



Keel-laying ceremony for Navy's first Ford-class aircraft carrier

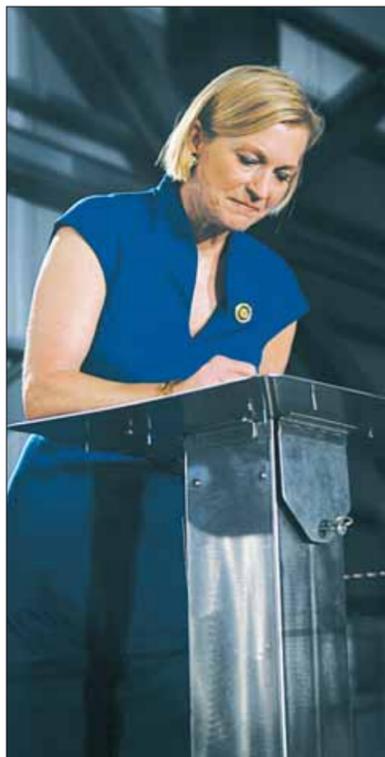


Photo by MC2 Kevin S. O'Brien

Susan Ford Bales, daughter of former President Gerald R. Ford and ship's sponsor of the aircraft carrier Gerald R. Ford (CVN 78), writes her initials onto a metal plate during the keel laying and authentication ceremony. Gerald R. Ford is the newest class of aircraft carrier.

BY MC3 (SW) CORY ROSE

Navy Public Affairs Support Element, East

NEWPORT NEWS — A keel-laying ceremony for the Navy's first Ford-class aircraft carrier, Gerald R. Ford, (CVN 78) was held at Northrop Grumman Shipbuilding, Newport News, Nov. 14.

The ceremony celebrated not only the building of a new class of ship, but the life of the ship's namesake, former President Gerald R. Ford.

Susan Ford Bales, Ford's daughter, was the ship's sponsor. Bales' initials were welded into a metal plate that will be permanently affixed to the ship.

"Ladies and gentlemen, as the ship's sponsor, and on behalf of President Gerald R. Ford," said Bales. "I hereby declare that the shipbuilders of Gerald R. Ford (CVN 78), and their patriotism, and commitment to excellence are and shall forever be truly and fairly part of the spirit of the USS Gerald R. Ford."

Ford-class aircraft carriers have some significant design changes including a larger flight deck, improvements in weapons and material handling, a new propulsion plant design that requires fewer personnel to operate and maintain, and a new smaller island that has been pushed aft.

Technological advances in the field of electromagnetic have led to the development of an electromagnetic aircraft



Photo by MC3 (SW) Cory Rose

The U.S. Sen. Carl Levin, left, Adm. Kirkland H. Donald, director, of Naval Nuclear Propulsion, Susan Ford Bales, daughter of former President Gerald R. Ford, and Robert Bowker, a structural welder with Northrop Grumman Shipbuilding, display Bales' welded into a piece of steel during a keel laying and authentication ceremony.

launching system, and an advanced arresting gear. An integrated warfare system has been developed to support flexibility in adapting the infrastructure of the ship to future mission roles.

"These and other changes mean that this carrier, piloted by the Navy officers and crew who will one day sail her into harm's way, will be more capable, more flexible, and better able to protect America and the American way of life,"

said Northrop Grumman Shipbuilding President Mike Petters.

U.S. Sen. Carl Levin served as keynote speaker and distinguished guests in attendance included the Secretary of the Navy, Ray Mabus, U.S. Reps. Bobby Scott, Glenn Nye, and the Director of Naval Nuclear Propulsion Adm. Kirkland H. Donald.

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Joint Typhoon Warning Center marks 50 years of service

BY BOB FREEMAN

Special to American Forces Press Service

WASHINGTON — This year marks the 50th anniversary of the Joint Typhoon Warning Center, a joint Navy and Air Force office that provides tropical cyclone reconnaissance and forecasting to support the safety of military and other government assets in the U.S. Pacific Command and U.S. Central Command areas of responsibility.

"The Joint Typhoon Warning Center was established by the United States Pacific Command in 1959. It actually formed out of the consolidation of several smaller tropical forecast centers that were scattered throughout the Pacific region, and those were actually created in the wake of what's known as Typhoon Cobra," said Navy Lt. Cmdr. Jeremy Callahan, operations officer at JTWC, in a Nov. 10 interview on Pentagon Web Radio's audio webcast "Armed with Science: Research and Applications for the Modern Military."

Callahan described Typhoon Cobra, which hit vessels of the Pacific Fleet in 1944, as one of the worst naval disasters in U.S. history. According to a fleet letter from Navy Adm. Chester Nimitz, the Pacific Fleet's commander in chief at the time, 790 sailors were lost and 80 were injured, three ships sank and nine suffered serious damage, and 146 aircraft on various ships were lost or damaged beyond repair.

Callahan explained that a typhoon is a western Pacific version of a hurricane. Both constitute the most developed and severe form of tropical cyclones, which are large storms that form over warm tropical waters.

The Joint Typhoon Warning

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Navy Personnel Command moving Sailors despite budget cuts

BY MCC (SW) MARIA YAGER

Navy Personnel Command Public Affairs



Courtesy photo

MILLINGTON, Tenn.

— Navy Personnel Command (NPC) has released Permanent Change of Station (PCS) orders to keep the fleet moving, despite the lack of a fiscal year (FY) 2010 budget, Navy officials announced Nov. 16.

"Until the National Defense Appropriations Bill has been signed by the President, the entire Department of Defense is operating under a continuing resolution authority (CRA). For Navy Personnel Command (NPC), this means that PCS funding is allocated in small increments," said Rear Adm. Don Quinn, commander, NPC.

NPC spends more than \$600 million annually on PCS moves, but has only received a fraction of the funds requested in its FY 2010 budget. The command has had to prioritize which moves can be funded. While operating under the CRA, PCS orders are released as funding becomes available each month.

NPC has been able to release orders for Sailors transferring in November and most of December using CRA funds received in October. New funds received in November should allow NPC to release orders for Sailors detaching through March.

The goal is to minimize impacts to fleet readiness, career timing and families. The priority moves are global war on terror-

ism support assignments, career milestone billets, critical readiness fills (those that minimize gaps at sea for deployed units and those working up to deploy), and moves that keep the training pipelines moving.

"We fully recognize that advance notification time for PCS orders is necessary for stability, planning, and quality of life. We are doing our best to provide Sailors with as much lead time as possible in the current fiscal situation," said Quinn.

In FY 09, NPC issued approximately 72,600 funded PCS orders with an average cost of \$8,556 per move.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

Commander returns to Vietnam

BY NAVY PETTY OFFICER 2ND CLASS MATTHEW R. WHITE

Special to American Forces Press Service

DA NANG, Vietnam — Nearly 35 years ago, Navy Cmdr. H.B. Le left Vietnam aboard a fishing trawler. He returned at the helm of a U.S. Navy warship when the guided-missile destroyer USS Lassen arrived here Nov. 7 for a scheduled port visit.

"My crew and I are proud to be able to represent our country to the people of Vietnam," said Le, Lassen's commanding officer. "This visit is a symbol of the friendship between our two nations, and we are deeply honored to be a part of it. I'm very humbled by the amazing opportunity to get to Vietnam after more than 34 years. I feel so fortunate to bring Lassen and my crew to Vietnam."

Le's story of escape followed by prosperity in the United States

reads like a Hollywood script.

"My father was a commander in the South Vietnamese Navy and was serving as the deputy commanding officer of Nha Be Naval Support Base when we left Vietnam," he said. "The evening of the 29th of April, 1975, his commanding officer left the country with his family without telling my dad, and when his officers told him about that, he assumed command."

"The next day, only after realizing Saigon had fallen, did my dad tell his remaining men to go home to their families and to make sure to take care of them," he continued. "My dad navigated a fishing trawler with 400 passengers out to sea, where we were picked up by USS Barbour County on May 2, 1975."

Leaving Vietnam had a profound impact on his family, Le



Photo by MC2 Cynthia Griggs

Cmdr. H.B. Le, commanding officer of the Arleigh Burke-class guided-missile destroyer USS Lassen (DDG 82), speaks to the press in front of the U.S. 7th Fleet command ship the amphibious command ship USS Blue Ridge (LCC 19). This is Le's first visit to Vietnam after leaving the country with his family in 1975.

said. "My parents had to start all over again with no money in their pockets. Thanks to some truly generous and wonderful Americans who sponsored us, my dad was able to forge a new beginning," he said.

The Le family settled in Virginia. As his father had many years before him, Le heard the call of the seas as he grew older. He became a U.S. citizen in 1985, and

graduated with merit from the U.S. Naval Academy in 1992 and received his commission as a U.S. Navy officer.

"Growing up, my father never pushed me to join the Navy or anything like that," Le said. "He said, 'Do what you want to do, but whatever you do, do your best at it.' So when I did decide to go to the Naval Academy, he was proud of me for that."

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H1N1 FLU AWARENESS

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Experts answer H1N1 Influenza questions online
Experts did their best to answer questions/fears about H1N1 flu and the associated vaccine.



FRONT & CENTER

B1

Retired MCPON brings cycle riders to VFA-103 Strike Fighter Squadron (VFA) 103 Chiefs Mess hosted retired MCPON James L. Herdt.



OFF DUTY

C1

Take a walk on the dino-son
Dinosaurs return to earth in a live arena show, "Walking with Dinosaurs - The Arena Spectacular."



Central Command completes H1N1 vaccine shipments

BY DUSTIN SENGER

Area Support Group Qatar Public Affairs

CAMP AS SAYLIYAH, Qatar — U.S. Army Medical Materiel Center Southwest Asia logistics specialists at Camp As Sayliyah, Qatar, completed a massive and urgent volley of H1N1 influenza vaccines for U.S. Central Command war fighters, Nov. 12.

Roughly 300,000 doses of injectable H1N1 influenza vaccinations have been distributed to U.S. troops stationed across Southwest Asia; more than enough to immediately inoculate every service member. Information regarding product loss or degradation has not been reported.

A split shipment, separated into two equal parts, permitted expedited



deliveries while respecting storage requirements for medical materials requiring refrigeration. An evening delivery to Camp As Sayliyah started the distribution process Nov. 4. Without delay, USAMMC-SWA personnel repackaged the vaccines for various military installations.

The first flight carrying H1N1 influenza vaccines into CENTCOM war zones departed Qatar Nov. 5.

The second wave of vaccines arrived Nov. 11, and then departed via air lift Nov. 12.

“A lot of contributions made this mission a huge success,” said U.S. Army Maj. Willie Davis, USAMMC-SWA chief of support operations. “Our warehouse staff worked extra hours to carefully separate, count and prepare vaccines. Our transportation section made the right calls and stayed well coordinated.”

“The willingness of the Air Force to accommodate large quantities of the vaccines on their planes exceeded our expectations,” he said. “The vaccines arrived at most CENTCOM medical clinics within 24 hours after leaving our warehouse in Qatar – in some cases, much faster.”

Navy Public Health Center Web site offers flu-related info

BY MC1 (SW) ARTHUR N. DE LA CRUZ

Navy Medicine Support Command Public Affairs

PORTSMOUTH — The Navy and Marine Corps Public Health Center (NMCPHC) in Portsmouth, Va., manages a comprehensive influenza Web site that offers up-to-date guidance about influenza infection.

The site provides situational awareness and responses to the continuously evolving and ongoing information about influenza, as well as guidance for the prevention and control of infection.

The publicly accessible site is geared toward health care and non-healthcare professionals, military members and those eligible for military health benefits.

“The influenza Web site was designed to consolidate all the influenza information, from policy and recommendations to guidelines both on the military and civilian sides of the house,” said Lt. Cmdr. Linda Dunn, a medical corps officer who initiated and maintains the site’s information.

NMCPHC receives guidance, policies and memos from such entities as the Centers for Disease Control and Prevention, the Department of Defense, the Department of Homeland Security and the Department of the Navy.

As NMCPHC receives updates about influenza, Dunn posts and categorizes pertinent information.

“We’re trying to keep the Web site up-to-date with new policies, clinical updates for treatment and other resources about influenza prevention,” said Dunn.

A portion of the site is designed specifically for health-care professionals and non-health care professionals both in and out of the military.

“The majority of the policy and instructions area is for health care professionals like physicians or an independent duty corpsman,” explained Dunn. “But, it’s also for the health care administrator or anyone else who needs to coordinate different influenza prevention and education programs and needs to understand what types of vaccinations and protocols they need to support those programs. Visitors can find guidance on all the different policies and instructions outlining proper protocol for successful programs.”

The site provides information such as who receives immunizations first, when to implement different guidance throughout the year, when to increase surveillance and how to report influenza-related events held at commands and activities.

“Whether you’re a health care professional or a dependant who knows nothing about medical health information, anyone visiting this site can find basic information about influenza and how to prevent its infection,” said Dunn.

Along with a description of signs and symptoms of infection, the site also explains concerns about pregnant women and infection, and specific issues regarding people with special needs.

The site includes a link to Commander, Navy Installations Command which provides information to family members, explained Dunn.

Of special interest is a link that graphically outlines how infections travel.

Dunn explained that some areas were specifically geared toward beneficiaries and other areas toward professionals, but anyone and everyone visiting the site can benefit from the range of information.

“Whenever we find something that’s big news that health care people need to know, we’ll follow up with it and either post that information or add a link as necessary,” said Dunn.

For more information and resources, visit the influenza Web site at www.nehc.med.navy.mil/Diseases_Conditions/influenza_resources.aspx.

THE FLAGSHIP'S LEeward SHOUT

What is your favorite part about Thanksgiving?



SN Benjamin Packer
Navy Station Norfolk

“My favorite part is being part of the family, enjoying a turkey dinner and getting ready for the holidays.”



BMSN Jared Baldwin
Naval Station Norfolk

“My favorite part of Thanksgiving is being with my family and getting away from my command. It’s great stress relief getting to spend time with your family.”



IT3 Derek Smith
JCC

“My favorite part of Thanksgiving is fried turkey and apple pie, nothing beats that.”



SN Alyssa Curiel
Naval Station Norfolk Galley

“My favorite part of Thanksgiving is having family and friends around.”



PSSN Nicholas Smith
PCD Norfolk

“My favorite part of Thanksgiving is getting to spend time with my family, because here in the military you don’t get to spend time with your family that much.”



CSSN Jerica Rodriguez
Naval Station Norfolk Galley

“My favorite part of Thanksgiving is spending time with my family and eating all of the delicious food.”

Photos by SA Brian Auker

Commander Navy Region
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Experts answer H1N1 Influenza questions online

BY SAMANTHA QUIGLEY

Office of the Secretary of Defense Public Affairs

WASHINGTON — Experts did their best to answer questions and allay fears over H1N1 flu and the associated vaccine during a Nov. 10 online town-hall meeting hosted by the Military Health System.

Questions – submitted via a special Web site – included concerns such as whether it's possible to distinguish between seasonal or H1N1 flu based on symptoms. The answer, provided by Army Col. Ted Cieslak, the Defense Department's liaison to the Centers for Disease Control and Prevention, was simple.

"You cannot differentiate seasonal flu from H1N1 based on symptoms," he said. He later emphasized that it's tough to make a claim that one version of the flu is more dangerous than another.

"Dangerous' can be defined in many different ways," Cieslak said. "This particular strain does not appear to produce more severe disease in most people, but it does affect certain subgroups [such as pregnant women and people with some underlying medical conditions] disproportionately."

"Moreover," he continued, "susceptibility to the H1N1 strain is almost universal in persons under 50 years of age, which is not always the case with seasonal flu."

The topic of alcohol-based hand sanitizer versus good old soap and water as a way to keep from preventing the spread of H1N1 was broached, as well. Soap and water wins out, one doctor said, because that method removes and kills organisms.

"Alcohol-based hand gel can and should be used when soap and water are not available," said Navy Capt. Tannis Batsel Stewart, director of Emergency Preparedness and Contingency Support for the Bureau of Medicine and Surgery. "Use enough to fully wet your hands, and rub them together."

Some participants were concerned with the content of the H1N1 vaccine and its safety overall, especially for children.

Navy Lt. Cmdr. Tom Shimabukuro offered assurances that the vaccine is safe, contains no squalene, and was licensed in the same way that seasonal flu vaccines are licensed every year. Squalene, a substance found in some vaccines, has been the subject of some controversy, with opponents to its use claiming a link between the substance and Gulf War Syndrome.

"The H1N1 vaccines were licensed as a strain change to an existing biologic license application with the [Food and Drug Administration]," he said. "There was no fast track or waiver provided to the vaccine manufacturers, and the vaccine is not experimental. H1N1 vaccines are licensed flu vaccines, and [people should] expect them to have a safety profile similar to regular flu vaccines."

Shimabukuro is the pandemic influenza vaccine coordinator for the immunization services division of the CDC's National Center for Immunization and Respiratory Diseases.

Army Col. Wayne E. Hachey addressed the effects the



Photo by MC1 Jennifer A. Villalobos

Master Chief Petty Officer of the Navy (MCPON) Rick West receives the H1N1 vaccination at the Pentagon. The vaccination is mandatory for all military personnel.

H1N1 vaccination might have on small children in response to a participant's question about the controversy over childhood vaccinations and links to autism.

Hachey, director of preventive medicine and surveillance in the Military Health Affairs force health protection and readiness division, said no evidence exists that the H1N1 vaccine – in either its injectable or mist forms – poses a threat to the neurodevelopment of children.

The experts also provided guidance on the spacing of vaccinations for the seasonal flu and H1N1, and age restrictions for the mist version of the vaccine.

A person can receive two injectable flu vaccines or one nasal-spray vaccine and one injectable vaccine at the same time, Shimabukuro said. But someone who gets nasal spray vaccines for both strains should separate those vaccines by at least 28 days, he added.

The nasal vaccine is available only to people age 2 to 49, said Air Force Lt. Col. Philip Gould, chief of preventive medicine operations for the Air Force Medical Support Agency. "There are three injectable vaccines," he added, each with different ... age limits: one from 6 months and older, one from 4 years and

older, and one from 18 years and older."

Those over the age of 49 must get the injectable vaccine, he added.

A replay of the town-hall session is available on the Military Health System's Web site. The Military Health System is a worldwide partnership of medical educators and researchers, health-care providers and support personnel, including Defense Department and military officials, combatant command surgeons and Tricare providers.

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

Part Two: Begin healing by first forgiving

BY LCDR CONNIE DORN

CREDO, Norfolk

Last week I covered what forgiveness is NOT, and what wounds qualify for forgiveness. Now for the hard part: how to forgive. It is an intentional process, during which you may not see immediate results. Like a deep cut, the healing at first is invisible. But if you keep doing self-care, at some point there is less to keep clean, and the area around the wound no longer looks inflamed. Right? Remember that as you work on forgiving.

The first step in forgiveness is facing the hurt. It does not matter whether you “should” be hurt or even if the other person meant to hurt you. The question is, do you hurt? Many people have locked their wound so deep inside that it is very frightening to face its reality. The fear is that uncovering it could make things worse. That may be true: cleaning wounds can hurt at first. But it is a healthy pain.

Second, you acknowledge that you hate. That can be as challenging as facing the wound, for we are not supposed to hate. There is a difference between anger and hate. Anger wants the behavior to stop. Hate not only wants the action to stop, it wants the perpetrator to hurt. There are two types of hatred: passive and active. Passive hatred shows itself by your reaction if you hear that something good happened to the one who hurt you. Do you feel betrayed by life? Is the only way you could pray for them is to pray that God strike them? If you are answering “yes”, then that is passive hatred. Active hatred does things to hurt the other, like the woman who accidentally ran over her ex-husband five times in the store parking lot. Active hatred turns you into something you would have never believed possible before the hatred took root. In fighting evil, you become evil.

Third, you decide enough is enough. You decide that the wound is not going to be permanent, with the perpetrator having power over you even if they are dead. A key component has to kick in: you need to accept the fact that there may never be justice. If you are waiting for the perpetrator to apologize, if you want somebody to “make things right”, that may not happen or even be possi-

ble. The question then is, are you going to keep the wound open until you get what you want? If so, you are choosing to make both the wound and the perpetrator immortal.

Having made the decision, you work on the process:

- Committing to not deliberately keeping the wound open by dwelling on it, enlarging it, letting it become a main focus in your life. This may require the help of a counselor, if the wound has become part of your self-identity. There are many perks to keeping the wound open, for we can blame it for all of our failings and imperfections. Are you willing to let that perk go?

- Looking at the incident and the perpetrator with new eyes. See them in their messed up humanity. This is not excusing them, just crediting them with

being human. More understanding of the dynamics of what happened can make it easier to get a grip on it, for you can see cause and effect. In that seeing, you can get perspective.

- You forgive slowly, a little at a time, with anger left over. You will never look back on what happened and smile, but the poison of hatred won't be there. You may even be able to turn the hurt into some good, by having understanding and empathy for those going through similar experiences.

At some point, you will get a surprise. You'll hear about the person or encounter them, and not react like you used to do. Forgiveness and healing happened! You may not know when the last of the wound went away, and a scar may still be there, but the change within is real. Congratulations!

Navy Chaplains graduate from NSCS in Fort Jackson

COLUMBIA, S.C. — The Naval Chaplaincy School and Center (NCSC), part of the newly established Armed Forces Chaplaincy Center (AFCC), graduated 29 chaplains and chaplain candidates Nov. 6 during a ceremony at Fort Jackson in Columbia, S.C.

To reflect the training of Navy Chaplains and Religious Program Specialist (RP) in the same location, the Naval Chaplains School became the Naval Chaplaincy School and Center.

“I'm totally excited about this crop of chaplains going to the fleet,” said Capt. Michael W. Langston, NCSC's commanding officer. “They come with a variety of ministry experience. They're excited about the opportunity to minister to the fleet. More than anything else they're mature and they're bright, they have a servant's heart, and want to go out and take care of the needs of our men and women in uniform.”

NCSC, the U.S. Army Chaplain Center and School (USACHCS), and the U.S. Air Force Chaplain Service Institute (AFCSI) are collocated in Fort Jackson to form the AFCC. It is the aim of the AFCC to foster closer cooperation among the chaplain corps

and make use of shared instruction and training.

More than 200 guests attended the ceremony. Among the guests were Col. Steven Keith, commandant of AFCSI, Col. And Chet Lanious, USA-CHCS' Director of the Center for World Religions. Also attending were officials from the various faith groups that endorsed the graduating chaplains, and friends and family members of the new chaplains.

The graduates began their journey in August in Newport, RI at the Officers Development School for five weeks of naval indoctrination. In late September they arrived in Fort Jackson for the Basic Chaplain Course. During their seven weeks of training, the chaplains were introduced to the schools newly developed curriculum, learning quickly how to adapt their civilian ministry skills to the military culture by receiving first-hand knowledge from veteran chaplains who have served in combat.

Like the chaplains before them who were taught in Newport, the chaplains graduating from NCSC in Fort Jackson will continue to serve the spiritual needs of those serving in the fleet through-out the world.

Marines, Sailors visit young, old in Brooklyn

BY LANCE CPL.
BRIAN M. WOODRUFF
26th MEU Public Affairs Office

There are the young and there are the old. Children are full of curiosity and energy while older generations tend to move a bit slower and have learned most of their life lessons. There are vast differences between them.

Marines from Special Purpose Marine Air Ground Task Force 26 and Sailors from USS New York got a chance to interact with both groups when they visited the child development center on Fort Hamilton and the Brooklyn Veteran Affairs Medical Facility here Nov. 4, 2009.

At the child development center, the service members and children got a chance to color in a coloring book, play with Mr. Potato Head and draw pictures of every kind of dinosaur imaginable.

The kids swarmed the Marines, making sure they knew what their favorite toys were and what they wanted to be when they grew up.

"The kids love having visitors, especially when they're men and women in uniform," said Irene Metzler, the Child Development Director. "This kind of thing doesn't happen enough and with the way they reacted, I'm sure they'd love to have them back," she added.

After the visit with the exuber-



Photos by Lance Cpl. Brian M. Woodruff

Petty Officer 1st Class Lisa C. Ceron, a Special Purpose Marine Air Ground Task Force 26 corpsman, spends time with veterans at the Brooklyn Veterans Affairs Medical Center Nov. 4.

ant children, the Marines and sailors left to visit those on the other end of the age spectrum.

Veterans smiled as the men and women made their way around the VA medical center, greeting

veterans and stopping to listen to their stories. Veterans recounted tales of when they were in the service in places like Korea, Vietnam, and Germany.

Carlos Medina, a former Corpo-

ral with the US Army, served two years in Germany and was glad to take time during his hemodialysis treatment to share his stories and visit with a few Marines. He said his treatment was boring and that having the devil dogs there really cheered him up.

"We like getting visits, especially from people who can relate with us, plus it really boosts our morale," he said.

Although the veterans were happy to have visitors, the Marines and sailors were just as affected.

Petty Officer 1st Class Lisa C. Ceron, a hospital corpsman with SPMAGTF-26, said she can't help but get emotional hearing all the stories and knowing what a rough life some of the veterans have lead.

"Even though they're in good spirits and happy to see us, you can tell what some of them have gone through," she said. "It's defi-

nitely a bittersweet experience."

Cpl. Tony Fortunato, an Osprey Crew Chief with the SPMAGTF-26, said coming to see the veterans was incredibly rewarding.

"Coming here makes doing what we do a whole lot easier," he said. "They served their country and protected us, now we have the chance to do the same thing for them."

At the end of the day, the Marines and sailors thanked their tour guide, Suzanne M. Conning, a Department of Defense Coordinator for the center. She said this is the happiest she has seen the veterans in a while, and wished the service member's could have seen the entire facility.

"It was really a privilege to be able to escort them around," she said. "It's very clear they were happy to be here and the way everyone's faces lit up whenever they entered a room was amazing."

Lt. Cmdr. Timothy B. Powell, a Special Purpose Marine Air Ground Task Force 26 chaplain, spends time with veterans at the Brooklyn Veterans Affairs Medical Center Nov. 4. Sailors and Marines from the USS New York took time with the veterans listening to stories of their time in the service. SPMAGTF-26 was formed by North Carolina Marines from several units to support the commissioning of USS New York Nov. 7.



New Beginning: Army Officer works toward walking again

STORY AND PHOTOS BY HEATHER GRAHAM

Special to American Forces Press Service

SAN ANTONIO — Five months ago, Army Lt. Col. Tim Karcher was in Sadr City, Iraq, commanding the 1st Cavalry Division's 2nd Battalion, 5th Cavalry Regiment, 1st Brigade Combat Team, and preparing to complete the hand-off of the volatile region to the Iraqis.

Today, he is relearning how to walk.

On June 28, Karcher was on his way to a ceremony to hand over control of a joint security station in Sadr City to Iraq, when a powerful roadside bomb designed to pierce armor ripped through the mine-resistant, ambush protected vehicle in which he was riding. Karcher lost both legs above the knees.

It was Karcher's third deployment. He was shot in his left shoulder in January 2006 during his second deployment, but recovered quickly and returned to his unit in Iraq six months later. This time, things were different.

Karcher was transferred from the U.S. Army Regional Medical Center in Landstuhl, Germany, to Walter Reed Army Medical Center in Washington, D.C., on July 5. There, complications arose. Amputation of both legs above the knees was not the most serious of his injuries.

"Four weeks after getting to Walter Reed, they stopped talking about his legs," his wife, Alesia, said.

Karcher lost 120 pounds, dropping from his original weight of 225 to 105 pounds. Massive blood loss and the blast trauma affected his internal organs. He was nauseated and had difficulty eating. His kidney function was so poor he was on dialysis. One medication caused him to go blind for a day, which he later said was the only part of this journey that scared him.

But things slowly improved, and Karcher arrived at Brooke Army Medical Center here Aug. 19. He now stays at the Fisher House on the medical center's campus and receives therapy at the Center for the Intrepid, an outpatient rehabilitation institute for wounded warriors.

Now, the whole challenge is physical, Karcher said, adding that he is in the best place to overcome his physical challenges.

"This is the single most capable place on Earth to get us better," he said.

Family Support:

Steadfast in their love and support, Karcher's wife and their three daughters – Anna, 14, Audrey, 13, and Abbey, 8 – have been with him every step of the way. Audrey has taken on the role of Karcher's caregiver during the time he stays at the family home near Killeen.

Karcher said he was concerned his teenage daughters would worry about the image of a father with no legs. But his concern was unfounded, he added, as all three daughters treat him the same as ever.

The family took a trip to San Diego recently for the Challenged Athletes Foundation's Triathlon Challenge. There, Karcher saw his daughters helping some of the athletes and saw their desire to help others. They also saw the possibilities of people who cannot walk or see.



Army Lt. Col. Tim Karcher and his wife, Alesia, leave a physical therapy session at the Center for the Intrepid in San Antonio.

Karcher attends soccer games, cross-country meets and has had lunch at his daughters' school since the injury. To his family, he is the same upbeat man who loves a challenge. "He is very much the same," Alesia said.

The family describes the support they've received from Fort Hood, the 1st Cavalry Division, the girls' schools and their church as "overwhelming."

"It makes you proud to be an Army family," said Alesia, who temporarily has stopped working as a home health-care physical therapist to focus on her family. "It definitely does not have to be the end of the world. It could always be worse."

She looks forward to their "new normal," she added. "I'm not afraid of it," she said. "I think our life will be different, but not in a bad way."

Her biggest challenge, she said, has been time management to ensure her husband's and their daughters' needs are met. While her husband stays in the Fisher House, Alesia splits her time. She cooks meals and brings them to San Antonio. She still does his laundry.

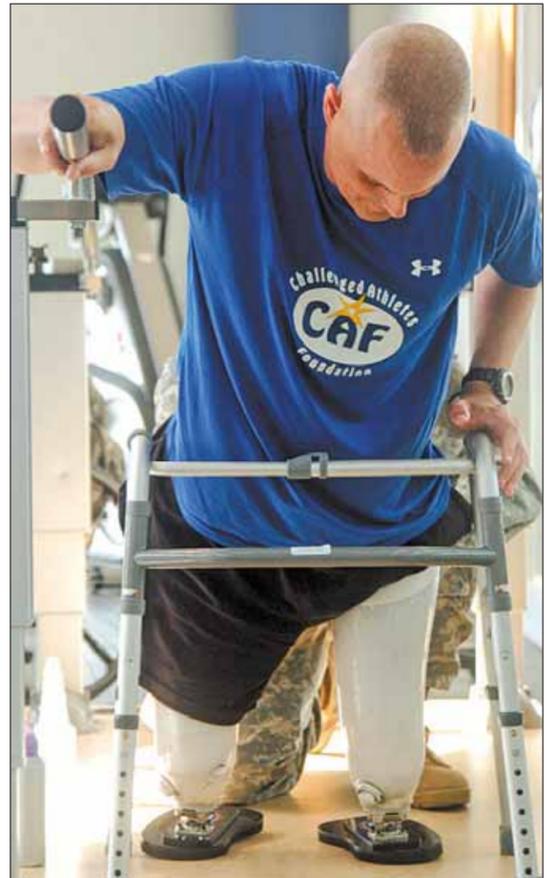
Karcher said he welcomes his opportunities to leave his "cloistered environment" to spend time with his family. "It's awesome to get to church, soccer games and cross-country meets," he said. Alesia agreed. "It makes a huge difference to be able to go home and live in our own world," she said.

Trips home remove Karcher from an environment where everything is handicapped-accessible and catered toward people with injuries such as his. But he said he likes the challenges, and knowing that they can be addressed during sessions at the Center for the Intrepid.

"Being able to go home does as much for me as a week of therapy," Karcher said. "Life continues at home. I fit into it."

Family life also includes plans made before Karcher was injured.

Alesia ran the Army 10-Miler in October that she had



Army Lt. Col. Tim Karcher takes a few steps on the "stubbies" that help him learn to bear weight on his thighs and balance properly at the Center for the Intrepid in San Antonio.

Continued on A7

Continued from page A6

signed up for with a group of Cavalry spouses in April.

Dealing With Reality:

After an injury, e-mails and calls taper off. Friends, families and comrades get back to their everyday lives, said Army Maj. Stuart Campbell, officer in charge of physical therapy at the Center for the Intrepid, and some patients can have a letdown when the attention fades.

"There is a protective bubble here," he said. "My job is to return these guys to the highest level possible."

Campbell knows Karcher as "Hercules." Everyone at the center gets a nickname from Campbell. "I'm bad with names," he explained with a smile.

Campbell said he also gives the nicknames to encourage the feeling of being in a military unit, and the bonding that comes with that. Good-natured ribbing and joking are frequent as Campbell works to recreate the unit environment from which they have been removed.

"When you come here, you would think you are in an infantry unit," he said, noting that for these wounded warriors, the strongest piece of their rehabilitation is the peer support.

"That's as powerful as anything," Campbell said. "They motivate each other."

Amputees such as Karcher have to retrain their hip strategy and learn to balance using their hips, gluteus and core, Campbell said.

Karcher will always have to think to walk.

"A lot of this is mental," he said.

At this point, Karcher stands on "stubbies" and still is working on his balance. He is getting his legs and muscles accustomed to bearing weight and fitting in sockets. As he progresses, he will get longer prosthetics and, eventually, knees.

"You work out muscle groups you didn't know you have," Karcher said. "It's a new challenge." He took his first steps Nov. 3, traveling about 20 feet on stubbies.

Karcher said he expects to be here for at least a year or 18 months. He is progressing well, but wants to accomplish more, he said. He is not sure how much more, he added, but walking is a definite goal.

He uses humor and willpower to embrace his new life. "It's your choice of how you choose to handle it," he said.

The New Normal:

At the Center for the Intrepid, amputees work out in often unorthodox ways to strengthen their bodies and stop boredom. A modified rock wall, a wave pool and creative exercises throw some diversity in to break up the monotony of physical therapy.

The wounded warriors have devised a hierarchy of injuries. There are jokes and laughs, and many of them come from Campbell.

"The last thing we want is sympathy," Karcher said.

He doesn't want people tiptoeing around him.

"People stare, they point," Campbell said. "We make fun of them [and] treat them like they're in a normal unit."

Good-natured teasing can be motivating as well as bonding.

"From the outside, it can look odd," Campbell admitted.

Karcher said he finds it motivating to see those with injuries similar to his who are farther along. "Morale here is great," he said. "Everybody wants to get better. You just need to use good judgment on where you are."

Every case is different. While some are happy to sit back and just let things happen, others work harder to

reach their goals. Seeing buddies get better is motivating for everyone, Karcher said.

"There's a total atmosphere here of seeing everybody excel, everybody getting back to where they want to be," he said. "The only thing that limits us is ourselves."

In addition to the young soldiers he sees daily, a special child has been an inspiration to the battalion commander. Karcher met 8-year-old Cody McCasland on Sept. 17. Cody also is a bilateral transfemoral amputee. Born without knees and missing several bones in both legs, he lost his legs as an infant. But don't tell Cody he is any different.

"That kid is a ball of fire," Karcher said. "He is just an awesome kid."

Cody offered to show Karcher how to use his new legs when he gets them. Through Cody, he said, he saw that the loss of legs does



Army Lt. Col. Tim Karcher lost both of his legs above the knees when a powerful roadside bomb ripped through his vehicle June 28, in Sadr City, Iraq

not mean the loss of a normal life.

"You realize he's as normal as any kid," he said. "You see a little kid doing [what Cody does], and you've got to stop feeling sorry for yourself."

Moving Forward:

Karcher is quick to laugh and sees no sense in having

a pity party about his injury. "It's a waste of your time," he said. "It's not going to change anything."

He said he knows his injury will limit him in some ways, but that the Center for the Intrepid staff is around to help the wounded figure out ways to do the things they want to do.

"There shouldn't be things we can't do," he said. For example, he said, he wants to stand more than six feet tall again – because he doesn't want to have to buy new pants.

Amputees can change their height, Campbell said, but they want to be careful not to become unbalanced. "Body image is a big deal for a lot of these guys," Campbell said. Expectations are different for each person, but the wounded warriors all seem to have some in common. "Walking is an expectation. Sports are an expectation," he said.

Life Goes On:

Karcher said he expects to continue his journey with humor and with his family by his side. And throughout his recovery, the soldiers of his regiment have been consistently on his mind and in his heart.

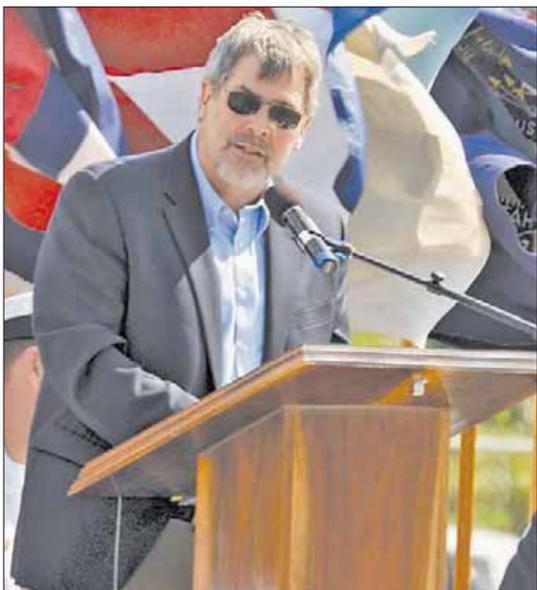
He keeps in contact with his Black Knight soldiers via e-mails, and many have visited him. Karcher said he always wants to know how his battle buddies are doing, and the fact that they are still in harm's way is never far from his mind.

"It feels rotten," he said. Meanwhile, as his soldiers are completing their mission in Iraq, Karcher is focused on his mission at home: recovering. And one of his biggest goals is to be standing on Cooper Field at Fort Hood to welcome home his troops.

"I'm just wondering what is next," he said. "Right now, I am focusing on the here and now."

He wants to stay in the Army.

"I am hoping to stay in," he said. "I've been in 20 years, and this is the only thing I want to do."



MCC (EXW/NAC) Robert J. Fluegel

Captain Richard Philipps, former commanding officer of Maersk Alabama, addresses the crowd, and pays a debt of gratitude to Navy SEALs, during the ceremony.



Photo by MCC (EXW/NAC) Robert J. Fluegel

U.S. Navy SEALs conduct a Special Patrol Insertion/Extraction from a MH-60S Sea Hawk helicopter during a capabilities demonstration as part of the 2009 Veterans Day Ceremony and 24th annual muster at the National Navy UDT-SEAL Museum in Fort Pierce, Florida. This event is held annually at the museum, which is located at the original training grounds of the Scouts and Raiders.

National Navy UDT-SEAL Museum '09 Veterans Day ceremony, Muster XXIV

BY MC2 JOSEPH M. CLARK
Naval Special Warfare Group 2 Public Affairs

FORT PIERCE, Fla. — The National Navy UDT-SEAL Museum hosted its annual Veterans Day ceremony and Muster XXIV Nov. 7 - 8 at Fort Pierce, Fla.

The two-day event, which the museum began hosting in 1985, consisted of several events open to the public; including a 5K race, a live auction, an official Veteran's Day ceremony, and a live capabilities demonstration performed by East Coast-based Navy SEALs.

The event continues to grow each year and brings in guests from throughout the world, according to Ruth McSween, the museum curator.

"The Muster is a great way to get both the Frogmen and the public together to honor the legacy of Naval Special Warfare," McSween said. "The Museum is located on the original training ground of the Navy's Scouts and Raiders. I can't think of a more appropriate location to bring the men of Naval Special Warfare together as this is their birthplace. It is great to witness SEALs revisit such an important place in their history."

The Veteran's Day ceremony, held on Saturday, included several honored guests including Adm. Eric Olson, Commander, U.S. Special Operations Command, and guest speaker Capt. Richard Philipps, former captain of the Maersk Alabama, who was held captive by pirates off the coast of Somalia before being rescued by SEAL snipers last spring.

Retired SEAL Capt. Michael R. Howard, executive director of the museum, began the ceremony by recognizing Frogmen in attendance from every era of Naval Special Warfare, beginning with the World War II Scouts and Raiders to the present-day SEALs.

"I am honored to stand here today in the midst of the true heroes of Naval Special Warfare," Philipps said. "Without their training and dedication, I can honestly say that I would not be standing here today."

The life raft, from which Capt. Philipps was rescued, was also on display at the Museum for public viewing throughout the day.

The ceremony was concluded on Saturday by a live capabilities demonstration by East Coast based Navy SEALs, which showcased the specialized training and

ability by Naval Special Warfare Operators to complete any task at any time.

Attendees were on the edge of their seats as the SEALs demonstrated a fast rope insertion, and a Special Insertion and Extraction maneuver, in which the operators quickly attached themselves to a rope suspended by a hovering helicopter.

"It's a real privilege to demonstrate our capabilities for such an important event," said a participating East Coast-based SEAL. "We are honoring the Genesis of the SEAL/UDT community."

On Sunday, members of Naval Special Warfare and their family members gathered at the coastline, merely steps from the museum, to honor 52 Navy Frogmen, both active-duty and retired, who have passed since last year.

Retired Chaplain, Capt. Robert Bedingfield, who currently serves as the museum's chaplain, said the muster continues to be one of the most important events of his career.

"This is truly a communal event and unique to Naval Special Warfare," Bedingfield said.

As the sun began to crest the sea, traditional bagpipes broke the somber silence and the memorial commenced. The chaplain completed a final role call for all 52 Frogmen who had fallen, and a detail of SEAL swimmers fittingly delivered the ashes of ten of the fallen to their final resting place in accordance with their wishes.

"This ceremony demonstrates the lasting fraternity of this community," said retired SEAL, Capt. David R. Kohler, a member of the museum's board of directors. "We are a unique community and it is fitting that we return our fallen to our birthplace."

Following the Muster, the Museum board of directors hosted a ground-breaking ceremony for a new UDT-SEAL memorial that is to be built on the grounds of the museum and will feature the names of all of the men of Naval Special Warfare who have died in combat and training exercises.

"Our time spent in the teams will, no matter how long, will last forever," Kohler said. "We demonstrate this appropriately by recognizing the sacrifices of our fallen."



Photo by MC2 (EXW/PJ) Joseph M. Clark

U.S. Navy SEALs react to enemy contact during a capabilities demonstration as part of the 2009 Veteran's Day Ceremony and Muster XXIV at the National Navy UDT-SEAL Museum in Fort Pierce, Fla.

Force Command Master Chief Timothy R. Zimmerman and Dave Godshall, a former SEAL, break ground for a new exhibit at the National Navy UDT-SEAL Museum during the museum's 2009 Veterans Day Ceremony and 24th annual muster.



Photo by MCC (EXW/NAC) Robert J. Fluegel



Photo by MCC (EXW/NAC) Robert J. Fluegel

Captain Robert Bedingfield (retired) speaks to the family members of fallen SEAL and UDT members during a burial-at-sea ceremony off the coast of Fort Pierce, Fla.

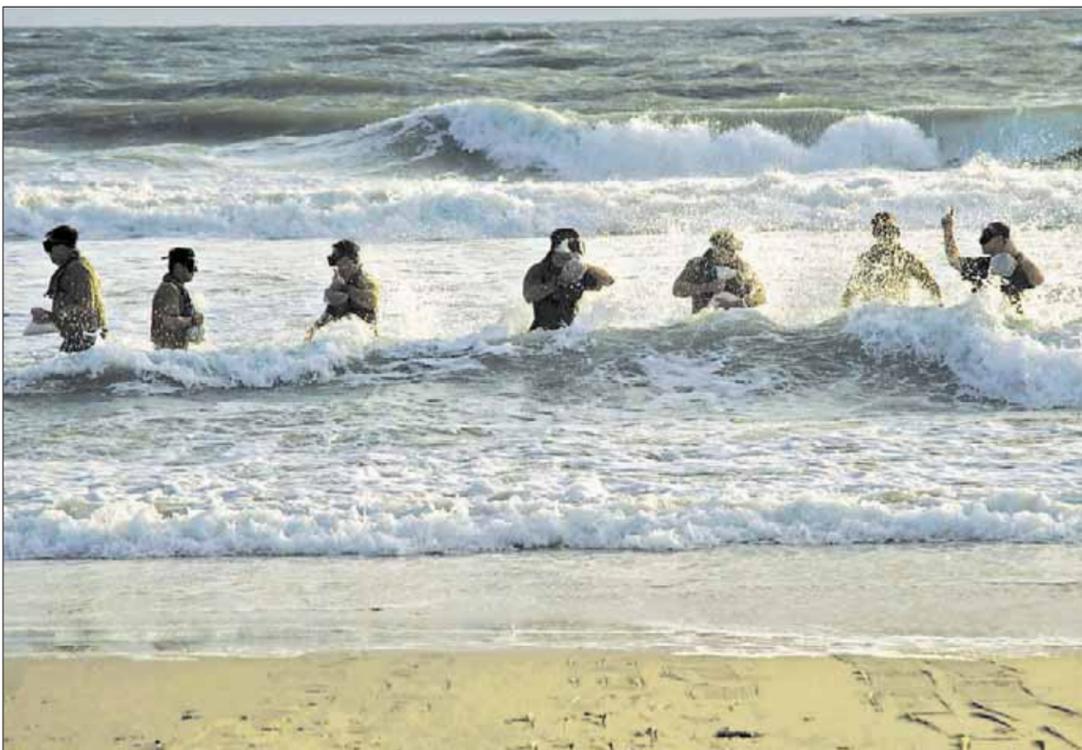


Photo by MC2 (EXW/PJ) Joseph M. Clark



Photo by MCC (EXW/NAC) Robert J. Fluegel

Above left: U.S. Navy SEALs swim the remains of former frogmen to their final resting place during a burial at sea ceremony off the coast of Fort Pierce, Fla. during the National Navy UDT-SEAL Museum's 2009 Veterans Day Ceremony and 24th annual muster. This unique ceremony is steeped in tradition and honors all UDT and SEAL operators who have passed. Above right: A family holds their folded American flag in honor and as U.S. Navy SEALs swim the remains of former frogmen to their final resting place.

Seabee dental officer takes 13th in Marine Corps Marathon

PRESS RELEASE

NMCB 74 Public Affairs Staff

October 25, Camp Leatherneck hosted its inaugural Afghanistan Marine Corps Marathon (MCM). The 26.2 mile race was a satellite to the 134th annual Marine Corps Marathon held in Washington, D.C.

Two Seabees from Naval Mobile Construction Battalion (NMCB) 74, Lt. Paul Gundy, native of Hattiesburg, Mississippi, NMCB-74's Dental Officer and Intelligence Specialist 2nd Class Ian Shaw, native of Sutton, Massachusetts, participated in the marathon. Ens. Kyle Lenahan, native of Kailua, Hawaii, assigned to the 30th Construction Regiment, joined Gundy and Shaw in the race. Thirteen Sailors participated in the event, along with U.S. and Coalition forces, and civilian contractors assigned to Camp Leatherneck.

The coordinator of the marathon, Marine Maj. Lauren "Eddie" Edwards, Engineer Officer assigned to Combat Logistics Regiment 2, said she came up with the idea for running the marathon in Afghanistan before she deployed, knowing she would be overseas during the MCM.

"I contacted the Marine Corps Marathon Office, because I knew it has been done several times in Iraq, to ask them if anyone was



Photos by MC2 Michael Lindsey

Lt. Paul Gundy, native of Hattiesburg, Miss., a Dental Officer assigned to Naval Mobile Construction Battalion (NMCB) 74, crosses the finish line of the first Marine Corps Marathon (MCM) held in Afghanistan. The marathon is a satellite race to the 34th annual MCM held in Washington D.C. Gundy finished first of the 12 Navy participants and 13th overall.

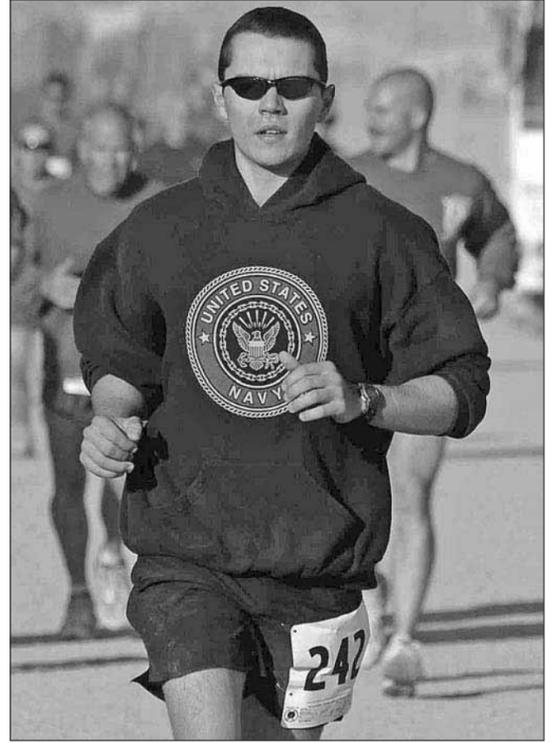
planning one out here. They said no, so I approached General Nicholson, Commanding General of Camp Leatherneck, whom was very open to the idea and gave full support," said Eddie. "It's the one time of the year where Marines from around the globe can get together and train and be in that warrior's spirit. Some people do it to commemorate events in their lives or remember fallen comrades. For us out

here, it's about camaraderie and it also gives people a goal to focus on outside of work."

NMCB 74's own Lt. Gundy crossed the finish line first out of the 13 Sailors, with a time of three hours, 28 minutes and 52 seconds, and 13th of the 255 participants who finished. Gundy cited a number of reasons that motivated him during the race.

"A marathon is one of those challenges in life that not everyone has the opportunity, desire, and

discipline to be able to finish. Even fewer people can say that they have completed a marathon in Afghanistan. I just couldn't pass it up, and I wanted to take on this challenge with my shipmate, IS2 Shaw. Finally, it was a way for me to celebrate and honor my daughter's fourth birthday from the other side of the world," said Gundy. "I honestly couldn't believe that I was able to finish under 3:30 [Three hours and 30 minutes]. I was exhausted, but so proud of the



Petty Officer 2nd Class Ian Shaw, native of Sutton, Mass., assigned to Naval Mobile Construction Battalion (NMCB) 74, competes in the first ever Marine Corps Marathon (MCM) held in Afghanistan. Shaw was one of the 245 participants to finish the 26.2 mile race, which started and ended on Camp Leatherneck, Afghanistan.

accomplishment and that I was able to represent the Navy and NMCB 74. It was a great race - one that I will never forget."

Eddie said she that she had the help of over 70 volunteers. They gave up what little free time they had to plan, organize and execute the event while performing their main duties while on deployment.

"Having run the actual Marine Corps Marathon last year in DC, the volun-

teers did the exact same things, from the Harrier flyover, to the water and Gatorade stations, even the people who showed up for to cheer and show their support," said Lenahan.

Every participant who crossed the finish line received a T-shirt and a medal to display around their necks. The prizes will most assuredly serve as a proud reminder and symbol of their monumental accomplishment.

Quitters Wanted: *How Sewells Point Clinic is meeting the Fleet's tobacco cessation needs*

BY PEG SMITH

Branch Medical Clinic Sewells Point

NORFOLK — It's hard to quit smoking. It's even harder for a smoker to meet the program requirements of a Tobacco Cessation Program when it stretches over the course of a month.

Several years ago, the Health Promotions staff at Sewells Point Clinic at Norfolk Naval Station realized that beneficiaries could not complete the existing four-week Tobacco Cessation Program due to time constraints. For six months, they evaluated the program focusing on patient program comprehension and outcomes and barriers to program completion.

They discovered four things in the program that hindered smokers from completing the program and becoming successful ex-smokers: Participants had to attend four classes to complete the program, tobacco cessation medications could not be prescribed until the member has attended the second class, there was a shortage of Tobacco Cessation-certified providers which limited access to tobacco cessation medications, and tobacco cessation medications had to be obtained through Primary Care Provider appointments.

Any one of those barriers might be enough to keep a Sailor from committing to the program, and the clinic recognized that effective tobacco cessation programs must balance mission requirements with an individual's desire to become tobacco free. Prevention of tobacco-related morbidity and mortality creates a healthier fighting force. Improvements to meet Sailors' needs were in order.

Now that the clinic had identified system barriers, staff could focus on problem solving and

The annual Great American Smokeout is Nov. 19, which marks the one-year anniversary that Naval Medical Center Portsmouth has been tobacco free. To celebrate, Ciggy, the medical center's Tobacco Cessation Program mascot, will rove the hallways to bring cheer and "quit kits" to all who quit for the day. Smokers at NMCP will also be eligible for the "Cold Turkey" raffle where two turkeys will be given to smokers who sign up and promise to quit for at least the day. Non-smokers can "adopt a smoker" on the Smokeout to offer encouragement to their colleagues who are trying to quit their tobacco habit. Beneficiaries who wish to quit for life and enroll in a Tobacco Cessation program may call the Hampton Roads Appointment Center at 1-866-645-4584.

creative solutions. For example, Health Promotions got all primary care providers credentialed to write prescriptions for tobacco cessation medications by providing tobacco cessation provider training. Collaboration with fleet medical specialists like surface medicine providers provided better understanding of job-specific medication restrictions.

These collaborative efforts led to the creation of the Tobacco Cessation Workshop and the Tobacco Cessation Medication Clinic in 2007. The four-week program was discontinued several months after the workshop was implemented, and success-



Courtesy photo

ful program completion rates soared from 65 to 100 percent.

The workshop, now entering its third year, is a four-hour program and meets all of the required components of the clinic's previous standard four-week program. It includes education on tobacco-related conditions and diseases, addiction, quitting, relapse, stress management, nutrition, oral hygiene, prevention and tobacco cessation medications.

During the medication clinic appointment, the provider screens for mental health concerns, reviews blood pressure, verifies quit status, assesses for health status changes and addresses any patient questions or concerns.

The success of the revamped and condensed program contin-

ues to be remarkable, meeting the needs of 100 percent of its participants. So far, tobacco cessation education and counseling has been provided for more than 750 beneficiaries.

"After 25 years of chewing smokeless tobacco, I quit chewing Sept. 2, 2008," said Lt. Loyal "JR" Kamm, Personnel Support Officer at Joint Transformation Command in Norfolk. "I had tried everything – from the 'patch' to other herbal drugs to hypnosis. Nothing worked until Chantix" and the Tobacco Cessation Workshop, he added.

The Tobacco Cessation Medication Clinic appointment availability has had additional accomplishments: increased tobacco cessation medications awareness, fostered Fleet command continuity of care,

increased Primary Care appointment availability, identified specialty service medical representatives, provided continued tobacco cessation support, and removed barriers that prevented program completion.

Participants quit tobacco products safely as the clinic combines encouragement of tobacco cessation with awareness of medication restrictions on the job. Increasing access to tobacco cessation education programs and medication will continue to decrease tobacco-related health care costs in the future. Development of similar tobacco cessation programs will significantly empower beneficiaries to achieve personal goals of becoming tobacco free.

Editor's note: Deborah Kallgren contributed to this article.

ANNIVERSARY: Celebrating the 50th anniversary of the Joint Typhoon Warning Center

Continued from page A1

Center ensures that today's military forces in the Pacific will never again experience a disaster like Typhoon Cobra. Callahan said the center, which is composed of a mix of Navy, Air Force and civilian meteorologists and analysts, provides tropical cyclone guidance, advisories and warnings to U.S. military and government assets throughout the Pacific region.

The center's actual forecasting responsibilities are in the western Pacific and Indian oceans. Callahan explained that the civilian National Hurricane Center and Central Pacific Hurricane Center share tropical cyclone forecasting responsibilities for the Atlantic and the Pacific region east of the International Dateline.

"We actually only do the forecasting west of the date line," Callahan noted, "but

our area includes both the northern and southern hemispheres." Since the seasons are reversed in the southern hemisphere, that means the center is kept busy throughout the year.

"So it's a year-round job here, and with both hemispheres in the Pacific and Indian Ocean, we actually cover about 89 percent of the world's tropical cyclones," Callahan said. He explained that JTWC provides forecasts to military bases and ships, U.S. embassies, and U.S. territories such as Guam that fall under their area of responsibility.

"Our main products are the storm track, the horizontal extent of the winds and the intensity of the systems," Callahan said. "These forecasts are very complex, so we use very large numerical models that are run on super computers. We actually have a large suite of these computer models. Some are

run here at Joint Typhoon Warning Center, but most are run elsewhere.

"For instance," he continued, "the Navy has some models that are being run at the Fleet Numerical Meteorology and Oceanography Center. The National Center for Environmental Prediction, which is [the National Oceanic and Atmospheric Administration's] computing center, runs some of these models. The Air Force Weather Agency runs a model for us."

He added that the center also uses computer models operated by Japan, Australia, the United Kingdom, and the European Center for Medium Range Weather Forecasts.

Callahan noted that the models all have their strengths and weaknesses. Some are global in scope, depicting the atmosphere over the entire Earth, and some are regional, provid-

ing a higher-resolution look. He explained that the larger models are useful for overall atmospheric flow and forecasting a storm's track.

"But we need the smaller regional models to be able to determine the structure of the cyclone, what the winds are, and how the system is actually behaving within the local environment," he added.

"We are getting excited about the Navy's global model called NOGAPS, which is starting to do a new four-dimensional data assimilation," Callahan said. "Instead of just getting a static picture, it's able to identify trends in the data and, hopefully, get a better initialization before the model starts to run.

"We have also just implemented the Navy's regional model, COAMPS," he continued. "It has a specialized tropical cyclone tracker that we're currently evaluating, and the Air Force Weather

Agency is running a regional model called WRF that also is starting to implement a tropical cyclone tracker. So there's a lot of good model development right now, and some other research that we're starting to get excited about."

As for tropical cyclone reconnaissance, Callahan said JTWC monitors storms through a suite of remote sensing technologies set on geostationary and polar-orbiting satellites, along with shore and ship observations and surface radar imagery.

"The No. 1 tool we use is called the scatterometer, and that's able to give us a direction and wind speed of winds at the surface over the ocean," Callahan explained. "It does this through the polarization of microwave energy reflected off the little capillary waves, the tiny one- and two-millimeter waves that are being caused by the wind as it goes over

the surface of the ocean."

In addition to traditional weather satellites normally used to track storm movement, Callahan described the use of such space-based sensing devices as microwave imagers and sounders, infrared and water vapor imagers, and radar altimeters. All combine to provide an understanding of the shape, structure, size, intensity and movement of the storm.

Callahan noted that the center has a public-facing Web site that offers regular tropical cyclone warnings, text and graphical products, satellite imagery, and significant weather bulletins. He cautioned, however, that JTWC services are primarily for the Defense Department, and while it may be useful to review the products, viewers should consult their local national meteorological agency for products pertinent to their locality.

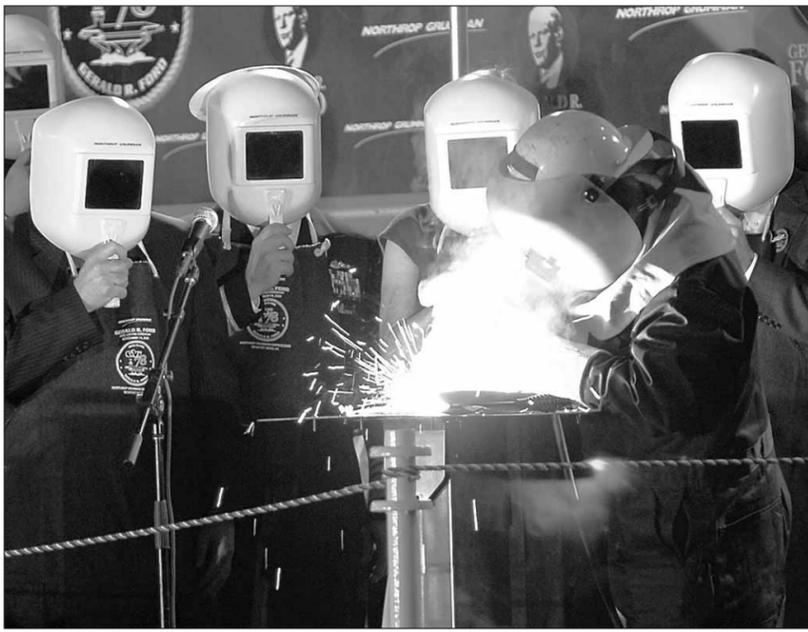


Photo by MC3 (SW) Cory Rose

Robert Bowker, a structural welder with Northrop Grumman Shipbuilding, welds the initials of Susan Ford Bales into the keel of the aircraft carrier Gerald R. Ford (CVN 78) during a keel laying and authentication ceremony.

FORD: Keel-laying ceremony held at Northrop Grumman, Newport News

Continued from page A1

On Jan. 3, 2007 an announcement was made

that CVN-78, the Navy's newest aircraft carrier would be named after Gerald R. Ford, the 38th

President of the United States. The ship is scheduled to enter the U.S. Naval Fleet in 2015.



Photo by MC3 (SW) Cory Rose

Robert Bowker welds the initials of Susan Ford Bales into the keel of the aircraft carrier Gerald R. Ford (CVN 78) during a keel laying and authentication ceremony at Northrop Grumman Shipbuilding in Newport News. Gerald R. Ford is the newest class of aircraft carrier.

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

November 19, 2009

Retired MCPON brings motorcycle riders to VFA-103



STORY AND PHOTO BY
MC2 (AW/SW) JAMICA JOHNSON
NAS Oceana Public Affairs

Strike Fighter Squadron (VFA) 103 Chiefs Mess hosted retired Master Chief Petty Officer of the Navy James L. Herdt and the Alabama Tri-County Wings Chapter of the Gold Wing Road Riders Association, Oct. 28.

Chapter members spend a lot of time on their motorcycles, and they are a patriotic group. Since Herdt is a club member, they accepted the offer for an inside look at the Navy and took to the highway, heading to the Naval Air Station (NAS) Oceana flightline.

"We, as members of the road wing club, travel a lot and the members of my club are extremely patriotic folks, but they don't know much about the Navy, so I asked them if they would like to learn and here we are," said Herdt.

Herdt served in the Navy for 36 years and was the Navy's top enlisted Sailor from March 27, 1998

Retired Master Chief Petty Officer Of the Navy (MCPON) James Herdt and his wife, Sharon, admire the coin presented to them by Strike Fighter Squadron (VFA) 103 Command Master Chief (AW/SW) Anthony Adams during the former MCPON's visit to the "Jolly Rogers" Oct. 29. The Herdts brought members of the Alabama Tri-County Wings Chapter of the Gold Wing Road Riders Association to visit the squadron at NAS Oceana.

See HERDT B11

Tidewater makes Special Olympics a success

BY HOLLY CLAYTOR

Public Relations Director, Special Olympics Virginia

A throng of cheering fans. Hundreds of military and civilian dedicated volunteers. 900 athletes. 70-degree weather. You couldn't have asked for a more perfect weekend for the 2009 Special Olympics Virginia Fall Championships, held Nov. 7-8 in Virginia Beach. Athletes from across the Commonwealth spent the weekend going for the gold in six sports – bowling, soccer, golf, bocce, roller skating and volleyball.

The Championships were attended by some of the greatest athletes, athletes like Melanie Norris, a bowler from Virginia Beach, who took home two bronze medals during the 2007 Special Olympics World Winter Games in Shanghai, China.

But athletes did not have win a medal to be great at these games, their stories make them heroes without ever having competed. Like Stefanie Ward, a 4' 11 volleyball player also from Virginia Beach who can dead lift 185 pounds and Suffolk golfer Tim Zielinski, who spends his days



Virginia Beach hosted 900 athletes for the Special Olympics Virginia Fall Championship, Nov. 7-8.

working at his family's Laundromat. His father and mother purchased the laundromat shortly after Tim graduated high school so he would have a place to work and now Tim works every day pressing clothing and cleaning the building.

The people at Special Olympics Virginia would like to thank the Tidewater community for spending the weekend volunteering and cheering on athletes like Melanie, Stefanie and Tim, and for helping further the mission of Special

Olympics Virginia: to open the hearts and minds of the community to the value of people with intellectual disabilities. When people spend time with our athletes they may be inspired to see things in a new light and assign values differently.

The Special Olympics is a unique experience. You can change, not just those that you came to serve. It happened at a recent Special Olympics golf event where a volunteer said of one of the Special Olympics golfers: "What a pleasure it is just to be with such a positive young woman. I learned a few things about attitude from her."

If you are puzzled over the magic of Special Olympics, it may be because you have not experienced it yourself. When you do, you can see why Special Olympics so predictably and broadly changes attitudes and lives. Special Olympics can create an atmosphere of acceptance and inclusion.

Come join us. It might be an appropriate signature for a life well spent. Visit www.specialolympicsva.org or call 800-932-GOLD to find out more about the opportunities in your area.



Leaving on a jet plane

What a person should know about taking a space available flight

BY SA BRIAN AUKER

Flagship Writer

Most service members receive training in the basic benefits of being in the military, but there are many things that are never taught. This series will help you learn some things about benefits you never knew you had and help you with some problems you might encounter.

Space-Available, or "Space-A," flights.

To put it simply, space-available

See SPACE-A B10

Sailors make special delivery to VA Hospital

BY CATHY HEIMER

Jet Observer

Two government vans filled with uniformed Sailors from NAS Oceana made a special delivery to the Veterans Administration (VA) Hospital in Hampton, in an effort to brighten the day for veterans at the facility. Fifteen Sailors spent the morning delivering more than 600 paperback books and 100 board games for use by nearly 300 veterans who are undergoing rehabilitation or residing in the long term care facility.

The idea to donate to the VA Hospital originally came from Oceana Command Security Manager Crystal Forehand, who also attends services at the Oceana Chapel of the Good Shepherd.

"We do a lot in terms of mentoring children in local schools. We do a lot to 'adopt a Sailor' during the holidays. But I thought this was a way to connect to our vets who have paid the price, and who are often forgotten. This is a way not to forget them, especially on Veterans Day," said Forehand, who also helped distribute the donations on Monday at the hospital.

For nearly three months, the Oceana chapel has been collecting and sorting books and games donated by their congregation. Although the chapel staff is gearing up for a very busy holiday season, Lt. Mike Monroig, Oceana chaplain, also said it's important to make time to remember the veterans.

Monroig said it wasn't difficult for the chapel



As he hands out books in the VA Hospital's Community Living Center, AO2 (AW) Linzell Washington shares military experiences with veteran Ed Davis. Washington, from the Navy Munitions Command, Detachment Oceana, was one of 15 Oceana Sailors who distributed more than 600 books and 100 boards games collected by the Oceana Chapel of the Good Shepherd.

to get volunteers to deliver the donations. He said they received an overwhelming response from commands across Oceana when they sent an e-mail request for volunteers.

Many of those volunteers came from the Navy Munitions Command, Detachment Oceana. It's not the first time Sailors from the command have volunteered as a group in the community. In February, Aviation Ordnanceman (AO)

2nd Class (AW) Linzell Walker organized command volunteers to assist with National Project Homeless Connect in downtown Norfolk.

As he distributed books to the veterans, Walker said his command has been very good about providing time for community service and helping at the VA Hospital seemed like an

See VETERANS B11

SPOUSE SPEAK!

Start a 'Thankfulness List'

BY VIVIAN GREENTREE

Membership Director of Blue Star Families

President Barack Obama issued a proclamation designating November 2009 as Military Family Month, noting, "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. This month, we celebrate the tremendous contributions of military families, convey to them our deepest respect and appreciation, and recommit ourselves to their support."

With Thanksgiving right around the corner, the proclamation, and its accompanying emphasis on military families, comes at a fortuitous time of the year. Perhaps those who aren't as familiar with the military will be reminded to take an extra moment this holiday season and express appreciation for those who are away from their families while they give thanks

for having their own loved ones home safe and sound.

We military families have a lot to be thankful for as well. After some reflection, here's my own "Thankfulness List" I'd like to share. I encourage you to come up with your own, perhaps even share them with us through the com-

ments section of the online version of the paper.

Here we go:

We've had a lot of goodbyes, yes, but we've also had the grace and excitement of homecomings. For that, I'm very thankful.

We have the pride of knowing that we are part of an effort greater than ourselves and I am thankful my children will have that legacy of service as a guide to model their own civic engagement on. Which reminds me, I'm thankful for my in-laws, who raised Mr. Wonderful to be the man and father he is today.

As a spouse with a military member deployed, I'm especially thankful for the family and friends who support us. *Especially* the ones who don't ask, but just "do."

I'm thankful that, when my children get sick, I am able to take them to a first-rate doctor through our TRICARE coverage.

I'm thankful for the technology that allows me to e-mail my husband, send him pictures, and keep up with him on Facebook, where he sometimes flirts with me. Conversely, I'm thankful that my husband still writes me good old-fashioned, snail mail love letters and sends handwritten notes to our





TIP of the week →

Operation Holiday Spirit Application Deadline Dec. 1

The USO of Hampton Roads created Operation Holiday Spirit 20 years ago to help local military families who are experiencing financial difficulties during the holidays. USOHR matches families with local businesses and individuals who will provide gifts and a holiday meal for the entire family.

For organizations or individuals who interested in adopting a military family, or for military organizations, commands, or families who would like to nominate a family in need of assistance, visit www.usohr.com for the application. Once completed, all application forms must be faxed to Joann at 273-6187. Applications must be received on or before Dec. 1.

If you or your organization would like to make a monetary donation, please call Joann at 764-5247 or 289-5917 or E-mail joann@usohr.org.

Dec. 16 is the scheduled gift drop-off day. Families will be able to pick up the gifts on Dec. 17. The location and times will be announced directly to donors and recipients as December nears.

For more information about Operation Holiday Spirit, visit www.usohr.org.

sons.

I'm thankful for the mornings when we get out of the house for school with everyone's hair combed and teeth brushed, perhaps even with our spellings lists.

I was definitely thankful for my smudge-proof mascara when I went to a wedding earlier this month in my hometown of Atlanta. Seeing the newly married couple on the dance floor reminded me of how much I miss my own Mr. Wonderful and that someday soon, it will be our turn to dance like that again.

Certainly, I have to mention my appreciation for the Quaker Oat company, who provides me with so many instant breakfast options that are tasty and healthy at the same time...so I don't feel too badly that my kids can eat breakfast while walking out the door to get in the car.

On another foodie note, I'm glad we can shop at the commissary, where they stock wonderful food from all over the world because of the exposure we military families get by experiencing different cultures at our duty stations. Chocolate-covered digestives always top my grocery list. Which, of course, leads me to be thankful for our access to on base fitness facilities!

I'm especially humbled that I was able to participate in the ServiceNation/Blue Star Families event on Veterans Day this month in Washington, D.C., which honored veterans, military members and their families. Mrs. Obama, Dr. Biden, and Mrs. Powell

all spoke to the importance of service in our country. Mrs. Obama said, "It's up to every single one of us to honor their service with service of our own. It's up to us to recognize our veterans not just for all they've done for this country - but for all they will continue to do for this country."

Our family is very grateful for our veterans who served before us and for their bravery at critical points in our nation's history, which allow the rest of us to live the bountiful lives that we do - leaders like Colin Powell, President Eisenhower, Max Cleland and countless others who may have left jobs, families and personal security behind in pursuit of a greater tomorrow. My children, because of these extraordinary examples, will hopefully pursue what is ethical and moral rather than what is expedient and easy.

This list could go on and on, as I'm sure yours can as well. So, let me say now, during this month dedicated to honoring military families, that I'm grateful for the wonderful, honorable people in our lives and consider my role as a military spouse one that has both enlarged and enriched my life in ways unfathomable. Put simply, I'm thankful to be a part of it all.

Vivian Greentree lives in Chesapeake, VA and is the Membership Director of Blue Star Families. She is also on the Governor's Commission for Nation and Community Service. To contact Vivian, send her an E-mail at vgreen00@gmail.com.

Family FOCUS

Lessons from Ft. Hood for spouses

BY BETH WILSON

Military Spouse Contributor

The military community was rocked last week as we watched events unfold at Fort Hood. Perhaps, like me, you sat glued to the reports, stunned that this happened on a military installation by a member of the Armed Forces. Our hearts are grieved as we share in the pain of our sister branch.

While the investigation continues "lessons learned" are already emerging. Two lessons immediately jump out to me; Emergency Preparedness and Connecting with your Ombudsman.

Private Joseph Foster, a gunshot victim of Thursday's attack, spoke of his experience on a recent news report. "We're a community; we are like a giant family. When anything like this happens we come together tighter than ever. We are stronger because of it. The FRG and Care Team have been great. The FRG leader called my wife and said, 'We're getting everyone rounded up. We're going to get you to a safe spot, NOW.' They called faster than I could get a call out to my wife. That was great."

Do you have an Emergency Plan for you and your family? Let me pose a few scenarios for you to consider. If you were at the Commissary when the base is locked down with your children at school or Day Care; who would pick them up, who would meet them at the bus? Perhaps news breaks that there is an incident at your

base or in your deployed service member's command. Do you know what to do? How will you verify your service member's safety? What if an earthquake, fire, hurricane or other disaster strikes while you are away from your service member or children? Do you have a plan to communicate and reconnect? Too farfetched to consider? Let me be more practical ... what if you have an emergency illness or are in a car accident while your service member is deployed - who do you have in place to quickly care for your children? Every American citizen needs an Emergency Plan, but it is imperative for military families to have that plan in place. Please visit https://www.cnic.navy.mil/CNIC_HQ_Site/OperationPrepare/index.htm for resources and information to develop your emergency plan. Please check your information for accuracy on NFAAS (Navy Family Accountability and Assessment System) at www.navyfamily.navy.mil. Take time to familiarize yourself with the purpose and support on this site.

The structure of the Navy is such that our Ombudsman is the 'crisis management' resource for families. In the event of a natural disaster, national or command emergency your Ombudsman is the one who will have official information, resource, instruction and support for you. Your Ombudsman is trained and prepared to serve the command and com-



Photo by Pfc. Justin Naylor

Maj. Gen. John Johnson, the deputy commanding general for operations for Multi-National Corps-Iraq, salutes a memorial in honor of Pvt. Francheska Velez, who died in a tragic shooting on Fort Hood, Texas, Nov. 5. The ceremony took place on Forward Operating Base Warrior, Kirkuk, Iraq, and was attended by Velez's peers.

mand families. All commands, deploying or non-deploying, have an appointed Ombudsman.

I recently met a Navy wife who is halfway through a deployment but has not heard from her Ombudsman. The main challenge of every Ombudsman is connecting with spouses. Your Ombudsman does not, let me repeat that; your Ombudsman DOES NOT receive YOUR information. While they are authorized to have certain information about your sailor (name, rank), due to privacy issues they are not provided information about YOU. Please do not assume they do not care about you or are

not doing their job. Help them do their job by contacting them. You can find your Ombudsman contact information (e-mail, cell phone, web page) from your Sailor, the local Fleet and Family Support Center and your command web site.

Let the tragic events at Fort Hood spur us to insure we are ready to face what the future holds with an emergency plan that will see us through successfully.

To our extended military family at Fort Hood, know that you are in our prayers, in our thoughts, in our hearts. We pray for your healing in body and spirit. God bless you.



Photo by MCC Dave Kaylor

President Barack Obama designated USS Constitution America's Ship of State and will be used for hosting visiting heads of state, signing maritime treaties and other matters of state.

USS CONSTITUTION: America's ship of state

BY MC1 ERIC BROWN

USS Constitution Public Affairs

CHARLESTOWN NAVY YARD, Mass. — USS Constitution became America's Ship of State, Oct. 28.

USS Constitution's primary mission will remain education and public outreach, and any Ship of State functions will be an adjunct to the ship's primary mission, according to the National Defense Authorization Act For Fiscal Year 2010 in section 1022. It is the sense of Congress that the president, vice president, executive branch officials, and members of Congress should use the USS Constitution for the conducting of pertinent matters of state, such as hosting visiting heads of state, signing legislation relating to the armed forces, and signing maritime related treaties.

Constitution's 71st and current commanding officer, Cmdr. Timothy Cooper, could not be more excited about this law signed by President Barack Obama, after the House of Representatives and the Senate passed the bill earlier in October.

"I am really proud and humbled to be a part of this honor," Cooper said. "USS Constitution has always been the most visible reminder of the beginnings of our Navy. Now, USS Constitution is a visible reminder of America, and all that we stand for."

Constitution was launched into the Boston Harbor on Oct. 21, 1797. In her years of active service, from 1798 - 1855, the three-masted wooden frigate fought in the Quasi-War with France, the Barbary Wars and the War of 1812. Today, Old Ironsides is the oldest commissioned

warship afloat in the world, has a permanent crew of 73 active duty U.S. Navy Sailors, and is visited by nearly half a million people every year.

The origins of Old Ironsides status as America's Ship of State were in July of 1997, when then Cmdr. Chris Melhuish, Constitution's 65th commanding officer had a vision for the future of the ship, shortly before he took command.

"The idea struck me after Cmdr. Michael Beck [USS Constitution's 64th commanding officer] challenged me to create my vision for the ship, following his vision, which was to sail the ship for the first time in 116 years, for Constitution's bicentennial," said Melhuish.

The status of the ship had inherently changed after that historic sail, and Constitution should no

longer be thought of as a pierside museum exhibit.

"The best description of the ship was 'ship of state,'" Melhuish said. "That was the vision, and then began the long process of translating that vision into a concept."

In October of 2006, he laid out that concept on paper, which was endorsed by the Congress of the Naval Order of the United States, and by Deputy Secretary of Defense Gordon England.

Then-Massachusetts Senator Edward Kennedy sponsored the bill in 2008, but it did not make final passage into the National Defense Authorization Act For Fiscal Year 2009, which would take another year.

"The people of this country, through Congress, have done the right thing, which should have been done in 1815," said Mel-

huish, referring to a National Intelligencer article that appeared in 1815.

"Let us keep Old Ironsides at home," the newspaper author opined, shortly after Constitution won a string of victories against her British adversaries in the War of 1812. "She has, literally, become a nation's ship, and should be preserved. Not as a sheer hulk in ordinary (for she is no ordinary vessel); but, in honorable pomp as a glorious monument of her own, and other naval victories."

"One hundred and ninety-four years later, we have recognized our greatest ship," Melhuish said. "I'm very, very happy about that."

To learn more about USS Constitution, visit www.history.navy.mil/ussconstitution.

For more news from USS Constitution, visit www.navy.mil/local/constitution/.

Marines celebrate Corps' 234th Birthday at Sea

BY MC1 AMIE GONZALES
USS Wasp Public Affairs Office

CARIBBEAN SEA— Another year has passed and a new chapter has been written in the deep rooted history of the U.S. Marine Corps. Marines onboard USS Wasp (LHD 1), continue to make their marks in history along side their Navy shipmates. Yesterday they joined to celebrate the Marine Corps' 234th birthday.

"The Marines here on Wasp are celebrating their birthday today, just like their brothers and sisters in every clime and place," said Capt. Rodelio Laco, Commander, Task Group 40 and guest speaker for the Wasp celebration. "Whether it be a grand ball with thousands of Marines, or just a few of them in the dusty wastelands of Helmand Province, Afghanistan, huddled around a piece of vanilla pound cake from one of their MREs [Meal, Ready to Eat]. Whether it be near or far, you can be assured those Marines are celebrating their birthday, just the same."

The Continental Marines of the American Revolutionary War formed 234 years ago at Tun Tavern in Philadelphia. Originally founded to serve as an infantry unit aboard naval vessels, the Marines were responsible for the security of the ship and her crew. Today, the Marine Corps continues to fill a vital role in national security as an amphibious, expeditionary, air ground combined arms task force.

"There is no other way for a Marine to celebrate than to be at sea, on a ship with their Navy brothers and sisters in arms," said Lt. Col. Sean Salene, commanding officer of Security Cooperation Marine Air-Ground Task Force. "Because we are a sea service, we are a part of the Department of the Navy and without a Navy we would not have a Marine Corps."

Tradition calls for the youngest and oldest Marine present get the honor of receiving the first piece birthday cake. Wasp's oldest active duty Marine is Chief Warrant



Photo by MC3 Edward L. Kobobel III

Lt. Col. Sean Salene, Commanding Officer, Security Cooperation Marine Air Ground Task Force, cuts the Marine Corps' 234th birthday cake in the hangar bay of the multi-purpose amphibious assault ship USS Wasp (LHD 1) Nov. 10.

Officer Bryan Simon, assigned to Combat Cargo Department. The youngest Marine is Private First Class Carlos Toranzo, assigned to Fox Company 29th Marines; and oldest, John Manna, part of embarked staff.

"The Marine Corps birthday is special every year. It's very humbling and an honor for me looking back to when women weren't allowed in the services, especially the Marine Corps because it's an elite force," said Gunnery Sgt. Patricia Malone, of Marine Heavy Helicopter Squadron 461 (HMH-461). "It's a great honor, [on the Marine Corps birthday] to sit back and look or participate in birthday balls. Each year I reflect back on the traditions and the individuals who have gone ahead and the ones who are present now who are paving the way for the future."

In a video birthday message to Marines fleet wide, Comman-

dant of the Marine Corps General James T. Conway, spoke about the nations expectations of its Marines to be ready at all times, even if it means leaving families and the comforts of home behind. Marines should be ready to march into battle, thrive under austerity and come home in victory, said Conway.

"The U.S. Marines represent the best young men and women our nation has to offer. To be a Marine is to be a member of America's warrior class - to be one of the few who steps forward with the courage and conviction to face whatever dangers await," said Conway.

With only two years in the Marine Corps, Lance Cpl. Martin Folsom, flight line mechanic with HMH-461, reflects on the proud military heritage of his family and looks forward to his future contributions to the Corps.

"I'm proud that I'm able uphold the tradition of the Marine

Corps like my uncle and great grandfather," said Folsom. "The ceremony went great, it was inspiring and brought me back to when I started, filling out the DD forms to where I am now."

Under its fifth Commandant, Archibald Henderson, the Marine Corps took on expeditionary duties in the Caribbean, the Gulf of Mexico, Key West, West Africa, the Falkland Islands and Sumatra. Henderson was credited for halting then-President Andrew Jackson's attempts to combine the Corps with the Army. In 1834 Congress passed the Act for the Better Organization of the Marine Corps, which stated the Marine Corps was part of the Department of the Navy as a sister service.

"We are honored to have served alongside you throughout our proud history and we look forward to our promising future with you, as the sea services of our Nation," said Adm.

Gary Roughead, Chief of Naval Operations, in his birthday message to the Marine Corps.

Roughead added Marines are known around the world for their seriousness of purpose, professionalism, and dedication because of their actions in Iraq, Afghanistan and beyond.

As celebrations continue around the world, the message remains the same: remember those who have gone before you and those who continue the fight today. Most of all, remember the love and support families provide giving us the strength to continue each day.

Wasp is currently deployed on Southern Partnership Station-Amphib with Destroyer Squadron 40 and embarked SC-MAGTF. Southern Partnership Station is part of the Partnership of the Americas Maritime Strategy that focuses on building interoperability and cooperation in the region to meet common challenges.

Navy environmental stewardship award recipients named

BY EASTER R. THOMPSON

Chief of Naval Operations
Environmental Readiness
Division Public Affairs

WASHINGTON — The Deputy Chief of Naval Operations for Fleet Readiness and Logistics announced the winners of the 2009 Navy Community Service Environmental Stewardship Flagship awards on Nov. 5.

The Navy Community Service awards recognize Navy commands that engage in exemplary voluntary community service activities. The competition is open to Navy shore, sea, and overseas commands based on size: small (under 200 personnel), medium (200 to 499 personnel) and large (500 or more personnel).

The Environmental Stewardship Flagship is one of five flagships in



Photo by MCSN JOSHUA ADAM NUZZO

The USS Enterprise (CVN 65) and USS Mesa Verde (LPD 19) won the Navy Community Service Environmental Stewardship Awards for 2009 in the sea category.

the Navy Community Service Program. The other four flagships include Personal Excellence Partnership, Project Good Neighbor, Campaign Drug Free, and Health, Safety and Fitness.

The Environmental Stewardship Flagship recognizes the best year-round volunteer supported program or special project that promotes education and good

stewardship of environmental resources. Among the community service initiatives undertaken by the participating commands were clean-up events (e.g., of highways, trails, and coastlines), tree planting, streamside restoration, and educational courses to promote environmental awareness.

The winners in the shore category are:



Photo by MC2 GARY GRANGER

Small: Naval Technical Training Center, Meridian, Miss.

Medium: Navy Information Operations Command, Sugar Grove, W.Va.

Large: Naval Air Station Patuxent River, Md.

Honorable mentions in the shore category are:

Small: Afloat Training Group Middle Pacific, Pearl Harbor, Hawaii.

Medium: U.S. Navy Cer-

emonial Guard, Anacostia Annex, D.C.

Large: Naval Station Pearl Harbor, Hawaii.

Winners in the sea category are:

Small: FBM Operational Test Support Unit TWO, Cape Canaveral, Fla.

Medium: USS Mesa Verde (LPD 19).

Large: USS Enterprise (CVN 65).

Winners in the overseas

category are:

Small: Commander, Submarine Squadron 15.

Medium: U.S. Naval Facilities Engineering Command Marianas, Guam.

Large: U.S. Naval Base Guam.

In a Naval message announcing the winners, Vice Adm. Mike Loose, the Environmental Stewardship Flagship sponsor, said, "Bravo Zulu to the winners and honorable mention commands, and thanks to all commands and individuals who participated. Your caring and dedication in protecting our environment reflect yet another way in which our Navy is a global force for good."

For more news from the Chief of Naval Operations Environmental Readiness Division visit www.navy.mil/local/n45/.

Pilot makes emergency landing at NAS Brunswick

PRESS RELEASE

From Naval Air Station Brunswick Public Affairs

BRUNSWICK, Maine — The pilot of a civilian aircraft made an emergency landing at Naval Air Station (NAS) Brunswick Nov. 10 after experiencing loss of power in his Cessna 172 single-engine plane.

James Jordan, of Bangor, Maine, left Bangor International Airport en route to Manchester-Boston Regional Airport in New Hampshire for a business meeting when he experienced catastrophic engine problems about 50 minutes into his flight.

He was flying at an altitude of 4,500 feet with 10 miles unrestricted visibility when the aircraft began to lose power. "I think I blew one of the cylinders," Jordan said.

Immediately, he notified air traffic control at Bangor that he intended to divert from Manchester to Portland International Jetport in Maine.

"I didn't think I could make it to Portland," he said. "I already had a visual [sighting] on Brunswick, and called the

tower to tell them that I was going to divert and make an emergency landing there."

Two crash trucks and personnel were dispatched by the NASB Fire Department, along with an ambulance and two base security units as Jordan, an experienced pilot with nearly three thousand hours flying time, safely landed the Cessna 172 on Runway 1R just after 7:30 a.m.

"This a normal operational procedure for any emergency landing," John Lippolis, precinct commander, NASB Security said.

"But, because it was an unscheduled landing, we inspected the aircraft, just like we inspect any vehicle coming through a base gate, cleared it and turned it over to the tower and base air operations."

Cmdr. Dave Ivezic, NAS Brunswick air operations officer commended his Sailors and staff for their professionalism during the emergency.

"We provided the airman what he needed," Ivezic said. "The staff did a fine job supporting an airman in distress."

For more news, visit www.navy.mil.

Sub Support Center receives certificate for exceptional service

BY LT. PATRICK EVANS

Submarine Group 2
Public Affairs

GROTON, Conn. — Naval Submarine Support Center (NSSC) New London received the Chief of Naval Personnel Certified Pipeline Movers Certificate Nov. 12.

This certificate recognizes commands for exceptionally moving personnel through the transient, patient, prisoner, holdee, student, and limited duty pipelines.

Commander, Submarine Group 2, Rear Adm. Paul J. Bushong presented the framed certificate to NSSC

on behalf of Chief of Naval Personnel, Vice Adm. Mark E. Ferguson III.

"The day-to-day support of the submarines, helping them get underway, really comes down to you guys," Bushong told the NSSC staff during a brief award presentation. "I appreciate your hard work on that. This is recognition of your hard work."

Cmdr. Bryan Still, NSSC commanding officer, accepted the award for the command.

"This is an award for team effort, which is always the best kind of award to get,"

said Still.

NSSC provides support to Submarine Squadrons 2 and 4 and Submarine Development Squadron 12 at Naval Submarine Base New London. The scope of support includes administrative and personnel; legal; religious; operations; supply; communications; personnel security; information systems; weapons systems maintenance and modernization; weapons handling; and, medical.

For more news from Commander Submarine Group 2, visit www.navy.mil/local/Subgru2/.



Junior ROTC color guard from Landstown High School parade the colors during a special Veterans Day celebration at Christopher Farms Elementary School in Virginia Beach. According to the school's assistant principal, Bruce H. Clarke, last spring, 40 students at his school had at least one parent deployed and 10-20 percent have parents who are currently serving in the military

Military celebrate Veterans Day with children

STORY AND PHOTOS
BY MC2 (AW/SW)
JAMICA JOHNSON

NAS Oceana Public Affairs

Naval Air Station Oceana Executive Officer Capt. James Webb and fellow service members, both active duty and retired from all branches of the military, joined together with Landstown High School JROTC and the students of Christopher Farms Elementary School in honoring U.S. veterans, Nov. 10.

"Celebrating Veterans Day is something we feel strongly about; we have so many military families here, whose parents are making the sacrifices and these families live the sacrifices on a daily bases, from the working hours to deployments," said Bruce H. Clarke, assistant principal at

Christopher Farms Elementary School. "We also want to instill in the children a feeling of appreciation."

Dressed in their various uniforms, military members from all services gathered in the cafeteria, where they explained their jobs to the children, followed by a slide show about the joint services. The children then sang patriotic songs to show their appreciation.

"I've organizing this ceremony for five years now. I feel it is necessary to honor veterans and a very powerful experience for the children to see all the military members in uniform," said Alison Hernandez, a retired Navy lieutenant commander and the Partners in Education coordinator for CF Elementary.

During the presentation, the



Executive Officer Capt. Jim Webb speaks to students about his career in the Navy. During their annual observance, the school honors veterans from all branches of the military with a special program.

children were surveyed on how many of them were related to someone who has served

in the military, past or present, in an effort to show the children the importance of the day's events.

"Last spring we had 40 students with at least one parent deployed, and from 10- 20 percent of the children have parents that are in the military," said Clarke.

To end the ceremony, retired Navy Signalman 1st Class (SW/AW) John Davis took a moment to remember a recently fallen family member and his sacrifice.

"It gives me great pleasure to be here in honor of the family of Tech Sgt. H. William Jefferson of the United States Air Force, of the 21st Special Tactics Squadron, Pope Air Force Base. He was on a combat mission last March and he was killed in ac-

tion," said Davis.

"It's important we celebrate Veterans Day to honor those who serve in the military and those who have passed away for our country. It felt great to have my uncle here today. I was surprised," said Tyler Jefferson, Tech Sgt. Jefferson's oldest daughter, who is a student at the school.

"Our school uses this day to honor the contributions to those who currently serve as well as those fallen and who served in the past. We have some staff members and some parents who have served and we are very grateful for what they do. Also being so close to so many military bases their contributions impact all of our lives, so we are glad to honor our veterans every year," said Clarke.

Galley Impossible: Celebrity chef cooks with Marines, Sailors aboard USS New York

PRESS RELEASE

26th Marine Expeditionary Unit Public Affairs

Robert Irvine, host of Food Network's "Dinner: Impossible," came aboard USS New York, Nov. 8, in Manhattan to cook for and with the Marines of Special Purpose Marine Air Ground Task Force 26 and the sailors of USS New York, many of whom were fans of the show.

Irvine, Randall Williams, Irvine's business partner, and the cooks of USS New York prepared a chicken white-bean chili for SPMAGTF-26 Marines and the ship's crew for brunch. Inside the kitchen, Irvine conversed and joked around with the troops.

"Today we came here to have a little fun with the Sailors and Marines in the galley," he said.

By 10:30 a.m. the dish was ready to be served to a long line of hungry Marines and sailors invading the mess hall. Irvine helped serve the food to the troops.

The celebrity chef said he felt the staff in the kitchen worked extremely well



Robert Irvine, host of "Dinner: Impossible" on Food Network, serves lunch to a sailor from USS New York Nov. 8, 2009 in New York City. Irvine cooked lunch for Marines from Special Purpose Marine Air Ground Task Force 26 and sailors from USS New York. SPMAGTF-26 is made up of North Carolina Marines from several units that are aboard USS New York for the ship's commissioning, which occurred Nov. 7.

together and today was a means.

perfect example of what the "What I saw today in Navy-Marine Corps team the galley was a team, a

coherent team. That cohesiveness is amazing. The camaraderie is second to none," he said. "It's very unusual to see a kitchen run as smoothly, especially on a new ship like this," he added.

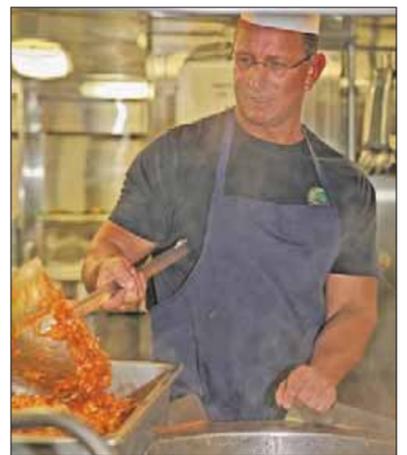
USS New York, which was commissioned, Nov. 7, is the newest vessel in the Naval fleet. Irvine, a former chief petty officer in the United Kingdom's Royal Navy, was extremely impressed with the new ship's modern features.

"I love the way in which it's laid out," he said. "Obviously [there is] more walkway, more space that people can actually move around. It's much easier for the guys when they have all their equipment to get

up and down [the stairs]," he added.

After lunch, Irvine took the opportunity to autograph photos for SPMAGTF-26 Marines and USS New York sailors. He also spent time with several of his fans aboard the ship.

At the end of a successful visit, Irvine had a message for the Marines of USS New York, "Continue to do your job. Continue to



Irvine cooked a lunch of white bean chili for the Sailors and Marines of USS New York.

have fun and continue to always remember that people out here love you for what you do every day. God bless you and be safe. Oorah!"



Photos by Lance Cpl. Tommy Bellegarde

Robert Irvine, host of "Dinner: Impossible" on Food Network, speaks to Seaman Apprentice Florentino Soto, a culinary specialist, aboard USS New York, Nov. 8.

Marine finds innovative ways to exercise in combat zone

STORY AND PHOTOS BY
LANCE CPL. WALTER MARINO
*Regimental Combat Team-7,
1st Marine Division Public Affairs*

HELMAND PROVINCE, Afghanistan — Suspended off the side of a towering vehicle by cargo netting, 1st Lt. William R. Goodwin, the executive officer for Mobility Assault Company, 2nd Combat Engineer Battalion, pushes himself up for one more repetition. Goodwin built a fitness tool using duck tape, cargo netting and ratchet straps, to perform multiple exercises off the side of a vehicle, aboard Camp Dwyer, Helmand province, Afghanistan.

Goodwin proves six days a week that when it comes to working out, just about anything can be used to exercise. Sand bags, 6-by-6 inch wooden logs, and ammo cans filled with dirt and rocks are just some of the make shift equipment used in his workout routine.

“I use sand bags for my triceps workouts, ammo cans for one-arm rows, and wooden logs for my bicep training,” said Goodwin, 24, from Stanley, N.C.

Previously deployed to Iraq, Goodwin is no stranger to adapting to his environment.

“A lot of people say when you get to a forward operating base, there’s nowhere to workout,” Goodwin said. “But you can use anything to workout, an MRE

(Meal-Ready-to-Eat) box, or sandbags. You just have to use your imagination.”

The benefits of exercise are as plentiful as the massive variations of workouts. Daily exercise helps with depression, high blood pressure and diabetes. For Goodwin, exercise is his way to reduce the stressors of a combat zone and a way to find focus.

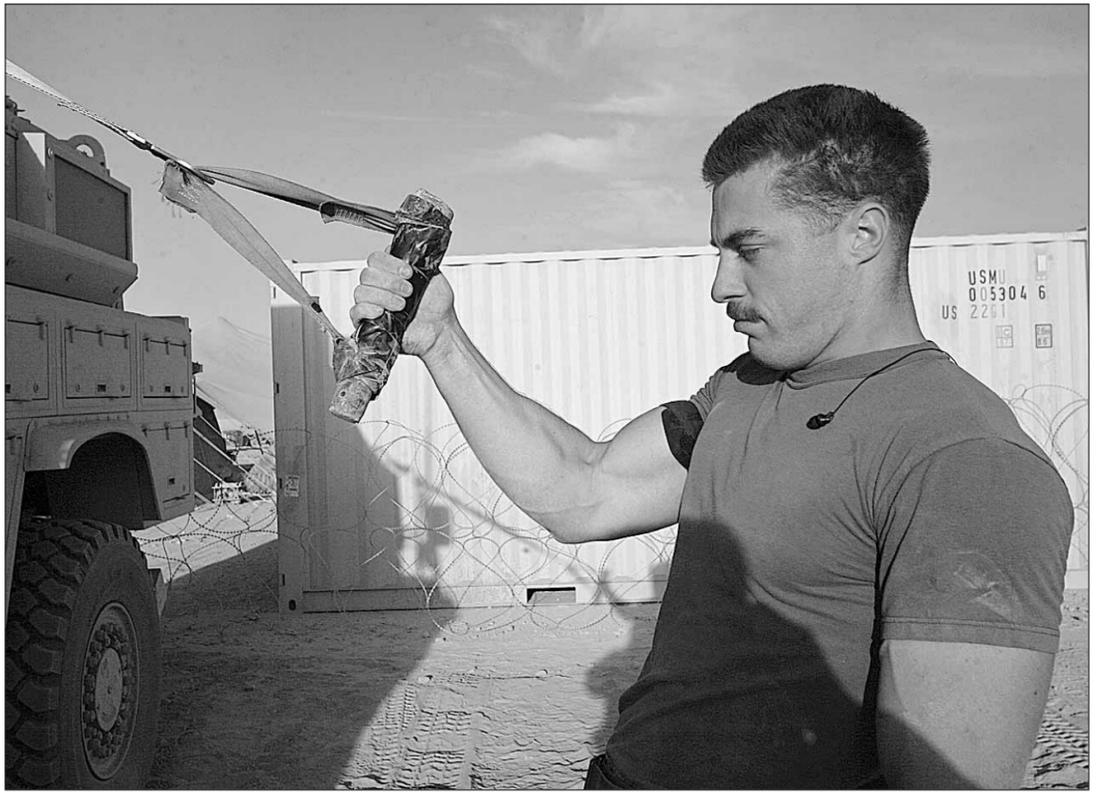
“It’s a stress relief. That’s why it’s important in combat,” Goodwin said. “I just put my headphones in and I forget about my stresses. After I workout, I find I can always focus better. We need this out here with the rigors of combat.”

According to Goodwin, nutrition is a key part of fitness too often overlooked.

“If you don’t eat right your body can’t grow,” Goodwin said. “It’s amazing how good nutrition makes you feel. A lot of people skip breakfast, but that’s bad. Breakfast jump starts your metabolism. I’m not talking about Pop Tarts though. I’m talking about some protein found in eggs and meat.”

In the Marine Corps, a commonly used quote is, “complacency kills.” It’s a reminder that consistent improvement is directly important. For Goodwin, complacency isn’t a factor.

“Every time you walk by a pull-up bar you should do five pull ups. In a little while, you’ll be surprised in how many you can do,” Goodwin



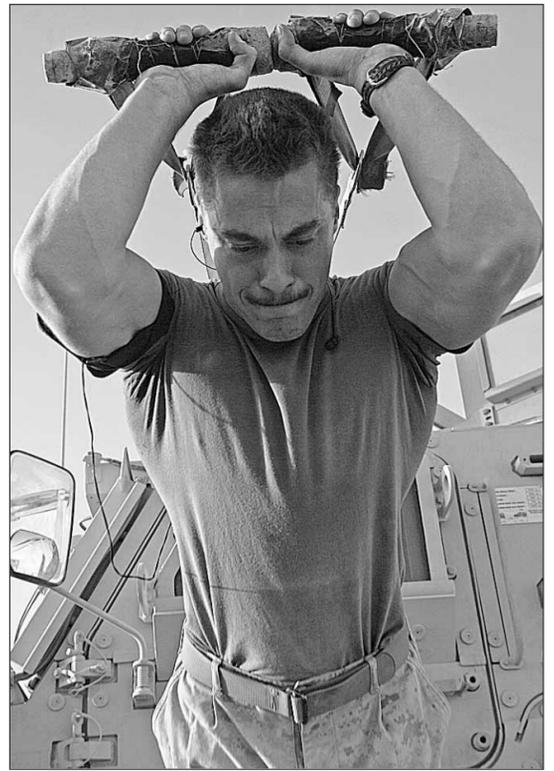
1st Lt. William G. Goodwin, an executive officer for mobility assault company, 2nd Combat Engineer Battalion, uses his home made physical fitness equipment to workout his biceps aboard Camp Dwyer, Helmand Province Afghanistan.

said. “One of my prouder moments was when I got a 300 on my physical fitness test. For me there’s no reason why a Marine shouldn’t get a good score. My average PFT is around a 285, but now that I’ve gotten a 300 PFT. “My goal is to get a 300 every time.”

Every year Marines have a physical fitness test consisting of a max set of 20 pull-ups, 100 crunches and a three-mile-run. Each pull-up

is worth five points, each sit-up is worth one point, and a run time under 18 minutes is worth 100 points. All together, a perfect score is 300.

“If you practice fitness you’ll be able to focus better. People get caught up with work, but you should always make time for (physical training),” said Goodwin, a North Carolina State University graduate. “That’s what makes us different from the other services.”



1st Lt. William G. Goodwin uses his home made physical fitness equipment to workout his triceps aboard Camp Dwyer, Helmand Province Afghanistan. This fitness tool was made with duck tape, cargo netting, and ratchet straps. Goodwin also uses sand bags, ammo cans, and a sledge hammer in his workout routine.

Navy accepts invitation to Texas Bowl game

PRESS RELEASE
From Naval Academy
Athletic Association

ANNAPOLIS, Md. — The U.S. Naval Academy announced, after the Academy football team's victory over Notre Dame Nov. 7, the Academy formally accepted an invitation to play in the Texas Bowl, Dec. 31.

The game will be at Reliant Stadium in Houston, Texas, against a projected opponent from the Big 12 and televised nationally by ESPN and the game time is set for 3:30 p.m. ET, 2:30 p.m. in Houston.

The bowl bid is a landmark achievement for the football program as it marks the first time in school history that Navy has gone to seven

straight bowl games.

“Our goal is to bring a large contingent of the brigade of midshipmen and we expect more than 20,000 Navy fans in the stands,” said Naval Academy Director of Athletics Chet Gladchuk. “If you can't make it to the game we ask that Navy fans buy tickets for our Midshipmen and enlisted personnel, which will allow us to create the usual pageantry of Navy football.”

Tickets for the Texas Bowl are on sale now at www.navysports.com. Tickets can also be purchased by calling 1-800-US4-NAVY or at the Ricketts Hall Box Office. Tickets range from \$25-\$65.

“It is very important for this game and

for future Navy bowl considerations for our fans to purchase tickets through the NAAA,” said Gladchuk.

The Naval Academy Athletic Association (NAAA) will discount tickets purchased to sponsor midshipmen and enlisted personnel and their families from \$40 to \$25 in an effort to encourage support and attendance. Navy fans unable to make the trip to Houston are encouraged to sponsor four midshipmen for \$100 or two enlisted for \$50. The tax deductible donation will be administered through the NAAA ticket office.

For more news from the U.S. Naval Academy, visit www.navy.mil/local/usna.

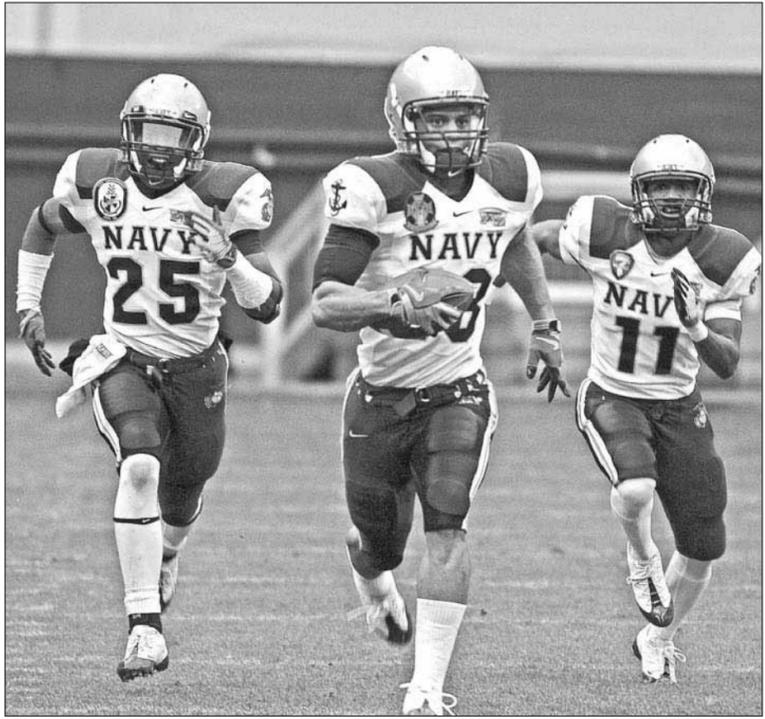


Photo by MC2 Dustin Gates

U.S. Naval Academy wide receiver Greg Jones (#28) leads fellow Midshipmen safety Emmett Merchant, left, (#25) and cornerback Ketrick Buffin (#11) during the inaugural EagleBank bowl college football game Saturday, Dec. 20, 2008 against Wake Forest University at R.F.K. Stadium in Washington.

Naval Postgraduate School enters era of new discovery

BY MC2 KELLIE ARAKAWA
Naval Postgraduate School

MONTEREY, Calif. — Advanced research at the Naval Postgraduate School (NPS) is perfecting directed energy and hypersonic weapons that may soon join the handful of inventions that have transformed the military's ability to deliver energy fast, accurately and at a safe distance.

Directed energy and hypersonic weapons could well herald the next era in naval armaments. In 2008, the Electromagnetic Rail Gun (EMG) was officially named an Innovative Naval Prototype (INP) by the Office of Naval Research, and by 2010 the Free Electron Laser (FEL) is also to be designated an INP – testaments to the priority the Navy places on these new weapons systems.

Two Naval Postgraduate School faculty members from the Department of Physics, Professor Bill Colson and Senior Lecturer Bill Maier, are bringing these cutting edge directed energy weapons to fruition.

“These are futuristic weapons,” Colson said. “But if they work as we think they will, they are going to revolutionize the way ships defend themselves – as revolutionary as guns were to swords.” Colson was referring to a concept he has been working on for several years – utilizing a high-energy, free electron laser for shipboard defense.

“The FEL is a speed-of-light weapon,” Colson explained. “We can now ‘see’ threats at the speed of light, thanks to advanced radar systems. Directed energy will enable us to deliver lethal power to destroy those threats also at the speed of light...There will be no effective evasive maneuvers.”

In addition to the system's speed, it's accuracy is impressive.

“The FEL is a ‘surgical’ weapon,” Colson noted. “We don't just track and hit an incoming missile in flight; we hit a specific part of that missile that most readily leads to its destruction.”

Free Electron Laser research has also just entered a new era at the Naval Postgraduate School. Colson, who has been researching

the weapon system for more than 20 years, recently led the school's acquisition of Stanford University's FEL. With a FEL now on campus, he and his students and other researchers can now test their concepts on the actual cutting-edge technology, in addition to leading collaborations with other laboratories and industry.

Earlier this year, NPS FEL researchers successfully demonstrated the first test firing of the injector cathode of the newly acquired FEL, which Colson called “the first beam from the new Stanford FEL system achieved at NPS.”

Equally advanced, and equally revolutionary, is Maier's research on the Electromagnetic Rail Gun. With an EMG, projectiles sliding along a pair of fixed rails are accelerated by passing a high current down one rail, through the projectile, and back down the other rail.

Unlike the FEL, which is primarily a defensive weapon, this futuristic, hypersonic weapon holds the potential of replacing medium-range offensive cruise missiles.

“The rail gun is designed for targets within a range of approximately 200 to 300 nautical miles,” Maier explained. “It might take 15 to 20 minutes for a cruise missile to reach its target at this distance, whereas a rail gun projectile might take only six minutes or so to reach the target. And, as opposed to just one cruise missile, you could launch maybe 10 rail gun projectiles in a very short time.”

Rail gun projectiles also don't require any explosives – the energy from the projectile's impact at hypersonic speeds is enough to cause sufficient damage to the target. Its projectiles will, however, require some kind of incorporated self-guidance system, given the long distances they will need to travel.

Although rail gun research is conducted at several laboratories and universities, Maier and his students are conducting what he calls “innovative research” on concepts and designs for the futuristic weapon. This summer, he and his team tested a round barrel design, which would be much cheaper to both build and maintain.

Another major benefit of both the FEL and EMG is that neither requires chemical propellants of any kind. Instead, as Maier noted, the ship's existing fuel powers their generators, making it safer for onboard Sailors who are at much greater risk if a ship carrying a high volume of explosives is hit by an incoming.

In support of directed energy research, the Naval Postgraduate School will soon open a new laboratory dedicated to supporting the FEL program, later this year. Currently, more than a dozen students are conducting their master's thesis work on the FEL and rail gun.

Colson and Maier, who teach one of the only courses dedicated to FEL and Rail Gun technology anywhere, hope to see the fruits of their research ready for shipboard testing by 2020.

For more information about the FEL and rail gun programs, visit www.nps.edu/academics/gseas/physics/weapons.html.

For more news from Naval Postgraduate School, visit www.navy.mil/local/nps/.

SPACE-A: What you don't know can stop you from getting that flight



Photo courtesy Air Mobility Command

If you know what you are doing the Air Mobility Command terminal can be your ticket to new and exciting places or the ticket home.

Continued from page B1

travel lets authorized passengers travel onboard Department of Defense aircraft for little or no money. If you are active-duty military, or the dependent of an active-duty service member, you are eligible for the use of space-available flights. Retired service members are also eligible, which is a great perk of having served.

There are several online resources devoted to space-a flights. As with anything, you should call or go to the terminal you plan on taking a flight from to confirm information. Since 9/11, the military has stopped posting flight schedules on public Web sites, so you will need to go through the

airport to find flight information.

You will need to register at each location that you plan on flying from. Sign-up can be performed online, by electronic mail, postal mail, fax or in person at the air terminal on your base.

A few hours before take-off people compete for space-available seats based on their travel category and date/time of your sign-up at a "roll call." If selected, you'll be "manifested" on that particular flight, receive a boarding pass, pay for any meals and check your bags. Once you are manifested on a particular flight you cannot be "bumped" (removed from the flight) for someone with a higher Space-A priority. However, you can be

bumped by other duty passengers or cargo.

There is no guarantee that your desired flight will leave when you expect it to. As a result, you should plan to have the funds to purchase a return ticket if your flight is cancelled or delayed beyond your leave time.

"Try it with your eyes wide open," said Stacy Daubert, the supervisor at the Norfolk AMC Terminal. "It's a privilege, not a given. We can only tell you what's going out, not always what's returning. We always tell people to make sure they have enough money to make it back home just in case. Always expect the unexpected"

As with commercial flights, your chances of success will increase if you

plan your trip to avoid peak travel periods (holidays and school breaks) for less competition for seats during holidays.

"It's a little harder to travel during peak travel times. So holiday times and school holidays are going to be a little more hectic," Daubert said.

Active Duty and retired military service members in Norfolk, can go to www.airtermnorva.navy.mil/SpaceATravel.html to use the sign up sheet. You can also e-mail spacea@airtermnorva.navy.mil or call 444-4118/4148 for more information about current flights. Active duty on other bases need to check with their local air terminal. Another helpful Web site is www.amc.af.mil/amctravel

How Space-A is decided

Travelers are separated into six categories for travel priority. Category I has the highest priority, followed in order by the others. The following is an abbreviated overview of the six travel categories (check the DoD regulation for complete details):

Category I

Emergency Leave.

United States citizen civilian employees of the DoD stationed overseas.

Family members of United States citizen civilian employees of the DoD when both sponsor and dependents are stationed overseas at the same location.

Category II

Active Duty on Environmental Morale Leave (EML) and their accompanying dependents .

Category III

Active Duty on Ordinary Leave and their accompanying dependents.

Military personnel traveling on permissive temporary duty (TDY) orders for house hunting.

Category IV

Unaccompanied Dependents on EML.

Category V

Unaccompanied Command Sponsored or Non-Command Sponsored Dependents of Active Duty, Permissive TDY .

Students whose sponsor is stationed in Alaska or Hawaii.

Students enrolled in a trade school in the CONUS when the sponsor is stationed overseas.

Category VI: Retired and their accompanied Dependents, Reserve, ROTC, NUPOC and CEC

In addition, dependents whose sponsor is deployed in excess of 120 days or exceeding 365 days can travel as Cat-IV and Cat-III respectively.

Five mistakes people make when going space-A

1. Not doing some homework and research before their trip to understand the basic rules and regulations.
2. Not signing up for Space-A as soon as you can. For active duty this means the minute your leave starts you should sign-up for your outgoing AND your return trips at every location you think you'll depart from.
3. Relying too much on flight recordings and phone calls to the terminal. People increase your chances and know the real "ground truth" if they are physically at the terminal and "travel ready."
4. Not being flexible - prepare for the worst and hope for the best.
5. Not being prepared to pay for a commercial flight home before your leave ends.

HERDT: Former MCPON talks to Sailors about motorcycles, leadership

Continued from page B1

until April 22, 2002.

VFA-103's Command Master Chief (CMDCM) (AW/SW) Anthony E. Adams and several squadron chiefs stood by and answered questions on the flightline, as well as provided a tour and viewing of the "Jolly Rodgers" 2009 cruise video.

"I wanted them to observe the

Sailors at work and feel the atmosphere of the flightline, providing them opportunity to speak with my Sailors," said Adams.

Knowing that a tour and the opportunity to sit in the F/A-18 Super Hornet cockpit is a phenomenal experience, Adams included it as part of the tour because he knew the riders would enjoy it.

Although on a tour, Herdt and his wife, Sharon, wanted to make

time to talk to the Sailors about leadership and about the road riders bike club, as well as motorcycle riders in the Navy.

"I'm sure you senior enlisted share some of the same concerns I did about motorcycles when I was in uniform," said Herdt. "I used to ride when I was a really young Sailor, then I took a long break. But what brought us back about six years ago was the Gold Wing Road Riders Associa-

tion and how they are very safety conscious. They require us to take training course after training course and we don't do anything that's not safe."

The Herdts took some photos and shook some hands of Sailors they once called "shipmates," but will forever consider family.

"The Road Riders are our new family but you all are our old family and we pray for you at the beginning of every meeting," said

Sharon.

"The most memorable part of the trip for me and this lady here, is first being able to come back and be with you, the Sailors; second, and I would put them equal is being able to see their faces [Road Riders] when they look at you guys. They have expressed how blown away they are by you Sailors, especially how young, but responsible and professional you are," said Herdt.

VETERANS: VA Hospital appreciates all donations from military: time, money, food



Photo by Harry Gerwien, Military Newspapers of Virginia

Sailors from Naval Air Station pose for a photo with Air Force veteran James Frost.

Continued from page B1

other great opportunity to help others. "It's good to have a chance come out again. It's a blessing we can do this," said Walker.

The VA Hospital is appreciative of the donations they receive year-round from military groups, such as the Oceana Chapel. "The more that's donated, the less they have to spend," explained Joseph R. Lewis, recreation therapist for geriatric/extended care units.

Donations range from money to volunteer groups bringing in food for cookouts or taking those who are able to leave the grounds, out to community events. "We have a lot of groups from all military bases around Hampton

Roads who help us out," said Lewis.

Sailors first delivered large boxes of books to the Salvation Army center on the hospital grounds, followed by a stop at the domiciliary section, which houses patients undergoing long-term rehabilitation. The final stop was at the community living center, where the Sailors were warmly greeted by many of

the 90 male and female residents. The Sailors not only delivered the donations but took time to talk to the veterans about their service and posed for photos with the men and women in the facility, many of whom served in World War II, the Korean conflict, Vietnam or a combination of the three.

Family members of the hospitalized veterans also ap-

preciated the Sailors' visit. "I want to thank them for their service. It means a lot for them to come here, too," said Gladys Kelly, who was having lunch at the community center with her husband, retired Army Staff Sgt. James A. Kelly.

The Sailors were glad they made time to visit with the men and women who served their country. "It's my first time doing something like this and it's very nice. Everybody here is so friendly," said Cryptologic Technician Technical (CTT) 2nd Class (SW/AW) Pamela Cuffee from the 1st Lieutenant Department.

"It's a good experience. It's nice to give back," she added.

The very lively trio of Culinary Specialist (CS) 2nd

Class (SW) Shemeka Daniels, Gas Turbine System Mechanical (GSM) 3rd Class Kerisha Cousins and CS1 (SW/AW/SCW) Joanna Davis from Dam Neck Annex were very popular with the veterans, who wanted to share military experiences and have their photos taken with the Sailors.

Daniels had a very personal reason for volunteering. "I've

had family out here before, so I've seen a lot of people here need support, no matter how old they are or what they are going through. A lot of people just want to know that somebody else cares."

"It's good when veterans see other people serving. Those veterans made it safer for us to be here," added Cousins.