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Pentagon officials stress cybersecurity on all computers

BY JIM GARAMONE
American Forces Press Service

WASHINGTON — Pentagon officials stress that no matter what computer you use, you need to take cybersecurity into account.

With growing dependence on information technology and increasing threats against it, President Barack Obama declared October to be National Cyberse-

curity Month. The Defense Department is one of the largest computer users in the world, and security has to be in the forefront of all users, officials say.

Navy Capt. Sandra Jamshidi, director of the department's Information Assurance Program, said that if everyone did their part for cybersecurity, it would "filter out the low-level hacker type of attacks, so we're better able to go after the professional hackers who do the most harm to us."

Everyone needs to take precautions, the captain said during a recent interview. "If you're locking your car doors, then you help make the parking lot safer," she said. "If everyone is locking their car doors, then you make the parking lot a less attractive target. It's the same for cybersecurity. If we all pay attention to security, then it raises the threshold across the entire Internet."

The frontline of this cyberwar is the

keyboard, and it doesn't matter if the keyboard is at the home or at work, Jamshidi said. Computer users often inadvertently carry viruses back and forth between home and work computers.

Users have a better chance of detecting something unusual on their computers, she said. People need to understand what is normal for the computer and the soft-

See CYBERSECURITY, A9



Photo by MC2 Nathan Laird

USS Freedom (LCS 1) to deploy early

PRESS RELEASE
U.S. Department of Defense

WASHINGTON — The Navy announced Oct. 13 the decision to deploy the USS Freedom (LCS 1) in early 2010 to the Southern Command and Pacific Command areas ahead of her originally scheduled 2012 maiden deployment.

According to Navy leaders, littoral combat ships (LCS) are needed now to close urgent warfighting gaps.

"Deploying LCS now is a big step forward in getting this ship where it needs to be — operating in the increasingly important littoral regions," said Adm. Gary Roughead, chief of naval operations. "We must deliver this critical capability to the warfighter now."

The Freedom will have an immediate impact on fleet readiness and global reach as an asset with unique combat capabilities and the ability to meet littoral tasking not previously seen in the modern cruiser or destroyer fleet.

"The Navy plans to build a considerable number of littoral combat ships which will form the backbone of our future fleet," said Adm J. C. Harvey, Jr., commander, U.S. Fleet Forces, charged with executing the early deployment. "The sooner we integrate them into our fleet, the sooner we can incorporate them in the order of battle. This deployment offers a golden opportunity to learn by doing. Employing the USS Freedom in theater two years ahead of a normal timeline allows us to incorporate lessons that can only be learned in a deployment setting more quickly and

effectively in the LCS fleet integration process."

In evaluating options for deploying the Freedom earlier than originally scheduled, the Navy took into consideration several key factors including combat systems testing, shakedown of the ship systems and overseas sustainment with a new concept of operations and crew training. To facilitate the early deployment, the Navy adjusted the Freedom testing schedule, prioritized testing events needed for deployment and deferred others not required for the missions envisioned during this deployment. The Freedom recently completed Industrial Post Delivery Availability 2, which also supported an early deployment.

For more news, visit www.navy.mil.

U.S. Congress finishes work on Authorization Bill

BY JIM GARAMONE
American Forces Press Service

WASHINGTON — Congress has reached agreement on a \$680.2 billion National Defense Authorization Bill for fiscal 2010.

The bill authorizes a 3.4 percent military pay increase and full funding for the Defense Health Program, and it caps F-22 Raptor production at 187 aircraft. For civilian workers, it ends the National Security Personnel System. It includes a base budget of \$550.2 billion and \$130 billion for overseas contingency operations.

Congress released the conference report Oct. 7. The full Senate and House must pass the conference report before the bill goes to President Barack Obama for his signature.

The bill includes \$560 million to continue development and initial procurement of the alternate F136 engine for the F-35 Lightning II joint strike fighter. Defense Secretary Robert M. Gates recommended that the funding be struck, arguing development of the F135 engine — the main engine for the F-35 — is proceeding well and that any money spent of the F136 would be wasteful. House and Senate conferees still included the engine in the fiscal 2010 budget authorization. White House officials said it is up to the president whether to veto the legislation over the inclusion.

The bill authorizes payment of hostile fire pay, imminent danger pay, hazardous duty pay, assignment pay and skill incentive pay to be prorated to reflect actual qualifying service performed during the month.

The authorization bill is one of two bills needed for the Defense Department to spend money — the other being the appropriations bill, which is still in a Senate-House committee to resolve differences between the two chambers' versions.

The authorization bill includes end strengths of 562,000 for the Army; 202,100 for the Marine Corps, 331,700 for the Air Force, and 328,000 for the Navy. The legislation authorizes an increase in active-duty Army end-strength of 30,000 in fiscal 2011 and 2012.

The bill authorizes \$6.7 billion for all-terrain mine-resistant, ambushed protected vehicles, known as M-ATVs. The first of these vehicles have arrived in Afghanistan, with thousands more to be delivered under the new budget.

The authorization bill conference report has full funding for the Navy's Carrier Replacement Program, a Virginia-class submarine, a littoral combat ship, a DDG-1000 destroyer and the

See BILL, A9

Naval Research Lab looks to sea, sun for energy solutions

BY BOB FREEMAN
American Forces Press Service

WASHINGTON — The services could more effectively power unmanned vehicles, underwater monitoring sensors, ships and aircraft if Naval Research Laboratory scientists achieve their goals of harnessing solar and sea power to fuel the military for years to come, a top NRL scientist said.

"A worldwide peak of fuel production is expected in five to 15 years, and increased demand will likely create large swings in price and availability," Barry Spargo, head of NRL's chemical dynamics and diagnostics branch, said in an Oct. 14 interview on Pentagon Web Radio's audio webcast "Armed with Science: Research and Applications for the Modern Military."

"The bottom line is that we need to develop alternative power and energy because conservation

and efficiency alone will fall short of meeting future needs," he explained.

The quest for alternative fuel technologies is a top priority for the Navy, Spargo said, adding that energy research at NRL is diverse, allowing them to bring together a wide array of disciplines to address unique problems confronting alternate energy research.

"We're conducting research in a number of areas that look really promising; however it's unlikely that a single research area will solve the energy problems that we are facing," Spargo said. "NRL is currently investing in synthetic fuel production at sea, enhancing fuel energy density, exploration of methane hydrates in the ocean, energy harvesting from the sea, fuel cells and bat-

See ENERGY, A9



Photo by John F. Williams

John Bigus, left, a fuels engineer assigned to Naval Air Warfare Center-Aircraft Division in Patuxent River, Md., explains the greening of Navy Fuels at the first Naval Energy Forum hosted by the Office of Naval Research and Task Force Energy. Bigus stands in front of a display of camelina and algae fuels and processes for the production of renewable fuels to be tested in Navy ship and aircraft.

INSIDE:

NAVY'S 234TH BIRTHDAY A7

The birth of the Continental Navy

Did you know the genesis of the U.S. Navy stems from a very short, frantic, almost panicked 11 days in 1775?



FRONT & CENTER B1

Finding the graves of our fore fathers

Civil War era cemetery holds the grave of one of our nation's heroes and maybe more.



OFF DUTY C1

Halloween Time!

Grab your little goblins and join the fun during spooktacular celebrations throughout Hampton Roads.



USS New York Sailor guest blogger for New York Post

BY LT. LESLEY LYKINS
Navy Public Affairs

WASHINGTON — A Sailor aboard Pre-Commissioning Unit (PCU) New York (LPD 21) has attracted New York City with her Oct. 13 premier as a guest blogger on the New York Post Web site leading up to the ship's commissioning in New York Nov. 7.

Operations Specialist 2nd Class (SW) Cecilia Fosú, a native of Newark, N.J., stationed aboard PCU New York, introduced herself to New York and shared a brief description of her job, interests and feelings of serving aboard a ship that carries steel from the World Trade Centers.

"Never in a million years did I think that I would be serving on a U.S. Navy vessel that was built in the remembrance of the event that took place on 9/11," said Fosú in her Oct. 13 blog entry.

Fosú was a freshman in biology class Sept. 11, 2001. She immediately realized the country would never be the same and is surprised to find herself serving in the Navy today.

She is currently pursuing a degree in nursing, in addition to her duties as an operations specialist, and she enjoys writing.

"As a native to the New York-New Jersey area, the Post immediately interested me," said Fosú.

New York has quickly adopted the namesake ship and with less than a month until the New York City commissioning, media has become very interested in the crew and commissioning events planned for the port visit.

"The commissioning committee has been getting calls from people throughout the city who would like to participate in the events. They want to visit the ship and meet the Sailors," said retired Rear Adm. Robert Ravitz, chairman, USS New York Commissioning Committee. "The citizens of New York take enormous pride in the name of the ship and its link to 9/11. I haven't seen this much excitement surrounding an event since the re-opening of the Statue of Liberty."

The New York Post contacted the Navy with a request for a guest blogger from PCU New York, and Cmdr. Curt Jones, commanding officer of PCU New York, quickly agreed to support.

"(Fosú) has a special bond with the

community and the ship that will be evident to blog readers," Jones said. "I see great things in her future and wanted to give her an opportunity to tell her story."

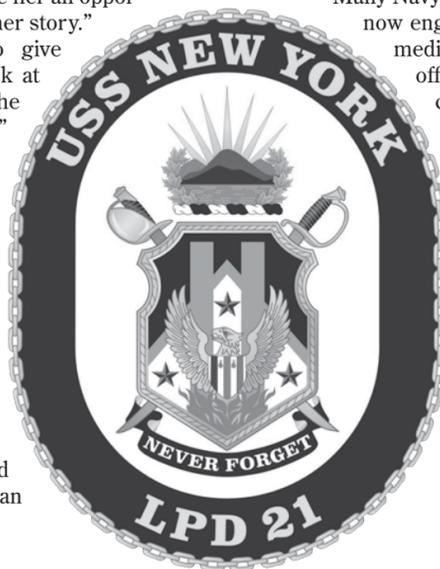
"I want to give readers a look at what life in the Navy is like," Fosú said. "I'd also like to show Americans how much we appreciate their support."

Fosú's blog will run through the commissioning scheduled Nov. 7 and can

be found at www.nypost.com/p/blogging_around_the_uss_new_york_hTxzcnp8m4vRJJNQIPTdcP.

Many Navy commands are now engaging in social media. A list of these official Navy social media sites can be found at www.navy.mil/media/smd.asp.

For more news, from PCU New York, visit www.navy.mil/local/lpd21/



Petty Officer OS2 Cecilia Fosú is originally from Newark, N.J. and is a proud crew member on board USS New York. She says, "If you asked me on September 11, 2001 where I would be eight years later, never in a million years did I think I would be serving on a U.S. Navy war ship that was built with 7.5 tons of steel recovered from the World Trade Center. I hope you enjoy reading my blog updates as I chronicle that steel's return to New York City, when the ship makes its first port visit for the occasion of its commissioning on November 7, 2009."

THE FLAGSHIP'S LEEWARD SHOUT

What are you doing for Halloween? How will you stay safe?



ABH3
Melissa Grogan
USS Carl Vinson

"I will probably go and hang out with a couple of friends, and not drink and drive. If I do get into trouble I'll call my chain of command."



ITSA
Dequinn McGraw
TPU

"I plan on going to some haunted house and getting so scared that I have to leave the lights and the TV on for a couple of days. I'll stay safe by not drinking and watching my surroundings."



ITSA
Derrick Pitre
NCTAMS

"I'll be staying home, staying safe and just relaxing."



IT2
Francisco Rio
USS Harry S. Truman

"I'm going to stay at home with my wife and my family and be safe. I've been in the Navy for 7 years now, so I know a little bit about a few things. And the weather is getting worse, so it's better just to stay at home."



ADAN
Damian Linares
FRC Mid-Atlantic

"I'm gonna spend time with my family and celebrate at home. I'll try and not get in trouble. That's pretty much it."



PS3
Jialei Yuan
PSD AFLOAT

"I will probably be at some party with my coworkers. I will stay safe by practicing Operational Risk Management at all times."

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Mid-Atlantic is:
Rear Adm. Mark S. Boensel

The Flagship

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Regional program manager for Commander Navy Region Mid-Atlantic is

Public Affairs Director
Beth Baker

Editorial Staff
Managing Editor
Michael Mink

Deputy Managing Editor
MC1 (AW) Tim Comerford

Editorial Assistants
MC2 Mandy Hunsucker
SA Brian Auker

Graphic Designer
David Todd

Off Duty Editor / Designer
Tim Rafalski

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Local service times

LDS PROGRAMS

JEB Little Creek Chapel Worship Schedule:
Noon — Sun. Worship (Chapel Annex Classroom 4)
8 p.m. — Wed. Bible Study
(Chapel Annex Classroom 4)

NAVAL STATION NORFOLK

ROMAN CATHOLIC

Our Lady of Victory Chapel
Mass Schedule:
5 p.m. — Sat.
(fulfills Sunday obligation)
10 a.m. — Sun.
11:45 a.m. — Mon. - Fri.
(except holidays)
Confessions:
4:15 p.m. Sat.

PROTESTANT

David Adams Memorial Chapel
Worship Services:
10:30 a.m. — Sun.
Worship
Wednesday Services:
8:30 - 10:15 a.m. — Bible
Study Noon "Lunch
with the Lord"

**For more information call
Naval Station Norfolk Chapel 444-7361**

JEWISH PROGRAMS

Commodore Uraih P. Levy Chapel: Jewish services are at Norfolk chapel in Building C7 on the Second Floor every Friday at 7:30 p.m. Building C7 is located at 1630 Morris St. on Naval Base Norfolk. For more information call 444-7361 or 7363.

MUSLIM PROGRAMS

Masjid al Da'wah
2nd Floor (Bldg. C-7): Muslim services are at Norfolk chapel every Friday at 1:30 p.m.

JEB LITTLE CREEK CHAPEL

ROMAN CATHOLIC

Mass Schedule:
5 p.m. — Sat.
(fulfills Sunday obligation)
9 a.m. & 12:15 p.m. —
Sun.
11:30 a.m. — Tues. - Fri.
(except holidays)

Confessions:
3:30 - 4:30 p.m. — Sat.

PROTESTANT

9 a.m. — Sun. School
(4 years-Adult)
10:30 a.m. — Sun.
Divine Worship,
Children's Church
(Ages 4-10)

PWOC: Bible Study at the Chapel Annex Every Wed.
Fellowship: 9:30 a.m. Bible Study: 10 a.m. - noon
PWOC: Evening Bible Study Every Mon.: 7 p.m.

Latter Day Saints
11:30 a.m. — Sun.
Coffeehouse
6 p.m. — Sun.

**For more information call JEB
Little Creek Chapel 462-7427**

CHAPLAIN'S CORNER

Saints with a lower case 'S'

BY LCDR CONNIE A. DORN
NAVSTA Norfolk

When I was stationed in Crete, I learned that Greeks do not celebrate birthdays on the day of the birth, but on the feast day of whatever saint you were named after. Given the number of people named George, on the Feast of St. George you could count on many parties, toasting the person and receiving a small gift.

It is debatable as to which saint I am named after. The Emperor Constantine, while making Christianity legal, was also known for poisoning family members and opponents. A few hundred years later there was a bishop named Constantine who also became a saint. While he probably did not poison people like the emperor, he was no doubt fully human, with human imperfections.

October 31st is All Hallowed Eve, aka Halloween, the evening before the Christian All Saints Day. All Saints Day commemorates all saints, those with a capital "S" in their title, and those of the rank and file who simply qualify for heaven ("saint" with a lower case "s".) Somewhere along the line in folk lore and tradi-

tion, the evening before All Saints became the night for the non-saints, the damned, who get a holiday out from hell and are allowed to wander. To protect yourself, you dress up like one to fit in, and/or when confronted with "trick or treat", offer a treat (think "bribe") rather than be tricked into hell.

If you look the part, are you a part? How about if you qualified to be a member, but then turned your life around: does your past disqualify you from now being a "saint", albeit with a small S?

Recently I read a news article about a professional bank robber, who got shot during his last hold-up. While serving time in Florida's toughest prison, he finally looked at himself and his life. Now out, he has started a prison ministry that covers five prisons. He is believed, because he is authentic and can honestly say, "been there, done that, and there is a better way." He doesn't put them down, or try to fit in: he stays true to himself, but does not play down his past either.

Many of us have things in our past that we could be tempted to believe

disqualify us from God's help, love and understanding. There are those who return from combat feeling like they have lost their soul, or as one man put it, "It was like I saw my soul there ahead of me, but I couldn't catch up to it to get it back, no matter how hard I tried. Now there is only numbness inside. It's left me."

Don't be tricked. It is a form of warped pride if you believe that you can one-up God, as in "I've managed to do something that not even God could understand or forgive." Though you may feel more akin to those heading back to hell at sunrise, than with those whose lives will soon be celebrated, still choose the light. If you read the autobiographies of the saints, those with the capital S before their names, you will discover that they, too, were 100% human, with regrets and doubts just like you. But they kept going, striving towards the light.

Or, to put it another way, in the great words of Sir Winston Churchill during World War II, "If you are going through hell, keep going." If you stop, you'll stay in hell. If you keep going, you'll reach the other side.

Fleet Activities Yokosuka



Photo by MCSN Dominique Pineiro

The Chaplain of the Marine Corps/Deputy Chief of Navy Chaplains Rear Adm. Mark Tidd speaks with a Sailor from a religious program team during a visit to Fleet Activities Yokosuka Oct. 2.

Helo squadron shows fifth graders: Math, Science, Technology Applied

PHOTO AND STORY BY
MC2 WILYANNA HARPER

*USS Theodore Roosevelt CVN71
Public Affairs*

"[Engineers] build the world that we live in. They build your school, they build your IPOD, they built the roads we drive on, they build the helicopter that I fly in," said Cmdr. Todd Ghilchrist, Commanding Officer of Helicopter Sea Combat Squadron (HSC) 28. "It is important [to] understand what engineers do because we need most of you to grow up... dreaming, designing and building the future!"

Ghilchrist was talking to a group of 22 students from the Hampton Roads area. The fifth-grade boys and girls were from Science and Technology Academies Reinforcing Basic Aviation and Space Exploration (STARBASE)-Atlantis.

STARBASE is an outreach program that partners with the Navy to expose children to "real world math and science" through experiments in aviation and space-related fields. A part of the program allows students to interact with Navy units like HSC-28 to see aviation activities on site.

Increasing positive interest in science, technology, engineering and math (STEM) careers forms the basis for STARBASE tours of Navy

activities.

"Visits like these are always great," said Laura Bennett, director of STARBASE, Virginia. "Students get a chance to hear from men and women who are in the actual careers that they chose. It makes more of an impression on them than just hearing mom and dad or teachers say how important math and science are."

The visit began with a 20 minute talk session about the physics of aviation. The students and Lt. Travis Reed, a helicopter pilot assigned to HSC-28, discussed the difference of helicopters and jets.

They talked about the importance and use of survival equipment. Reed showed them an aviation survival vest. He pulled out a small bottle in the vest that contained oxygen and explained how it was used in emergencies.

After seeing a classmate dress up in an aviator's flight suit and helmet, the students plugged their ears with yellow foam protection and toured the "helo" hangar, where they each got a chance to sit in the cockpit of an MH-60S Seahawk.

They touched control devices that resembled video game joy sticks and learned which one takes the helo up and down, and which one moves it back and forth.



Lt. Todd Reed, an aviator assigned to the "Dragon Whales" of Helicopter Sea Combat Squadron (HSC) 28 discusses purpose of aviation flight gear with fifth-grade students of STARBASE-Atlantis, at Naval Station Norfolk. STARBASE is an outreach program that partners with the Navy to expose children to "real world math and science" through experiments in aviation and space-related fields.

Once the students learned the purpose of power levers they returned to a Q&A session that began with their interest in weapons. They wanted to know what kind of guns the helicopter pilot uses. But to their surprise they heard about the real mission of the helicopter squadron. Reed told them about bringing help to people in distress, providing the transport of medical doctors and dentists to other countries and carrying groceries and supplies to ships that are at sea for

long periods of time.

"It was exactly the message that these kids needed to hear," exclaimed Bennett. "They needed to learn the other side of the military...about the humanitarian help."

STARBASE is an ongoing five week course that selects a few fifth-grade students at a time, from surrounding schools, to learn math, science and technology hands-on through goal-setting projects, experimental learning and team

work. During the final days the students visit a STEM type career field to see how their classroom lessons apply in the world.

"STARBASE-Atlantis is a wonderful program, providing an opportunity for young minds to explore. That is why we invite these students to visit the squadron...to see other options, to ask their questions, and talk to Sailors about their jobs," said Ghilchrist. "And [the students] also remind us that we do have some really cool jobs."

Vella Gulf's crew contributes to ship's success

BY ENSIGN JOSEPH W. HONTZ

USS Vella Gulf

The guided missile cruiser USS Vella Gulf (CG 72) recently back from a successful deployment, completed a very noteworthy training cycle. Pride and devotion to the crew's job helped lead to what many at the Afloat Training Group personnel called one of the best training cycles that they had seen on the waterfront in years.

Vella Gulf's Commanding Officer Captain Mark S. Young said, "The ship's success was due to extensive time spent

training during last deployment. The crew had a much easier time with the evolutions than I thought they would."

"This is a direct reflection of the hard work that they put in during deployment and the training that followed," Young added.

The ship's crew was able to complete all the major training evolutions in less than 12 weeks, while at the same time receiving higher scores than the previous training cycle in all areas.

"A lot of the young Sailors gave up their free time to make

the ship more successful. The crew wanted to see the overall success of the ship. Their hard work made all this success possible," said Assistant Chief Engineer Chief Warrant Officer 2 Ronny Foxworth. "Qualifying in engineering usually takes a ship five or six Tailored Ship Training Availability's (TSTA). Vella Gulf Sailor's accomplished this feat in three."

Strike Officer Ensign Calvin Pressley said, "This was the most fun I have had on the ship. Seeing a group of Sailors from different rates come together with one goal, made the training worthwhile."

Pressley was in charge of the Naval Security Force Sentry Course (NSFS) team that completed the live fire 5-inch gun qualification on the mobile sea range.

The NSFS team scored a 93.3 qualifying them for the Maritime Warfare Excellence award. Pressley and his Strike team also qualified Cruise Missile Tactical Qualification (CMTQ) during its first TSTA.

"I fully expect Vella Gulf to be the best ship on the waterfront. We have a successful training program that allows all our Sailors to succeed and contribute to the overall success of the ship. The future looks bright for Vella Gulf," Young concluded.

Thousands 'Line the Levees,' salute PCU New York

BY MC1 (AW/SW)
SHAWN D. GRAHAM
Naval Air Station Joint Reserve Base New Orleans Public Affairs

NEW ORLEANS — Thousands of residents from around the New Orleans area began lining up along the banks of the Mississippi River before daybreak to bid the Pre-Commissioning Unit New York farewell as it departed from the Northrop Grumman Shipbuilding in Avondale, La., Oct. 13.

Lola Lass, President of The Greater New Orleans Executives Association (GNOEA), said her group suggested the send-off celebration to allow the community one final opportunity to salute the ship, its crew and the men and women who spent more than five years building it.

"The 'Line the Levees' event showcased the hard work, love and dedication that went into building this ship," said Lass. "It allows citizens of New Orleans to pay homage to the victims, families and first responders of 9/11."

The 684-foot amphibious transport dock ship contains about 7.5 tons of steel from the World Trade Center, felled during the Sept. 11, 2001, terrorist attacks. It received two 21-gun salutes, as it passed Naval Air Station Joint Reserve Base New Orleans (NAS JRB) and Naval Support Activity New Orleans (NSA).

The ship's motto is "Strength forged through sacrifice. Never Forget."

Capt. Bill Snyder, Naval Air Station Joint Reserve Base New Orleans (NAS JRB) commanding officer, said that the ship's transit was symbolic.

"I'm thrilled to have witnessed history," said Snyder. "There has been overwhelming support for the US Navy in this area. I'm thrilled that so many people took time out of their days to participate in this event."

Snyder also thanked parish leaders and volunteers who participated in the event, citing the long hours spent preparing for the ship's transit down the river.

"Plaquemines Parish officials have been dynamic in their support," said Snyder. "Granting us access to the site and the security support from their sheriff's department was key in preparing for such a large event."

Master-at-Arms 1st Class (SW) Derrick Tyler, assigned to NASJRB's security department, said he was impressed by the immense turnout and support throughout the area.

"When you see hundreds of everyday citizens waving flags and holding up signs, it can be very powerful," said Tyler. "You are used to that seeing ships return or go on a deployment, but when I saw this one leaving it felt different. America wants to do amazing things."

New York will be commissioned Nov. 7 in New York. The New York is the fifth amphibious transport dock of the San Antonio class. The ship was named New York after the state and her motto is "Strength Forged through Sacrifice. Never Forget."

For more news from Naval Air Station Joint Reserve Base New Orleans, visit www.navy.mil/local/nasno.



Photo by MC1 Corey Lewis
Quartermaster Seaman Jason Lightburn raises the international call sign of the amphibious transport dock ship Pre-Commissioning Unit (PCU) New York (LPD 21), signifying the ship is underway during the ships sail away from Northrop Grumman Ship Systems.

Photo by MC2 John P. Curtis
Members of the Naval Air Station Joint Reserve Base New Orleans honor guard render honors to the amphibious transport dock ship Pre-Commissioning Unit (PCU) New York (LPD 21) as the ship transits the Mississippi River after departing Northrop Grumman Ship Systems in Avondale, La. New York has 7.5 tons of steel from the World Trade Center in her bow, and is scheduled to be commissioned Nov. 7 in New York.

Sr. Chief Hendrickson receives Navy and Marine Corps Medal

STORY AND PHOTO BY
MC2 ADRIAN WHITE
USS Carl Vinson Public Affairs

Senior Chief Aviation Boatswain's Mate (Handler) (AW/SW) Keith Hendrickson, assigned to USS Carl Vinson (CVN 70), received the Navy and Marine Corps Medal on Oct. 5 for his heroism and leadership in combating a fire and saving the lives of four Sailors while serving aboard USS George Washington (CVN 73).

At approximately 7 a.m. on May 22, 2008, the ship was participating in fuel replenishment operations and shortly thereafter received the alarm that smoke was coming from the 0-3 level. Hendrickson led a damage control

team seven decks below the main deck into the number three JP-5 fuel pump room to rescue four trapped shipmates.

"I think the main thing that was on everyone's mind was making sure we got the Sailors out of there," said Hendrickson.

"I kind of put myself in their shoes. Thinking about what they were going through was our driving force."

Some keys to success for Hendrickson's team included remembering training, remaining calm, thinking things out, and controlling breathing.

According to Hendrickson, he mentally put himself in those four Sailors' position and battled the extreme conditions for more than five hours.



Commanding Officer Capt. Bruce H. Lindsey presents Senior Chief Aviation Boatswain's Mate (Handler) (AW/SW) Keith Hendrickson, assigned to USS Carl Vinson (CVN 70), with the Navy and Marine Corps Medal on Oct. 5 for his heroism and leadership in combating a fire and saving the lives of four Sailors while serving aboard USS George Washington (CVN 73).

"When we do General Quarters drills, Sailors need to take it seriously and learn what they can from it," said Hendrickson. "The real thing can happen. If they have questions, now is the time to ask."

According to Lt. Paul Dussault, USS Carl Vinson's Hanger Deck Officer

and an integral member of the Commander Naval Air Systems Command FOUR Safety Investigation Board, Hendrickson's actions and quick thinking led him and his team above and beyond the call of duty.

"Through the results of our findings, Senior Chief Hendrickson risked his

life. That epitomizes our Navy core values. Honor. Courage. Commitment. He risked his life for others," said Dussault.

The Navy and Marine Corps Medal is the second highest non-combatant medal awarded by the United States Department of the Navy to

individuals distinguishing themselves by heroism not involving actual conflict with an enemy. Typically, it is awarded for actions involving the risk of one's own life. Notable recipients include Former President John F. Kennedy and Master Chief Navy Diver Carl Brashear.

From the Navy News Service

The birth of the Continental Navy

BY CHARLES BRODINE

Historian, Naval Historical Center's
Histories and Archives Division

In October, the U.S. Navy celebrates its birthday and has done so for 234 years, but did you know that the genesis of the U.S. Navy stems from a very short, frantic, almost panicked 11 days in 1775? The result of that crisis has become the most powerful sea power in the world.

For those Americans who lived on the continent's coastal waterways in the fall of 1775, the question of Naval defense was of no small moment. Congress had already provided for an Army to contend against the red coats, those who feared the British trident might reasonably have asked why could not Congress create a Navy?

Over an 11-day period in early October 1775, Congress deliberated on this question, considering several schemes to fund the purchase or building of ships to defend the colonies. A number of congressmen argued vehemently against these proposals. Samuel Chase of Maryland declared one of the plans under consideration "the maddest idea in the world," one that would bankrupt the continent. Edward Rutledge of South Carolina called another plan "the most wild, visionary mad project that ever had been imagined." He predicted "it would ruin the character and corrupt the morals of all our Seamen . . . (making) them selfish, piratical, mercenary, (and) bent wholly on plunder." These arguments were countered effectively by John Adams and other pro-naval congressmen who forcefully articulated the advantages of a Navy not only in "distressing the enemy," but in making possible "a system of maritime and Naval operations," to protect the American colonies.

Ultimately Adams and his fellow "Navalists" carried the day and on October 13, Congress voted to fit out two sailing vessels, armed with ten carriage guns, as well as swivel guns and manned by crews of 80 and to send them out on a three-month cruise to intercept transports carrying munitions and stores to the British army in America. This was the original legislation out of which the Continental Navy grew and as such constitutes the Navy's birth certificate.

Once the decision to purchase a mod-



A painting of the Continental Navy Ship USS Andrew Doria receives its first salute in recognition as the first ship of a sovereign nation in 1776. The painting is displayed at the Navy Art Gallery located at the Washington Navy Yard.

est size Naval force was made, the push within Congress to create a regular Naval establishment gained momentum. Before the year was out, lawmakers had authorized the purchase of six additional ships and the construction of 13 frigates; selected a commander for the Continental fleet, Esek Hopkins; commissioned 18 Naval officers; created two Marine battalions; established service pay and subsistence tables; authorized prize moneys for the capture and sale of enemy warships; adopted a Naval code of discipline; and formed an administrative body, the Marine Committee, to give force, guidance, and direction to the new Navy.

One of the first ships commissioned by the Continental Congress was the brigantine Defiance, later named the USS Andrew Doria which was purchased by the Congress in October, 1775. Defiance was named after the 15th century Genoese Admiral Andrea Doria after she was fully fitted out for battle and attached to the Esek Hopkins amphibious operation in the taking of Fort Montague. USS Andrew Doria received the first-ever salute to the United States by a foreign power when on November 16, 1776 she arrived at St. Eustatius, a Dutch Island. She was burned to prevent capture, November 21, 1777.

The frenetic pace of activity in Naval affairs continued through the first months of 1776 enabling Esek Hopkins to have his squadron of eight vessels manned and ready to put to sea

on February 17. Hopkins returned less than two months later with a large store of ordnance and munitions taken at New Providence Island in the Bahamas and with two British warships as prizes.

The creation of the Continental Navy in the fall and winter of 1775-76 was an impressive achievement. In five months these dedicated men had brought together ships, men, administrative machinery and launched a fleet on its first operational cruise. It was a bold signal by America's Continental leaders that they were willing to challenge Great Britain on the high seas.

While the Continental Navy never achieved the heights of greatness many Continental leaders envisioned for it, its accomplishments were nonetheless noteworthy and enduring. Over the course of the War of Independence, the Navy sent to sea more than fifty armed vessels of various types.

The Navy's squadrons and cruisers seized enemy supplies and carried correspondence and diplomats to Europe, returning with needed munitions. They took nearly 200 British vessels as prizes, contributing to the demoralization of the enemy and forcing the British to divert warships to protect convoys and trade routes.

The Continental Navy bequeathed a legacy of wartime experience, traditions, and heroes that has guided and inspired sailors and civilians in the United States Navy down to the present day.

THIS WEEK in Naval History

From the Navy News Service

OCTOBER 22

1846 – Lavinia Fanning Watson of Philadelphia christens the sloop-of-war Germantown, the first U.S. Navy ship sponsored by a woman.

1951 – First of seven detonations, Operation Buster-Jangle nuclear test.

1962 – President John F. Kennedy orders a surface blockade (quarantine) of Cuba to prevent Soviet offensive weapons from reaching Cuba during the Cuban Missile Crisis.

OCTOBER 23

1944 – The Battle of Leyte Gulf, a series of separate battles, begins with attacks on Japanese ships.

1983 – Terrorist bombing of Marine barracks at Beirut airport in Lebanon kills 241 members of the 24th Marine Amphibious Unit.

1983 – Operation Urgent Fury begins in Grenada, West Indies.

OCTOBER 24

1944 – In an air-sea battle in the Sibuyan Sea, carrier aircraft attack Japanese Center Force.

1958 – USS Kleinsmith (APD 134) evacuates U.S. nationals from Nicaro, Cuba.

1962 – Atlantic Fleet begins quarantine operations to force Soviet Union to agree to remove ballistic missiles and long range bombers from Cuba.

OCTOBER 25

1812 – USS United States (Capt. Stephen Decatur) captures HMS Macedonian.

1944 – During Battle of Leyte Gulf in Battle of Surigao Straits, U.S. battleships execute the maneuver of "crossing the tee" of the Japanese forces. In Battle Off Samar, escort carriers, destroyers and destroyer escorts heroically resist attacks of Japanese Center Force. In

Battle Off Cape Engano, 3rd Fleet carriers attack Japanese Northern Force, sinking several small carriers.

1983 – U.S. Marine and Army troops land on Grenada to evacuate U.S. citizens threatened by the island's unstable political situation.

OCTOBER 26

1922 – Lt. Cmdr. Godfrey de Chevalier makes the first landing aboard a carrier, USS Langley (CV 1), while underway off Cape Henry, Va.

1944 – Battle of Leyte Gulf ends with Navy carrier and U.S. Army Air Forces aircraft attacks on the retreating Japanese ships. U.S. forces sink many Japanese ships, including four carriers, three battleships, 10 cruisers and nine destroyers, for a total of 26 capital ships.

1963 – USS Andrew Jackson (SSBN 619) launches first Polaris A-3 missile from a submerged submarine, off Cape Canaveral, Fla.

OCTOBER 27

1922 – Navy League of the United States sponsors first annual celebration of Navy Day to focus public attention on the importance of the U.S. Navy. That date was selected because it was Theodore Roosevelt's birthday.

1943 – First women Marines report for duty on the West Coast, Camp Pendleton, Calif.

1944 – Fast Carrier Task Forces attack Japanese shipping and installations in Visayas and northern Luzon.

OCTOBER 28

1864 – Steamer General Thomas and gunboat Stone River destroy Confederate batteries on Tennessee River near Decatur, Ala.

1882 – Orders issued for first naval attache (Lt. Cmdr. French Chadwick sent to London).

For more information about naval history, visit the Naval Historical Center Web site at www.history.navy.mil.



Photo by MC2 Stephen Oleksiak

An AV-8B Harrier assigned to Marine Medium Tiltrotor Squadron (VMM) 263 (Reinforced) from the 22nd Marine Expeditionary Unit (22nd MEU), lands aboard the multi-purpose amphibious assault ship USS Bataan (LHD 5) during flight operations supporting Bright Star 2009.

BRIGHT STAR ✦ 2009

PRESS RELEASE

From Bataan Amphibious Ready Group and 22nd Marine Expeditionary Unit Public Affairs

Bataan Amphibious Ready Group (ARG) and 22nd Marine Expeditionary Unit (MEU) began participation in an Egyptian and U.S. Central Command-sponsored exercise near Alexandria, Egypt Oct. 10.

Exercise Bright Star is a major joint-coalition training exercise that encompasses naval surface and amphibious operations, command and control training, aviation operations, combined arms training and several other multilateral training events Oct. 10-20. The exercise is designed to strengthen military-to-military relationships and improve readiness and interoperability between U.S., Egyptian and coalition forces.

Bataan Amphibious Ready Group is scheduled to participate in a number of coalition events throughout the naval exercise portion of Bright Star.

"Exercise Bright Star will provide the ARG/MEU another important opportunity to reinforce positive relationships and gain experience in operating with coalition counterparts," said Col. Gareth F. Brandl, commanding officer of the 22nd MEU. "Since May, the MEU has participated in five bilateral training events with countries in Europe and the Middle East. Bright Star is will be another chance for us to showcase the naval character, amphibious expertise and flexibility of the Navy and the Marine Corps."

For the first time, the MV-22B Osprey will appear at Bright Star. The aircraft from Marine Medium Tiltrotor Squadron 263 (Reinforced) are scheduled to provide assault support lift. Today, the aircraft were part of an amphibious assault demonstration.

Bright Star, the longest running exercise in the United States Central Command's

Area of Operations, was established in 1981 as a result of the Camp David Peace Accords. Highlights of this year's exercise will include a naval exercise, a multinational amphibious assault demonstration, a multinational paratrooper jump involving 600 Soldiers and a combined arms live-fire exercise.

"The presence of Bataan Amphibious Ready Group will provide a fitting backdrop for the events of Bright Star as the U.S. continues to show its commitment and resolve for regional security and cooperation with our partner nations," said Capt. Jack Sotherland, commanding officer of Amphibious Squadron 2. "Having U.S. and coalition units train together will enhance future interoperability, develop better understanding between both land and maritime forces, and most importantly, strengthen bonds between nations."

The Bataan ARG, led by Sotherland, is composed of the multipurpose amphibious assault ship USS Bataan (LHD 5), the amphibious transport dock USS Ponce (LPD 15), the amphibious dock-landing ship USS Fort McHenry (LSD 43), Helicopter Sea Combat Squadron 22, Fleet Surgical Team 6, Assault Craft Unit (ACU) 2, ACU 4 and Beachmaster Unit 2.

The 22nd MEU, led by Brandl, is a scalable, multi-purpose force of more than 2,200 Marines and Sailors. The unit is composed of its Ground Combat Element, Battalion Landing Team, 3rd Battalion, 2nd Marine Regiment (commanded by Lt. Col. Robert C. Fulford); Aviation Combat Element, Marine Medium Tiltrotor Squadron 263 (Reinforced) (commanded by Lt. Col. Paul P. Ryan); Logistics Combat Element, Combat Logistics Battalion 22 (commanded by Lt. Col. Gary F. Keim); and its Command Element.

For more news from USS Bataan, visit www.navy.mil/local/lhd5/.

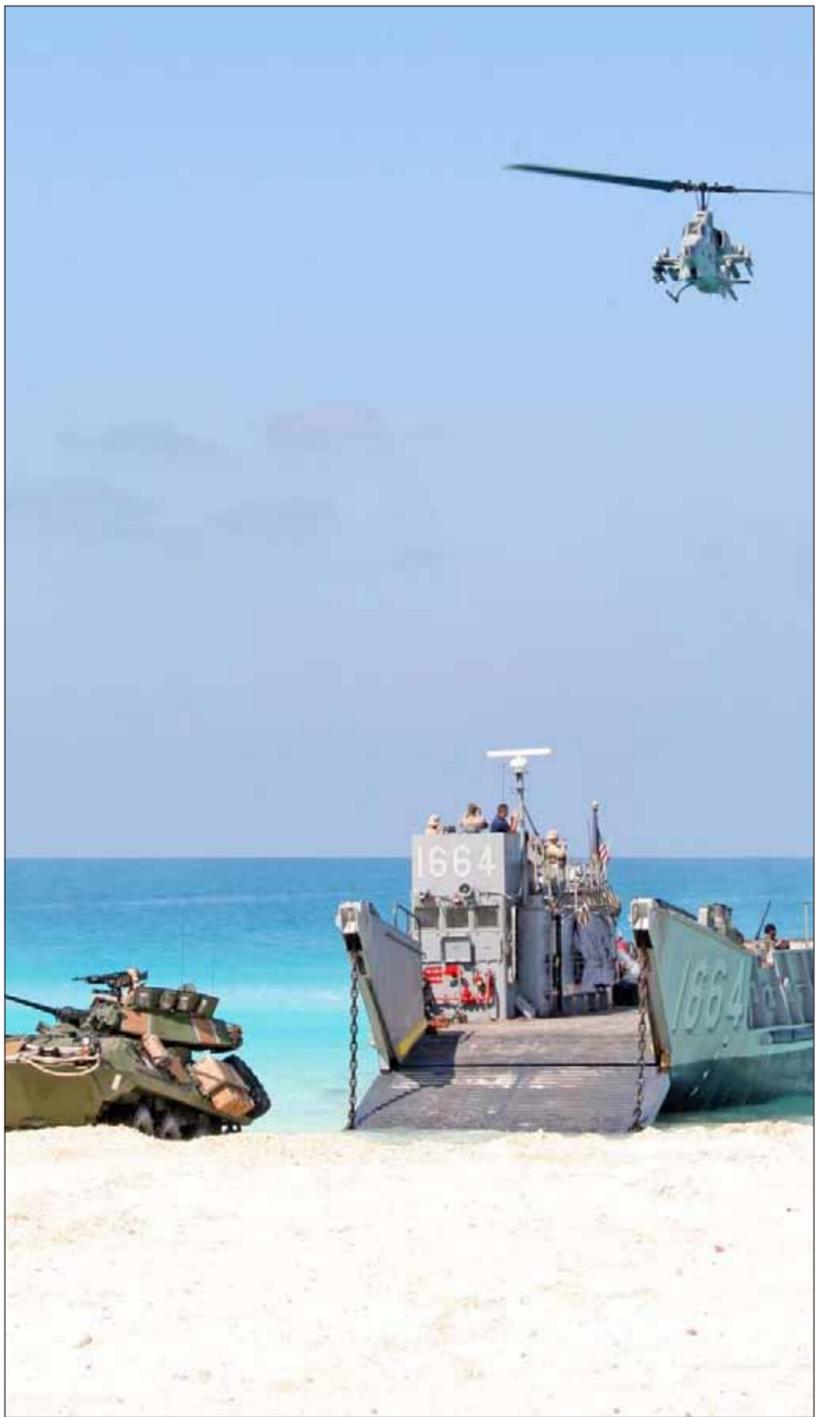


Photo by Marine Cpl. Theodore W. Ritchie

Marines and Sailors assigned to the 22nd Marine Expeditionary Unit (22nd MEU), the Bataan Amphibious Ready Group and coalition forces conduct an amphibious landing demonstration at Egyptian beaches near Alexandria during Exercise Bright Star 2009.

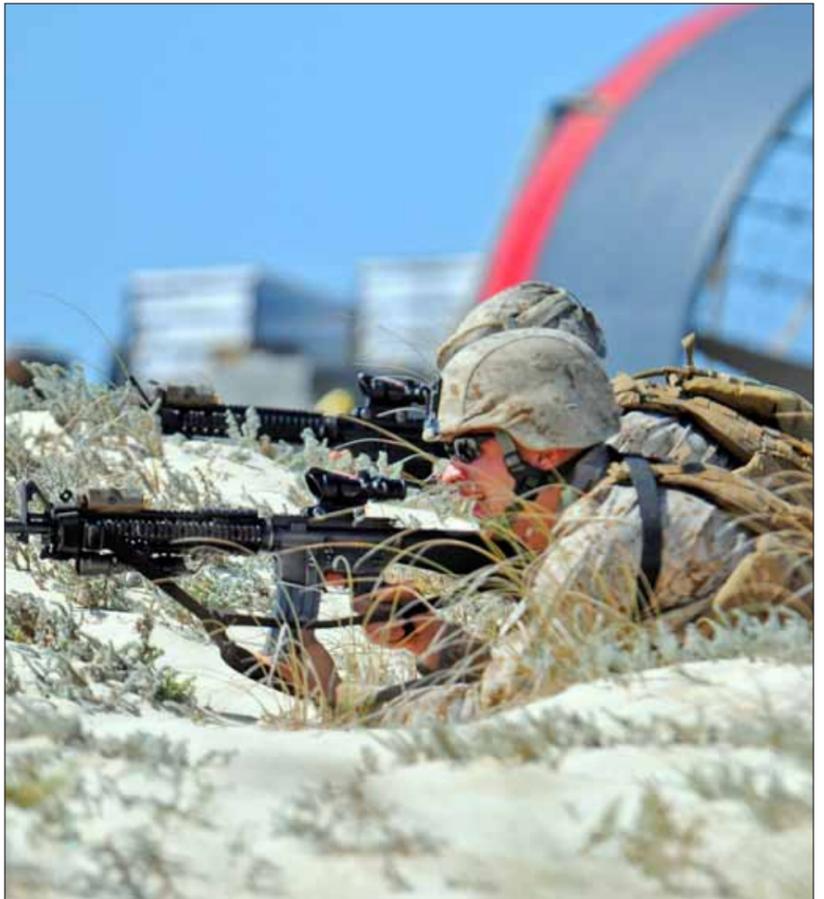


Photo by MC2 Stephen Oleksiak

Marines assigned to the 22nd Marine Expeditionary Unit (22 MEU) take tactical positions during an amphibious beach assault demonstration for Exercise Bright Star 2009. The biennial exercise is conducted by U.S. Central Command.



Photo by MCC Tony Sisti

The amphibious transport dock ship USS Ponce (LPD 15) participates in Exercise Bright Star 2009 off the coast of Egypt.



Photo by MC2 Julio Rivera

An MV-22B Osprey assigned to Marine Medium Tiltrotor Squadron (VMM) 263 (Reinforced) from the 22nd Marine Expeditionary Unit (MEU), takes off from the amphibious assault ship USS Bataan (LHD 5) during Exercise Bright Star 2009.

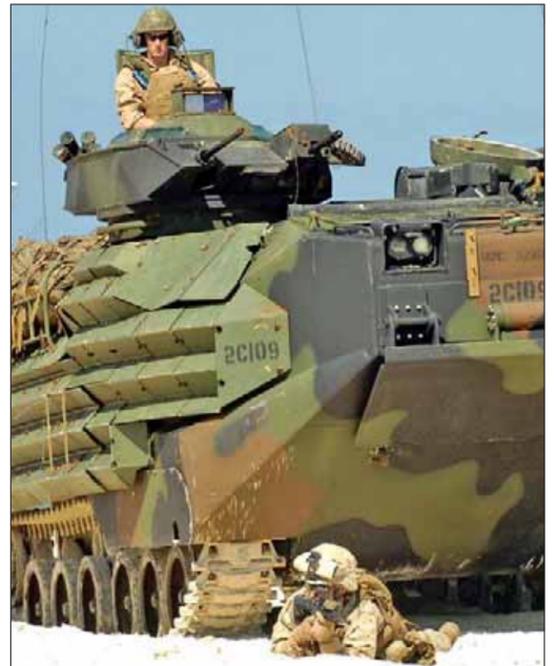


Photo by Spc. Lindsey M. Frazier

A U.S. Marine from Battalion Landing Team 3rd Battalion, 2nd Marine Regiment of the 22nd Marine Expeditionary Unit (22nd MEU), takes up a firing position in front of an amphibious assault vehicle to provide security during Exercise Bright Star 2009. An 11-country coalition is participating in the biannual event spearheaded by Egypt and the U.S. Central Command.

ENERGY: Naval Research Laboratory scientists hope to achieve goal of harnessing solar and sea power to fuel the military

Continued from page A1

teries, power electronics and superconductors, and inertial fusion.

"Each of these research areas has significant challenges," he added, "but certainly promising potential to help solve some of the Navy and [Defense Department's] future power and energy needs for force mobility."

One area of research that NRL is pursuing is the feasibility of sea-based production of hydrocarbon fuels. According to Spargo, the goal is to produce fuel in the same location where it is being consumed, specifically to support surface ships and aircraft operations from carriers at sea.

"This would give battle groups independence from fleet oilers which provide refueling needs," Spargo explained. It also would cushion naval forces from future fuel shortfalls, he added, providing energy independence to the Navy.

Fuel synthesis would be accomplished by a catalytic conversion of hydrogen produced directly from sea water by the electrolysis of water and carbon dioxide.

"It's a complex process, but we believe that emerging scientific technology supports the development of synthetic logistic fuels," he noted.

"There are significant research and technological challenges, but the potential payoff is really high," he added.

Spargo noted that producing energy from sea water would be carbon dioxide neutral, thus not adding to the world's carbon footprint. "This technology would be a great candidate for dual use in the civilian sector if it actually comes to fruition," he said.

Spargo described another promising avenue of research that is investigating the potential for tapping the thermal energy stored in tropical waters.

"The energy stored in tropical waters is 300 times that of the world energy consumption. This makes

the ocean the largest solar collector on Earth," he noted.

Ocean thermal energy conversion is a potentially efficient method to convert the energy stored in tropical oceans into electricity.

"You take the surface water, which is about 80 degrees Fahrenheit, and [use it to] heat a working liquid, something like propylene, which has a vapor point below 80 degrees," Spargo explained. "That converts the propylene liquid into a gas which drives a turbine that produces electricity. We then bring cold water up from about 3,000 feet below the surface, cool that vapor back into liquid and essentially create a cyclic process."

Taking a more direct approach to harnessing the energy of the sun, the lab is working on flexible photovoltaic panels about four times as efficient as current solar panels. According to Spargo, the panels can be easily folded and transported, or even integrated into materials like tents and uniform covers to provide a local power source in support of expeditionary forces.

"Additionally, NRL has prototyped a photovoltaic coating that can be sprayed on surfaces, like a rock, to create on-the-fly energy sources," he said. "You can imagine a small force spraying a rock and using it to generate electricity to power some device that they are using in the field."

A more unusual approach to energy production is the use of certain marine microorganisms that consume carbon dioxide in the ocean and convert it into energy that can be harvested. "As part of their biochemistry, these organisms produce electricity," he explained.

NRL has developed a number of devices that use microorganisms to power small sensors, like bottom-moored acoustic hydrophones for monitoring ship traffic, Spargo said.

"If we can produce enough energy with these devices, they could also

power unmanned underwater vehicles, or at least provide a docking station where they could regenerate their batteries using electricity produced by these microbes," he said.

The lab has expended considerable research and development into developing hydrogen fuel cells as an energy source, Spargo said. "Fuel cells are used to create electricity, and they do this by converting hydrogen and oxygen into water," he explained.

Hydrogen fuel cells can deliver about twice the efficiency of a conventional combustion engine and when used to fuel unmanned aerial vehicles, or UAVs, they can support heavier payloads than the earlier battery-powered models.

A recent test of the prototype Ion Tiger UAV, powered exclusively by a hydrogen fuel cell, sustained continuous flight for 23 hours and 17 minutes.

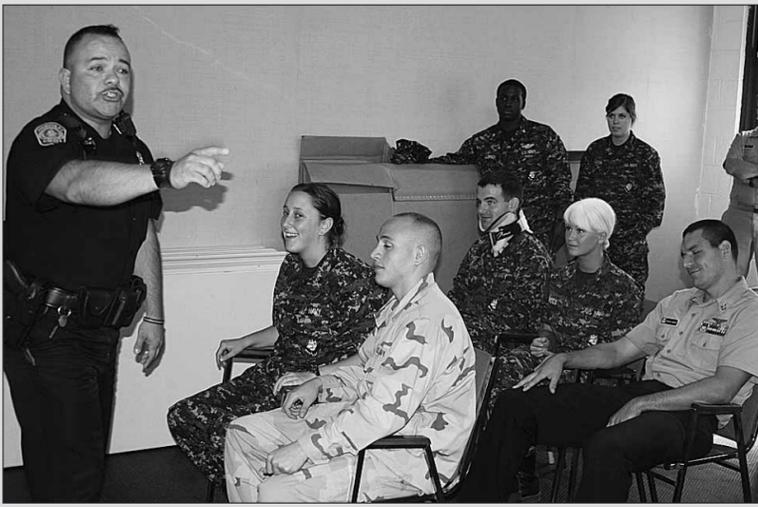
"Also, they can operate in stealth because they're not a combustion engine, which has a considerable heat signature, as well as a noise signature," he said.

Spargo also described efforts to harvest methane hydrates from the sea floor. "They have the potential of being double the amount of recoverable and nonrecoverable fossil fuels," he said.

Spargo admitted that there are many challenges to harvesting methane hydrates, including locating them and accessing them at such great depths, but it would be worth the effort.

"If we're able to actually extract these from the ocean floor, there's a potential to meet our national natural gas needs for about a hundred years," he said.

"Energy research is a key priority for the Navy and, for that matter, all of us," Spargo said. "I'm certain that there many exciting discoveries ahead that will help us achieve this goal of energy independence, as well as being good stewards of the environment as we operate and live in it," he said.



Officer Damaso Medel, Norfolk Police Department Crime Prevention Unit, addresses TPU Norfolk during All Hands Training on Driving Under the Influence and Reckless and Aggressive Driving.

TPU Norfolk holds DUI Standdown

STORY AND PHOTO BY
ABF1 (AW) SHANE HAWKEY
Transient Personnel Unit Norfolk

Transient Personnel Unit, Norfolk conducted All Hands Training on Driving Under the Influence and Reckless and Aggressive Driving Sept. 29.

Guest speakers, Officer Daniel Hudson and Officer Damaso Medel of the Norfolk Police Department's Crime Prevention Unit, presented a straight to the point presentation including footage of actual vehicle accidents

and fatalities. The training was intended to help decrease the number of Sailors involved in alcohol-related accidents.

Cmdr. Megan Close, Commanding Officer, TPU Norfolk ensured that approximately 100 staff Sailors and civilians attended and that 373 transient Sailors from Yorktown to Oceana were recalled and attended the training. Close was impressed with the training and hopes this will serve as a deterrent for anyone considering driving after drinking.

CYBERSECURITY: Pentagon officials stress that no matter what computer you use, you need to take cybersecurity into account

Continued from page A1

ware they use. "If we raise awareness of what could happen, then maybe we're raising the awareness of detection," she said.

Cybersecurity doesn't just happen. Users of home systems need to have firewalls in place. They need to have anti-spyware and anti-virus programs up and running in the computers. And they need to constantly update the defenses, Jamshidi said.

Computer users, the captain said, need to understand that nothing remains static in cyberspace.

"The threats change, the software changes, the sophistication of the threat changes," she said. "We also change the way we defend. It's a persistent threat, and [hackers] will look for other ways to attack. If you had computer defenses that worked two years

ago, they won't work today."

The Internet is a lot like a large city, Jamshidi said. Overall, it is a safe area, but it's safest on Main Street - where all the lights work and there are police and people around, the captain said.

"But any city has dark streets and back alleys," she said. "Some are so dangerous that the military declares them off-limits, and the same holds true for the Internet. It becomes very difficult to separate out legal and illegal activities on the back streets of the Internet."

Gambling, pornography and music-sharing sites are rampant with malicious code, the captain said. "If you are going to be out in the riskier parts of the Internet, then you have to have better defenses on your computer," she said. Better yet, she added, stay out of those parts of town.

BILL: Congress has reached agreement on a \$680.2 billion National Defense Authorization Bill for fiscal 2010, report released Oct. 7

Continued from page A1

DDG-51 program. The bill includes \$512 million for 18 more F/A-18E/F Super Hornet aircraft and approves the full request for 22 EA-18G aircraft - an advanced electronic warfare plane named the Growler.

The bill authorizes \$7.5 billion to train and equip the Afghan National Army and Afghan National Police, and provides oversight of the \$700 million dedicated to building Pakistan's military, police and frontier corps, which guards Pakistan's border with Afghanistan. The authorization also allows for the transfer of defense property in Iraq to Iraqi security forces or Afghan security forces.

The bill kills the Multiple Kill Vehicle program and the second Airborne Laser

platform. It applies savings from terminations in the Army's Future Combat System to other promising technologies and ensures these will spin out to Army brigades quickly.

The conference report repeals the authority for the National Security Personnel System and requires that

affected employees transitioning to previously existing personnel systems. The authorization will provide new personnel flexibilities that include hiring, firing, assigning personnel and appraisals. The authorization also allows the secretary to propose other personnel flexibilities.



Photo by MC1 Todd A. Schaffer

The Los Angeles-class attack submarine USS Newport News (SSN 750) approaches Naval Station Norfolk's Pier 3 from the Elizabeth River following her return from a scheduled six-month deployment.

USS Newport News returns from deployment

BY KEVIN COPELAND

Commander, Submarine Force Public Affairs

NORFOLK — The Los Angeles-class attack submarine USS Newport News (SSN 750) returned today from a regularly scheduled six-month deployment. The submarine departed Naval Station Norfolk, April 15.

Commanded by Cmdr. David W. Alldridge, Newport News conducted operations in support of national security interests and Maritime Security Operations. In executing the Chief of Naval Operation's Maritime Strategy, Newport News further demonstrated the submarine force's great capability in providing global presence.

"It was the highlight of my career to lead such a disciplined, dedicated, and talented crew of professionals," said Alldridge. "The crew developed, tested, and succeeded in exploiting new submarine tactics in an old game, producing one of the most successful deployments in this particular area of operations in the history of the submarine force. They met or exceeded all objectives in a broad spectrum of challenging missions in support of national security tasking."

While the crew participated in the historic 50th UNITAS exercise with our South American allies, celebrated their

20th commissioning anniversary, and conducted port visits in Balboa; Panama City, Panama; Curacao, Netherland Antilles; and San Diego, they are elated to be back with their families.

"The crew is extremely excited about reuniting with their loved ones, and very proud of their deployment accomplishments," said Alldridge. "I think the most excited crew members are those that have had sons and daughters born while they were away. They can't wait to see what they have missing while selflessly sacrificing in the service of their country."

Fast-attack submarines like Newport News have multi-faceted missions. They use their stealth, persistence, agility and firepower to deploy and support special force operations, disrupt and destroy an adversary's military and economic operations at sea, provide early strike from close proximity, and ensure undersea superiority.

Newport News has a crew complement of 13 officers and 121 enlisted. The submarine, the eighth ship to bear the name of the Virginia shipbuilding city, is 360 feet long, displaces 6,900 tons of water, and can travel in excess of 20 knots.

For more information on Navy submarines, weapons systems and Sailors, visit the Submarine Force web site at: www.sublant.navy.mil.



Photo by MC1 Todd A. Schaffer

Cmdr. David Alldridge communicates with the pier from the bridge of the Los Angeles-class attack submarine USS Newport News (SSN 750) as the ship is guided toward its berth at Naval Station Norfolk's Pier 3.



Photo by MC1 Todd A. Schaffer

Lt. Cmdr. Seth Burton, Executive Officer of the Los Angeles-class attack submarine USS Newport News (SSN 750), receives a high five from his son after his return from a six-month deployment.

CPPD launches redesigned Navy College Program Web site

BY SUSAN LAWSON

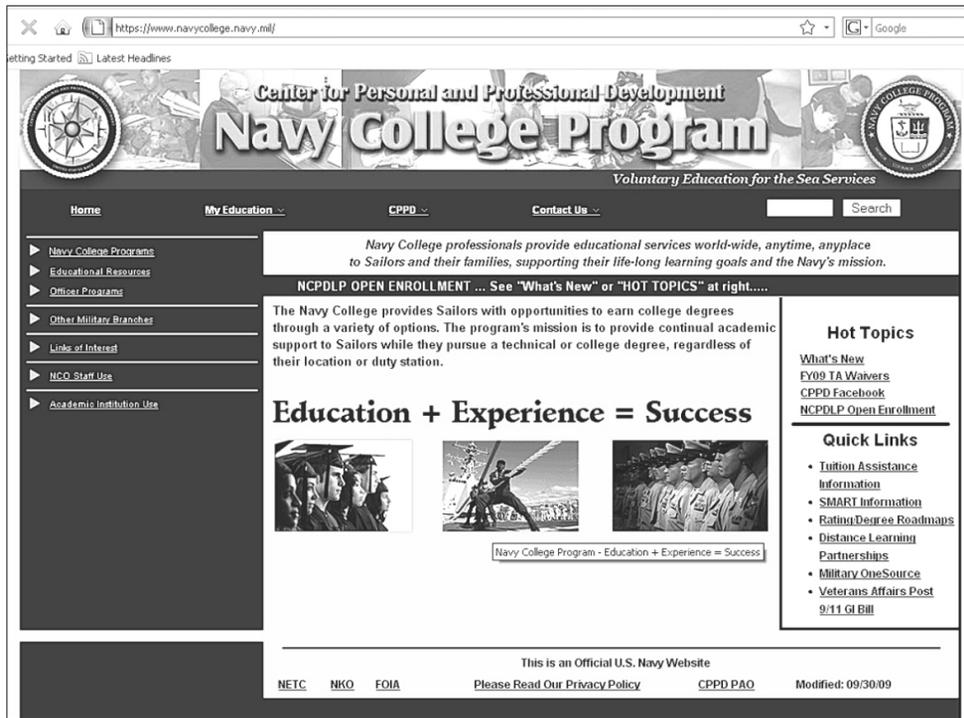
Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH — The Center for Personal and Professional Development (CPPD) and the Navy's Voluntary Education (VOLED) Program launched the newly redesigned Navy College Program (NCP) Web site, Oct. 6.

The NCP site features several new enhancements to its Web-based tuition assistance (WebTA) application and also provides access to Sailor/Marine Ace Registry Transcript (SMART) records.

"Though we've provided access to WebTA in the past, our new Web site, unlike its older version, allows Sailors to complete all steps in the tuition assistance and education planning process online," said Mary Redd-Clary, VOLED program director.

"In the past, Sailors could start the TA (tuition assistance) application process, but were then required to circulate a printed copy for review and approval through the chain of command. Now, Sailors and Marines can complete the entire process virtually, and the final step is the



The redesigned site offers better Web Based Tuition Assistance (WebTA), Sailor/Marine Ace Registry Transcript (SMART), develop interactive education plans and research degree plans based on their ratings.

paper-based submission, in person or via fax, to one of the Navy's 52 Navy College Offices (NCO) for completion," said Redd-Clary.

Additional NCP Web site updates have been made in the form of portals to ensure the most com-

prehensive access to and support of Sailors educational counseling and planning.

The redesigned site includes tools required for Sailors to develop an interactive education plan with direct support from NCO

counselors.

In addition to WebTA and SMART records access, this portal will also allow Sailors to search degree plans based on their ratings. These degree plans are offered through partner schools

from the Navy College Program Distance Learning Partnership (NCPDLP).

The NCP Web site has also incorporated an NCO portal, dubbed My Ed Office, which will allow counselors to access their NCPDLP partner schools' degree plans.

"This capability and reach-back mechanism will directly support the most efficient, timely and up-to-date information needed to develop Sailors' education plans," said Redd-Clary.

The NCPDLP partners will also have access to their own portal on the site, which will allow school representatives to continually maintain their schools' academic-related updates and ensure all degree programs based on Navy ratings are kept current.

For more information about the Navy College Program, visit <https://www.navycollege.navy.mil/>.

For more information about the Center for Personal and Professional Development (CPPD), visit <https://www.netc.navy.mil/centers/cppd/index.cfm>.

For more news from Center for Personal and Professional Development, visit www.navy.mil/local/voledpao/.

Navy finalist in two categories for Platts Global Energy Awards

BY MC1 (SW) KURT M. RIGGS

Naval Facilities Engineering Command Public Affairs

WASHINGTON — The Department of the Navy (DoN) is a finalist in two energy categories for the 2009 Platts Global Energy Awards, an annual competition recognizing top achievers in the energy industry.

With award nominations representing more than 30 countries, DoN has been named a finalist in the "Engineering News Record's (ENR) Energy Construction Project of the Year" and the "Green Energy Initiative of the Year" categories.

"It's an honor for the Department of the Navy Shore Energy Program to be recognized for its energy achievements alongside such world-class industry leaders," said William Taylor, director, Energy

Development, Naval Facilities Engineering Command.

The ENR Energy Construction Project of the year nomination is the result of Commander, Fleet Activities Yokosuka Japan's (CFAY) recently implemented co-generation power facility.

The largest overseas U.S. naval installation in the world, CFAY's previous steam plant consumed more than 8 million gallons of liquid fuel each year and provided inadequate output for its demand. The new plant incorporates three gas turbine generators, three reciprocating engine generators, major upgrades to the steam generation and distribution systems, and a new gas line to the base. The facility is designed to deliver reliable energy for the Navy's utility demands and meet all capacity needs.

The Navy is also a finalist in the category Green Energy Initiative of the Year for its work in developing alternative forms of energy such as wind energy generation, solar photovoltaic energy generation, solar thermal energy systems, geothermal energy generation and ground source heat pumps.

The Navy's Energy and Water Management Program assists in reaching federally mandated goals for the reduction of energy consumption, such as reducing fossil fuel use in new construction 100 percent by 2030, increasing sustainable practices in existing facilities 15 percent by 2015, and generating renewable energy equal to 25 percent of electrical energy consumed by 2025. The Navy and Marine Corps have set specific goals to meet these mandates, such as

reducing energy consumption 13.6 million fewer gallons of gasoline each year, installing 10 megawatts of renewable electricity annually, and awarding \$250 million per year in energy and water efficiency projects.

The Navy's push to provide renewable power includes several benefits such as avoiding millions of dollars in utility and operating costs, increasing efficiency and mission readiness and lessening dependence on foreign oil.

An international panel of judges, including top corporate executives, leading academics and senior analysts evaluated each entry within its category, and its context within the energy industry. The 2009 Platts Awards winners are scheduled to be recognized in New York City, Dec. 3.



Take a look at Fleet Week Hampton Roads, B4-8.

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

October 22, 2009

Take a ride on the **Wild** side

BY MC2 MANDY HUNSUCKER
Staff Writer

Legalman 2nd Class (AW/NAC) Rosemary Cronin, Region Legal Service Office Mid-Atlantic, displayed her athletic talent by helping her team finish in 4th place out of 24 Navy teams that participated in the Navy's Morale Welfare and Recreation Wilderness Challenge this year.

For those who don't know, the Wilderness Challenge takes place in the heart of the Appalachian Mountains of West Virginia and includes a two-day, team oriented series of six outdoor adventure races designed to enhance camaraderie, competition and team spirit among all five branches of the armed services.

This year's Wilderness Challenge included an 8K mountain run, a 14-mile mountain bike race, a 14-mile forced hike through the mountains, a 13-mile whitewater raft race on the Gauley River, a half-mile swim in the Gauley River and a 7-mile kayak race on the New River.

After seeing a flyer about the challenge in the gym, Cronin de-

ecided to give it try.

"This is my third year participating in the event. Last year, I ran it with my dad and two other friends. We ran it as more of a challenge for my dad before he retired," said Cronin. "This year I ran it with more of a competitive spirit."

Each team is made up of four active-duty service members, one of which has to be female. Through E-mails Cronin was set up with the "Scorpions", a team who she'd never met before and whose members were assigned to commands on the west coast.

"When we met Cronin at the race we, as a team, decided to focus on the events and encouraged everyone to do their best," said Cmdr. Christopher Mills, commanding officer, Helicopter Anti-Submarine Squadron Light Four Nine and Scorpion team leader.

"It took a lot of courage for her to join a team without meeting them. The team has to work as a group. If it doesn't, it will fall apart."

Team Scorpion was comprised of seasoned athletes who train for



Photo courtesy Rosemary Cronin

Legalman 2nd Class Rosemary Cronin (sitting on left wearing yellow helmet) and her teammates get ready for the rafting portion of the 2009 All-Military Wilderness Challenge competition.

endurance events regularly, according to Cronin.

"Our team was comprised of primarily runners, so during the

8K-run we ran fast and hard. The river was challenging at times during the rafting portion. We rode well during the mountain

bike portion, though the course was very technical and wet. The

See CRONIN, B9

Camp Lejeune Marines win Wilderness Challenge

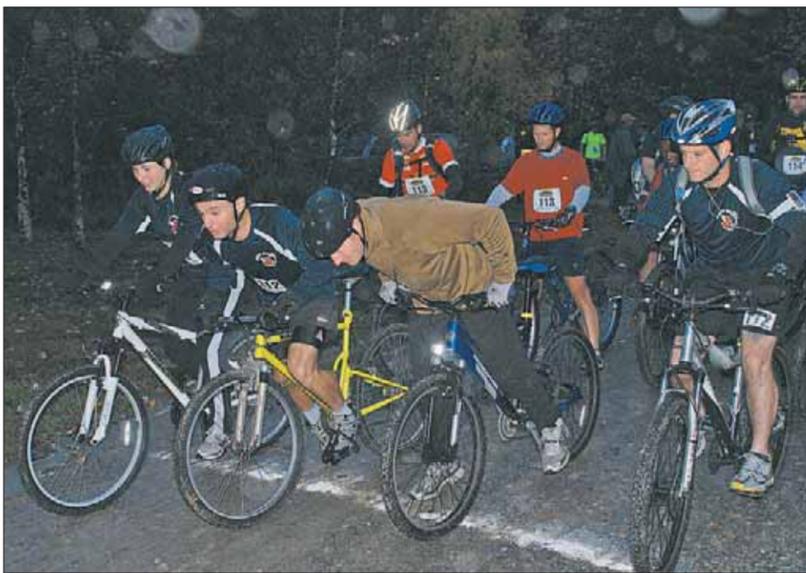


Photo by Mark Piggott

Rain, cold and muddy conditions didn't deter the "Elizabeth River Rats" from Norfolk Naval Shipyard, Portsmouth, at the start of the 10-mile mountain bike race on Day 2 of the 2009 All-Military Wilderness Challenge, Oct. 8-10, in the heart of the Appalachian Mountains in West Virginia. The Wilderness Challenge brings together teams from across the military and the country to compete in five extreme outdoor events, from mountain biking to whitewater rafting. This year, Marines from the "Dale Milton Racing" team from Camp Lejeune, N.C., won the 9th annual Wilderness Challenge, completing all five events in a time of 7:17:41.

BY MARK PIGGOTT
Yorktown Public Affairs

NEW AND GAULEY RIVER, W.Va. — Cold, rainy and muddy conditions would not deter the 54 teams competing in the Mid-Atlantic Region, Morale, Welfare and Recreation (MWR) Department's 9th annual all-military Wilderness Challenge, Oct. 8-10.

More than 250 military personnel representing commands from all across the armed forces competed in five grueling extreme outdoor events in the heart of the Appalachian Mountains on the New and the Gauley Rivers in West Virginia.

The "Dale Milton Racing" team from the 24th Marine Expeditionary Unit, Camp Lejeune, N.C., was 1st place winner for the Marine Corps and the 2009 Wilderness Challenge champions.

According to Maj. Keith Parrella, the team captain, the challenge plays on the real-life teamwork that Marines and other military service members rely on.

"What we do day-to-day is a lot about teamwork and this (Wilderness Challenge) is all about teamwork," Parrella explained. "That's what we do everyday in real life. You've got to work as a team. You're only as fast as your slowest person."

"It plays to the strengths that the military builds on in each of the individual services," Lt. Cmdr. Joshua Lafferty, Naval Expeditionary Combat Command, Norfolk, Va., added. Lafferty is team captain for

"Trample the Weak, Hurdle the Dead" team, which took 1st place for the U.S. Navy and 3rd place overall in the Wilderness Challenge.

"That helps bond us together as a military force, bringing what they got to do the best."

The challenge contains a series of five outdoor adventure races in a team format designed to bring camaraderie, competition and team spirit between all five branches of the Armed Services. Teams participating in this year's challenge competed in an 8K mountain run, a 10-mile mountain bike race, a 15-mile forced hike through the mountains, a 13-mile whitewater raft race on the Gauley River and a 7-mile kayak race on the New River ... a total of 50 miles covered during two days of competition.

"The MWR Wilderness Challenge continues to bring together the best athletes in

See WILDERNESS, B9

Finding the graves of our fore fathers



These graves have been given wooden crosses marking where bodies have been interred.

STORY AND PHOTOS BY
MC1 (AW) TIM COMERFORD
Staff Writer

If Naval Support Activity Northwest Annex is off the beaten path, then a little known historical treasure on the base would be somewhere in the dense foliage. A small cemetery on an unpaved road is hard to find with only one sign to show the way. But if you can find this small unassuming Civil War era cemetery it holds the grave of one of our nation's heroes and maybe more. The small Bethel Baptist Church Cemetery holds specific marked graves and seven that are unmarked.

Two of the marked graves are from U.S. army soldiers and one from a 10th Cavalry "Buffalo Soldier." According to the Buffalo Soldiers National Museum, In 1866, through an act of Congress, legislation was adopted to create six all African-American Army units. The units were identified as the 9th and 10th cavalry and the 38th, 39th, 40th, and 41st infantry regi-

ments. The recruits came from varied backgrounds including former slaves and veterans from service in the Civil War. The nickname buffalo soldiers began with the Cheyenne warriors in 1867. The actual Cheyenne translation was Wild Buffalo. The nickname was given out of respect and the fierce fighting ability of the 10th cavalry. Overtime, Buffalo Soldiers became a generic term for all African American soldiers.

During the late 1800s and early 1900s, the Buffalo Soldiers were assigned to the harshest and most desolate posts. Specific duties included subduing Mexican revolutionaries, outlaws, comercheros, rustlers and hostile Native Americans. Additional administrative duties included exploring and mapping the Southwest, and establishing frontier outposts for future towns.

The Buffalo Soldiers fought in the Indians Wars of the American West, Spanish Amer-

See GRAVES, B9

Family Focus

Halloween Safety Edition

TIP of the week

18th Annual Halloween Bash

Enjoy safe Trick-or-Treating, costume contests, the wacky wizard's castle, spooky make-n-takes, Child Identification from the Hampton Sheriff's Department, and more!
Admission: \$5 in advance, \$7 at the door

Event Dates: Oct. 24 • 4 - 7 p.m., Virginia Air & Space Center
600 Settlers Landing Rd., Hampton, VA., 23669
For more information, call 727-0900 or visit www.vasc.org.

S

Swords, knives, and similar costume accessories should be short, soft, and flexible.

A

Avoid Trick-or-Treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat. Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.

H

Hold a flashlight while Trick-or-Treating to help you see and others see you.

A

Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.



Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.

E

Enter homes only if you're with a trusted adult. Otherwise, stay outside.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



Halloween Safety Tips

Halloween Health and Safety Tips

For many people, autumn events like Halloween and Harvest Day are fun times to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety. Below are tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Expecting Trick-or-Treaters or Party Guests?

- Provide healthier treats for trick-or-treaters, such as individual packs of raisins, trail mix, or pretzels. For party guests, offer a variety of fruits, vegetables, and cheeses.
- Use party games and Trick-or-Treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack-o'-lanterns and luminaries away from doorsteps, walkways,

landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.

- Remind drivers to watch out for Trick-or-Treaters and to drive safely.

Pumpkin-Carving Safety

Kids always want to help with the pumpkin carving. Small children should not be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although you can be cut by them as well. It is best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.

Teach Basic Safety

Teach your kids basic everyday safety, such as not getting into cars or talking to strangers, watching both ways before crossing streets and crossing when the lights tell you to, to help make them safer when they are out Trick-or-Treating.

Pumpkin Puree

Making your own pumpkin puree can be a really easy task. Here is a simple way to make pumpkin puree or pulp for a classic pumpkin pie.

1. Select a ripe and firm medium pumpkin.
 2. Cut open the pumpkin and remove the seeds and strings.
 3. Cut the pumpkin into four to eight pieces.
 4. Line a large baking pan with aluminum foil.
 5. Place the pumpkin pieces onto the baking pan.
 6. Bake in the oven at 375 degrees for 1 - 1.5 hours or until pulp is soft.
 7. Remove the pulp from the rind with a spoon and discard the rind.
 8. Blend the pulp until smooth using a blender, food processor or mixer.
 9. To create thicker puree, put the pulp into a cheesecloth and squeeze out excess water.
- Note:** Leftover puree can be frozen for a short period of time, however canning the puree is not recommended.

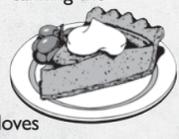


Classic Pumpkin Pie

- | | |
|-------------------------------------|--|
| 1 1/2 Cups Cooked, Strained Pumpkin | 1/8 Teaspoon Ground Cloves |
| 2/3 Cup Sugar | 1/4 Teaspoon Ginger |
| 1/4 Cup Brown Sugar | 1 Teaspoon Grated Orange Peel (Optional) |
| 1 1/2 Cups Evaporated Skim Milk | 1/4 Teaspoon Nutmeg |
| 3 Eggs | 1/4 Teaspoon Salt |
| 3/4 Teaspoon Cinnamon | 1 Unbaked Pie Shell |

Preheat oven to 425 degree. Mix pumpkin, sugars, orange peel and spices in large bowl. Add evaporated milk and eggs. Mix all ingredients well. Pour pumpkin filling into pie shell. Bake at 450 degrees for fifteen minutes. Reduce heat to 350 degrees and bake for 45 minutes more.

TIP: If crust begins to get too brown, loosely cover crust only with foil.



Do you have a great recipe you would like to share?

E-mail it to rebecca.perron@militarynews.com Your recipe might be featured in the Homefront News section in a future edition. We look forward to hearing from you!

Sideswipe kicks up wounded warriors' spirits

BY MC2 (SW/AW) WILLIAM HEIMBUCH
AND DEBORAH KALLGREN

Naval Medical Center Portsmouth Public Affairs

NAVAL MEDICAL CENTER PORTSMOUTH — Extreme martial arts group Sideswipe gave a special performance for Naval Medical Center Portsmouth's (NMCP) Wounded Warrior Battalion, Sept. 29.

The performance integrated mixed martial arts and acrobatics, and included props such as swords, scythes and a bow staff. In one number, the group helped the audience dissect their moves by performing in slow-motion.

"The amount of discipline those guys had was extremely impressive. They really put on an awesome show," said Sgt. Ian Manning of NMCP's Wounded Warrior Battalion. "As a father myself, I am glad to see kids have good, positive role models that they can look up to these days."

The five group members have all earned black belts and range in age from 14 to 21. Each has practiced martial arts for more than 10 years. The younger members are home-schooled, which allows them to devote time to touring and their performances.

"I have been practicing martial arts since I was three," said Brendon Huor, 21, a member of the group since 1995. "I grew up watching a lot of Bruce Lee movies and Teenage Mutant Ninja Turtles and that's what got me into it."

The performance got the attention of a family leaving NMCP after their son's doctor appointment. Following the per-



Matt Mullins, Chris Brewster, Craig Henningsen and Jackson Spidell of Sideswipe, a theatrical martial arts team of eight members, are dancers with Britney Spears on her "Circus" tour.

formance, the boy met the members of Sideswipe and had his photo taken with them. His parents predicted he would soon be imitating the group's moves at home.

Navy Exchange Service Command hosted the group on a tour of naval bases. Sideswipe also performed at Norfolk Naval Station and Oceana Naval Air Station.

This isn't the first time they have

traveled to bases around the world entertaining military men and women.

"It's always great to come out and show our support for the guys who are supporting us and devoting their lives to this country," Huor said.

The group is next scheduled to perform in Guantanamo Bay, Cuba.

Sideswipe is based in Los Angeles and

has performed its high-energy routines on many television shows. Four members of Sideswipe are dancers with Britney Spears on her "Circus" concert tour. They will rejoin Spears' tour next month in Australia.

For more news from Naval Medical Center Portsmouth, visit www.navy.mil/local/NMCP/.

Oakleafs help bring holiday spirit to NMC Portsmouth

BY MC2 (SW/AW)
WILLIAM HEIMBUCH

Naval Medical Center Portsmouth
Public Affairs

NAVAL MEDICAL CENTER PORTSMOUTH — Christmas came to Naval Medical Center Portsmouth early this year thanks to the medical center's officer spouses' club, Oakleaf.

Each year, Oakleaf collects money through fundraisers to buy needed non-clinical items that cannot otherwise be purchased due to budget re-

strictions. NMCP departments submitted wish lists of desired items to the Oakleaf Club and, on Sept. 23, they were presented with many of the items they requested.

"We try to provide comfort items to make life more comfortable for patients and staff that the government doesn't deem necessary," said Carmelann Zintz, who co-chairs the Oakleaf Club's Benevolence committee.

Oakleaf donated DVDs for patients to watch while in bed, a high chair to make feeding young patients easier, coffee

and many other items that intangibly speed recovery. Oakleaf donations consistently have had a positive effect on the quality of a patient's hospital stay, as well as on their families.

"The Oakleaf Club puts forth an amazing effort to support our command's mission in providing quality patient care," said Chris Brogan, child life specialist. "Year after year, the Oakleaf Club members go about their mission without actually seeing the lives they touch, yet they know, they know. Their passion truly makes them an

extraordinary part of NMCP," he added.

"We believe helping the hospital community benefits all of us," said committee member Angela Nezat. "We are not just members of Oakleaf; we are family members, patients and providers who are part of this community."

The group's mission and purpose is social and benevolent. Through Oakleaf's activities and charitable projects, it "promotes an understanding and friendship among our Navy Medicine Family promoting high

'esprit de corps.'"

This year, more than \$4,000 was raised to help Oakleaf buy as many items as possible on the departments' wish lists. Contributions come from Oakleaf's silent auction held each spring and other events.

"We are very grateful for the hospital's supporting us through our bake sales and other various fundraisers. Without your contributions, none of this would be possible," said Zintz.

For more news from Naval Medical Center Portsmouth, visit www.navy.mil/local/NMCP/.

A 'Zoo-Normous' Military Appreciation Day from the USO

BY MC2 JOSEPH R. WAX
Navy Public Affairs Support
Element-East

NORFOLK — The Hampton Roads United Service Organizations (USO) hosted a Military Appreciation Day at the Virginia Zoo Oct. 11.

The event was free to all military members, active, reserve and retired, as well as their families. Military Appreciation Day featured displays and activities for all ages in addition to the normal zoo experience.

"This is something great for military members and their families to do," said Karen Licari, the Hampton Roads USO chief operating officer. "We are fortunate to be able to partner with the Virginia Zoo. We would also not be able to do this without Virginia Dominion

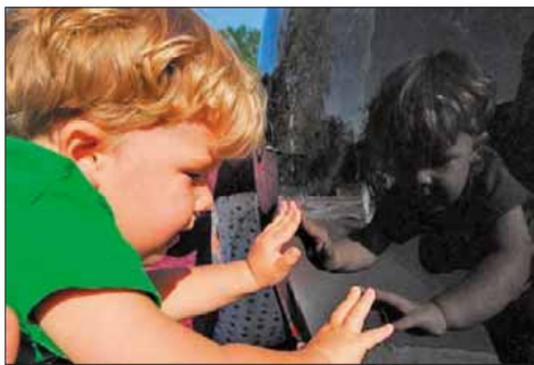


Photo by MC1 Monique Hilley

Tyler Hilley, 2 puts his hands on the onyx fountain that has a rolling globe on it during the Virginia Zoo's Military Appreciation Day. DoD cardholders and their families got to visit the animals at the Virginia Zoo for free.

Power. They sponsor the event so that we can offer everything for free."

USO Military Appreciation day is the largest attendance day of the year for the Virginia Zoo. This year more than 8,000 peo-

ple attended. "It is always great to bring people in and show them what the zoo has to offer," said Diane Paluzzi, the Virginia Zoo's marketing manager. "All of us in the area know how impor-

tant the military is to not only the area, but the country as a whole. This is an opportunity for us to give back and say thank you."

According to Licari, the USO was lucky enough to have approximately 125 volunteers on hand to do face painting, disc jockey the event, sell concessions and set-up and tear-down the displays. A U.S. Navy fire truck and an Explosive Ordnance Disposal (EOD) Response truck were on-hand for people to tour.

"This is a good idea, especially for folks that aren't from around here," said Interior Communications Electrician Fireman Mark Riedel, a crew member of the nuclear-powered aircraft carrier USS Carl Vinson (CVN 70). "This gives them an opportunity



Photo by MC1 Monique Hilley

Natalya Williams, 5, looks around for animals to pet in the Virginia Zoo's petting zoo during Military Appreciation Day. DoD cardholders and their families got to visit the animals at the Virginia Zoo for free.

to see some of the things Virginia has to offer. Plus, the kids are having fun and that's all that matters."

The Hampton Roads USO has been hosting military appreciation day at the Virginia Zoo for eight years

now and, if Licari has her way, it will continue long into the future.

"We are absolutely going to do this next year," said Licari. "We are very fortunate to be able to provide these types of programs."

Fleet Week Golf Tournament benefits NMCRS



Photo by Harry Gerwein/Military Newspapers of Virginia

The Fleet Week Golf Tournament held at the Sewell's Point Golf Course, Oct. 14, had 110 golfers in attendance. Prizes were awarded for first and second place as well as longest drive and closest to pin.



Photo by Harry Gerwein/Military Newspapers of Virginia

The golfers raised almost \$4,500 in donations for the Navy-Marine Corps Relief Society.

BY REBECCA PERRON
Military Newspapers of Virginia

With 110 players on the course, the 2009 Fleet Week Golf Tournament, brought in almost \$4,500 in donations for the Navy-Marine Corps Relief Society.

The tournament was held at the Sewell's Point Golf Course at Naval Station Norfolk, Oct. 14. Prizes were awarded to the first and second place teams in each flight and to the players with the longest drive and closest to the pin.

1st Flight, 1st Place: Auto Depot Inc., 59.

1st Flight, 2nd Place: Public Works Department, Joint Expeditionary Base Little Creek-Fort Story, 59.

Robert Perry, Robert Collins, Terry Olivo and Billy Hussey

2nd Flight, 1st Place: Naval Air Station Oceana Air Detachment, 68

Cmdr. Scott Hemistrand, Lt. Jeffrey Herzog, Lt. Brian Daniels and Petty Officer 1st Class Jared Larsen.

2nd Flight, 2nd Place: Fleet and Family Support Center, 68

Greg Bender, Alex Ottaviani, Asa Cooper and Tony Hoffman

Jim Nelson from the Navy-Marine Corps Relief Society team had the Longest Drive and ETC Joshua Wadsworth from USS Elrod's team had the Closest to the Pin.

234th Navy and Marine Corps Birthday Ball

October 24, from 6 - 11:30 p.m. at Rockwell Hall on Joint Expeditionary Base Little Creek-Fort Story. Cost is \$25 per person. Dinner, dance music, commemorative coins and a photographer will be available. For more information call 462-7793 or 462-7665.

Nitze Sailor drops puck at Norfolk Admirals game

STORY AND PHOTOS BY
MC2 SANTOS HUANTE
*Navy Public Affairs Support
 Element-East*

NORFOLK — The Norfolk Admirals held their first Military Appreciation Night for their 2009-10 season during their first home game, Oct. 9, celebrating Fleet Week Hampton Roads 2009. The team holds several military appreciation nights throughout each season.

A Sailor from the guided-missile destroyer USS Nitze (DDG 94) was chosen by Commander Navy Region Mid-Atlantic to drop the ceremonial puck at the beginning of the game between hometown Admirals and visiting Manchester Monarchs.

“It was something different,” said Ship’s Serviceman 1st Class Cedric Avant.

Avant was named Nitze’s Sailor of the Quarter based on his superior performance over the past eight months since arriving on-board.

USS Nitze is in port downtown Norfolk to celebrate Fleet Week, opening it’s brow to the public to get a first hand look at one of the Navy’s newest Arleigh-Burke Class ships.

“We’re honored and fortunate and have worked hard getting the ship ready for the public,” said Avant.

U.S. Fleet Forces Band singer Musician 3rd Class Michelle Werner sang the



Ship’s Serviceman 1st Class Cedric Avant, Sailor of the Quarter for USS Nitze, drops the first puck at a Norfolk Admirals game. Nitze moored in downtown Norfolk celebrating Fleet Week Hampton Roads 2009.

national anthem accompanied by Naval Station Norfolk Color Guard.

Fleet Week Hampton Roads is held each Oct. in conjunction with the Navy’s birthday, now 234 years young. The event celebrates and recognizes the sacrifices and contributions made by our Sailors, Marines and Coastguardsmen, past and present, who are neighbors, volunteers and citizens actively working to enhance the quality of life for Hampton Roads.



Above: Norfolk Admirals Right Wing Adam presents Ship’s Serviceman 1st Class Cedric Avant with the puck to be dropped at the beginning of the game. Left: Naval Station Norfolk Color Guard parades the colors during the opening of an Norfolk Admirals Military Appreciation Night game celebrating Fleet Week Hampton Roads 2009.

Navy Cross Luncheon held at Naval Station Norfolk

BY **MCSN DESIREE GREEN**
*Navy Public Affairs Support
 Element-East*

NORFOLK — Hampton Roads Naval Museum hosted a luncheon lecture and book signing Oct. 15 at Norfolk Naval Station’s Vista Point Club.

The luncheon featured keynote speakers James E. Wise and Scott Baron, authors of the recently published book entitled, “The Navy Cross: Extraordinary Heroism in Iraq, Afghanistan and other conflicts.” The book recounts in vivid detail the courageous acts of Sailors and Marines awarded the U.S. Navy’s highest honor of valor.

“It’s important to not only remember our history, but for our younger Sailors to understand better the honor, courage and commitment that they [Navy Cross recipients] had, as the overall education that goes on,” said Lee Duckworth, direc-

tor of the Hampton Roads Naval Museum education department, “this is just one aspect of it that focuses on the Navy history that is so important to all of us.”

The authors Wise and Baron, whom are both Vietnam veterans, captivated an audience of over 75 service members and civilians while discussing the moments of true heroism captured in their book.

Their book focuses mainly on Sailors and Marines recognized for heroic acts during service in Iraq and Afghanistan, but, also touches on recipients from

earlier wars as well.

The Navy Cross, the Navy’s second highest award for bravery, honors those in the United States Navy and Marine Corps who exhibit extraordinary courage under very difficult conditions.

The Navy Cross is second only to the Medal of Honor. The Medal of Honor is awarded to service members of any branch, past or present, who have shown extreme selflessness and bravery during war. It is usually awarded when a service member gives their life to their nation to save

the lives of many.

“The story of the bravery of the U.S. Armed Forces must be told so that future generations of Americans

are continually reminded of the high cost of freedom,” is the last paragraph written in the preface of what is a historical documentation

of these Navy Cross recipients’ legacies.

For more information on this book visit www.usni.org.

USS Nitze Sailors make a home in the limelight

BY MC2 SANTOS HUANTE

Navy Public Affairs
Support Element East

NORFOLK — The guided-missile destroyer USS Nitze (DDG 94) arrived pier side in downtown Norfolk for Fleet Week Hampton Roads 2009, Oct. 9.

Nitze traveled nine miles through Norfolk waters from its homeport at Naval Station Norfolk to reach the Nauticus pier, which also berths the battleship USS Wisconsin (BB-64).

The last ship to be moored in downtown Norfolk was the guided-missile destroyer USS Mason (DDG 87) in April 2003. Many of the Nitze Sailors felt a sense of honor for being selected as the ship to be spotlighted during Fleet Week.

Yeoman 1st Class (SW) Kimberley Ferguson, who has served 15 years in the Navy, is proud of the quality and dedication of the crew.

“It goes to show we’re recognized for our hard work,” said Ferguson.

Nitze opened its brow to the public during Fleet Week, allowing locals and visitors a glimpse at a Sailor’s life.

Ships’ Serviceman Seaman Dustin Maley said this will give the public the opportunity understand how a Navy ship works.



Photos by MC2 Class Santos Huante

Guided-missile destroyer USS Nitze (DDG 94) strikes its colors in downtown Norfolk during Fleet Week Hampton Roads 2009. Nitze is next to the battleship USS Wisconsin (BBG-64) which serves as a museum at Nauticus.

“They are able to see what we do when we’re on deployment,” said Maley.

Visitor Allan Anderson from Ft. Worth, Texas, much like a majority of the public who stepped aboard, was enthusiastic to see the inside of a modern day warship.

“I didn’t know what to expect, but I was encouraged that we possess such power,” said Anderson.

For Patrick Wright, it was an opportunity to share his experience as a prior Navy operations specialist with Eugene, a youth from a little league team he coaches.

“It was outstanding,” said

Wright. Wright reflected on the changes and advancement aboard Nitze. “We went into the [combat information center] and saw the radars and charts and I said to myself, ‘Times are changing.’”

Fleet Week Hampton Roads is held each October in conjunction with the Navy’s birthday, now 234

years young. The event celebrates and recognizes the sacrifices and contributions made by our Sailors, Marines and Coastguardsmen, past and present who are neighbors, volunteers and citizens are actively working to enhance the quality of life for Hampton Roads.

National Football League hall of famer visits Sailors

BY MC3 JOHN SUITS

Navy Public Affairs
Support Element-East

To help celebrate the Navy’s 234th birthday, Bruce Smith, newly-inducted hall-of-famer from the National Football League (NFL), visited Sailors at Naval Station Norfolk, Oct. 13, to thank them for their service to the United States.

The Norfolk, Va. native and former defensive end for the Buffalo Bills and

Washington Redskins met Sailors at the Vista Point Club to remark on his journey to the NFL and the sacrifices he made to get there.

“I’m honored to have the opportunity to speak to the Sailors during the Navy’s birthday,” said Smith. “Words cannot express how appreciative I am of their efforts in keeping the homeland safe.”

Before talking to Sail-

ors, Smith got a chance to congratulate Machinist’s Mate 1st Class (SS) Rodney Buse, a Sailor assigned to Commander, Submarine Force, for recently being named “Military Citizen of the Year (MCOY)” in the Hampton Roads area.

Buse was named MCOY for being a founder of the BMX for Christ Ministries and raising \$1,000 in the American Diabetes Associates Tour de Cure as a

participant.

“It was exciting to meet Smith knowing the amount of teamwork football players put forth to win,” said Buse, from Terre Haute, Ind. “It was unexpected because there was a lot of competition between me and other Sailors in the area who do enough for the community.”

Smith spoke to Sailors during a reception by encouraging them to perform an ordinary task in an extraordinary manner.

“In the NFL, I wanted to be special,” said Smith. “I didn’t want to be ordinary because I wanted to be extraordinary. Don’t be just another Sailor. Be a fine Sailor. Leave your mark. When your superiors talk about you, they’ll say positive things about you and



Photo by MC3 John Suits

NFL Hall of Famer Bruce Smith speaks to an audience of Sailor and civilians on the benefits of teamwork at the Vista point club on Naval Station Norfolk, Oct. 13.

compliment your work.”

Smith also commented on the struggles his parents faced and what they did to overcome them while living in the Hampton Roads

area.

“I take pride being from this area,” said Smith. “My mother and father were both laborers and determined individuals who knew that doing enough to get by was enough in the world.”

Smith ended his speech to Sailors by thanking them for the hard work, dedication and commitment they put forth in protecting the nation.

“Your service comes with great sacrifices,” said Smith. “You leave your families to go into harm’s way. Because of your sacrifices, we now have a safer place to live in. Be proud of the way you conduct yourselves while serving in combat.”

Smith’s speech was not only a learning tool for Sailors, but it helped them focus on the task at hand while on the job.

“The things Smith said influenced me to want to do better in the workplace and not perform such a mediocre job,” said Aviation Boatswain’s Mate (Handling) 3rd Class (AW) Erin Irvine, assigned to the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69). “I plan to work harder and become more motivated. It’s not only my life on the flight deck, but everyone else’s life as well.”

Beach Bash ignites with Navy's Chili cook-off

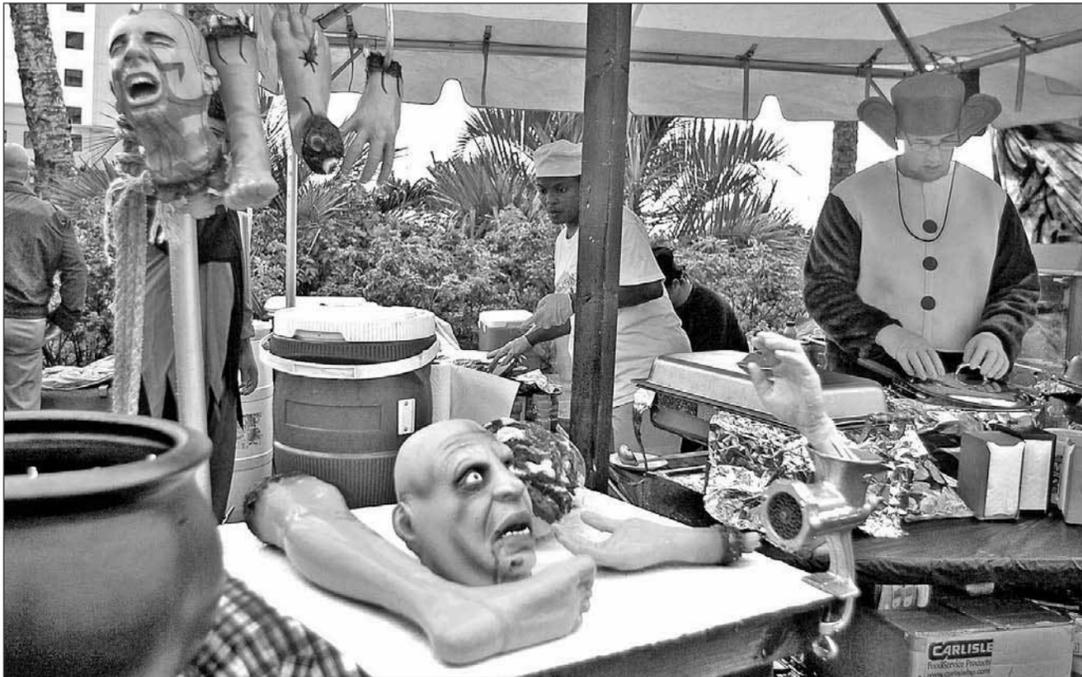


Photo by Harry Gerwein/Military Newspapers of Virginia

Props, not ingredients. Naval Support Activity Northwest Annex Galley show their ghoulish pride as they prepare their "Devil's Spit" chili for the chili cook-off. Their theme took the award for best showmanship at the cook-off.

BY MC3 JOHN SUITS
Navy Public Affairs Support
Element-East

Sailors from various commands took part in a chili cook-off contest at 31st Street Park on the Virginia Beach Oceanfront Oct. 10 during the Fleet Week

Hampton Roads Beach Bash.

The smell of chili surrounded the cold atmosphere of the Virginia Beach, boardwalk as hundreds of civilians and service members gathered to taste chili of all flavors and themes.

"This is our second year making chili for this type of event," said Lt. j.g. Stephanie Barlow, an intelligence officer assigned to the "Bluetails" of Carrier Airborne Early Warning Squadron (VAW) 121. "This year definitely brings a different crowd compared to last year when it was held at [Naval Air Station (NAS)] Oceana."

The cook-off appealed not only to service members, but also got the attention of the local community.

"My family and I came from the eastern shore to check out the event," said Joe Defeo, from Randolph, N.J. "I've had about six or seven different bowls of chili. I'm a fan of the various spices and the traditional flavors the chilis offer. My family and I will definitely come again next year because the service members were very friendly to us."

The event also included a performance by the U.S. Fleet Forces Band, as well as homemade chili from Sailors assigned to the Naval Support Activity (NSA) Northwest Annex galley, NAS Oceana galley, Training Support Center Hampton Roads, Naval Ocean Processing Facility,

Submarine Learning Facility, USS New Mexico (SSN 779), Joint Forces Staff College, Naval Station Norfolk galley and the Joint Expeditionary Base Little Creek-Fort Story galley.

At the end of the chili cook-off, Sailors assigned

to the Los Angeles-class fast-attack submarine USS Scranton (SSN 756) awarded the "Big Dipper" award for their "Deep Dive Chili", which was a big hit among attendees. Scranton Sailors also sounded their dive alarm, the klaxon, to alert other crowd-goers of their presence.

"This is our first chili cook-off and we're here to represent the submarine community," said Sonar Technician (Submarines) 2nd Class (SS) Ian Gilmour, from Yukon, Okla. "It feels like Christmas knowing the Scranton got an award for the chili I made. It helps us become more recognizable and interactive with the community."

During the cook-off, Sailors were able to compare their chili with other chili to test different flavors.

"We compared chili with the [NSA] Northwest and Little Creek galleys," said Culinary Specialist 1st Class (SW/AW) Shawn Shepherd, leading petty officer of the Naval Station Norfolk galley. "We were the only ones to have had ground bison in our chili.

Both had a very unique taste with a lot of herbs and spices. Overall, this was a great event."

Showmanship and judges' choice first-place awards were awarded to the NSA Northwest Annex galley for their "Devil's Spit" chili and Halloween-themed setting with fake body-part props.

"Since Halloween was just around the corner the decision to decorate and dress up, to attract both adults and children, was the premise of Northwest's theme," said Cmdr. Ellen Duffy, officer in charge, NSA Northwest. "Northwest Galley entered the Chili Cook Off last year but did not place. They have not participated in any other Chili competitions, but now having won they plan to take the winning recipe to other venues."

"It felt good to win twice with our chili because we used the same recipe last year," said Culinary Specialist 1st Class (SW) Myla Bugarin. "We're very pleased because, as a team, we won the chili cook-off. Next year, we're coming back for three awards."



Photo by MC3 John Suits

Musician 2nd Class Daniel Leaverton, assigned to U.S. Fleet Forces Band, plays a saxophone solo of "The Beatles" song "Norwegian Wood" during the Fleet Week Beach Bash, Oct. 10, at 31st Street Park on the Virginia Beach, Va. oceanfront. The Fleet Forces Jazz Ensemble as well as Felicia Barton entertained the crowd.



Photo by Harry Gerwein/Military Newspapers of Virginia

Terry Ward, The Pepper Lover's Club president and Capt. William Crow, commanding officer Joint Expeditionary Base Little Creek - Fort Story taste the entries into the chili cook-off. USS Scranton (SSN 756) won the "Big Dipper" Award for their "Deep Dive" chili.

Celebration of Flight, Celebration of Life



Courtesy photo by Mike Lynaugh

Lt. Frank Weisser, opposing solo, takes off at the beginning of the Blue Angels show at the Oceana Air Show Oct. 17. Weisser, a native of Atlanta, graduated from North Springs High School in 1996 where he lettered in football and track. He attended the United States Naval Academy, earning a Bachelor of Science degree in Mathematics in 2000.

BY CATHY HEIMER
Jet Observer

For the first time in its 51-year history, the Naval Air Station Oceana Air Show, held Oct. 17-18, featured not just spectacular military and civilian performers and aircraft, but also partnered with several community health organizations to promote awareness of a very important health issue.

When the date of this year's show was scheduled for October, which is also Breast Cancer Awareness month, Air Show Director Richard "Corky" Erie used the opportunity to incorporate breast cancer awareness into the show with the theme, "A Celebration of Flight, A Celebration of Life."

By working with "Team Pink," which included representatives from several Hampton Roads health organizations, the show, always known as a family-friendly event, promoted the important health message to thousands of visitors.

"It is my honor and pleasure to partner with breast cancer awareness organizations and do what we can from the Navy to support this great initiative and raise awareness of this disease and anything we can do, we are very honored to be a small part of it," said NAS Oceana Commanding Officer Capt. Mark Rich as he welcomed the crowd to Saturday's show.

That message was not just part of static displays or in booths from community organizations but also incorporated into the flying by two of this year's civilian performers, Mike Rinker and Kent Pietsch.

Rinker had a very personal reason for flying his 1989 Sukoi SU-26M at this year's show. His performance, "Love, Hope and Promise," is dedicated to his sister, Kim White, who celebrated eight years of being Breast Cancer free on Oct. 17.

"I do enjoy giving back to the community, giving back to the crowd and giving them something to think about other than airplanes," said Rinker about why he has turned his flying into a community service event.

His plane, nicknamed "Pink Floyd," which he purchased in 2003, has always been pink and white. Totally carbon-fiber and titanium, Rinker proudly describes

it as "being the premier unlimited aerobatic airplane. It still finishes in the top of the standings in the world championships every other year. It's been a really good airplane."

Rinker only performs in about three air shows and three competitions a year. But unlike air show performers who depend on their income from the shows, everything Rinker makes is donated to the Susan G. Komen Foundation or the Cystic Fibrosis Foundation.

"I'm lucky. I'm blessed and I have a really good job and I own a couple of businesses. I can do this for my sister," he explained his reason for donating nearly \$10,000 a year to the charities.

White was thrilled to be part of the Oceana show, where she promoted her message of "Early detection is the best protection" during her brother's flight.

She said it was remarkable the amount of advertising an air show like Oceana provided for her cause. "There's so much awareness being brought out here about breast cancer," she noted about the various informational booths, special aircraft and announcements.

For White, her brother's first performance dedicated to her several years ago came as a shock. For eight years before being diagnosed, White actively participated in the Susan G. Komen Race for the Cure in Little Rock, Ark. With no history of the disease in her family, White feels it was fate that led to performing her first self exam at age 41. That simple exam turned up a lump and during the mammogram found five abnormalities, with the one she discovered being malignant.

Diagnosed with Stage 1 Breast Cancer, she underwent a lumpectomy and radiation treatments. White said she is one of the lucky ones as "mine was slow growing."

White has used her experience to start a support group in her hometown of Warren, Ark. She also raises funds for breast cancer awareness, not just through Race for the Cure but also through the production and sale of more than 4,000 copies of a cookbook. She also tries to attend each show Rinker performs in, where she discusses her experiences.

The yellow 1941 Interstate Cadet flown by Pietsch is deco-

rated with bright pink jelly beans, and serves a flying reminder of October being Breast Cancer Awareness Month. Pietsch has been flying since 1973 and performing in air shows nearly that long. He became sponsored by Jelly Belly in 2007, which actively supports breast cancer awareness across the country. Among the 58 flavors handed out by the company during the air show are pink jelly beans with just for Breast Cancer Awareness Month.

"When Corky came out to the International Council of Air Shows meeting, he said this show was going to be devoted to breast cancer. Everybody is really supporting that here at Oceana. It's huge; it's really nice to see. It's quite a good cause," said Pietsch.

Despite below average temperatures and low cloud cover, Pietsch was pleased at the turnout for the show. "There's people still coming and we're making it work," he said.

Pietsch, who flies in nearly 25 shows a year as part of an act with his brother, Warren in his 1946 Taylorcraft, has three different parts of his comedic performance. The first part is devoted to flying when the aileron and a tire fall off, and "I act like I don't know how to fly," he jokes.

He flies a "deadstick act," with the props shut off, giving him no power at 6,000 feet. As he restarts the jet, he also does aerobatics down to the ground.

The third act is to land his 25-foot long jet on top of an RV, outfitted with a 20-foot long, makeshift runway. "It's a tricky maneuver. I have about 8 inches on each side to get the thing down," he explained about land-



Photo by MCSA Michael Smevog

Steve Myott as "Uncle Sam," on his seven-foot stilts, scans the crowd during the 2009 NAS Oceana Air Show, Oct. 17-18.

ing his 1941 Interstate Cadet on top of a moving RV.

Low cloud cover and reduced visibility on Saturday, combined with wet and windy weather on Sunday created "challenging conditions" for performers such as Rinker and Pietsch and show organizers, including Erie.

While they hated to disappoint fans, Erie explained "safety was the primary concern" for both performers and fans throughout the show. During Saturday's show, the clouds lifted just in time for the Blue Angels to take to the skies for their scheduled finale, much to the delight of thousands of visitors who had braved unseasonably chilly temperatures to spend the day at Oceana.

Performers such as the British Red Devils, who could not go up due to weather, made the most of

their time at the show, signing autographs and mingling with the crowd throughout the weekend.

Making the best of the short breaks in the blowing rain and wind on Sunday, a few performers were able to get up in the sky, including Dale "Snort" Snodgrass in his P-51 Mustang and the Pietsch brothers. Although not up to its normal speed due to the wet runways, the ShockWave Jet Truck made several fiery passes, followed by flightline explosions from Rich Gibson and his pyrotechnic team.

The delighted fans included Sherry Wylson and her husband, Barry Wootten, from Oshawa, Canada, east of Toronto. Camping in Virginia Beach for the first time, they learned about the show at the campground. "We like the airplanes. It was a bonus to come here," said Wylson. They enjoyed Saturday's show so much that they braved the rain and returned Sunday, visiting vendor and sponsor booths as they hoped for the rain to clear up.

Like White and Rinker, Barb Geraghty from the Tidewater affiliate of Susan G. Komen Race for the Cure was also excited about the exposure the show provided. After attending Komen's annual 5K run/walk at the Virginia Beach oceanfront, which attracted nearly 7,500 participants, Geraghty, who serves as the president of the board of directors for the Tidewater affiliate, manned the booth at the Oceana Air Show.

"We were surprised and extremely pleased to be a part of this because there's such a large crowd that comes through here. None of the organizations that are here would normally be able to reach such a crowd size as this air show. Being able to be part of this is a real benefit to us," said Geraghty.

Race for the Cure also partnered with air show organizers for the Saturday evening "Blues Breastival" at the oceanfront. Members of the Blue Angels and the Snowbirds were special guests at the event, which was open to race participants and breast cancer survivors and included live blues music and food.

Geraghty had a simple message for those visiting the air show and the Komen tent. "I hope they learn that early detection is the key to survival... The longer you wait, the harder the treatment and the less likely it is you will survive."



Photo by MC2 (AW/SW) Jennifer L. Jaqua

Rich's "Incredible Pyro" lights up the NAS Oceana flightline during Oceana's Air Show. The show features flying acrobatics by many pilots as well as static displays from local Navy and Marine Corps units.

CRONIN: Motivation, competitive spirit saw the team to finish line

Continued from page B1

kayaking event was slow and rainy,” said Cronin. “I think my team would have taken an additional run over doing that part.

“The 14-mile hike was our time to shine. We placed 5th overall in this event. It was definitely the highlight of the race for me,” continued Cronin.

After the race, Cronin reflected on what got her through the Wilderness Challenge.

“I think our motivation and our competitive spirit to do well got us through the challenge. A 57-mile race will take its toll on your body. When your body feels it’s reached its end and you hit a wall, you’ve got to find the motivation from within to complete the race,” said Cronin. “Also, keeping in good condition and maintaining good nutrition helps with the recovery.”

When asked why she wanted to participate in the Wilderness Challenge, Cronin said, “I love to compete and feel the challenges of this type of race. It’s also a great honor to run with athletes from all over the world, like the Navy cross-country team.”

Out of the 60 teams from all over the world who participated in the MWR Wilderness Challenge, Cronin and her team finished 15th place overall. Out of the 24 all Navy teams, her team finished 4th place.

WILDERNESS: Military services battle it out on tough terrain

Continued from page B1

the armed forces and puts them to the test,” said Michael Bond, MWR Director, Naval Weapons Station Yorktown and event coordinator. “The competition gets tougher and tougher every year.”

For some competitors, the Wilderness Challenge was a homecoming of sorts. U.S. Army PFC’s Joseph Perry and Matthew Browning of “Team Cobra” from the 109th Quartermaster Company, Fort Lee, Va., competed in the challenge for a chance to come home. Perry is from Grafton, W.Va., and Browning from Pineville, W.Va.

“It’s great being back in the mountains,” Perry said. “I want to do well, represent the Army and the state of West Virginia.”

The Wilderness Challenge seems to bring out the best in all of its competitors. They train hard for more than a year in preparation for these events and nothing will stop them

from finishing the challenge, including a broken arm. Such was the case for U.S. Air Force Capt. George Van Osterom of Team “Terrible Tigers” from the 7th Intelligence Squadron, Fort Meade, Md., who broke his arm at the start of Day 2 during the 8-mile mountain bike run.

“At some point, I hit a rock on the trail and the next thing I knew I was on the ground, probably still pedaling my bike,” Van Osterom said, holding up his splinted arm. “My arm came down on the corner of a rock, so I knew it was gonna be a doozy.”

“I had gone this far and, you know, that’s kind of the spirit of the whole thing,” he continued. “You push yourself further than you would normally push yourself, I just had to keep going and finish up strong.”

In an ironic twist of fate, Van Osterom was only participating in the challenge as an alternate because one of the original team members broke his arm while training for

the mountain bike race. That’s what makes the Wilderness Challenge unique among military competitions—it’s ability to take something fun and turn it into a challenge.

“All of the teams that are here are pretty tough,” said U.S. Coast Guard Cmdr. Dan Deptula. Deptula is the Commanding Officer, Maritime Safety and Security Team Boston, Mass., and team leader for “Ducky Fuzz and the Masters of Rubber,” 1st place for the U.S. Coast Guard and 2nd place overall in the 2009 Wilderness Challenge. “From the moment you get here, it’s ‘game on’ so you keep going and hope you’ve got enough in the tank to make it all the way to the end.”

For some teams, the Wilderness Challenge is not just about the spirit of the competition and camaraderie between the armed forces. It’s being able to say “I finished the Wilderness Challenge” by proudly displaying the challenge coin given only to service members who finish all five events.

GRAVES: NAVFAC protects history on our Navy bases around the world

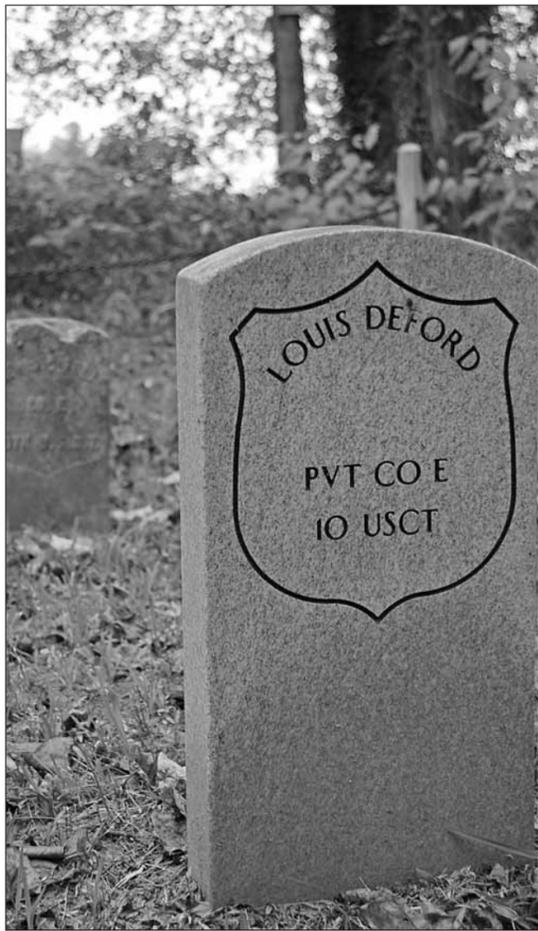


Photo by MC1 (AW) Tim Comerford

A newer gravestone marks the final resting place of army private Louis Deford of the U.S. Army’s 10th Cavalry Colored Troop, nicknamed the “Buffalo Soldiers.” The 10th cavalry gained much acclaim after the civil war, the Buffalo Soldiers were assigned to the harshest and most desolate posts. Specific duties included subduing Mexican revolutionaries, outlaws, comercheros, rustlers and hostile Native Americans. The older grave, much worn by time can be seen in the background.

Continued from page B1

ican War of 1898, WWI and WWII.

The care of these graves has been taken up by NSA Northwest Annex and the discovery of the additional graves was made by Naval Facilities Engineering Command Personnel. NAVFAC hires people to work with state, national and international agencies in recovery of artifacts and care of historical landmarks and artifact on Navy bases around the world. Part of their job is dealing with the agencies if a grave is found on a site, when this cemetery was found years ago it had five graves marked, there were indications of other graves around them.

“The Navy has made sure the cemetery is marked and the graves are not disturbed and it was maintained,” said Bruce Larsen, section head cultural resources NAVFAC Atlantic. While this cemetery is pretty cut and dry about where the graves are this is not common. On other bases such as Naval

Weapon Station Yorktown, NAVFAC has found a cem-

etry but were unsure as whether there were bones interred there or if there were additional unmarked graves.

“Back in the old days farmsteads and plantations had their own family plot, when they sold the land or moved away they would try and move the headstone and graves with them,” Larsen said. “What you are left with is a high likelihood of family burials with little indication of where the burials might be. Most of the graves we find around here are unmarked or marked with wooden headstones that eroded.”

And once graves are suspected NAVFAC takes charge of the scene.

“We have the legal responsibility to make sure the Navy doesn’t inadvertently disturb or destroy human remains. That’s where ar-

cheological techniques come into play,” Larsen said. “We try to use non-invasive techniques to identify where the burial shafts may be. One of the things we use now and seem to have a lot of success with is ground penetrating radar (GPR).”

GPR uses pulses to image the subsurface. This non-destructive method uses electromagnetic radiation in the radio spectrum and detects the reflected signals from subsurface structures. GPR can be used in rock, soil, ice, fresh water, pavement and structures. It can detect objects, changes in material, voids and cracks.

Ground penetrating radar surveys are useful for locating graves by detecting the buried coffin or vault. In cases where a vault or coffin does not exist scientists can examine the GPR data for disturbed soil or other

remains of the burial. Remains of burials are easier to locate in sandy soils that do not contain tree roots or stones. GPR produces a cross-sectional image of the ground.

“It’s been around for about 25 years but it has only been

in the last 10 years that technology has made it effective,” Larsen said. “The GPR identifies anomalies in the soil that create patterns that we can identify as organic or non-organic. What the team in Yorktown is doing is criss-crossing on a 15-inch grid and they piece together the anomalies the radar detects.”

The people at NAVFAC continue to search sites around the world for items of historical interest or for interred bodies, keeping them safe for their descendants or future generations.