on the

natural reef," said Capt. Lawrence M. Jones Jr., program manager for the Inactive Ships Program Office, Naval Sea Systems Command (NAVSEA). "The program also saves tax dollars, which can be recycled into newer technology."

With its own inventory of 97 obsolete vessels designated for disposal, the Maritime Administration (MARAD) is the government's disposal agent for merchant type vessels of 1,500 gross tons or more, including Navy non-combatants that had previously been title-transferred to MARAD. As MARAD has had statutory authority since 1972 to donate obsolete vessels to states for sinking as artificial reefs, NAVSEA and MARAD worked together to develop a common process for the donation of "federal" ships for artificial reefing.

Each agency, however, will donate its own vessels under its own statutory authority, which the Navy obtained in the FY '04 National Defense Authorization Act. In partnership with MARAD, NAVSEA will approve one state's application for the ex-Oriskany to become part of its ecological system in the form of an artificial reef.

Jones has the all-encompassing task of selecting the state to receive the ex-Oriskany, evaluating the applicants' plans for the use and management of the reef area. Additionally, he monitors site permits by the Army Corps of Engineers; a state's willingness to cost-share in towing, sinking and ship's modifications; plans fostering naval or maritime heritage; amount of political and public support; adherence to the National Fishing En-

hancement Act; economic and environmental studies done; and any impact on national marine sanctuaries or natural coral reef areas.

Jones noted that an applicant's willingness to cost-share is one of the factors in the final selection.

The reefing program is budget driven, Jones explained. "Artificial reefing and remediation are about one-fourth the cost of totally dismantling and recycling a ship." Jones continued, "The reefing area could also be designated by the receiving state as a memorial or an historical site and benefit the state through tourism, much like the USS Missouri (BB 63) Memorial in Hawai'i."

Although historical artifacts had previously been removed for the curator of the Navy and other materials had been removed



Photo by PHAN Andrew Betting

Decommissioned ships are first made environmentally safe prior to towing and sinking in safe waters off prospective coastlines. The ex-Towers (DDG 9) was sunk out on Oct. 9, 2002. The ex-USS Oriskany will serve the same function.

by the Oriskany Museum of Oriskany, N.Y., the ship's memory will be further preserved by removing a section of the wood deck and the ship's name from the transom during environmental preparation work ongoing in Corpus Christi, Texas. These ma-

terials will be sent to the National Museum of Naval Aviation, Pensacola, Fla.

The Inactive Ship Program currently has an additional 24 ships available for reefing. Jones' goal is to move a third of the 24 ships this year.

DoD announces Korean Defense Service Medal

Special release from the U.S. Department of Defense

The Defense Department announced Feb. 9 the creation of the Korean Defense Service Medal (KDSM). The KDSM is a service medal to give special recognition for the sacrifices and contributions made by members of the U.S. Armed Forces who have served or are serving in the Republic of Korea.

Public Law 107-314 legislated the creation of a new medal to recognize military service in the Republic of Korea and the surrounding waters.

Members of the armed forces authorized the KDSM must have served in support of the defense of the Republic of Korea. The area of eligibility encompasses all land area of the Republic of Korea, and the contiguous water out to 12 nautical miles, and all air spaces above the land and water areas.

The KDSM period of eligibility is July 28, 1954 to a future date to be determined by the Secretary of Defense.

Service members must have been assigned, attached, or mobilized to units operating in the area of eligibility and have been physically deployed in the area of eligibility for 30 consecutive or 60 non-consecutive days or meet one of the following criteria:

- Be engaged in actual combat during an armed engagement, regardless of the time in the area of eligibility.
- Wounded or injured in the line of duty and require medical evacuation from the area of eligibility.
- While participating as a regularly assigned air crew member flying sorties into, out of, within, or over the area of eligibility in support of military operations. Each day that one or more sorties are flown in accordance with these criteria shall count as one day toward the 30 or 60-day requirement.
- Personnel who serve in operations and exercises conducted in the area of eligibility are considered eligible for the award as long as the basic time criteria is met. Due to the extensive time period for KDSM eligibility, the nonconsecutive service period for eligibility remains cumulative throughout the entire period.

The KDSM may be awarded posthumously, and only one award of the KDSM is authorized for any individual.

Each military department will prescribe appropriate regulations for administrative processing, awarding and wearing of the KDSM and ribbon for their service members, to include application procedures for veterans, retirees and next of kin.

More than 40,000 members of the U.S. Armed Forces have served in the Republic of Korea or the waters adjacent thereto each year since the signing of the cease-fire agreement in July 1953, which established the demilitarized zone. For more than 50 years, U.S. Armed Forces' efforts to deter and defend the Korean Peninsula have helped maintain democracy and preserve the indomitable spirit of freedom.

