



## More than 97 percent selected from Continuation Board

BY MCC (SW) MARIA YAGER

Chief of Naval Personnel Public Affairs

MILLINGTON, Tenn. — More than 97 percent of candidates reviewed by the Navy's Senior Enlisted Continuation Board were selected to continue naval service according to a Navy message released Oct. 30.

"The overwhelming continuance of our senior enlisted demonstrates the extraordinary quality of the chief petty officer mess. The records of eligible master chiefs, senior chiefs and chiefs were reviewed and given full consideration," said Vice Adm. Mark Ferguson, chief of naval personnel.

After complete review of 5,686 eligible active duty and full-time-support candidates, the board selected 5,528 members for continuation.

According to the precept, which outlines what information board members may or may not consider from a record, documented misconduct and substandard performance were the primary reasons a Sailor would not be selected for continued service.

Some examples include "significant problems" or "progressing" promotion recommendations, declining performance from the same reporting senior, failure to maintain physical fitness assessment standards, military or civilian convictions, and non-judicial punishment.

Members not selected for continuation will retire no later than June 30.



Photo by MC1 Jennifer A. Villalovos

Senior Chief Mass Communication Specialist Bill Houlihan interviews Master Chief Petty Officer of the Navy (MCPON) Rick West and Navy Total Force Fleet Master Chief Scott Benning for a Continuations Boards podcast.

"There were chiefs with adverse information in their records, and many of them are staying. That, in itself, should tell any doubters that there was no quota, and that we are not a zero defect Navy. People make mistakes. Often times, it's how we respond after those mistakes that defines us as chiefs, as Sailors and as leaders in our Navy," said Master Chief Petty Officer of the Navy (SS/SW) Rick West.

The board concluded deliberations at Navy Personnel Command Oct. 1 and the results were forwarded to CNP for approval. Sailors not selected for continuation were personally

notified prior to the results posting in BUPERS Online. Candidates can check their status at <https://www.bol.navy.mil>.

"The purpose of this board was to continue to improve the effectiveness of the force by identifying and continuing our most fully qualified enlisted leaders. I appreciate the leadership of the CPO mess in this process," Ferguson commented.

The Senior Enlisted Continuation Board is a performance-driven review of master chiefs, senior chiefs and chiefs with more than 20 years of service and three years time-in-grade.

## President proclaims military family month

PRESS RELEASE

American Forces Press Service

WASHINGTON — President Barack Obama pledged his support of military members and their families and said Americans have a "solemn obligation" to preserve their well-being in his proclamation declaring November as Military Family Month.

The proclamation reads:

"No one pays a higher price for our freedom than members of our Nation's military and their families. As sons and daughters, husbands and wives, and mothers and fathers are deployed, military families endure with exceptional resilience and courage. They provide our troops with invaluable encouragement and love, and serve our Nation in their own right. During Military Family Month, we honor the families of our Armed Forces and thank them for their dedication to our country.

"Though only a small percentage of our Nation's population, our troops bear the great responsibility of protecting our people. They, along with their families, serve us every day with courage and dignity. Ensuring that military families receive the respect they deserve and the support they have earned is a top priority for my Administration.

"The strength of our Nation

See NSPS, A11

See FAMILY, A11

## Act ends controversial personnel system

BY JIM GARAMONE

American Forces Press Service

WASHINGTON — With President Barack Obama's signature recently on the 2010 National Defense Authorization Act, a controversial pay-for-performance personnel system is abolished.

About 220,000 Defense Department employees who had come under the National Security Personnel System (NSPS) will



President Barack Obama

transition back to the long-standing General Schedule system, but that will take time, a senior

official said.

Tim Curry, acting program executive officer for NSPS, said the department could start transitioning employees in six months. The department has begun a comprehensive planning process, he explained, with the goal of ensuring a smooth and orderly transition of employees and organizations out of NSPS.

"The department is going to proceed deliberately and cautiously without unnecessary

delay," Curry said during an interview recently. The transition will take place organization by organization, he said to minimize disruption. Meanwhile, employees under NSPS will remain in that system.

"It took three years to bring those 220,000 employees into the system," Curry said. "Congress recognized that it was going to take time ... to do it right."

See NSPS, A11

## Obama declares H1N1 Flu national emergency

BY ARMY SFC MICHAEL J. CARDEN

American Forces Press Service

WASHINGTON — President Barack Obama signed a national emergency declaration on H1N1 influenza over the weekend to accommodate American health care facilities' ability to address the pandemic.

"By rapidly identifying the virus, implementing public health measures, providing guidance for health professionals and the general public, and developing an effective vaccine, we have taken proactive steps to reduce the impact of the pandemic and protect the health of our citizens," the president said in his proclamation Oct. 24.

Health and Human Services Secretary Kathleen Sebelius has twice declared a public health emergency due to the H1N1 strain. The first came July 24, and the most recent was Oct. 1.

"As a nation, we have prepared at all levels of government, and as individuals and communities, taking unprecedented steps to counter the emerging pandemic," Obama said. "Nevertheless, the 2009 H1N1 pandemic continues to evolve. In recognition of the continuing progression of the pandemic, and in further preparation as a nation, we are taking additional steps to facilitate our response."

The declaration grants authority to the Department of Health and Human Services to waive legal requirements and gives medical facilities the ability to set up alternate care sites, modify patient triage protocols, alter patient transfer procedures and other actions to employ disaster operations and relief, Pentagon spokeswoman Rene White said.

Temporary waivers are petitioned to HHS by the individual medical facilities under Section 1135 of the Social Security Act. Although the president declared the pandemic a national emergency, waivers still require specific requests to HHS, and some state laws may need to be addressed, according to a White House statement released yesterday.

"The H1N1 [pandemic] is moving rapidly," White said. "By the time regions or health care systems recognize they are becoming overburdened, they need to implement disaster plans quickly. Adding a potential delay while waiting for a national emergency declaration is not in the best interest of the public, particularly if this step can be done proactively, as we are doing here."

The most recent examples of a U.S. president granting the Sec-

See H1N1, A11



Photo by MCC Eric M. Durie

The amphibious dock landing ship Pre-Commissioning Unit (PCU) New York (LPD 21) transits New York Harbor past the Statue of Liberty. The ship has 7.5 tons of steel from the World Trade Center in her bow and will be commissioned Nov. 7 in New York City.

## NYC guests visit PCU New York

BY MC1 (SW) RACHAEL L. LESLIE

PCU New York Public Affairs

PCU NEW YORK, At Sea — The crew of the future PCU New York (LPD 21) and the ship's official commissioning committee offered several New York City distinguished visitors (DVs) the once in a lifetime opportunity to embark a history-making U.S. Naval vessel at sea Nov. 1.

The crew brought the more than 80 DVs on board in Marine Corps CH-46 Seaknight helicopters.

They will remain on board for the transit into New York City Nov. 2.

"This is just unbelievable," said Rich Gold-

berg, a guest from DRS Technologies. "It's the experience of a lifetime for someone like me. My company makes a lot of the equipment for the military, and it's so great to get the chance to get out here and actually meet the men and women who use our products."

Once aboard, Cmdr. Curtis Jones, the ship's commanding officer, personally welcomed the guests to the ship. Crew members then escorted guests to their quarters and provided them with a "Navy and Marine Corps 101" brief held in the ship's cha-

See NEW YORK, A11

### INSIDE:

#### TRAINING

USS Nassau ARG prepares for COMPTUEX  
Sailors and Marines use COMPTUEX as deployment certification/realistic training scenarios.



A8

#### FRONT & CENTER

ITs, the people you call when systems fail  
USS Nassau's Automated Data Processing (ADP) Help Desk makes it easier to track trouble calls.



B9

#### OFF DUTY

Monster Jam comes to Hampton Roads  
Friday the 13th, Monster trucks will dive into Hampton Coliseum.



C1

# FRC Mid-Atlantic holds first change of command

BY AT3 MATTHEW STROUP

Fleet Readiness Center Mid-Atlantic  
Public Affairs

Capt. William Bransom relieved Capt. Stephen Bartlett as the commanding officer of Fleet Readiness Center (FRC) Mid-Atlantic during a ceremony Oct. 22 at the Center for Naval Aviation Technical Training Unit hangar on board Naval Air Station (NAS) Oceana. The ceremony, which also served as the retirement ceremony for Bartlett, was the first for FRC Mid-Atlantic.

Presiding officer and guest speaker, Commander, Fleet Readiness Centers, Rear Adm. Timothy Matthews, praised the accomplishments at FRC Mid-Atlantic since the command's stand-up in the very same hangar three years ago.

FRCs were formally stood up in 2006 to "improve both readiness and efficiency, merging over 6,000 Sailors and 10,000 civilians into one seamless organizational structure," according to Matthews.

"Our fleet readiness centers are the industrial engines that sustain all of these aircraft and their weapons systems...FRC Mid-Atlantic has been at the forefront of this (FRC concept) transformation. They have achieved more repair interdictions and more cost avoidance than any other FRC," said Matthews.

"In fact, the savings at FRC Mid-Atlantic represents 40 percent of the savings achieved by all six FRC sites with over 3,400 components interdicted," he continued.

Among other accomplishments, FRC Mid-Atlantic also repaired more than 895,000 components on more than seven types of aircraft under Bartlett's leadership.

Bartlett talked about the continued relevancy of the FRCs and their importance in naval aviation. "(During the stand-up of FRC Mid-Atlantic) I argued that the implementation of FRCs, and the transformation it would require, would bring new challenges and powerful opportunities. Today our nation continues fighting two primary wars in Iraq and Afghanistan...The men and women in uniform here today are preparing the aircraft and themselves to join our deployed shipmates in that continuing fight," said Bartlett.

Bartlett also talked about the honor of having been selected as the first commanding officer and the responsibility of serving FRC Mid-Atlantic Sailors. "This day has come much too fast for me," said Bartlett, "I'm not ready to go but

it's time...Fleet Readiness Center Mid-Atlantic has just begun building its legacy. With Will and J.C. at the helm, the future is in good hands. I will be watching and cheering from the sidelines now; I can't wait to see the many successes that I know the future holds for the men and women of FRC Mid-Atlantic."

Bartlett also set aside a few moments to recognize specific individuals that made a significant impact during his tenure as commanding officer, including Debbie Vergos, who was awarded the Navy

"Our fleet readiness centers are the industrial engines that sustain all of these aircraft and their weapons systems."

— Rear Adm. Timothy Matthews

Civilian Superior Service Medal. Bartlett recognized Vergos for her work as the "director of production support, but most importantly my partner in putting this organization together. Ms. Vergos is still a rock of leadership and will be into the future of FRC Mid-Atlantic."

Letters of appreciation were also presented to his wife, his children,

and his family, including his father-in-law, retired Marine Corps Maj. Bob Newman.

Matthews made it clear that FRC Mid-Atlantic was left in the "very capable hands" of Capt. William Bransom. "I've always been impressed by both his intensity and his intellect...you have big shoes to fill, but you've got all of the training and experience necessary to take this fabulous organization to the next level."

Bransom, having himself provided 31 years of military service, commented that he was "deeply honored and equally humbled by this responsibility."

As the new commanding officer, Bransom made his command philosophy very clear and its one he attributes to his days as an enlisted man. "The health and welfare of my Sailors, Marines, civilians, and their families are my number one priority," said Bransom.

His philosophy is not surprising because among the many individuals who Bransom cites as role models in his life, is his father, an original member of the Aerospace Maintenance Duty Officer (AMDO) community, who retired with 44 years of military service.

"I think back on all the attributes you (his mentors) taught me, or a least tried to teach me, and it's hard to put a description on exactly one thing...but I chalk it up to one word and that's character," Bransom explained.

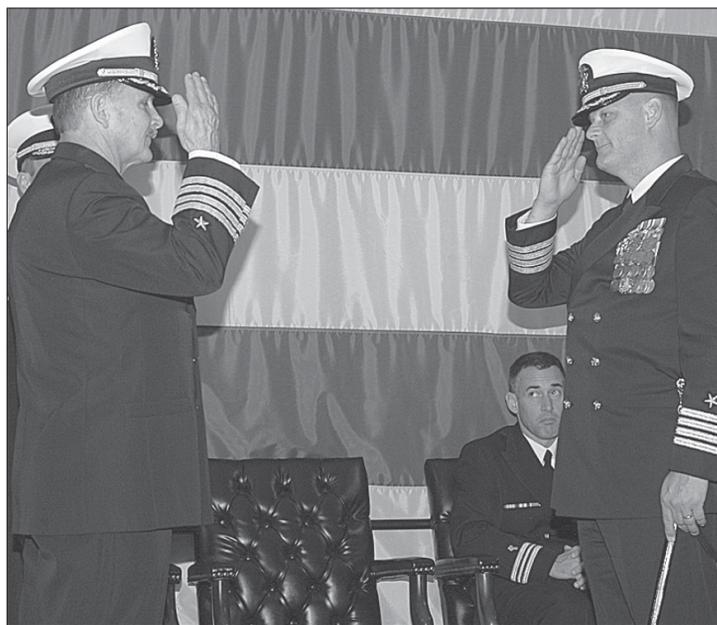


Photo by MC2 (AW/SW) Jamica Johnson

During the Oct. 22 ceremony at CNATTU, Capt. Stephen Bartlett (L) was relieved by Capt. William Bransom (R) as the commanding officer. Following the change of command, Bartlett retired from the Navy.

## THE FLAGSHIP'S LEEWARD SHOUT

### What is the importance of Veteran's Day to you?



ET2  
James Smith  
USS Spruance

"I believe that Veteran's Day is important because we have to remember our past. If it wasn't for people fighting in WWII, who knows what language we'd be speaking or what out country would be like today."



AM3  
Raquel Moura  
AIMD

"It is important to show your respect for the people who have served."



HM2  
Mario Lopez  
FST-2

"It's important to observe Veteran's Day because the soldiers, Sailors and Marines who have died before us, so we could have all of these freedoms should be honored."



LCDR  
Eric Masson  
NLSO MIDLANT

"Veteran's Day provides us all the opportunity to reflect back on the service that service members have given to this country."



CSSN  
Corey Buck  
Naval Station Norfolk Galley

"It's important to me to celebrate Veteran's Day because a lot of people have died in sacrifice for this country. It's important because we have freedom because of those who have died."



ISSN  
Michael Teaseley  
Naval Station Norfolk Galley

"It's important to observe Veteran's Day because we're trying to be veterans too. I want somebody to observe me too. All of the people who came before us, they need some honor."

Commander Navy Region  
Mid-Atlantic is:  
Rear Adm. Mark S. Boensel

*The Flagship*

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# The 'Go for Broke' regiment lives duty, honor, country

BY RUDI WILLIAMS

American Forces Press Service

They were cold, wet, weary and battle-scarred. Yet that didn't stop the men with names like Hayashi, Inouye, Kobashigawa, Okutsu, Sakato and Kuwayama from answering the call Oct. 27, 1944, to rescue a battalion surrounded by German forces.

For the next three days, their unit, the all-Japanese-American 442nd Regimental Combat Team, would fight in dense woods, heavy fog and freezing temperatures near Bruyeres, France, and prove their motto "Go for Broke!" wasn't mere words. "Go for Broke" is Hawaiian slang for "shoot the works."

The Germans cut off the Texas National Guard 1st Battalion, 141st Infantry Regiment in the Vosges Mountains on Oct. 24. The 442nd was ordered in after the enemy had repelled repeated rescue tries by the 141st's other two battalions.

Nearly half the men in the Japanese American unit would be dead or wounded three days later with the "Lost Battalion" still isolated.

"Then, something happened in the 442nd," according to historians at the Army Center for Military History in Washington. "By ones and twos, almost spontaneously and without orders, the men got to their feet and, with a kind of universal anger, moved toward the enemy position. Bitter hand-to-hand combat ensued as the Americans fought from one fortified position to the next. Finally, the enemy broke in disorder."

"The Lost Battalion" rescue is recorded in U.S. military annals as one of the great ground battles of World War II. The regiment relieved the 211 besieged Texans on Oct. 30, and had gone for broke to do it: It suffered more than 800 combat casualties.

Thankful members of the 141st gave their rescuers a plaque that read, "With deep sincerity and utmost appreciation for the gallant fight to effect our rescue after we'd been isolated for sev-



Photo by MC1 Chad J. McNeeley

**Veterans of the 141st Infantry Regiment and the 442nd Regimental Combat Team are recognized at the 65th Anniversary of the Rescue of the "Lost Battalion" Tribute Dinner in Houston, TX., Nov. 1. In 1944 the 141st was surrounded by Nazi forces in the Vosges Mountains in Northern France. After several failed attempts to reach the unit, the 442nd, a segregated unit comprised of mostly Japanese Americans, many who had family members in internment camps in the U.S. fought through five days of battle and broke through the Nazi lines reaching the Lost Battalion and rescuing 230 men.**

en days."

The "Lost Battalion" is just one entry – a defining one, to be sure, but only one – in the regiment's catalog of valor during World War II. For its size and time in combat, less than two years, the 442nd is the most decorated unit in U.S. military history.

Soldiers of the 442nd fought in eight major campaigns in Italy, France and Germany, including the battles at Monte Cassino, Anzio and Biffontaine. They earned more than 18,000 individual decorations, including one Medal of Honor, 53 Distinguished Service Crosses, 588 awards of the Silver Star, 5,200 awards of the Bronze Star Medal and 9,486 Purple Hearts, and seven Presidential Unit Citations, the nation's top award for combat units. President Clinton approved the upgrade of 19 DSCs to the Medal of Honor on May 12.

All the while the men fought, many of their parents and relatives were being held behind barbed wire in isolated detention camps in the United States.

Following the Japanese attack on Pearl Harbor, Hawaii, on

Dec. 7, 1941, more than 110,000 Americans of Japanese ancestry were uprooted from their homes on the West Coast and incarcerated in "relocation centers." Accounts of the rampant racism that fueled the "evacuation" have come to light since the war; "wartime emergency" was the official justification at the time. Ironically, nothing that Draconian occurred in Hawaii, where the Japanese American community was among the largest segments of the population and the Pacific War was thousands of miles closer.

In response to the Pearl Harbor bombing, Japanese Americans in the University of Hawaii ROTC detachment and Hawaii National Guard reported for duty to guard strategic sites around the islands and to prepare for another attack. When high-ranking mainland officials discovered this, the Japanese Americans were immediately sent home.

On Feb. 25, 1942, about the same time the roundup of mainland Japanese began, the military governor of Hawaii authorized the formation of the Varsity Vic-

tory Volunteers, a group of 169 former University of Hawaii ROTC students who wanted to show their loyalty and patriotism to America. The men dug ditches, built roads and fences, strung barbed wire and maintained military buildings.

Their efforts paid off. The students and the National Guardsmen were reinstated and hundreds of others enthusiastically volunteered to form the 100th Infantry Battalion, the first all-Japanese American combat unit in U.S. history.

West Coast Japanese Americans didn't fare as well. They weren't allowed to serve in the armed forces even if they had been serving when the war started or they were honorably discharged veterans. A manpower shortage in 1943 changed that. The War Department reversed itself and sent recruiters to internment camps seeking volunteers for a new unit – the 442nd Regimental Combat Team.

Even if understandably less enthusiastic than their Hawaiian brethren, thousands of young incarcerated Japanese American

men stepped forward dutifully. Japanese Americans in Hawaii again volunteered in droves. Shortly, the Army would start drafting internees as well.

While the 442nd Regimental Combat Team trained at Camp Shelby, Miss., the 100th Infantry Battalion was establishing a reputation as a tough combat outfit in Italy. It entered combat in September 1943 and, by the time the 442nd landed at Naples in May 1944, the 100th had earned the nickname "Purple Heart Battalion" because of the heavy number of casualties it had suffered at Monte Cassino and Anzio.

The Army merged the 100th Battalion with the 442nd in June 1944 and allowed it to keep its unit designation because of its outstanding combat record. Other 442nd components included two infantry battalions, the 552nd Field Artillery Battalion and the 232nd Combat Engineer Company.

The 442nd and the 100th integrated long ago. Today, their racial and ethnic make-up reflects the many cultures of Hawaii and Asia Pacific region.

# 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

# It's not always just another day

BY LT. MIKE MONROIG

*Naval Air Station Oceana Chaplain*

"I don't want to go to school!"

These were my daughters first words one morning. The night before she went to bed early on her own, excited about going to school the next day. And so the battle began — all the routine things became major chores it seemed like we would never get out of the house. But something interesting happened, her attitude changed. It was like a switch was turned on. I must confess that this happened without any assistance from me, the parent.

Why is it that the week seems like just one long day? When we wake up or go to bed thinking, "I get to do it all over again. I wish there was something else." Then our battle begins and all the basic become major chores. We also start looking out for the next best thing, not really knowing what we are looking for. All we

know is that we will recognize it when we see it. Life goes on, same thing, different day.

At no time was this more real to me than during my college years when I worked making honey buns. Honey buns are great; they are soft, full of sugar, and very tasty. When I got hired I was excited, but after doing my job, the same factory job everyday, seeing honey buns every day, and the monotony of my day I wanted to quit. But quit and do what?

The Apostle Paul writes about running the good race. It's not just enough to start, but we need to finish. He tells us that every athlete trains and prepares for the race. This is our character revealed. 1 Timothy 1:7 "For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline." (NIV) We are already wired for success, it's up to us to take that gift given to us and use it to mold our character. With a rightly molded character we will see

a changed attitude.

I was faced with an incredible opportunity for growth on that production line, I suddenly realized that I wasn't alone and that the job really didn't need me or I needed the job, but what a difference I could make if my attitude were different. The next day I came to work with a smile and excited about work, I made some great friends and as we shared in this new attitude the whole production line changed. It wasn't just a job it became a place for success.

I encourage you to remember that you have "a spirit of power, of love and self-discipline." That life doesn't have to be boring or just routine, that every day is a new beginning and your attitude will make the difference in you and those around you.

By the way my daughter came back from school extremely excited and saying it was one of her favorite days of school. So go ahead and turn on your switch.

## Preachin' on the 'ridge'



Photo by MC2 Cynthia Griggs

Chaplain Steven Benefield gives remarks during a Gospel Night aboard the amphibious command ship USS Blue Ridge (LCC 19).

# SECNAV awards recognize energy and water efficiency

BY PAUL ROSS  
 Commander, Navy Installations  
 Command Public Affairs

WASHINGTON — Seven Department of the Navy commands were recognized for exemplary achievements in energy and water efficiency at the Secretary of the Navy Energy and Water Management Awards ceremony Oct. 27.

“I think this year your achievements mean a little more than they have in the past,” said Under Secretary of the Navy Robert Work, who represented Secretary of the Navy Ray Mabus at the event. “This year, Secretary Mabus has declared the reduction of the department’s consumption of fossil fuels to be one of his three top priorities.”

The annual event, which was held at the U.S. Navy Memorial & Naval Heritage Center, Washington, D.C., recognizes commands that lead the DoN in reducing energy and water consumption, increasing use of renewable energy sources and constructing sustainable facilities, all while maintaining mission readiness.

This year’s SECNAV Award winners are:

- Naval Base Kitsap (Bremerton, Wash.) – Navy Large Shore

Category

- Naval Submarine Base Kings Bay (Kings Bay, Ga.) – Navy Small Shore Category

- Naval Undersea Warfare

Center Division Keyport (Keyport, Wash.)

– Industrial Category

- Marine Corps

Air Station Miramar (San Diego, Calif.)

– Marine Corps Large

Shore Category

- Marine Corps Re-

cruit Depot Parris

Island (Parris Island, S.C.)

– Marine Corps

Small Shore Category

- USS Bonhomme

Richard (LHD 6)

– Large Ship Cat-

egory

- USS Halsey

(DDG 97)

– Small Ship Cate-

gory

Commands consid-

ered for the award

underwent a rig-

orous evaluation

of the overall

energy and wa-

ter management

performance. Nine

Platinum, 26 Gold and

37 Blue award-win-

ning commands were

also recognized dur-

ing the ceremony.

Work stressed that Mabus has set aggressive energy goals aimed at enhancing the strategic, tactical and operational capabilities of the Navy and Marine Corps along with enhancing environmental stewardship. The goals include:

- Providing 50 percent of the Department of the Navy’s total en-

ergy consumption by non-fossil fuel sources by 2020.

- Evaluating the lifecycle energy cost of platforms, weapons systems, and buildings, the fully-burdened cost of fuel in powering these, and contractor energy footprint when awarding DoN contracts

- Demonstrating a Green strike group of nuclear vessels and ships using biofuel in local operations by 2012 and sailing a “Great Green Fleet” composed of nuclear ships, surface combatants with hybrid electric power systems using biofuel, and aircraft flying only on biofuels by 2016

- Reducing the overall petroleum consumption of the department’s commercial fuel fleet, which number 50,000 vehicles of all types around the world at all our bases and stations, by 50 percent by 2015

Work stated that the Department of the Navy is well on the way to accomplishing these goals due to the quality of its people.

“These are extremely ambitious goals,” Work said. “Luckily, because of the long-term

commitment to energy management demonstrated by this department, we have a great base from which to jump off from. The goals that the secretary has set lay out a vision for us. I have no doubt, myself, that we can achieve this vision. Secretary Mabus and I have the privilege of leading the finest organization in the world. The Department of the Navy is composed of Sailors, Marines and civilians who are up for any challenge.”

For more news from Secretary of the Navy, visit [www.navy.mil/secnav/index.asp](http://www.navy.mil/secnav/index.asp).

**GREEN TIPS:** *It’s getting easier all the time to run your home on green energy: More than half of all electricity consumers in the U.S. have the option of purchasing some kind of green power product from their electricity provider. Find out how you can buy green power by visiting the Department of Energy (DOE) Web site, which offers a state-by-state list of green energy providers, as well as information on making your own green energy, such as installing solar power and tips on conservation. For more information on going green, visit [www.energy.gov/](http://www.energy.gov/).*

Photo by Kathleen T. Rhem  
**At 80 meters (262 feet) high, the three-blade wind turbines are among the most noticeable features at Naval Station Guantanamo Bay, Cuba. The wind turbines will provide as much as a quarter of the base’s power generation during the high-wind months of late summer.**



# Skyscraper ship ready to show power

## New York lands Marines, full USMC static display during transit to city

BY MC1 (SW) RACHAEL L. LESLIE  
AND MC3 (SW) CORY ROSE

Pre-Commissioning Unit New York  
Public Affairs

**PCU NEW YORK** — The future USS New York (LPD 21) conducted surface and air onloads Oct. 30 just off the coast of Camp Lejeune, N.C., in preparation for the ship's Nov. 2 arrival in its namesake state, where it is scheduled to be commissioned, Nov. 7.

The ship utilized landing craft air cushions (LCAC) embarked from Assault Craft Unit 4, beach masters from Beach Master Unit 2 and almost every type of helicopter available in the Marine Corps inventory.

"The ship's crew did an outstanding job of synchronizing all facets of the onload," said Marine Corps Chief Warrant Officer 3 Shawn McGowan, the ship's combat cargo officer. "They utilized the expertise of many personnel to conduct a simultaneously-executed onload."

Some of the shipboard divisions involved in the evolution included debark control, well deck control, combat systems and the pilot house. In addition to the LCACs, helicopters included CH-53 Sea Stallion, AH-1W Super Cobra, UN-1N Huey and an MV-22 Osprey tilt-rotor aircraft.

"It's amazing to me how much coordination it took to both land helicopters and embark landing craft simultaneously," said McGowan. "The efforts of all personnel can not be overstated."

The ship took on more than 14 pieces of combat equipment and vehicles, which now occupy the well deck spaces. They will remain on static display when the ship pulls into New York City Nov. 2, for public viewing until Nov. 11 when the ship will head back to its home port at Naval Station Norfolk.

To engage with the crew, sign up as a fan on their Facebook page at [www.facebook.com/home.php#/pages/Avondale-LA/USS-NEW-YORK-LPD-21/113468238587?ref=ts](http://www.facebook.com/home.php#/pages/Avondale-LA/USS-NEW-YORK-LPD-21/113468238587?ref=ts).

For more news from Pre-Commissioning Unit New York, visit [www.navy.mil/loc1/lpd21](http://www.navy.mil/loc1/lpd21).



Photos by MC3 Cory Rose

Boatswain's Mate 3rd Class Angela Brummitt, a loadmaster assigned to Assault Craft Unit (ACU) 4, guides a Marine Corps amphibious assault vehicle onto a landing craft, air cushion to be transported to the amphibious transport dock ship Pre-Commissioning Unit (PCU) New York (LPD 21). New York will be commissioned in New York City Nov. 7.



A landing craft, air cushion from Assault Craft Unit (ACU) 4 approaches Onslow Beach at Camp Lejeune, N.C. to embark Marine Corps equipment.

# Pink colors Naval Medical Center Portsmouth in October

BY MC2 RIZA CAPARROS  
Naval Medical Center  
Portsmouth Public Affairs

In 2009, nearly 200,000 women received news that changed their lives forever.

"You have breast cancer."

Because the disease affects so many, this is the 25th year that October is recognized as Breast Cancer Awareness month. Pink ribbons (and the color pink) are now used to express support for women (and men) who are diagnosed with breast cancer. Naval Medical Center Portsmouth also embraced the cause by educating the public, recognizing survivors and those affected by the disease, as well as the medical advances of the disease.

The recognition began on Oct. 1 with a Breast Cancer Tree display in the medical center, adorned with pink ribbons with names of those affected by the disease. Also on display is a large white quilt with a giant pink ribbon made up of small ribbons from the Breast Cancer Tree which decorated the halls last year. The tree and the quilt, both symbolic of NMCP's continued efforts to find a cure for the disease, were displayed throughout the month.

NMCP was represented in the 3-mile American Cancer Society "Making Strides" Walk on Oct. 3 in downtown Norfolk's Harbor Park. Hospital Corpsmen First Class Mahtob Johnson and Paige Weifert, co-chairs of NMCP Breast Cancer Awareness Committee, led the team.

Four days after the Norfolk walk, NMCP hosted its own 5K Pink Ribbon Run for breast cancer awareness. More than 300 participants took part, including Lt. j.g. Renardis Banks, NMCP's aide to the deputy commander. Banks lost her mother to



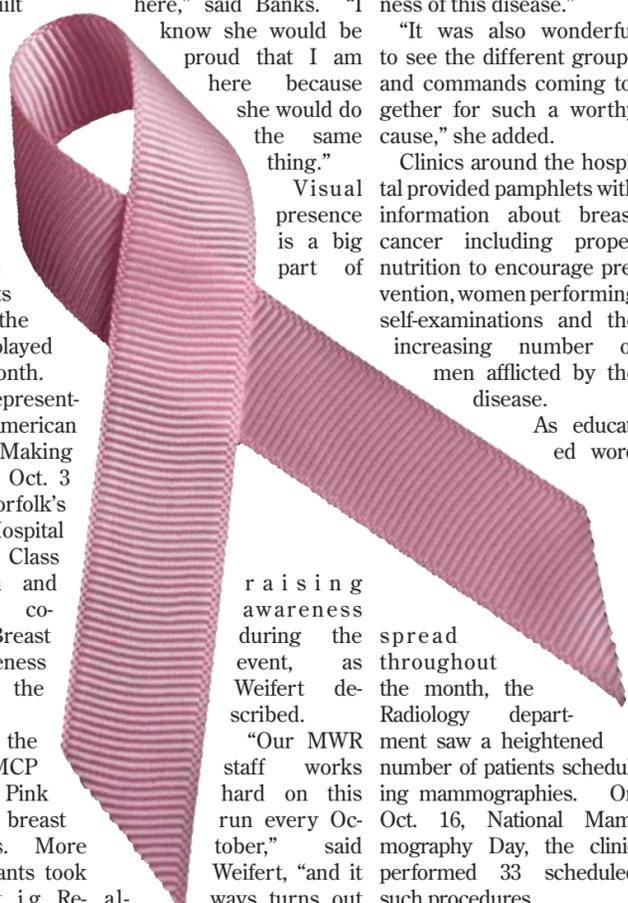
Photo by MC2 (SW/AW) William Heimbuch

More than 300 runners race from the starting line of Naval Medical Center Portsmouth's Pink Ribbon Run, Oct. 7, in support of breast cancer awareness. NMCP's Pink Ribbon Run is just one way the medical facility raises awareness about breast cancer.

the disease four years ago.

"Any opportunity I get to come out and support the fight for the cure, I am here," said Banks. "I know she would be proud that I am here because she would do the same thing."

Visual presence is a big part of



raising awareness during the event, as Weifert described.

"Our MWR staff works hard on this run every October," said Weifert, "and it ways turns out to be a great event. I t doesn't matter if you're raising money for re-

search, running in a 'Fun Run', or wearing a pink ribbon on your lapel - all of these actions raise awareness of this disease."

"It was also wonderful to see the different groups and commands coming together for such a worthy cause," she added.

Clinics around the hospital provided pamphlets with information about breast cancer including proper nutrition to encourage prevention, women performing self-examinations and the increasing number of men afflicted by the disease.

As educated word

spread throughout the month, the Radiology department saw a heightened number of patients scheduling mammographies. On Oct. 16, National Mammography Day, the clinic performed 33 scheduled such procedures.

For the first time in its 51 years, the Oceana Naval Air Station Air Show added a

breast cancer awareness focus to the traditional naval air warfare theme. The Oct. 16-18 event was "A Celebration of Flight, a Celebration of Life." NMCP had an information tent available to air show spectators with brochures, pink ribbons and other items helping to keep the topic of breast cancer in the spotlight.

Rounding off the month-long celebration on Oct. 27, was the NMCP Health Fair and Breast Cancer Awareness Symposium. The health fair provided informational displays and personnel available to visitors interested to learn more such topics as protection from breast cancer and performing self-examinations.

Katie Ericson, manager of clinical trials in NMCP's Radiation Oncology department staffed a table at the health fair, full of bro-

chures.

"This is a teaching hospital and I think by handing out informative brochures, I am demonstrating that we have an active role in clinical research at this facility," Ericson said. "We are moving forward with state-of-the-art experimentation."

Legalman First Class Shahnaz Askins, assigned to NMCP's legal department, took a short break from her day to wander through the displays with the goal of better informing herself of health issues. She spent a particularly long time at the table with information on breast cancer awareness.

"I think breast cancer awareness was very good to have here for educational purposes," said Askins. "I know a little about breast cancer, but the information presented here was a big asset for women to attend-

ing this health fair.

"What I do know now," added Askins, "is even if I don't have any family history of breast cancer, I still could be that one person affected."

The Breast Cancer Awareness Symposium provided NMCP's Breast Cancer Awareness Team a special opportunity to inform guests of the history medical breakthroughs of the disease, as well as hear from survivors.

Retired Air Traffic Controlman Senior Chief Petty Officer Fredda Bryan spoke emotionally during the symposium of her journey as a two-time breast cancer "thrivor."

"I have had many challenges in my life - Chief's initiation, giving birth to my children, raising teenagers," said Bryan. "However, I count my diagnosis as one of my most challenging obstacles."

Bryan described being a victim of breast cancer as a becoming a member of a fraternity, where the support structure is vital.

"From the junior corpsman taking our blood pressure to the pharmacist handing us our medication, you are all with us as we 'survive and thrive'.

"Thanks to your support, I chose not to deal with breast cancer," continued Bryan, "but have breast cancer deal with me."

Symposium emcee Stephanie Harris, health reporter at WAVY-TV, said the high participation of the event is "real proof of how far we've come informing women and men about this disease.

"With continued research, modified diet and lifestyles, we CAN protect ourselves from breast cancer," Harris said.

# Training scenarios get ARG for deployment

**USS NASSAU, At Sea**  
 — As part of its Composite Unit Training Exercise (COMPTUEX) 10-2, the Nassau Amphibious Ready Group (NAS ARG), comprised of 3 ships and the 24<sup>th</sup> Marine Expeditionary Unit, have been hard at work training Sailors and Marines for its upcoming deployment.

NAS ARG is comprised of Commander, Amphibious Squadron Eight (CPR-8), 24<sup>th</sup> MEU, the amphibious assault ship USS Nassau (LHA 4), the amphibious transport dock ship USS Mesa Verde (LPD 19) and the amphibious dock landing ship USS Ashland (LSD 48).

From Oct. 23-Nov. 17, ships will participate in the exercise, which will serve as a deployment certification for ships, as well as offering Sailors the opportunity to execute maritime strategy.

The training scenarios will be realistic and challenging in order to enhance U.S. capabilities for maritime security. Exercise scenarios will be broken up into phases and will challenge the NAS ARG



The flight deck fire crew man their hoses during a simulated damage control drill to ensure efficient emergency response during conflict or mishap onboard the USS NASSAU.

Photo by MCSN Desiree Green

Navy and Marine Corps team.

“It’s important that our assessors certify us as deployable, not just as an amphibious strike group, but also as individual ships,” said Lt. Cmdr. John Erickson, Amphibious Squadron Eight training officer.

Planned scenarios will test the group’s ability to perform Maritime Security

Operations (MSO), such as counter-piracy operations, and Maritime Interdiction Operations (MIO), which will enhance both global and theater maritime security. Additionally, ships will simulate strait transits and conduct real world operations such as replenishments at sea and

boardings.

In port, the NAS ARG maintained an aggressive training program, said Capt. Mark Scovill, deputy commander, Amphibious Squadron Eight. At sea, Sailors are building on their in port training and putting their surface warfare knowledge to the

test.

The guided-missile cruiser USS San Jacinto (CG 56), the guided-missile destroyer USS Forrest Sherman (DDG 98), the amphibious dock landing ship USS Gunston Hall (LSD 44), the frigate USS Boone (FFG 28) are also participating in the exercise.

COMPTUEX, a routine training exercise taking place off the East Coast of the United States, from Va. To Fla., was scheduled by Commander, U.S. Second Fleet (C2F) and is being conducted by a training team led by Commander, Strike Force Training Atlantic (CSFTL).

The exercise promotes Commander, U.S. Second Fleet’s three focus areas: conducting safe and effective fleet operations to achieve mission, providing ready maritime forces for global assignment, and teaming with allies and partners in execution of the maritime strategy.



Photo by MC1 Brien Aho

EN1 Johnnie Lowery from the Landing Craft Unit (LCU 1645) watches Marines from the 24<sup>th</sup> Marine Expeditionary Unit (24 MEU) while in route to the amphibious assault ship USS Nassau (LHA 4) during COMPTUEX.



Photo by MC1 Brien Aho

BM3 Larry Haney, salutes an officer as he departs the Landing Craft Unit (LCU 1655) as they prepare to pick up Marines from the 24<sup>th</sup> Marine Expeditionary Unit.



Photo by MCSN Desiree Green

Marines from the 24<sup>th</sup> Marine Expeditionary Unit (MEU) load onto a Navy Landing Craft Unit (LCU) off the South Atlantic coast to complete a three week Composite Unit Training Exercise (COMPTUEX) onboard the USS NASSAU.



Photo by MC1 Brien Aho

Chief Warrant Officer CW02 Albert Steward inspects his crews firefighting ensembles on the flight deck of the amphibious assault ship USS Nassau (LHA 4) during COMPTUEX.



Photo by MC1 Brien Aho

Aviation Boatswain Mate Fuels Airman Apprentice Luis Smith tests fuel before flight operations begin on the amphibious assault ship USS Nassau (LHA 4) during COMPTUEX. COMPTUEX, a routine training exercise taking place off the East Coast of the United States, from Va. to Fla., was scheduled by commander, US Second Fleet (C2F) and is being conducted by a training team lead by Commander, Strike Force Training Atlantic (CSFTL).



Photo by Catherine Stroud Photography

Michelle and Gregory Tompkins awarded Bachelor's degrees during Thomas Edison State College's 37th Annual Commencement on Oct. 10.

## For Suffolk couple, marriage improves by two degrees

**SUFFOLK** — After 25 years of marriage, Michelle Tompkins found herself blissfully approving of the outfit husband Gregory chose to wear on Oct. 10. The robe, mortarboard and tassel easily passed her inspection.

That came as no surprise; she was wearing the same thing.

Amid child-rearing, household responsibilities, careers and serving in the U.S. Navy, the Tompkins have been pursuing their college degrees on and off together for 20 years. Their journey toward finishing their undergraduate degrees concluded on Oct. 10, when they each received their bachelor's degrees during Thomas Edison State College's 37th Annual Commencement in Trenton, N.J.

"I am a lifetime learner, but have always wanted to accomplish a goal that was elusive to other members of my family — obtaining a college degree," noted Michelle, who retired from active duty status and now works as a systems analyst with the U.S. Navy. "Being a 48-year old wife of an ex-Navy man and a mother of two college-age children has made my life very dynamic."

She used the college's Prior Learning Assessment program, Thomas Edison State College courses and transfer credits to complete a Bachelor of Arts degree in Psychology.

Her husband is quick to credit the college's

flexibility in being able to maintain the tempo of a busy life and earning his Bachelor of Science in Business Administration degree.

"Since I was assigned to rotating shifts during most of my 12-year Navy enlistment, I took many classes at a local community college as well as at National University, but unfortunately, at the time, neither had delivery methods that worked for me as I was required to travel extensively in my job."

The Tompkins met when both were ocean systems technicians stationed overseas during the Cold War. As parents, Gregory and Michelle and their determination to complete their degrees, served as good examples for their two children. Their daughter, Genevieve, is a 2008 graduate of Old Dominion University in Norfolk., and their son, Garrett, is a junior at Christopher Newport University in Newport News. Today, the Tompkins work remotely for the Space and Naval Warfare Systems Center in San Diego, Calif.

They joined 375 graduates from 26 states and Saudi Arabia who travelled to Trenton to accept their diplomas. The college awarded more than 2,500 degrees in 2009 and has awarded more than 34,000 degrees since it began providing flexible, high-quality, collegiate learning opportunities for self directed adults in 1972.

## Don't miss out on Post-9/11 GI Bill benefits transferability

BY MC1 (AW)  
**LATUNYA HOWARD**  
Navy Personnel Command  
Public Affairs

**MILLINGTON, Tenn.** — According to an online poll conducted by Navy Personnel Command, Sailors still don't quite understand how the Post-9/11 GI Bill transferability option works.

Sixty-two percent of Sailors who responded thought they could wait until after retirement to transfer benefits to their children.

"Based on the calls that we're receiving, we're worried that the perception is out there that you can wait until you retire to transfer your benefits and that's not the case," says Kathy Wardlaw, Navy active duty GI Bill program manager. "You have to do it before you leave the Armed Forces."

Sailors with 90 days of active duty service after September 11, 2001, have

earned education benefits under the Post-9/11 Veterans Educational Assistance Act of 2008, with no buy-in costs. This benefit can now be transferred to family members shown in the Defense Enrollment Eligibility Reporting System.

The first thing Sailors can do is read NAVADMIN 203/09, which provides the requirements for transferring Post-9/11 GI Bill benefits.

"Normally an enlisted member needs to check with their career counselor because there will be an obligation required," said Wardlaw. "Sailors will need to obtain the obligation through either re-enlistment or extension. Officers can sign a Page 13, and they need to see their administrative officer to do that."

Sailors need to ensure that their obligated service is reflected in their electronic

service record before their request for transferability will be processed. A four-year obligation is required for the transferability option.

Since July 2009, 12,000 Sailors have taken advantage of this relatively new education benefit option. This is below the estimated 15,000 the Navy GI Bill office expected.

"I have a nineteen-year-old currently attending Mississippi State University," said Vicky Gallagher, a Navy Reservist. "It's an out-of-state college, and it's expensive to pay that bill as a single parent on one income. With tuition, books and housing, I'm saving nearly \$12,000 annually. This money is going to help me quite a bit."

For more information on the Post-9/11 GI Bill transferability program, read NAVADMIN 203/09 or visit the Post-9/11 GI Bill page at [npc.navy.mil](http://npc.navy.mil).

## 10th Science Technology Education Partnership



Photo by Greg Vojtko

Dr. Buzz Aldrin (L), Apollo 11 astronaut, signs autographs for school children as Brian Persons, executive director of Naval Sea Systems Command (NAVSEA), Dr. William Luebke, technical director of Naval Surface Warfare Center (NSWC), Corona Division, and Capt. Jay Kadowaki, commanding officer of Naval Surface Warfare Center, Corona look on. Aldrin is participating in the 10th Science Technology Education Partnership (STEP) conference. STEP awarded NSWC Corona with the first STEP Award for Government Leadership in Science and Technology Education for reaching out to 40,000 students during the last 10 years.

## FAMILY: November dedicated to families

Continued from page A1

is measured not just by our success on the battlefield, but also by our ability to support those families who have made so many sacrifices for us. Time and again, military families have shown their heart in the face of adversity. We have a solemn obligation to ensure that while our men and women in uniform discharge their duties, we do all we can to promote and

preserve the well-being of their families. We must also support the families of our wounded warriors and our fallen heroes who have paid the ultimate price for the freedoms we enjoy.

“This month, we celebrate the tremendous contributions of military families, convey to them our deepest respect and appreciation, and recommit ourselves to their support.

“NOW, THEREFORE, I, BARACK OBAMA, Presi-

dent of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2009 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in the support of our service members and our Nation.”

## NEW YORK: DVs visit newest PCU

Continued from page A1

pel, which was followed by lunch and some interaction with the crew.

“I’m so glad we’re finally here and get to show off all the hard work we’ve put into bringing this ship to life,” said Hull Technician Fireman Apprentice Ty Ottbeiriger, an escort from the ship’s “Crash and Smash” team. “Being on this ship is like being part of a family, and we’re really proud of the work we do.”

After lunch, the embarked Special Purpose Marine Air Ground Task Force 26 provided the embarked guests with their “Green” tour.

This included a hands-on tour of the cargo and well deck spaces which house embarked tanks, landing craft air cushions, amphibious assault vehicles and the Marine Corps’ newest expeditionary fighting vehicles.

“This is a great evolution because it gives the guests a sense of what we do and how we do it,” said Chief Information Systems Technician (SW/AW) Hakim Bristow, a group tour leader for the event.

Next, guests received a “Blue” tour from Sailors on board. This interactive tour included an in-depth look at the Navy’s newest innovations in crew living spaces, messing accommodations and the ship’s bridge.

“Being here brings back

a lot of memories from that day. I worked near the World Trade Center on 9/11 so it’s great to be able to see this ship bring some of them home in a way,” said Sean George, a guest from Deuschte Bank. “I was looking forward to this whole experience, but I’m most looking forward to the 21-gun salute as the ship passes ground zero tomorrow.”

Following the tours, guests again dined with crew members and were allowed the opportunity to visit the ship’s store where future USS New York (LPD 21) memorabilia is available for purchase. The final event of the evening was an informal social mixer with the ship’s crew, which included members of the embarked Special Purpose Marine Air-Ground Task Force 26.

“I served in Vietnam, and when we came home, it wasn’t a very welcoming experience,” said Tim Dolman, a guest from the New York Yacht Club. “New York is a very eclectic place, and it makes me feel good to see the men and women serving on this ship getting such a welcome homecoming. I think this will help give a sense of peace to many people who lost friends, neighbors and loved ones on that day.”

Nov. 2, the ship is

scheduled to sail up the Hudson River and dock in New York City. City officials will welcome the future USS New York and its crew.

“I think the ship pulling in tomorrow is going to send the message that New York went down on 9/11, but they can’t keep us down,” said Bristow, also a native New Yorker.

This embark is an opportunity unlike any other, and few non-military personnel will ever get the chance these men and women did. To walk the passageways of this great ship, is to witness first-hand an epic part of U.S. Navy history.

To engage with the crew, sign up as a fan on their Facebook page at <http://bit.ly/2RMnWR>.

For more news from Pre-Commissioning Unit New York (LPD 21), visit [www.navy.mil/local/LPD21/](http://www.navy.mil/local/LPD21/).

## H1N1: President Obama declares H1N1 influenza a national emergency

Continued from page A1

tion 1135 waivers was in the aftermath of Hurricane Katrina in 2005, Hurricanes Ike and Gustav in 2008, the North Dakota flooding in March and as a protocol for January’s presidential inauguration.

Although thousands of U.S. service members were called to duty in these events, the Defense Department does not anticipate a major call up of forces due to the H1N1, White said. However, the department is

prepared to respond if needed.

“At this time, the Defense Department is evaluating the impacts the president’s declaration has on [Defense Department] H1N1 operations,” she said. “One of our first priorities right now continues to be vaccine availability and distribution – first protecting uniformed personnel, deployed [personnel], training sites, ships afloat and submarines, as well as our health care personnel.”



Photo by SA Brian Aufer

**3.7 million doses of H1N1 vaccine ordered by DoD continue to arrive from the manufacturer, more than enough will be available for all military personnel and their beneficiaries, military medical experts say.**

## NSPS: Transition to GS to be done by 2012

Continued from page A1

The new law gives Defense Department officials six months to develop and submit a plan to Congress detailing the transition. The whole transition must be finished by Jan. 1, 2012.

“We will work under NSPS for the time being, while we are working on the transition plan,” Curry said. “When we’re at the point where employees come out of the system, ... the law ensures that no employee’s pay will be reduced when converting out of NSPS.”

Employees outside of NSPS are not affected by the change.

Curry’s office is also studying the new law’s other civilian personnel ramifications. He said these include requirements for performance management, hiring flexibility, training requirements and the department’s ability to go back to Congress for added personnel flexibility.

“We’re looking at what that means and how to proceed,”

Curry said. “We’re just assessing the impact and how to move forward.”

The major complaint about NSPS was that it was overly complicated and that no employee understood the pay pool process, Curry said, pledging that department officials will take the lessons from the NSPS experience as it moves ahead.

“We’ll be particularly mindful of issues surrounding complexity and transparency,” he said. “Those are certainly important considerations to ensure employees understand and accept and buy into any rules that will be put in place.”

Civilian employees under NSPS finished a rating cycle at the end of September. These workers will receive performance ratings and payouts effective in January under NSPS, Curry said.

A provision of the act requires that employees with Level 2 ratings or higher are guaranteed a pay increase in January that’s at least equivalent to the pay increase that applies to General Schedule employees.

# FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

November 5, 2009

## Admiral Harvey is principal for a day at academy

BY SCOTT A. THORNBLOOM

Naval Service Training  
Command Public Affairs Office

**CHICAGO** – The Chicago Public Schools (CPS) invited two U. S. Navy admirals to be principals for a day at two Chicago high schools Oct. 29.

Adm. J. C. Harvey Jr., commander, United States Fleet Forces Command, and the Navy's Inspector General, Vice Adm. Anthony L. Winns, were invited by CPS to participate in the Principal for a Day program at Rickover Naval Academy and Simeon Career Academy, respectively. The program first began in 1998 by the Mayor of Chicago's office to allow businesses and organizations an opportunity to visit a school and shadow the principal to increase awareness of the



Photo by Scott A. Thornbloom

Adm. J. C. Harvey Jr., commander, United States Fleet Forces Command, talks with students at Hyman G. Rickover Naval Academy Oct. 28. Harvey visited Rickover, a Naval high school academy with more than 400 Naval Junior Reserve Officers Training Corps (NJROTC) cadets, as part of the Chicago Public Schools (CPS) Principal for a Day program established as an annual event by the Chicago Mayor's Office in 1998 to allow businesses and organizations an opportunity to visit a school and shadow the principal to increase awareness of the accomplishments and challenges in CPS.

accomplishments and challenges in CPS. "You are indeed fortunate to be citizens of the every level – from the Mayor of Chicago, where you or all the way down to the people who bring education

to the students – who are deeply committed to giving you the tools you need for success in your life," said Harvey, the admiral in charge of manning, training and equipping U.S. Navy forces, to the more than 400 members of the Rickover Naval Junior Reserve Officers Corps (NJROTC) unit.

Rickover Naval Academy is a CPS high school where all the students are NJROTC cadets. It is one of six military academies in Chicago. The school's mission is to empower cadets to meet and exceed academic standards through a challenging and engaging curriculum that promotes

See PRINCIPAL, B11

## Information Systems Technicians respond when trouble calls

BY MC3 JONATHAN PANKAU

USS Nassau Public Affairs

**NORFOLK** — Information Systems Technicians (IT) aboard USS Nassau (LHA 4) use a program known as the Automated Data Processing (ADP) Help Desk, which they use to track repair actions on the ship's computer network.

Information Systems Technician 1st Class (SW) Melisa Hickenbottom, the leading petty officer of the ship's Personal Computer Repair Center, said she is enthusiastic about the system.

"I just reported to Nassau on Oct. 16 and I really like the way trouble calls are set up here," Hickenbottom said. "ADP Help Desk makes it so much easier to document the trouble calls for quality assurance and evaluations. Also, if a reoccurring problem arises, we can check the records to see how it was handled before and improve upon it."

Hickenbottom added that Sailors who put in the trouble tickets can monitor the ticket's progress in ADP Help Desk, which can be found on Nassau's homepage of the local area network.

"Trouble calls make up the meat of our work aboard a ship," said Information Systems Technician 1st Class (SW) Reva Stout, the leading petty officer of PC repair and ADP. "My guys are constantly out on trouble calls or on call at a moment's notice."

PC repair and ADP make up the CA divi-



Photo by MC3 Jonathan Pankau

Information Systems Technician Seaman Apprentice Miles Yu replaces a CD-ROM drive in response to a trouble call filled by the security office aboard USS Nassau (LHA4).

sion of Command Control Communications Computers and Combat Systems Intelligence Department. The ITs log anywhere from 100 to 300 trouble calls a month and have anywhere from two to four computers being worked on at a time in PC repair.

"Personal Computers aren't the only thing the ITs troubleshoot," said Information Systems Technician 3rd Class (SW/AW)

Larry Williams. They are also responsible for other major information systems onboard. Many of the systems are specialized information databases that require an IT to attend a C-school to be qualified to properly maintain it. One of these specialists is Information Systems Technician 2nd

See NETWORK, B11

## REALITY CHECK: Making the grade in Seaman to Admiral 21

BY LT. GILLIAN MEDINA AND  
MC1 (AW) SCOTT VANDERWYST

Surface Warfare Magazine

"They are going to have to kick me out of here," said Officer Candidate (OC) Andrew Spilsbury, referring to his intentions to stay Navy beyond the expected 20-year retirement point. Spilsbury, a prior BM1 (SW) and now a college senior, is participating in the Seaman to Admiral 21 (STA-21) Program.

STA-21 provides an outstanding opportunity for hard-charging Sailors to earn a degree and be commissioned as an Ensign. These officers bring years of hands-on experience to the Fleet.

The Naval Service Training Command (NSTC) in Pensacola, Fla., received 857 applications in FY08. Competition was fierce, as only 210 Sailors were selected that year. The program's annual attrition rate is 3.5 percent. The top three reasons students attrite are academics, inaptitude, and drop on requests (DOR).

Information is available on how to submit an application for STA-21, but unless you have access to an officer who has participated in the program, you are missing a huge piece of the puzzle: what actually happens after you are selected for the program.

See STA-21, B11



Photo by MC2 John Stratton

Kim Tarshis, a domestic violence prevention educator from Fleet and Family Support Center (FFSC), Hampton Roads, talks to Sailors aboard Naval Station (NAVSTA) Norfolk on ways of stopping domestic violence. What first started as a day of unity observation in October 1981, domestic violence awareness quickly grew into an actual awareness month in October 1987. The theme for this year is, "Have you crossed the line? End domestic violence before it starts."

## FFSC educates Sailors about domestic violence

BY MC2 (SW/AW) JOHN STRATTON

Navy Public Affairs Support  
Element-East

**NORFOLK** — In support of Domestic Violence Awareness Month, Domestic Violence Prevention Educator Kim Tarshis, from Fleet and Family Support Center (FFSC) of Hampton Roads, conducted several briefs Oct. 29-30 aboard Naval Station (NAVSTA) Norfolk. The briefs helped educate Sailors on issues related to the topic.

Originally starting as a day of unity observation in October 1981, the issue of domestic

violence quickly grew into an actual awareness month in October 1987. The theme for this year is, "Have you crossed the line? End domestic violence before it starts."

"October as Domestic Violence Awareness Month is an opportunity to call attention to this important and often under-recognized problem," said Kim Tarshis, a domestic violence prevention educator from FFSC, Hampton Roads.

Statistics reveal that domestic violence can happen to any Sailor; male or female; regardless of rank. Domestic violence is

sometimes hard to recognize because of the misconception that it doesn't have to be a physical act. Emotional abuse can be just as damaging.

"It is often difficult to define exactly what domestic violence looks like because of its complexities," said Tarshis. "It is important to understand that the use of power and control methods such as emotional abuse and intimidation are common precursors to physical violence."

Tarshis hopes Sailors who attended will have a clearer understanding of their responsibility in reporting domestic violence, and

also increase their awareness of the programs and services available to them and their families.

"A ton of resources and a lot of help is out there," said Engineer 3rd Class Roque Ordonez, assigned to port operations. "The brief was extremely beneficial and I'm glad I went."

According to OPNAVINST 1752.B, all service members are to report a known case of domestic violence.

For additional information on domestic violence prevention, education, and awareness, the national domestic violence hotline is available at 1-800-799-SAFE.



## Gate 6 closed Reminder

Naval Station Norfolk's Gate 6 on West side of Hampton Blvd is closed and will remain closed until further notice. Please plan your commute accordingly.

# SPOUSE SPEAK!

## The Case for Halloween

BY JENNIFER A. TAYLOR  
*Tidewater Officers' Spouses' Association board member*

This year, I dressed up as a purple flower fairy. Yep, that's right, a grown woman, and a mother, a Ph.D. student – clearly an adult – in a purple flower fairy costume. Why submit yourself to such humiliation and frivolity, you might ask? Because in one word, its fun!

Every year, my daughter picks the costume for the two of us. Then, I embark on a scavenger hunt across town and the Internet that has us both dressed similarly and without either of us looking too trumpy. The first three years we were witches and we added something to the costumer each year. Then we moved to Virginia and it called for a new costume. Mermaids, of course – we do live in Norfolk. Last year we were free agent cheerleaders. I was honored to oblige my husband's request for cheers throughout the year.

This year, my burnt fingertips enhanced the purple flower fairy costumes with more flowers and glittery leaves. I bought myself a pair of pink converse shoes to match, not the high-heeled gold roman sandals in the picture on the costume packaging. My kids love that we make a big deal out of Halloween, and boy, do we have a lot of fun.

Recently another local columnist made a depressing case against Halloween and those beautiful fall displays of pumpkins, pansies and mums on the front porch. She said the kids only care about the candy, so why bother with the rest? Really? I hope I raise my children better than that, because Christmas isn't only about the presents.

The holidays are about so much more, especially to those who are blessed to

have a young family surrounding them and even more so to military families who require holiday traditions to bring some sense of the familiar to every new duty station. We have moved 15 times in 16 years. Do the math – its hard work. But we carry our holiday traditions with us and add to them with each new set of cul-de-sac friends.

Believe or not, some people just don't like fall. As crazy as it sounds to me, they find all of the dropping leaves and composting depressing. Many of my "over the top autumnal front porch designer" friends find it to be a celebratory occasion. The cycle of life has come full circle. The trees are changing colors and dropping their acorns and nuts which means they had a successful growing season. All signs of a job well done!

It is also a welcome break from the start of school in late August. Halloween forces us to put aside yard work, studying, school projects, dance class and swimming lessons and just have some good, old fashioned fun. You can carve out some family time selecting just the right combination of pumpkins for your porch. If not in your house, where else will you ensure that your child knows how to bob for apples in icy cold water? The practice of bobbing for apples goes back at least a few hundred years, originating in the British Isles. It originally had something to do with forecasting the identity of your true love through the bobbing and catching of the random apple in the washtub, peeling it in one long peel and dropping it to reveal the initial of your true love.

My husband, when not pressured with deployments and sudden departures for a conference, truly relishes in carving the most elaborate pumpkin design while I en-

joy taking the kids out for a hayride and selecting just the right pumpkin from the thousands present. The tradition of pumpkin carving also originated in an ancient Celtic festival of Samhain, which was celebrated from sunset on Oct. 31 to sunset on Nov. 1, to honor deceased relatives and friends.

Considered the most magical night of the year, the barrier between worlds was believed to be the thinnest on Oct. 31. The "magic" element of Samhain night has filtered down to the present, along with the tradition of glowing jack-o-lanterns that were originally carved from turnips, pears or gourds. Burning bright with lumps of coal, they were placed on porches and in windows, to welcome the spirits of loved ones and guide their way, protecting people from evil and malevolent spirits. When Europeans, especially those from Ireland, arrived in America, they came across indigenous pumpkins, which were much larger and easier to carve.

Now that my children are older and eat way more candy than humanly possible, I like to feed them a hearty, healthy dinner before they go out trick or treating. We invite their little neighborhood friends over, parents included, and relish in even more, absolutely uncalled for fun. Every year I spend about \$20 at the dollar store, adding to the collection of spectacularly spooky Halloween decorations. The porch is dressed in appropriate fall attire, the themed music is set, and the dreadfully delightful feast is laid out for consumption.

This year, we had peanut butter and apple jelly tombstone sandwiches on pumpnickel bread, cornflake chicken fingers, apple cranberry meatballs, butternut squash soup, fresh sourdough bread, frothy orange sherbet punch and a devilishly good drink for the mothers. We played silly games like mummy dressing in toilet paper, bobbing for apples, and three legged races down to the river and back.

The Dads, those present, got geared up to take the pack of kids on the two to three-mile hike around the neighborhood while the costumed Moms sat back in the driveway and handed out candy to the

trick-or-treaters.

Saving the best for last, the kids came home and passed out on the living room floor while counting their candy and recounting how many times their Dad freaked out at multiple spooky Halloween displays. Now we know that these six-foot plus, 200-lb. Men, most pushing 40, were not even the least bit scared by a plastic gravestone that talks; but, everybody played along because it is actually amusing. Then we threw them over our shoulders and carted them off to bed, only to return to the candy haul to pull out our favorites for our bedside stash – anything chocolate or involving a sweet tart.

Critics of Halloween say that the adults have taken the holiday from the children, that it is over commercialized, that it is just about the candy haul or, even worse, that we are all worshipping the devil. Even many churches and schools have moved to celebrating Fall Festivals. Our family and friends disagree strongly with these wide sweeping generalizations and claim it for our own families' sanity. Home is where the Navy takes us and how we cherish the concept of family through holiday traditions. Our kids won't remember the candy; however, they will remember their handmade costumes, parties, silly games and the strong sense of community created at every duty station.

*Jennifer A. Taylor has been a Navy spouse for 14 years. She is pursuing her Ph.D. in Public Administration and Urban Policy where her areas of research include nonprofit management, arts policy and cultural participation. She also serves as a board member of the Tidewater Officers' Spouses' Association and the Cultural Alliance of Hampton Roads. She has worked as a planning and fundraising consultant for nonprofit organizations since 1998 and has earned degrees from the University of South Carolina and Ohio State University. Jennifer lives in Norfolk with her husband, Asa, two children and golden retriever, Amelia, Wyatt, and Sagan, where they enjoy the arts, sailing, and renovating their mid-century home.*

## Got a sweet tooth? Try Xylitol, the other sweetener

### Family FOCUS

BY REBECCA PERRON  
*Military Newspapers of Virginia*

With Halloween behind us and the winter holidays ahead, we find ourselves in the time of the year that surrounds us with candy and goodies. Many parents are concerned about the affects of so many sweets on their children's health and teeth, as well as on their own.

It is probably unrealistic to expect that we, let alone our children, will choose to avoid tempting sweets during the entire season or carry around a toothbrush wherever we go. One sweetener that has been gaining popularity over the years is Xylitol. Even the military dental clinics are speaking up about the benefits of xylitol.

Xylitol is not only a safe, natural sweetener without the bad side-effects of sugar and artificial substitutes, it is also good for your teeth, stabilizes insulin and hormone levels and promotes good health. Consuming products every day that contain Xylitol can extremely beneficial.

Xylitol is a normal part of metabolism. Our bodies

can produce up to 15 grams of Xylitol from other food sources. It is also found in small amounts in fruits, berries, mushrooms, lettuce, hardwoods and corncobs and can be produced by hydrogenation of xylose. Xylitol has no known toxicity in humans, although some studies suggest it is harmful, even fatal in large doses, to dogs. It is as sweet as sucrose (sugar) and was first derived from birch trees in Finland in the 20th century.

During World War II, Finland was suffering from an acute sugar shortage. With no domestic supply of sugar, the Finns searched for an alternative. It was then that the Finnish scientists rediscovered xylitol, a low-calorie sugar made from birch bark. It had been known to the world of organic chemistry since it was first manufactured by a German chemist in 1891.

By 1930, xylitol had been purified, but it was not until World War II that the sugar shortages forced researchers to look at alternative sweeteners. It was only when xylitol was stabilized that it became a viable

sweetener in foods. It was also during this time that researchers discovered Xylitol's insulin-independent nature – that it metabolizes in the body without using insulin.

Insulin resistance plays a significant role in hormonal imbalances, including those that lead to breast cancer. High insulin levels increase the production of estrogens, leading to an estrogen-dominant condition, and also interfere with healthy ovarian function. Insulin resistance is a major cause of a growing hormonal problem called polycystic ovarian syndrome (PCOS).

Using xylitol instead of sugar as well as reducing intake of high-glycemic, refined carbohydrate foods helps to lower the risk not only of PCOS but also of ovarian cysts, fibroids, endometriosis, PMS, hot flashes, weight gain and depression.

Although xylitol tastes and looks exactly like sugar, that is where the similarities end. Xylitol is really sugar's mirror image. Xylitol is a five-carbon sugar, which means it is an antimicrobial, preventing the growth of

bacteria. While sugar is acid forming, xylitol is alkaline enhancing. All other forms of sugar, including sorbitol, another popular alternative sweetener, are six-carbon sugars which feed dangerous bacteria and fungi. While sugar wreaks havoc on the body, xylitol heals and repairs it. It also builds immunity, protects against chronic degenerative disease and has anti-aging benefits.

The only discomfort some sensitive people may notice initially when taking large amounts is mild diarrhea or slight cramping. Since the body makes xylitol daily, as well as the enzymes to break it down, any discomfort usually disappears within a few days or weeks as the body's enzymatic activity adjusts to handle the higher intake.

Xylitol has 40 percent fewer calories and 75 percent fewer carbohydrates than sugar and is slowly absorbed and metabolized, resulting in very negligible changes in insulin. About one third of the xylitol that is consumed is absorbed in the liver. The other two-thirds travel to the intestinal tract where it is broken down by bacteria into short-chain fatty acids.

Used in foods since the early 1960s, the sweetener has been proven to play a role in cavity prevention. The U.S. Food and Drug Administration, which ap-

proved use of the substance in 1963, allows products with xylitol to make the claim they do not promote cavities, like sugar does. When sugar is consumed, bacteria in the mouth eat the sugar. The sugar is metabolized, and the bacteria produce an acid that makes teeth susceptible to cavities. Xylitol eliminates the metabolizing and acid production.

And the sweetener has been deemed safe for pregnant and nursing women. Regular use of xylitol significantly reduces the probability of transmitting the Streptococcus mutans bacteria that is responsible for tooth decay from mother to child during the first two years of life by as much as 80 percent.

Studies in Finland found that a group chewing sucrose gum had 2.92 decayed, missing, or filled teeth compared to 1.04 in the group chewing xylitol gums, a reduction of 65 percent. In another study, mothers chewed xylitol gum from three months after delivery until their children were two years old. Researchers found that children in the xylitol group had "a 70 percent reduction in cavities."

Recent research confirms a plaque-reducing effect and suggests that the compound, having some chemical properties similar to sucrose, attracts and then "starves" harmful mi-

cro-organisms, allowing the mouth to remineralize damaged teeth with less interruption. (However, this same effect also interferes with yeast microorganisms and others, so xylitol is inappropriate for making yeast-based bread, for instance.)

In addition to cavity prevention, chewing xylitol-containing gum can prevent ear infections as well. The disposal of earwax occurs during chewing and swallowing. The presence of xylitol can prevent growth of bacteria in the Eustachian tubes, which connect the nose and ear.

So how much should be consumed daily? As little as four to 12 grams a day can be very effective. This much can be ingested through about three pieces of xylitol-containing gum.

Xylitol can be found in mints, breath sprays, gum, candy, liquid form and crystal forms, which are sold at supplement and health food stores. Many of these products are available at the candy rack near the check out counter in most grocery and department stores.

So the next time you cringe at the thought of your family consuming so many sweets, consider beginning a regimen that includes frequent use of xylitol-containing products. Use them immediately after eating, in-between meals or anytime it is convenient.

# Second Fleet employee recognized in photography contest

BY MC1 (AW) DARIUS O. JACKSON

Commander, U.S. Second Fleet  
Public Affairs

**NORFOLK** — With an earth-shaking thud, the great African Elephant emerges from the brush. Moments later, a low, faint mechanical click is heard and the image of the elephant is frozen in time.

Renowned nature photographer Billy Dodson, a retired Navy captain who works at Commander, U.S. Second Fleet (C2F), captured the photograph that made him a Highly Honored winner of the 2009 Windland Smith Rice International Awards photo contest sponsored by Nature's Best Photography magazine, during a 2005 visit to Africa.

"This is the gold standard, this is the premiere, the number one photo magazine in the country," said Dodson. His photo will be on display at the Smithsonian National Museum of Natural History from Nov. 12 to May 2, 2010.

"Having a photo in a Smithsonian exhibit; it's the best you could ever hope for," Dodson said. "It's



Photo by MC1 Darius O. Jackson

**Billy Dodson, a civilian contractor at Commander, U.S. Second Fleet's Readiness Plans department, reviews camera and flash settings.**

a motivator for me."

Additionally, another one of Dodson's published photographs was highly honored in the same contest in 2008. The African Wildlife Foundation 2009 calendar features several of Dodson's photos from his trips to East Africa.

Dodson's love for Africa and its wildlife begin in 2001 on a

mountain climbing hike to Mt. Kilimanjaro in Tanzania.

After the hike he set aside 10 days to tour the Serengeti and Ngorongoro Crater. Dodson captured almost 700 photos during the trip.

"When I got home I had Africa on the brain; I kept trying to figure out how can I go back," said Dodson.

Dodson works at C2F as a contractor where he monitors, tracks and reports on shipboard readiness. He remains committed to nature photography.

His recent photographic achievements are not his first. In 2007, he won the Nature Conservancy photo contest, an international competition, as well as a Virginia wildlife magazine photo contest.

Dodson accomplished all of this without any formal photographic training. At the start of his photographic career, he claims he didn't even know what an F-stop (the aperture that controls how much light enters a camera) was; he just studied the fundamentals of photography.

"If you do a little bit of research, that stuff's pretty easy to figure out," Dodson said.

He also studied other nature photographers' shooting styles, to better understand how they photographed nature. Afterward, he developed his own "photographic eye," relying on what he calls "The Color Purple Principle."

The term originates from a scene in the movie *The Color*

*Purple* in which one of the characters states that it must make God mad for you to walk past the color purple and not notice.

"You have to be able to recognize and appreciate what's beautiful," said Dodson. "If you can't do that there's no need wasting your time."

Dodson holds lectures on photography, explaining this principal to audiences.

He continues to document beautiful landscapes and majestic animals of the world in his spare time. His travels have taken him to French Polynesia, Central America, South America, the Galapagos Islands, the deserts of Ariz., and Southern Utah, Grand Teton National park in Wyoming, and Shenandoah National Park in Va. He noted, however, that East Africa remains his favorite.

Dodson's advice to inspiring nature photographers is, "Take pictures of what you love."

He plans to return to East Africa in 2010. Additional information and a gallery of his work are available online at [www.savannaimages.com/](http://www.savannaimages.com/).

## Second Fleet Sailors exercise with Booker T. Washington High School students

BY MC2 (SW) REMUS BORISOV

Commander, U.S. Second Fleet Public Affairs

**NORFOLK** — Sailors from Commander, U.S. Second Fleet (C2F) volunteered at Booker T. Washington High School during "PT with a Sailor Day" in observance of Disability Employee Awareness Month, Oct. 29.

The Multi-Cultural Heritage Committee (MCHC) from C2F organized the event to reach out and raise morale for the local community's diverse group of disabled students. Sailors joined the students for physical training (PT), which consisted of bowling in the school's gymnasium.

"The students seemed to really enjoy participating in this activity. I think it's good for service members to be exposed to people with special needs and learn to be comfortable around them," said Legalman 1st Class Patrice Washington.

Disabled students are aware of the fact they are physically different than most others, and that there are certain things they cannot do.

Sailors focused on what the students can do, not what they cannot.

"These students are fun, very enthusiastic and give one hundred percent at everything they do," said Larry Gee, a health/physical education teacher at Booker T. Washington High School, who works with special needs children. "We have a very diverse group of kids and they do so much more with what they're given."

The high school's children want to succeed and participate as much as they can and this event encourages and fosters that idea. The C2F Sailors who participated recognized the children's strengths and capitalized on that to make students feel successful.

"Even though we volunteered because we wanted to help them, I feel like I got more in return than I ever could have of even expected," said Fleet Judge Advocate Cmdr. Dan Eldredge. "I learned a lot from these wonderful kids."

Participants and students appreciated the opportunity to come together for a good cause and have fun while learning about each other.



Photo by MC2 Remus Borisov

**Yeoman 1st Class Terrence Brumsey, Yeoman 2nd Class Madisa Henry, Cmdr. Dan Eldredge, Lt. Cmdr. Sherrie Lucas and Senior Chief Culinary Specialist Edward Sivells from Commander, U.S. Second Fleet look on as Billy Devane, a special needs student, bowls a frame. Sailors from Second Fleet volunteered at Booker T. Washington High School during "PT with a Sailor Day" in observance of Disability Employee Awareness Month, Oct. 29.**

# Kearsarge navigation charts course out of shipyard

BY MC1 GLEN M. DENNIS  
USS Kearsarge Public Affairs

**PORTSMOUTH** — The Navigation Department on board the amphibious assault ship USS Kearsarge (LHD 3) recently sent nine Quartermasters (QM) on temporary duty to various underway ships from Naval Station Norfolk to maintain operational readiness standards for work-ups this fall.

“Getting back to sea and training is a major part of being a QM, and I take every opportunity to maintain the QM standard,” said Quartermaster 2nd Class (SW/AW) Allan Pulsifer. “Being deployed to various ships while Kearsarge is dry docked refreshes my knowledge in areas like weather observation, course-plotting, and ship tactical procedures. The valuable training I receive is passed on to my fellow



Photo by MC1 (AW) Glen M. Dennis

**Quartermaster 2nd Class (SW/AW) Dorica Irvin plots a course on a chart in preparation for getting underway. The amphibious assault ship USS Kearsarge (LHD 3) is finishing a 10-month Dry Docked Planned Maintenance Availability at Norfolk Naval Shipyard and is scheduled to get underway later this fall.**

QMs to ensure we all maintain a high standard.”

During Kearsarge’s 10-month

majority of their training in a classroom and were deployed at various times during the availability.

Pulsifer stood 70 hours of watch in eight days on board USS Nicholas (FFG 47) during tactical operations.

“The QMs on board Nicholas were professional and knowledgeable about tactical operations,” said Pulsifer. “Their teaching methods were effective and they helped me improve my skill as a Quartermaster.”

A QM is responsible for navigating a ship from pier to sea and back to home-port safely. A QM may be required to make difficult decisions and their professional knowledge of operational tactics is vital to the success of their ship.

“Quartermasters belong at sea,” said Senior Chief Quartermaster Anthony Hafer, Navigation

Department’s Leading Chief Petty Officer. “The reason we send our QMs to ships is for the experience and that is something you cannot get in a classroom.”

The underway training the quartermasters received was very encouraging to Kearsarge’s Navigator, Lt. Cmdr. Michael Reed, who knows first-hand the dividends their time out to sea will pay for them and the entire crew.

“Sending our personnel temporarily to other ships will help maintain their professional watch-standing knowledge,” said Lt. Cmdr. Michael Reed, Navigator on board Kearsarge. “Critical decision making while conducting underway operations affects safety of the ship and its mission. The training is effective real-time experience at sea and will ensure our QMs are ready to get Kearsarge underway.”

## Kearsarge Sailor achieves American citizenship

BY MC1 PHILLIP BEAUFORT  
USS Kearsarge Public Affairs

**NORFOLK** — Ten years after arriving in America from Trinidad & Tobago, Ship’s Serviceman 3rd Class Annalier Mitchell was surprised to find herself taking the oath of American citizenship.

Mitchell wasn’t surprised that she was becoming American, she had been studying the naturalization test for months and it was one of the reasons she joined the United States Navy.

She was surprised it was happening so fast.

“I was scheduled to take the citizen test and then conduct my interview at 11:00 a.m.,” said Mitchell. “I was really nervous about the interview process, but I’ve been studying really hard and it ended up being a lot easier than I was afraid it would be.”

In fact, Mitchell didn’t miss any of the questions asked of her. The one question she wasn’t sure of, she correctly guessed.

After the interviewer congratulated her performance, Mitchell was

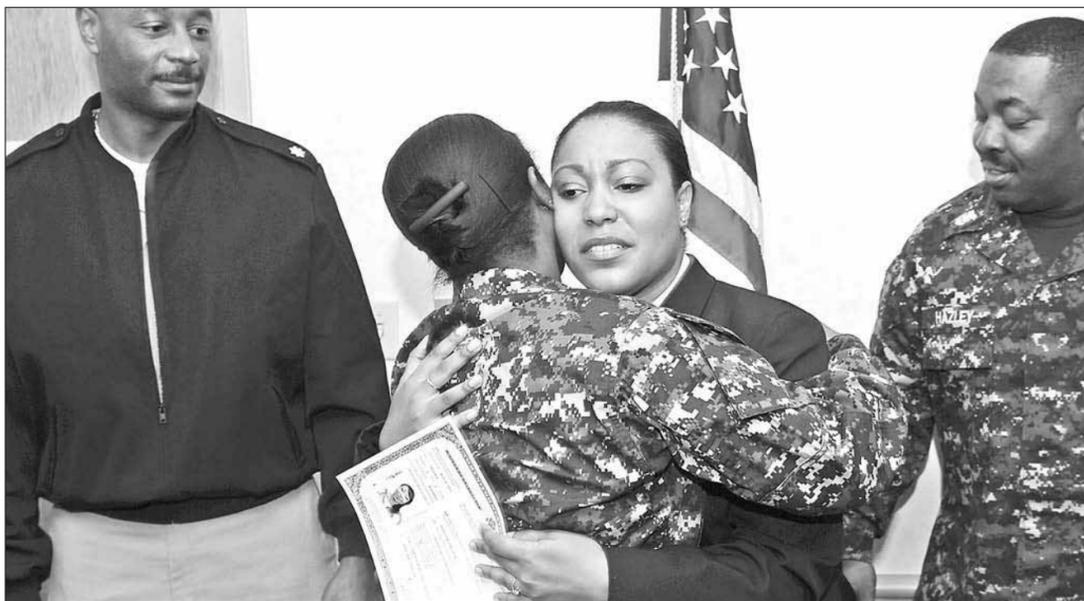


Photo by MC1 (AW) Glen M. Dennis

**Ship’s Serviceman 3rd Class Annalier Mitchell, a Sailor from the amphibious assault ship USS Kearsarge (LHD 3), is hugged by Logistics Specialist 1st Class Natali Philips after Mitchell recited the Oath of Citizenship. Cmdr. Michael Thomas, Supply Officer on board Kearsarge and Master Chief Ship’s Serviceman Leon Hazley,**

informed that she would be taking the Oath of Citizenship at 2:00 p.m. that day.

“When she said that, I kind of panicked. I had no idea I’d be sworn in on the same day. I called my command right away, because I knew they’d want to know,” said Mitchell.

Due to the short notice only a few of her shipmates

were able to attend.

Logistics Specialist 1st Class Natali Philips was one Sailor who wasn’t going to miss Mitchell’s oath.

“We’ve known each other since we were five years old,” said Philips.

Both women moved to the United States from Trinidad & Tobago about ten years ago, but Phil-

lips joined the Navy a year after immigrating. She received her citizenship in 2005.

“I was deployed on GSA orders to Iraq when I found out Annalier had enlisted,” said Phillips. “I was working with my detailer about follow on orders when Annalier told me she was going to Kearsarge. As it

happened, Kearsarge was one of two ships available to me, so here we are, together again.”

Also in attendance was Mitchell’s departmental Leading Chief Petty Officer (LCPO), Master Chief Ship’s Serviceman (SW/AW) Leon Hazley. As an immigrant from Jamaica, Hazley remarked on how the citizenship process had changed from when he took his oath to America 15 years ago.

“The process took a lot

longer back then. You had to serve in the military for at least three years before you could apply,” said Hazley. “Since 9-11, the process is a lot more streamlined for service members.”

Hazley said he’d like to see one additional change.

“I’d really like to see Commanding Officers given the authority to administer the oath of citizenship to their Sailors,” said Hazley. “Even though America is a nation of immigrants, most people have never seen the ceremony. I’d really like to see more immigrant service members be given the chance to share their experience with their shipmates.”

Now that Mitchell is an American, she plans on taking another step towards serving her new country.

“I’m really interested in applying for the Seaman to Admiral Program,” she said. “That was what really motivated me to get my citizenship now. I just didn’t think it would happen so fast.”

If accepted in to the Seaman to Admiral Program, Mitchell could find herself leading the next generation of immigrants in the armed services as an officer in the U.S. Navy.

# Volunteer Day brings CSFWL together at Foodbank

BY CATHY HEIMER  
*Jet Observer*

Commander, Strike Fighter Wing Atlantic organized their first Command Volunteer Day with 50 military and civilian volunteers assisting at the Foodbank of Southeastern Virginia on Oct. 22.

Commander, Strike Fighter Wing Atlantic Capt. Craig Yager hopes community service will become a tradition at the command. As he stacked canned goods in the agency's sorting room, Yager explained why it was important to take a day off work to help the community. "Getting everybody together and doing something out of the ordinary is good and it builds morale and teamwork," said Yager.

With their offices spread out across the NAS Oceana flightline, the commodore saw the Command Volunteer Day as a chance to bring his command together. "We wanted to do something like this where we could all get together for a day and work together for a day. Everybody can afford to give a day to help. We're going to try to make this every six months or so," added Yager.

Lt. Zavian Ware, the command's manpower officer, also saw the community service day as a chance to work closely with others at CSFWL. "We all work in different offices and this is a great chance to boost our camaraderie," Ware said. Although it was his first time at the foodbank, Ware has also volunteered with Habitat for Humanity and with holiday programs.

The Foodbank, located in Norfolk, served 330,000 people from the Hampton Roads area to the Eastern Shore of Virginia last year. They are one of seven Foodbanks in Virginia and one of 205 such agencies across the United States. Because there is no charge to individuals who receive help from the Foodbank, they rely heavily on volunteers such as those from CSFWL to



Photo by MC2 (AW/SW) Sara Allison

**As part of the Foodbank of Southeastern Virginia's new "Backpack Program," volunteers from Commander, Strike Fighter Wing Atlantic, fill paper bags containing a variety of healthy foods and juices, which will be distributed to schools for children to take home on the weekend.**

keep their expenses as low as possible.

"We couldn't get anything done, serving 330,000 people last year, by ourselves," said Danielle Ayers, communications specialist and grant writer at the nonprofit agency.

With more than 3,500 volunteers who donated more than 20,000 hours last year, Ayers said they depend on volunteers "a huge amount. We don't have the staff [to do what volunteers do]."

Ayers added the volunteers also help with the agency's ability "to turn around donations so fast."

Two teams of CSFWL volunteers helped out in the morning and afternoon. They assisted staff in two main areas — sorting and stocking in the donation room, as well as packing items for the Foodbank's newest program to help school children. The "Backpack Program" provides basic food items for children in low income families to take home for the weekend.

"We target schools with high numbers of free and reduced prices for lunch for the students

who are there," explained Ayers. She said the teachers help them identify children coming in on Monday who obviously have not eaten well over the weekend. The program began with schools on the Eastern Shore last year and the Foodbank added several schools in Virginia Beach this year.

The goal was to fill 280 paper grocery bags with juice boxes, fruit cups and healthy snacks by the end of the day. Setting up in assembly-line style, CSFWL volunteers filled the bags with 13 different items, added information about the Foodbank, rolled the bags tightly to fit into a child's backpack and sealed them closed.

Helping with the new Backpack Program especially appealed to Keith Williams, who came to volunteer with his wife, Jackie, who works in administrative support at CSFWL. "We're having a great time. The best part is it's going to help the kids. If you've got free time, what better way to spend it?" he said.

The Williams family makes volunteering a family affair. "It's

a no brainer to come help here. I'm bringing my daughter over the weekend to help. We get the whole family to help out," said Jackie Williams.

For many of CSFWL's volunteers, it was one of several community service projects they have recently participated in. "I like doing volunteer work, giving back to the community. I'm a long-time volunteer," said Aviation Maintenance Administrationman

(AZ) 1st Class (AW/SW) Lisa Garcia, who also helps out at the Children's Hospital of the King's Daughters in Norfolk.

"I love doing volunteer stuff like this. Any opportunity I get to get out and help people, and get closer to command, I love it," said Deanna Matteson, who works at the wing's travel office.

The Foodbank of Southeastern Virginia not only relies heavily on volunteers, they also depend on donations from individuals and local businesses such as restaurants and grocery stores. Command volunteers such as Cynthia Whitman, the commodore's executive assistant and public affairs officer, didn't arrive at the Foodbank empty-handed, bringing along bags of bags of donations to help the agency. Ayers said those donations are greatly appreciated because "unfortunately we've had to purchase product, especially during the summer months when it gets low."

Whether volunteers can give a few hours or make a long-term commitment, the Foodbank of Southeastern Virginia is always seeking additional help. The agency is located at 800 Tidewater Drive, Norfolk. For more information about volunteering or donating, visit [www.foodbankonline.org](http://www.foodbankonline.org).



Photo by MC2 (AW/SW) Sara Allison

**Commander, Strike Fighter Wing Capt. Craig Yager (R) and AVCM (AW) Bill Zaller check cans for expiration dates and dents in the Foodbank's sorting room, Oct. 22.**

# CNIC supports All-Navy sports teams

## PRESS RELEASE

From Commander, Navy Installations Command Public Affairs

**WASHINGTON** — Commander, Navy Installations Command (CNIC) manages and is the worldwide driving force behind all 14 All-Navy Sports teams.

All-Navy Sports is a program that allows Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, a chance to represent the Navy at higher level athletic competitions.

Annual All-Navy teams participate in the Department of Defense Sports program and compete in the Armed Forces Championships against teams from the Marine Corps, Army and Air Force.

The sports consist of mens and womens basketball, soccer, cross country, bowling, volleyball, golf, softball, triathlon and marathon. In addition there are three sports, including boxing, wrestling and rugby, that are available for men.

"The Navy teams are operated from a budget provided by CNIC. Their goal is to put the 'best of the best' Navy players on the field, court or alley. They do this through a series of nationwide tryouts in various locations," said James Senn, Navy Sports program manager.

After the tryouts, the teams are picked and, depending on the sport, go through a mini-camp to get ready for the season.

If a Sailor, officer or enlisted, is interested in trying out, they need to fill out an application for participation in a particular sport, according to Senn.

Applications are available from the base fitness/athletic director or are available online at [www.mwr.navy.mil/mwrprgms/sports.htm](http://www.mwr.navy.mil/mwrprgms/sports.htm).

Applications are due no later than 45 days before training camp begins.

The form must be filled out completely and must have a command endorsement. After completion, fax the application to the Navy Sport office or mail to CNIC.

Once the application is routed and approved



Photo by MC2 Kristopher S. Wilson

**Dave Cruz, right, an assistant coach with 757 Boxing Club in Virginia Beach, gives his fighter pointers between rounds during a sparring session at an All-Navy Boxing Team mini-camp.**



Photo by Jhi L. Scott

**Lt. Aiden Van Cleef, who represents the U.S. Coast Guard, has been a member of the All-Navy Cross Country Team since 2008.**

through the applicant's chain of command, a decision will be made as to the individuals status.

"You will be notified by e-mail whether or not you have been accepted for the tryouts of a particular sport," said Senn.

After receiving a spot

in the tryouts, the Sailor is put on no-cost TAD orders and is sent to the tryout camp.

CNIC picks up the tab for the selected Sailor. This includes flight, hotel and food. Any incidentals however must be picked up by the Sailor.



Photo by MC1 John Collins

**All-Navy basketball team member Electronic Technician 3rd Class Natassijja Mitchell, from San Diego, drives to the basket for two points.**

## Did You Know?

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# 'Ike Strikes Back' team completes 60-mile walk

BY CATHY HEIMER  
JET OBSERVER

While many Sailors spend their deployment dreaming of ways to relax and unwind as soon as they arrive home, four officers from Carrier Air Wing 7 commands spent their time on USS Dwight D. Eisenhower (CVN 69) planning their participation in a major fundraising event for breast cancer.

For the past four years, Lt.j.g. Rebekah Gerber, stationed with VFA-83, has been trying to find a way to participate in the annual Breast Cancer 3-Day Walk, held in October in locations across the U.S. But workups, deployments and other Navy duties have kept her from being able to participate — until this year.

"This year, I knew we were going to be back in time and I found some volunteers," said Gerber, who is the team captain. Joining her for the walk were Lt.j.g. Amy Giraldi from VAW-121 and Lt.j.g. Adrienne Maeser and Lt.j.g. Alexis Lelekis, both

from CVW-7.

"We wanted to come back from deployment and do something that would be community service and help others," said Maeser. The walk is held annually as part of Breast Cancer Awareness Month and benefits Susan G. Komen for the Cure.

While the fundraiser is held at locations across the U.S., the team chose to participate in the event in Washington D.C., held Oct. 9-11. Their journey began with a welcoming ceremony at Washington Nationals Stadium and then took them around Dupont Circle, Georgetown and Embassy Row for 20 miles on the first day. They enjoyed a short bus ride to Potomac Md., where they camped in a sea of pink tents for the evening and enjoyed food and music.

The second day covered 21.5 miles around Bethesda, Md. and for the final day, on Sunday, walkers visited the University of the District of Columbia, walked around the National Zoo and the White House before ending with a

closing ceremony on the National Mall.

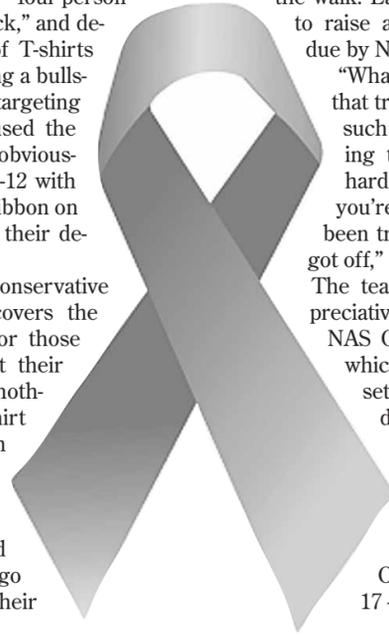
They named their four-person team, "Ike Strikes Back," and developed two styles of T-shirts with a missile targeting a bulls-eye, for the idea of targeting breast cancer. "We used the pink color scheme obviously and we put a GBU-12 with a pink breast cancer ribbon on it," Gerber explained their design.

For the more conservative wearer, the target covers the back of the shirt. For those wanting to really get their message across, another version of the shirt features two much smaller targets strategically placed on the front of the shirt. They also designed a patch with their logo to sell. The sale of their

shirts helps to fund their participation in the walk. Each walker is required to raise a minimum of \$2,300, due by Nov. 11.

"What we didn't realize was that trying to raise money in such a short time was going to be so difficult. It's hard to raise money when you're on the ship, so we've been trying to do it since we got off," said Gerber.

The team has been very appreciative of the support of the NAS Oceana Officers' Club, which has allowed them to set up a table on Wednesday afternoons and sell their items to raise money. They also braved the cold, rainy weather to sell the T-shirts during the Oceana Air Show, Oct. 17-18.



## Commander, U.S. Second Fleet Sailors demonstrate motorcycle safety

BY MC2 (AW/SW) RAFAEL MARTIE  
Commander U.S. Second Fleet  
Public Affairs

**NORFOLK** — Twelve Sailors from Commander, U.S. Second Fleet (C2F) and other local commands enjoyed a motorcycle safety refresher ride from Suffolk, to Newport News Friday, Oct. 23.

Before the ride began, safety briefs and equipment checks were conducted by Motorcycle Safety Foundation (MSF) Rider Coaches.

"This is my first ride and the morning brief made everything easier for me by explaining the route and all the precautions beforehand," said Yeoman First Class (Air Warfare/Surface Warfare) Rob Bartley.

The main purpose for this ride was to emphasize motorcycle safety.

"Commands need to be more engaged with their Sailors that are going to ride motorcycles," said Capt. Jeff Link, C2F director for communication and information systems. He said that many commands make it difficult for Sailors to ride motorcycles, and that can have a negative effect.



Photo by MC2 (AW/SW) Rafael Martie

**U.S. Joint Forces Command government employee Ms. Sonja Perry (left) and Commander, U.S. Second Fleet Senior Chief Logistics Specialist (Surface Warfare/Air Warfare) Patrick Maclan enjoys a motorcycle safety ride sponsored by Commander, U.S. Second Fleet.**

"It's not going to stop them from riding; they will just ride less safely."

Link noted that it is mandatory for Sailors at Naval Station Norfolk to take the Basic Riders Course (BRC) to acquire their base stickers. BRC does not issue state licenses; however, the training helps prepare Sailors for the

state course. Additionally, Naval Station Norfolk provides motorcycles for Sailors' use during the course.

Cmdr. Rick Adside, C2F deputy director of manpower, personnel and logistics, organized this ride to highlight safety awareness, and promote camaraderie with other motorcycle riders at the

command.

"Commands that are engaged with all their motorcycle riders and promote refresher rides have fewer incidents than commands that don't," said Adside.

Senior Chief Logistics Specialist (SW/AW) Patrick Maclan, normally a solo biker, rode with the group for the first time.

"I really enjoyed riding with the group, because it was safe and a lot of fun. I recommend other commands do this as well," said Maclan

Based on the amount of positive feedback, C2F is looking at organizing a motorcycle safety ride on a quarterly basis, according to Adside.

# Take a chance, join the team!

The All-Navy boxing Coaches, George Sylva and Steve Carbajal, will be hosting a boxing mini-camp and tryouts for the All-Navy Boxing Team. The mini-camp will be held at Joint Expeditionary Base Little Creek, Pierside Gymnasium, Bldg # 1560. The dates will be Saturday, Nov. 7 and Sunday, Nov. 8, from 9 a.m.- 5 p.m., both days. The objective of the camp is to allow any Active Duty personnel who are interested in being part of the Navy Boxing Team to just show up.

The camp is only for active duty personnel and male and female athletes will be weighed and placed into experience categories.

Information will be given out as to the process of applying for the All-Navy

Boxing Camp, which will be held at NBVC, CA. Mid-Feb. to April 19th 2010. Command approval, USA Boxing registration, Navy Boxing Team prerequisites, will all be discussed. Once all that is said and down, participants will be matched up by weight and experience level, they will step into the ring and show us what boxing skills they have.

All equipment will be provided, only need to have PT attire and a great willingness and attitude. Please come join the fun to participate or even to just observe some future Navy and Armed Forces Boxing Champions.

Information provided by Kevin Ludwig, coach of the All-Navy Boxing team.



U.S. Navy photo

An all Navy boxing mini-camp will be held at Joint Expeditionary Base Little Creek, Pierside Gymnasium, Bldg # 1560, Nov. 7 and 8. All active duty are welcome to attend and all equipment will be provided.

## Wasp Sailors benefit from military naturalization process

Amphibious assault ship USS Wasp command citizenship representative Aviation Boatswain's Mate (Handling) 1st Class (AW/SW) Mathias Aigbomian explains the military naturalization process to Mass Communication Specialist 1st Class Amie Gonzales during an interview.

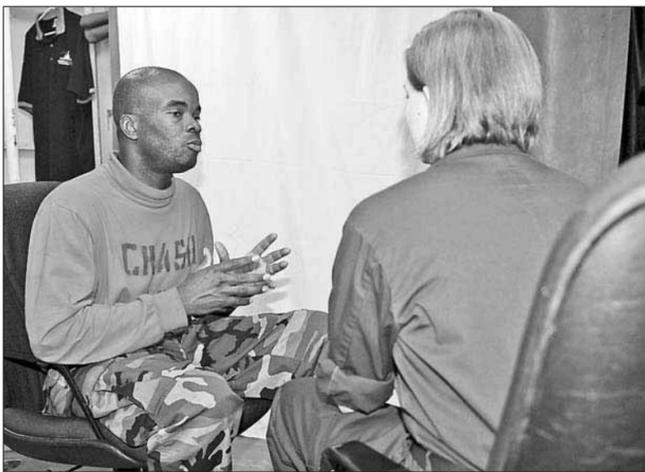


Photo by MC3 Edward Kobobel

BY MC1 AMY GONZALES

USS Wasp (LHD 1)  
Public Affairs

**CARIBBEAN SEA** — Sailors aboard amphibious assault ship USS Wasp (LHD 1) are taking advantage of the recent changes to the Immigration and Nationality Act (INA) to become U.S. citizens. The changes to sections 328 and 329 of the INA make it easier for qualified military personnel to become U.S. citizens if they choose to file a naturalization application.

"The program is important for Sailors that may be interested in filing an application to become a U.S. Citizen because it is cost free for active duty service members," said Aviation Boatswain's Mate (Handling) 1st Class (AW/SW) Mathias Aigbomian, the command citizenship representative onboard Wasp. "For a Sailor [who is not a U.S. citizen] who may want to cross-rate to a rating that requires a U.S. citizenship, this process will help them out a great deal."

Aigbomian filed for citizenship in 2003 while he was stationed aboard USS Essex (LHD 2) out of Japan. His application process took approximately six months.

"For me to apply at that time I had to be serving honorably on active duty for at least three years. The application process cost me \$310," said Aigbomian.

U.S. Citizenship and Immigration Services (USCIS) created a streamlined process specifically for military personnel serving in an active-duty status or who have recently been discharged.

Applicants must complete three required forms: the N-400 'Application for Naturalization,' form N-426 'Request for Certification of Military Service,' and form G-325B 'Biographic Information'.

"The applicant should contact the command citizenship representative for information in understanding the process and filling out the citizenship application forms," said Aigbomian.

According to Aigbomian, the process can take three to six months to complete, and placed emphasis on thoroughly completing forms before submission. Incomplete forms are returned by the USCIS, causing substantial delays in the application process, he said.

Logistics Specialist Seaman Wendy Argueta of Wasp's S-8 division is cur-

rently one month into her application process.

"[The application process has] been pretty easy. ABH1 Aigbomian sends in all the copies, you just show up for finger printing and he lets me know what's going on with the papers and the process," said Argueta, a native of El Salvador.

In October 2004 additional benefits to service members took effect. These benefits included no fees to be charged when filing for naturalization and the naturalization process was made available to overseas members of the armed forces at U.S. embassies, consulates and where practical, at military installations abroad.

"If I was in the civilian sector it would take a long time and a lot of money. Since I'm in the Navy, it's given me a lot of opportunities and the chance to become a citizen," said Argueta.

Once Wasp returns from its current deployment, Argueta will be able to complete the process and USCIS will notify her of the date to take the oath of allegiance.

More naturalization information can also be found by visiting the Immigrations Service's Web site [www.uscis.gov](http://www.uscis.gov).

Wasp and the Security Cooperation Marine Air-Ground Task Force are working alongside Mayport-based Destroyer Squadron 40 during a three-month deployment to build and instill interoperability and cooperation between U.S. and partner nation naval forces through a variety of exercises as part of Southern Partnership Station.

# 'Super Sam' Dannenbring: Sailor on the run

BY MCSN AUSTIN ROONEY  
USS Theodore Roosevelt

If you were to ask Sailors aboard aircraft carrier USS Theodore Roosevelt (CVN 71) to describe Culinary Specialist 3rd Class Samuel Dannenbring, their answers could be summed up in one word; fast.

Whether he's finishing the Physical Fitness Assessment run in less than eight minutes, placing 15th out of more than 1,500 people in a worldwide competition, or riding his bike 60 miles after work, Dannenbring isn't showing any signs of slowing down.

"It's fun, it's something to do," said Dannenbring. "Some people like to work on their cars or relax in their free time; I spend my time racing."

Dannenbring has been competing in races since he was in the seventh grade. Although he said it helped having his dad as his high school's cross-country coach, Dannenbring still described himself as an average runner at that time.

"I was an average kid, I never won an overall race in cross country back then," said Dannenbring. "I never really started getting good until after high school."

Dannenbring graduated high school and left to join the Navy, training for and competing in triathlons and other events whenever he got the chance.

Since arriving aboard TR, Dan-



Photo courtesy Sam Dannenbring

Culinary Specialist 3rd Class Samuel Dannenbring runs practice laps around the track at Frank W. Cox High School in Virginia Beach. Dannenbring often runs in the Virginia Beach area with his friends at the Final Kick sports store.

nenbring has been juggling his duties working at the TR Grill with being a member of the ship's Search and Rescue team, the Master's Swim Team at the Tidewater Aquatics Club in Norfolk, and the All-Navy Triathlon Team, which competes all over the country.

Earlier this year Dannenbring went to California to compete

in the Armed Forces National Championship with the All-Navy Triathlon Team, where he said the team won for its fifth year in a row.

"There are some professionals in that race, but the Navy has a pretty strong team," said Dannenbring.

Dannenbring also went to Kansas earlier in the year to qual-

ify for the Half Ironman World Championships. The Half Ironman consists of a 1.2-mile swim, a 13.1-mile run, and a 56-mile bike race. Dannenbring qualified and plans to compete in the event in November.

"The world championship is going to be my big shebang for the season," said Dannenbring. "It's been a good but long season."

Dannenbring's training is in many ways more rigorous than the events he competes in. He enjoys going to his favorite running store, Final Kick Sports in Norfolk, and running or biking with his friends at the store. Dannenbring said he usually gets an average of about 12 miles of running and 30 miles of biking done in a day's training, which is about four hours.

"People always ask why I don't have any friends to go hang out with instead of running all the time," said Dannenbring. "They don't understand that the guys at the running store are my friends! This is what we like to do."

Among Dannenbring's friends at Final Kick Sports is the store's owner, Jim Golden.

"He is one of our most frequent guests and one of our better athletes," said Golden.

Dannenbring began running with Golden and other Final Kick employees a year ago. Golden said has always enjoyed Dannenbring's positivity and humility.

Dannenbring said he plans to get out of the Navy next year and join the Coast Guard as a rescue swimmer. He also plans to go on to be a professional runner and compete in more events in the future.

"He is just going to keep getting better and better," Golden said of Dannenbring. "He always [has] a smile on his face, he's positive and humble - those qualities help make him the superior runner that he is."

## Ship's Sailors celebrate TR's birthday, commissioning

BY MC3 KELLIE BLISS  
USS Theodore Roosevelt Public Affairs

Sailors onboard USS Theodore Roosevelt (CVN 71) celebrated its namesake's birthday, as well as the anniversary of the ship's commissioning on Oct. 27.

TR Sailors gathered to celebrate the ship and her namesake with a special meal that included ice cream and a birthday cake on the mess decks of the Floating Accommodation Facility.

"Naval heritage is important for many reasons," said TR Command Master Chief (SW/AW) David Stitt. "Understanding how our Navy came to be and the leaders who have gone before us helps us understand where we are going."

The observance of both the ship's commissioning and the birthday of her namesake gives Sailors a chance to think about the man this ship is named after.

"This marks a celebration of the person our ship is named after and I think it's important to reflect on Theodore Roosevelt's life as we serve on the ship that bears his name," said Ship's Serviceman 3rd Class Laura Meador.

TR, commissioned on Oct. 25, 1986, has been on 11 deployments. Most recently she deployed in support of Operation Enduring Freedom.

TR was the first aircraft carrier to be assembled using modular construction, in which large modules are independently constructed in "lay-down" areas, prior to being hoisted into place and welded together.

Theodore Roosevelt was born Oct. 27,



Photo illustration by MC1 (SW) Kayla L. Thompson

Aircraft Carrier USS Theodore Roosevelt (CVN 71) namesake and the ships commissioning were celebrated by sailors Oct. 27, Theodore Roosevelt's birthday was Oct. 27 and the ships commissioning was on Oct. 25.

1858 and was U.S. president from 1901 - 1909.

In 1898, Roosevelt, with the help of Army Col. Leonard Wood, found volunteers including cowboys from the western territories and Ivy League friends in New York,

and formed the First U.S. Volunteer Cavalry Regiment known as the "Rough Riders".

As Assistant Secretary of the Navy, he was an advocate for naval aviation.

TR's nickname, The Big Stick, also honors Roosevelt as it was taken from his

famous quote, "Speak softly and carry a big stick."

TR is in the shipyards for a scheduled overhaul and refueling period that will help make the next 20-plus years of service as great as the last.

# PRINCIPAL: Program allows Admirals to share their wisdom with cadets

Continued from page B1

programs to prepare cadets for post-secondary education and/or independent living. They provide meaningful leadership training, experiences and activities to serve as a foundation for a lifetime of success. The military component is woven into the entire curriculum to motivate young people to become better scholars, leaders and citizens.

"You represent the power and the promise of our people," Harvey said. "Whether you plan on joining the Navy or not, nothing will have a greater impact on your potential success than your education."

Harvey also told the students

that their education at Rickover "will give you the firm foundation and discipline to succeed in college - not just to survive in college, but to succeed in college - and will be the foundation you will build upon for the rest of your life. You must never stop learning. And just as important, you must always be ready to apply what you have learned to your lives."

Each admiral toured the respective schools and visited with the students. Harvey received a brief from cadet leadership about Rickover Academy, observed a drill practice and attended a physics class. At Simeon, which isn't a military academy but does have an NJROTC unit, Winns attended classes with the non-NJROTC stu-

dents and a promotion ceremony of several cadets in the unit.

"Personally, this was a thrill of a lifetime to be the Principal for a Day and spend my time with the students at Simeon Career Academy," said Winns, who has served as Inspector General since 2007.

"I truly believe education is the key to success in our world and I knew I needed to give back to this important program."

Winns said the NJROTC unit at Simeon is also important because "it provides students and our young people with the citizenship, education and discipline that they need in order to be successful in life."

Many of the students at both schools were honored to be visited by the admirals.

"It's an honor every time any kind of leadership, civilian or military, comes to Rickover. It always motivates me and keeps me going," said Cadet Lt. Cmdr. Leslie Gallardo, 17, a senior and Battalion Commander at the academy.

"It was especially an honor to have such a high-ranking admiral here. He [Harvey] wasn't here to tell us to go Navy but to be a success in our life."

Retired Navy Cmdr. Mike Tooker, the commandant of Rickover, said Harvey's visit was extremely beneficial to the students in a number of ways.

"His opening comments made at formation set the tone for his overall message: 'The high school education that our students choose by attending Rickover will

prepare them not just to survive life, but to succeed and excel at life's challenges,'" Tooker said.

"From an administrator's perspective, VIP visits allow us to validate the investment they are making in our program. The simple act of walking through our passageway, visiting a classroom and speaking with cadets quickly tells both Chicago Public Schools and Navy affiliates that we're doing well, fulfilling our mandate of providing a high quality education with an emphasis on academic performance, leadership and citizenship."

For more information about *Principal for a Day*, visit [www.pfad.cps.k12.il.us](http://www.pfad.cps.k12.il.us). For more information about NJROTC, visit [www.njrotc.navy.mil](http://www.njrotc.navy.mil).

## STA-21: Some inside tips on getting ready for OCS

Continued from page B1

The "I wish I had known that," moments come fast and furious upon selection, as we recently learned from four OCS.

"It takes a savvy Sailor to be successful in this program," Spilsbury said.

Motivated, self-starter, committed, determined, flexible - all words these candidates used to describe traits they saw as key.

It quickly became clear that they never took no for an answer and there was no obstacle they couldn't overcome together, or by leveraging the many resources available to help them succeed.

### From Sailor To Student

Some selectees have previous college experience, and some don't. Regardless, you must invest a significant amount of time researching schools and planning ahead. It can get tough, especially if you aren't local to the schools you are applying to. Throw in a six-hour time difference or a deployment, and you can have a steep hill to climb.

"Being underway trying to coordinate everything was insane," said OC Jacqueline Gulla, a prior CTT1(SW) previously assigned to USS Nitze (DDG 94). "I was just lucky that my divo [division officer] was a STA-21 officer. He said that I needed to apply for colleges immediately, even though I didn't know

if I was picked up."

### You Could Experience A Pay Cut

Each student is allotted \$10,000 in tuition assistance (TA) per year to assist them with tuition and books. It sounds like a substantial amount, but there can be out-of-pocket costs, and many OCS take a pay cut when they are accepted into the program.

"I took about a \$27,000 a year pay cut coming from the Submarine Fleet in Hawaii," said OC Bryan Maustellar, previously stationed aboard USS Bremerton (SSN 698). "I lost sub pay, sea pay, COLA, supervisor pay, nuke pro-pay; that was a huge shock."

Student loans and diligent effort in applying for and receiving scholarships helped supplement his family's loss of income.

"I was fortunate to receive \$11,000 worth of scholarships," Maustellar said.

### Community College Is Your Friend

When in doubt, take a look at the community colleges in the area. Taking classes at the community college concurrent to your attendance at the university can help.

"You save a lot of money taking classes at a cross-town affiliate community college," Gregorich said.

Community college level courses can also save your sanity in some of the tougher subjects.

"I take my calculus and physics classes there be-

cause I don't want them to affect my final GPA [grade point average]," Gulla said.

### Real Life Happens

Being a full-time college student doesn't put your personal life on hold.

"Being a new single parent, having to register for school and find a place to live, enrolling kids in school and finding daycare was overwhelming," Gregorich said. "Fortunately, my sister lives in the area. I would not be able to make it without the support from her."

Pursuing an education comes along with a stress that can be more challenging than a deployment for your family to navigate.

"Fortunately, this command is willing to work with you and that makes all the difference in the world," Gregorich added. "If you are willing to work around your issues and be there when the command needs you, they say 'let's work together and solve this.'"

### High Expectations

The Hampton Roads Naval ROTC Unit Commanding Officer Capt. Michael "Breeze" Barea has some high expectations for his officer candidates.

"I look to them as another instructor; they have the experiences that the Midshipmen don't have," he said. "I use the OCS to provide mentorship and leadership."

His executive officer, Cmdr. Emil Espiritu, pointed out the importance of

mentoring family members as well.

"We're working on a program for the spouses to get them involved in the sort of activities that wardroom spouses do," he said.

With one eye on their books and one eye on the ultimate goal - a commission that brings with it added responsibility and the opportunity to lead Sailors - there was no mistaking that every OC in the room felt that the overall experience was worth it.

"Don't sit back and wait for the information to land into your lap," Spilsbury said. "You're going to have to go out there and get it."

For more information on the STA-21 Program, visit <https://www.sta-21.navy.mil/>.

## NETWORK: ITs fix anything with a keyboard, motherboard or mouse

Continued from page B1

Class (SW/AW) Troy Johnson, Nassau's lead network administrator.

Johnson attended the basic network administrator C-school, which gives him the challenging responsibility of maintaining the entire ships Internet, e-mail, and personal computer accounts. Besides overseeing that large system, Johnson still finds time to respond to trouble calls.

"I would have to say the hardest trouble call I've responded to was restoring the Naval Tactical Command Support System database, the system that controls the main electronic records for many different departments throughout the ship," Johnson said. "Restoring and restructuring the main database was a non-stop, four day process but it was also one of my most rewarding accomplishments."

"Nassau's ITs are always busy troubleshooting. We signed up for this to receive the computer training to help us succeed at this inside and outside of the fleet and we got it," Williams said. "Anything with a keyboard, motherboard, or mouse we fix it."