

Hawaii Navy News



Volume 26 Issue 2

Serving the "Best Homeport in the Navy"

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In Brief

Flu Shots

Flu shots will be given at Makalapa Medical Clinic on Jan. 29 from 8 a.m. to 3 p.m.

Shots will be given in the education and training classroom also known as classroom A.

Individuals should pick up their medical record at the front desk before proceeding to classroom A.

For more information contact HM1 Castaneda at 471-2212.

GSA Closed For Inventory

The General Services Administration (GSA) Customer Supply Center at Schofield Barracks will be closed Feb. 20 - 23 for inventory.

The store at Hickam Air Force Base will be closed Feb. 26 to Mar. 2. For more information, call Mike Martin at 655-0280 or Rita Loring at 448-8937.

Utility Boat adds extra run

Naval Station Pearl Harbor, Ford Island and Iroquois Point has added a 6:05 - 6:35 p.m. boat run to the utility boat schedule on a trial basis.

The last boat will leave Alfa landing at 6:05 p.m., Merry Point landing at 6:15 p.m. and arrives at Iroquois Point at 6:35 p.m.

Determination on keeping the additional run will be based on usage through today.

Fitness Aerobathon

The Pearl Harbor Fitness Aerobathon will be held from 9-11 a.m. tomorrow at Bloch Arena.

This non-stop two-hour workout is designed to keep hearts pumping and feet moving.

Top aerobic instructors will lead participants through lively well-choreographed routines in step, kickboxing, hi/lo, cycling, yoga and more.

All participants are eligible to win a variety of prizes ranging from T-shirts, fitness gadgets, water bottles, free dinners, etc.

Cost is \$5 paid at the door. For more information, call 473-0036.

Kamehameha changes command

By J02 Cori Rhea
COMSUBPAC

Cmdr. Ed Seal relieved Cmdr. Derek Hesse as commanding officer of USS Kamehameha (SSN 642). The turnover took place during a traditional change of command ceremony held recently on the converted Ben Franklin-class ballistic missile submarine.

The submarine is scheduled to be inactivated later this year. Appropriately so, a guest speaker was Capt. Robert W. Dickieson, the first commanding officer of the legendary boat.

After sharing sea stories, Dickieson addressed the crew. "You men serve with honor, dignity and sacrifice and I for one am very proud to be part of the long line who have served aboard this magnificent vessel," said Dickieson.

Rear Adm. Al Konetzni, Commander, Submarine Force Pacific Fleet, also spoke at the ceremony.

"This submarine has unique rewards. Being 35 years young, we certainly will have squeezed every drop of efficiency out of this wonderful ship. Some of these drops were sweat, tears and blood. But over the decades, Sailors like you (motioning to the crew) have kept her running despite her age," said Konetzni.

"A commanding officer is expected to be a legacy. We expect him to take care of and train his crew. We expect

▼ See KAMEHAMEHA, A-2



J02 Cori Rhea photo

Cmdr. Ed Seal, the new commanding officer of USS Kamehameha (SSN 642) salutes on the bridge of the submarine during the change of command.

Bridge opens at PMRF Kaua'i



J03 Traci Feibel photo

Pacific Missile Range Facility Executive Officer Cmdr. John Barfoot (left) assists NMCB-3's BUC(SCW) Bear McDaniel with the cutting of the ribbon at a ceremony celebrating the completion of Bridge 20 in Kaua'i.

By J03 Traci Feibel
Third Construction Brigade

In just under four months, an eight-man crew from Third Naval Mobile

Construction Brigade (NM-CB-3) completed project "Replace Bridge 20" at the Pacific Missile Range Facility (PMRF) on Kaua'i, in order to assure all safety measures

for the local facilities were met.

PMRF supports a wide variety of training exercises and developmental tests involving space, air, surface,

and sub-surface units. PMRF has the ability to provide simultaneous real-time tracking information on participants, targets, and weapons in its 42,000 square mile training area of sea and airspace.

NMCB-3's Kauai crew was tasked with the replacement of an existing bridge on the facility's secondary access road.

Naval Ordinance Instruction specifies there must be at least two means of access to magazine areas, which in this case, are the storage areas located in the mountains near the facility.

According to NMCB-3 Det Hawaii's Officer in Charge Lt. Jeff Lengkeek, the current bridge was no longer able to support the weight of the traffic, and needed to be replaced in order for the road to be used.

"It was a rickety steel structure that was falling apart and wearing away," explained Lengkeek. "The bridge crosses a culvert that can become flooded during heavy rain, and the time had come for the need of a permanent reliable structure."

▼ See RIVER, A-2

NFL player to speak at Pro Bowl breakfast

By Michael Redocto
NAVAL STATION CHAPEL

All-pro football wide receiver Cris Carter is scheduled to be the featured speaker in this year's Pro Bowl Prayer Breakfast at 7 a.m. on Feb. 3, at Richardson Field, Pearl Harbor.

Carter is a 14-year NFL veteran who has been selected eight times to play in the prestigious post-season game. He currently plays for the Minnesota Vikings.

"Cris Carter is well-known as a professional athlete, but he also has become well-known for his personal integrity and Christian witness," said Capt. Luther Alexander, who is the region's senior chaplain.

"He will have something to say to persons of all ages - even if you're not a football fan."

The program will also include music by the local Contemporary Gospel music group, "The King's Men." Members of this four man and one woman group are either active-duty or recently retired members of the Army, Marine Corps and Air Force, including group coordinator Farand Scott (USMC ret.), Aaron Johnson (Army), Danny Jones (Army), Germaine Miller (Air Force) and Kimberly Miller (Air Force spouse).

Cost of the breakfast is \$5 and tickets are now available at the Pearl Harbor Memorial Chapel, the Hickam AFB Chapel Center, the AMR Chapel, and the Kaneohe Marine Corps Base chapel. All ticket sales are in advance. No tickets will be sold at the gate.

All prayer breakfast attendees will also be given free admission to "The NFL Experience" across the street from Richardson Field at Aloha Stadium, which normally costs \$7.

Parking for the breakfast is available at the Rainbow Bay Marina, which can be reached by the Arizona Memorial access road. For more information, please call Mike Redocto at 473-3974.

INSIDE



Wheel of Fortune on deployment to Hawaii... B1

Naval Medical Clinic helps with New Year's resolutions

By Lt. Cmdr. Catherine A. Bayne
Patient Education Program Coordinator

How many of you have made New Year's resolutions? Are you going to be able to keep them? Every year people around the world decide that they need to change something in their life and they use this time of year to do it. Are you committed to quitting tobacco use? Or are you planning to lose weight? Or do you plan to change your diet to lower your cholesterol? The list can go on and on and on.

The Health Promotions Office at the medical clinic can help you with these resolutions. A variety of classes are offered throughout the island for TRICARE Prime beneficiaries. They include tobacco cessation, healthy heart, nutrition-weight management, asthma education and self-care.

In April of this year, the tobacco cessation program was revised to include wellbutrin SR and nicotine replacement patches as aids for tobacco cessation. Wellbutrin SR is the same medication as Zyban, the tobacco cessation aid that is publicized in the media.

Classes consist of four one-hour sessions and cover topics such as physical and psychological dependence, stress

management, nutrition and preventing relapse. Current quit rate for the program is approximately 40 percent.

Another course that is for beneficiaries that have elevated cholesterol, high blood pressure or strong family history of heart disease is the healthy heart class.

Attendees learn about heart disease, good and bad cholesterol, high blood pressure and how to prevent heart disease. Patients are contacted three months after attending to assess their success with recommended lifestyle changes.

Patients with elevated cholesterol levels have a three-month check of their cholesterol blood value. If their values have not improved, their primary care manager is notified and further testing and/or medication is ordered. The current program has shown that 65 percent have decreased their total cholesterol levels by increasing their activity level and intake of fruits and vegetables.

Need a refresher on nutrition? The nutrition class is ideal for those individuals desiring general information on nutrition. Attendees learn general nutrition information to assist them with weight loss or weight gain. Wondering if the high protein diet is healthy? Have your questions answered and learn the best plan for weight loss or weight gain.

Another class is for the asthma patient or parents of a child with asthma. Attendees receive a free peak flow meter as well as education on what causes asthma, how to prevent asthma attacks, medications and when to seek medical care. Information is also given to help identify asthma triggers and ways to "trigger proof" your home.

The focus of military medicine has changed from treating disease to prevention of illness. To achieve this, you can attend the self-care class offered to TRICARE Prime beneficiaries at Makalapa, Kaneohe and Barbers Point clinics.

This course provides the beneficiary with information about the clinic, how to access care, a free healthwise handbook, and access to over-the-counter medications from the pharmacy.

All of the above classes are free. Tobacco cessation, nutrition/weight management, self-care, healthy heart and asthma education are offered at Makalapa or Kaneohe Bay.

Self-care classes are available at Makalapa, Kaneohe Bay or Barbers Point Clinics. Call central appointments to register for any class or the your clinics: Makalapa (473-0247), Kaneohe Bay (257-2131 ext.115/116) or Barbers Point (684-6201/2).

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