



Obama condemns terrorist attack, reaffirms U.S. resolve

BY DONNA MILES
American Forces Press Service



President Barack Obama

WASHINGTON — President Barack Obama condemned the Dec. 25 terrorist attempt on the United States in his first 2010 weekly radio address, vowing to bring those involved to justice and outlining steps the administration is taking to protect the American people.

Speaking from Kailua, Hawaii, the president said the Christmas Day attempt provides an important reminder of the sacrifices Americans are making in Afghanistan and the importance of bipartisan support for all who protect the United States.

Obama blamed an al Qaeda affiliate for recruiting, training and arming Umar Farouk Abdulmutallab, the suspect in the incident on a Northwest Airlines flight bound for Detroit.

"This is not the first time this group has targeted us," Obama said, noting that in recent years it has bombed Yemeni government facilities and Western hotels, restaurants and embassies, including the U.S. Embassy, in 2008.

"So, as president, I've made it a priority to strengthen our partnership with the Yemeni government — training and equipping their security forces, sharing intelligence and working with them to strike al Qaeda terrorists," Obama said.

The fruits of this collaboration had begun to be realized even before the Christmas Day terror attempt, he said. Training camps have been struck, leaders eliminated and plots disrupted.

Obama vowed to ensure all involved in the attempted attack will be held accountable, but said that's just part of a broader responsibility he took on as he came to office last January to protect the American people's safety and security.

"On that day I also made it very clear: Our nation is at war against a far-reaching network of violence and hatred, and that we will do whatever it takes to defeat them and defend our country, even as we uphold the values that have always distinguished America among nations," he said. "And make no mistake, that's exactly what we've been doing."

Obama cited a revised strategy that aims to bring a responsible end to the war in Iraq and increase resources in Afghanistan and Pakistan, where al Qaeda is based. He said he's set a "clear and achievable mission: to disrupt, dismantle and defeat al Qaeda and its extremist allies and prevent their return to either country."

The president paid tribute to seven CIA members killed in Afghanistan, and acknowledged that reviews must continue to determine what happened, and why.

As questions are asked and debate goes on, he urged that it be focused on making necessary changes required to protect the country.

"As we go forward, let us remember this: Our adversaries are those who would attack our country, not our fellow Americans, not each other," he said.

Rather than giving in to fear, cynicism or partisanship, "let's work together, with a seriousness of purpose, to do what must be done to keep our country safe," he urged Americans. "As we begin this New Year, I cannot imagine a more fitting resolution to guide us — as a people and as a nation."



Photo by MC1 Chad J. McNeely

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, addresses the U.S. Air Force Academy Falcons football team on Dec. 30, 2009, before their appearance in the Armed Forces Bowl in Fort Worth, Texas. The Falcons defeated the University of Houston Cougars 47-20 on New Years Eve.

Mullen underscores the importance of the academy experience

BY JOHN J. KRUZEL
American Forces Press Service

FORT WORTH, TX. — On hand for a pair of service academy football bowl games in Texas, Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, underscored the symbolism of the matchups for troops around the world.

But he also emphasized the importance of looking at an academy experience as a potential for launching careers as military officers.

"These games are watched around the world and the players playing in them know that so that they represent great institutions," he said in an interview before the Armed Forces Bowl that pitted the Air Force Academy against the University of Houston.

Mullen, who returned recently from a trip to Iraq and Afghanistan, said the games in which service academies appear resonate with military personnel stationed in the Middle Eastern and Central Asian countries.

"I just returned from being overseas for a week and some of the

discussions I had with players were about these games," he said. "They're very proud of the teams and what they represent."

The chairman said one of the things he reminds players of is the institutions and the country they represent — a sense of scale and magnitude that young players often find hard to comprehend.

"My recollection of being at that age is you don't realize per se how special cadets or midshipmen are, and who they represent," Mullen said.

The chairman said his presence at the game here, and later at the Texas Bowl in Houston, in which the Naval Academy faced off with Missouri, was to remind them of the resonance of their mission and to show the nation's appreciation for their service.

A day earlier in a pep talk to the Air Force team, Mullen shared an anecdote about meeting a former center on the Falcon team who had planned to conclude his service in the Air Force after his stint

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Burke, other Sailors to be honored on stamps

BY RANDOLPH E. SCHMID
The Associated Press

WASHINGTON — Adm. Arleigh Burke will be honored on U.S. postage stamps this year, along with others such as Nobel Prize winner Mother Teresa and Pulitzer Prize winner Bill Mauldin.

Other new stamps will honor Oscar-winning actress Katharine Hepburn, singing cowboy Gene Autry, artist Winslow Homer, the Negro baseball leagues, the Sunday funnies and the Hawaiian rain forest, the Postal Service announced.

The post office releases a series of commemorative stamps every year, honoring people, places and institutions. These stamps remain on sale for a limited period and are widely collected.

Burke will be part of a four-stamp set featuring distinguished Sailors. He was a top destroyer commander in World War II and played a role in modernizing the Navy.

Joining him in the set are William S. Sims, commander of U.S. naval forces in European waters during World War I; John McCloy, one of the few men in the nation's history to earn two Medals of Honor for separate acts of heroism; and Doris Miller, recognized for his actions at Pearl Harbor on Dec. 7, 1941, and the first African-American recognized for heroism in World War II.



William S. Sims

Commander of U.S. naval forces in European waters during World War I, William S. Sims (1858 -

Distinguished Sailors stamp series:

In February, the U.S. Postal Service plans to release a booklet of stamps featuring four U.S. Sailors.

1936) was an outspoken reformer and innovator who helped shape the Navy into a modern fighting force.

Sims continued to write and lecture about naval reform until his death in 1936, at which time the New York Herald Tribune declared that he had "influenced our naval course more than any man who ever wore the uniform." The Navy has named three destroyers after Sims. The most recent, USS W. S. Sims (DE-1059), was commissioned in 1970.

The William S. Sims stamp features a detail from a photograph of Sims (1919). Beside the photograph is a depiction of the crest of the destroyer escort USS W. S. Sims (DE-1059), which was commissioned in 1970.



Arleigh A. Burke

After serving as one of the top destroyer squadron commanders of World War II, Arleigh A. Burke (1901 - 1996) had an equally distinguished postwar career in which he played a major role in modernizing the Navy and guiding its response to the Cold War.

When Burke died in 1996, he

was hailed as a "sailor's sailor" who defined what it meant to be a naval officer: "relentless in combat, resourceful in command, and revered by his crews."

The Arleigh A. Burke stamp features a detail from a photograph of Burke (1951). Beside the photograph is a depiction of the crest of the guided missile destroyer USS Arleigh Burke (DDG-51), which was commissioned in 1991.



John McCloy

Described by a shipmate as "like a bull" who couldn't be stopped, John McCloy (1876 - 1945) has the distinction of being one of the few men in the nation's history to earn two Medals of Honor for separate acts of heroism.

McCloy retired from active duty in 1928 after a thirty-year career in the Navy and "a lifetime of service on all the seven seas," as the Kansas City Star put it. His service record notes that in 1942 he was advanced on the retired list to lieutenant commander after being "specially commended by the Secretary of the Navy for performance of duty in actual combat." McCloy died in 1945. In 1963, the Navy commissioned a destroyer escort, USS McCloy (DE-1038), which was named in his honor.

The John McCloy stamp features a detail from a photograph of McCloy (circa 1920). Beside the photograph is a depiction of the crest of the destroyer escort,

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Pentagon discusses service member voting law changes

BY JIM GARAMONE
American Forces Press Service

WASHINGTON — Laws have changed and service members who want to vote need to be aware of these changes, the director of the Federal Voting Assistance Program said.

Generally, military personnel who want to vote are a higher percentage than that in the general population. Still, there can be roadblocks to exercising the franchise.

Overseas-deployed service members may find that "the absentee ballot doesn't get to them on time, so they can vote it and send it back to the

election official so it can be counted," Bob Carey explained during an interview yesterday.

In the general population about nine out of every 10 absentee ballots are successfully cast, the director said. "Only about six or seven out of every 10 military ballots are successfully returned," he said.

The biggest problems, Carey said, involves the nature of overseas duty and delays in the military postal system.

Carey's organization is working to expedite the voting process for military members.

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INSIDE:

AROUND THE SERVICES A4

Additional Seabee Battalions deploying
Two battalions of Seabees will deploy to Afghanistan in coming months.



FRONT & CENTER B1

Eisenhower's dramatic rescue at sea
USS Dwight D. Eisenhower assisted the U.S. Coast Guard in a rescue at sea.



OFF DUTY C1

Get your helping of Peas
The Black Eyed Peas recently announced dates for their 100-date headline tour.



Resolutions: 10 tips for goal setting success

BY SUSAN WARD
About.com Guide

You see, goal setting isn't just an exercise that you can finish in five minutes; goal setting is a process, a route to achievement. Learn how to set goals that you can and will actually achieve with these goal setting tips.

❶ **Choose goals that are worthwhile.**

You would think it would go without saying, but a lot of people set meaningless goals – and then wonder why they don't feel any sense of achievement. Remember that the purpose of goal setting is to move us forward and spur positive change. If a goal doesn't have this motivating, transformational quality, don't bother with it. You'll just be disappointed.

❷ **Choose goals that are achievable stretches.**

The fact that goals have to be achievable is standard goal setting advice. Pretty well everyone knows that there's no point in setting a goal that you will never be able to accomplish. All you'll do is get frustrated and abandon it. Less well known is the fact that goals need to stretch you in some fashion. If a goal isn't engaging, you'll get bored and abandon it.

❸ **Make your goals specific.**

The big problem with the sample goals is that they are much too vague. To decide that you're going to lose twenty pounds, for instance, is nice, but provides you with no guidance on how to accomplish that. Think how much easier it would be to accomplish this goal if you knew exactly what you were going to do to lose the weight. So when you are goal setting, use a goal setting formula that gives your goal a built-in action plan. You'll start accomplishing more than you thought possible.

❹ **Commit to your goals.**

You need to dedicate yourself to accomplish the goals you have chosen. That's why writing your goals down is a common goal setting tip; it's the first step to committing to achieving your goals. But you also have to realize that accomplishing a goal is not an overnight process and that you are going to have to work regularly at transforming your goal into an accomplishment. And you have to set aside the time you will need to work on your goal.

❺ **Make your goal public.**

Making your goal public is a goal setting technique that is really effective for many people. Think of organizations such as TOPS (Take Off Pounds Sensibly) and their weekly weigh-ins. Knowing that others are going to be

monitoring your results ensures commitment to the goal and is extremely motivating. You don't have to join an organization or broadcast your goal on a Facebook page to make your goal public; having a goal buddy, a single person interested in your efforts, can be just as effective.

❻ **Prioritize your goals.**

Goals don't have to be huge projects that take months or even years to attain, but because they require commitment and need to be worked on regularly. Every single goal that you set will be demanding, so don't sabotage yourself by taking on a bunch of goals at a time. Assuming that you are following all the other goal setting tips presented here and setting goals that are worthwhile, I would recommend working on no more than three at a time and even then you should choose one goal as your top priority.

❼ **Make your goals real to you.**

Goal setting is basically a way to approach the process of accomplishment. It's a very successful way, if done right, but like all such processes it's a bit abstract. Using techniques such as visualization to focus on what actually accomplishing your goal will be like and what it will do for you can be very powerful – and a great help in staying motivated. Choosing and posting pictures that represent successfully accomplishing your goal is another way of doing this.

❽ **Set deadlines to accomplish your goals.**

A goal without a deadline is a goal that you have not fully committed to and a goal you will not achieve. For one thing, if working on achieving a goal is something you can do whenever – you won't. For another, having a deadline will shape your plan of action. To return to the weight loss example, it makes a great difference whether your goal is to

lose twenty pounds in four months or in ten. You will have to do a lot more exercising and cutting down of your food portions if you want to lose the weight more quickly.

❾ **Evaluate your goals.**

Remember that goal setting is a process – and evaluation is an important part of that process. Don't just settle for a 'good' or 'bad' assessment; think about what you did, how you did it and what you got out of it. Whether you successfully accomplished your goal or not, there's always something to be learned; what works or doesn't work for you, whether achieving your goal lived up to your expectations, why you failed. Extracting these lessons will increase your accomplishments even more as you apply them to your future goal setting experience.

❿ **Reward yourself for accomplishment.**

Internal satisfaction is a great thing, but external rewards can be immensely satisfying too. When you accomplish a goal, you've devoted time and effort to your success, so take the time to celebrate your success. One caveat; don't undermine your efforts by choosing an inappropriate reward. Eating a huge slab of cheesecake is not an appropriate reward for losing twenty pounds; for example, a new outfit would be a more suitable choice.

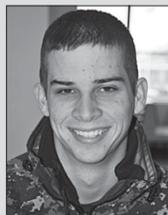
Remember to always set the stage for your goal setting success. Don't defeat your goal setting efforts before you even start to work on accomplishing your desired goals. Set yourself up for success rather than failure by applying these ten goal setting tips and start achieving what you want to achieve.

Editor's note: Susan Ward and her partner run Cypress Technologies, an IT Consulting business, providing services such as software and database development.



THE FLAGSHIP'S LEEWARD SHOUT

What is your New Year's resolution?



"I plan to get all my qualifications done for my Surface Warfare pin by August. I'm going to set aside at least 30 minutes a day to study."

GSMFA
Steven Harrell
USS Mason (DDG 87)



"My New Year's resolution is to do my best on the ship and to stay out of trouble and to help my shipmates stay out of trouble so everyone can be successful."

ASAA
John Booker
USS Harry S. Truman (CVN 75)



"I want to visit family and friends. I haven't seen most of them in over a year. Not seeing family can really bring down your morale."

ABHAN
Thaddeus Bertelson
USS Harry S. Truman (CVN 75)



"I want to go back to school so I can finish my degree and lose about 10lbs. with dieting and exercise. I also want to make 1st Class Petty Officer."

IT2 (SW)
Omolola Bakare
USS Dwight D. Eisenhower (CVN 69)



"I want to work out more to stay fit and healthy, the challenge will be to stick to a routine."

MM2 (SS)
Correy Wilson
Naval Submarine Support Center (NSSC)



"I want to quit smoking. It's bad for your health and I want to get in better shape. I'm going to take one of the tobacco cessation classes offered by the Navy."

MM3
Chad Looney-Hernandez
USS Ponce (LPD 15)

Photos by MC2 Mandy Hunsucker

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Man dresses up as SEAL chief to swindle Sailors

BY MC1 (AW) TIM COMERFORD
Staff writer

NORFOLK — If you are approached by a chief donning a SEAL trident on their uniform who asks you to fill out a survey, would you? What if the survey asked for personal information such as your name and address, rank, phone number and social security number? How much information would you fill out?

Recently, an Airman visiting the mini-NEX at Naval Air Station Oceana was approached by a bogus chief who asked the Airman to fill out such a detailed survey. The bogus chief also attempted to distract the Airman by asking him some basic questions about his naval career while he filled out the survey. The chief claimed to be from the Fleet and Family Support Center (FFSC) and said the survey was for junior Sailors.

The Airman filled out the survey and returned to his command where he told his leading chief petty officer (LCPO) about the incident. The LCPO thought the incident suspicious and went back to the mini-NEX with the airman on their way to talk to the FFSC. The Airman pointed out the bogus chief who was talking to another Sailor. The LCPO knew the Sailor and walked up to him eliciting a greeting.

The chief in question started to walk off, but was confronted by the LCPO who introduced himself by his first name. The bogus chief said, "I'm BMC" in response.

The LCPO became even more suspicious by the response and then asked about the survey. The bogus chief said he didn't know what the LCPO was talking about. The LCPO asked the chief for ID. The bogus chief responded by saying he must have left it in his room. When the LCPO asked where his room was, the chief pointed at a nearby berthing. The LCPO referred to the berthing by the wrong name and the bogus chief just agreed with him. Then the bo-



The US Department of Justice reports:

"In one notorious case of identity theft, the criminal, a convicted felon, not only incurred more than \$100,000 of credit card debt, obtained a federal home loan, and bought homes, motorcycles, and handguns in the victim's name, but called his victim to taunt him — saying that he could continue to pose as the victim for as long as he wanted because identity theft was not a federal crime at that time — before filing for bankruptcy, also in the victim's name. While the victim and his wife spent more than four years and more than \$15,000 of their own money to restore their credit and reputation, the criminal served a brief sentence for making a false statement to procure a firearm, but made no restitution to his victim for any of the harm he had caused. This case, and others like it, prompted Congress in 1998 to create a new federal offense of identity theft."

Source: Identity Theft & Fraud - USDOJ.GOV

gus chief acted as if he was missing an important meeting and fled the scene.

A Master Chief from Naval Station Norfolk relays a similar story of a student at his school who was approached by someone wearing a chief's uniform with a SEAL trident asking him if he wanted car

buying advice and to get into his car. The bogus chief told the student he was assigned to FFSC, gave him his cell phone number and a little 'background' on himself. Upon the conclusion of the conversation, the bogus chief provided the student with a form to fill out with his name, DOB, cell phone number

and full SSN.

Two days later the student found out his cell phone number had been changed while he was in class. The master chief told him to immediately contact NFCU to report possible identity theft because of another incident where another student had a \$10,000 car loan approved in their

name, although they never submitted an application.

FFSC does not send out CPO's requesting Personal Information for surveys. These similar situations come from two different bases in Hampton Roads. If you or your Sailors encounter this person, call Security immediately.

Helpful tips to reduce your risk of identity theft:

- ▶ Shred and destroy unwanted documents that contain personal information.
- ▶ Bring your mail in daily – don't leave mail in your mailbox.
- ▶ Immediately report lost or stolen credit cards.
- ▶ Review and monitor your consumer credit reports regularly.
- ▶ Do not carry your social security card or your birth certificate. Keep these tucked away in a safe place.
- ▶ Be aware and note when your monthly financial statements arrive in the mail. Notify your financial institutions when they don't arrive when expected.
- ▶ Watch your financial statements and ensure all charges made are yours.
- ▶ Keep your ATM and Debit Card receipts, do not leave these behind.
- ▶ Shred every piece of mail containing personal and financial information.
- ▶ Never reveal your bank account, credit card, mother's maiden name or social security number over the phone (unless dealing with a trusted business or organization). Ask the caller to send information by mail.
- ▶ Keep a list of all your financial accounts such as account numbers, expiration dates and customer help telephone numbers. Ensure this list is kept in a safe place & use to contact in case of lost or stolen cards.
- ▶ When creating passwords or PINs, do not use digits of your social security number, mother's maiden name, your birthdate or any part of your name (first, middle, last).
- ▶ Watch your credit card expiration dates, if you don't receive a replacement card prior to the date – contact the issuer.
- ▶ Consider making your telephone number unlisted or listed without your address.
- ▶ Sign all new credit cards immediately to prevent someone else from doing so.

Additional Seabee Battalions deploying to Afghanistan

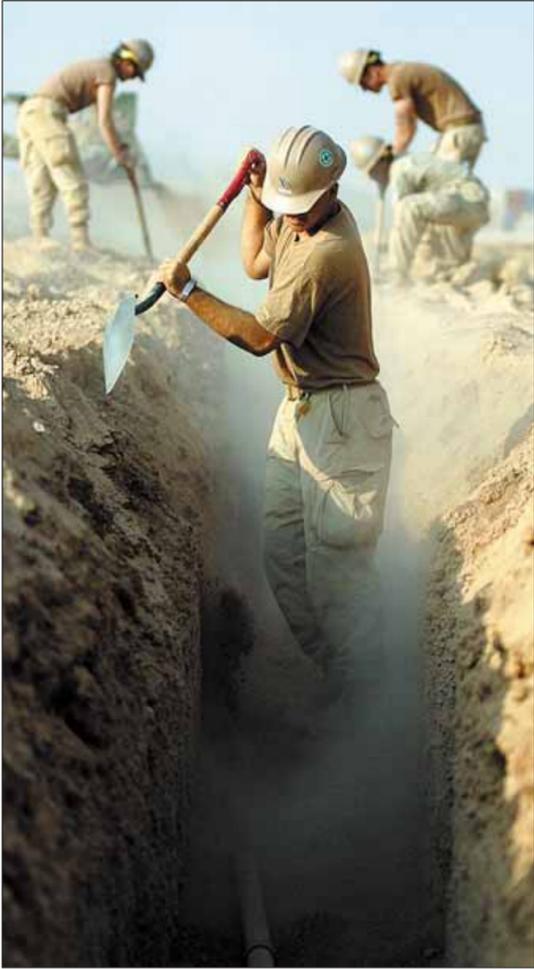


Photo by MC2 Michael Lindsey

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 bury two kilometers of fiber optic cable for their new camp in the expansion area of Camp Leatherneck, Afghanistan.



Photo by MC1 Ryan G. Wilber

Construction Electrician 2nd Class Daniel Arteché, left, from Santa Rosa, Calif., and Construction Electrician 2nd Class Alyssa Copp, from Somerset, Mass., assigned to Charlie Company of Naval Mobile Construction Battalion (NMCB) 74, cut bracing for a super Southwest Asia Hut at the Camp Leatherneck expansion project.

BY CMDR DARYL C. SMITH

1st Naval Construction Division Public Affairs

NORFOLK — Two battalions of Navy Seabees will deploy to Afghanistan in coming months as part of the 30,000 additional U.S. forces deploying to the region.

Naval Mobile Construction Battalion (NMCB) 4 will deploy from Port Hueneme, Calif., and NMCB 133 will deploy from Gulfport, Miss. Each NMCB contains about 580 Seabees.

Seabees are a vital enabler required for the buildup of additional troops in support of President Barack Obama's strategy in Afghanistan. The Seabees' mission is to help provide infrastructure such as bases, berthing facilities, roads and airfields for the increasing number of U.S. forces in country.

Both battalions will deploy by March, but may deploy as early as January. As part of their normal rotation cycle, NMCB 4 and NMCB 133 were originally scheduled for

deployment in February. NMCB 133 was scheduled to go to Afghanistan, and NMCB 4 was originally scheduled to deploy to the Pacific region.

"Since World War II, the Seabees have supported the Marine Corps in every major conflict. This is our legacy, and we are proud to be part of this important mission," said Rear Adm. Mark Handley, Commander, First Naval Construction Division.

Both battalions had already completed their required homeport training in preparation for deployment.

"Our Seabee battalions receive extensive training in both construction and defensive skills, so this mission is exactly what we have traditionally trained for. Seabees have a vital role to play as they work to provide the infrastructure necessary to complete our country's objectives in Afghanistan," Handley said.

"After a successful homeport training cycle, NMCB 133 stands ready to answer the president's call to surge additional forces into Afghanistan," said Cmdr. Christopher Kurgan, commanding officer of NMCB 133. "We appreciate all the responsive support that we have received from across the Naval Construction Force to finalize our training and equipping. We also deeply appreciate the understanding and support of our families as they continue to sacrifice and allow us to answer our nation's call."

The deployment of these two battalions will require adjustments to the deployment schedule of other Seabee units. These adjustments are currently pending approval by the chief of naval operations.

Various vehicles, equipment, tools and materials are also being prepared to be shipped from Gulfport and Port Hueneme to support their mission. Naval Facilities Expeditionary Logistics Center (NFELC), and Seabee Readiness Group personnel are breaking out containers and preparing them for shipment from Gulfport, Miss., and Port Hueneme, Calif. Construction equipment is also being broken out from warehouses, de-preserved and operationally checked. This gear will be staged for shipment when it is ready. Some items will be shipped by air, but most will go by ship transport.

Many pieces of heavy construction equipment will be armored before they are deployed. NFELC has active contracts to armor construction equipment in Gulfport and Port Hueneme. Mobile Tactical Vehicle Replacements (MTVRs) are also being armored at other locations in California, North Carolina and Florida.

Troops are being outfitted with the latest in Personal Gear and Combat Equipment including ballistic protective eyewear, body armor, hydration systems, extreme cold weather gear and fire resistant clothing.

Approximately 2,600 Seabees are currently deployed to nearly 20 different countries around the globe supporting a variety of humanitarian missions and contingency operations.

Seabees were among the first forces in Afghanistan after the Sept. 11 attacks to upgrade and repair airfields. Portions of two battalions have been deployed there since January 2009.

For more news from Commander, 1st Naval Construction Division, visit www.navy.mil/local/1ncd/.

Navy experts answer your questions on the Post-9/11 GI Bill

PRESS RELEASE

From Chief of Naval Personnel
Public Affairs

WASHINGTON — Navy Post-9/11 GI Bill experts Ann Hunter, voluntary education chief for the chief of naval personnel, and Lt. Cmdr. Raquel Gladieux, chief of navy reserve training and education policy officer, answer the most common questions received from active-duty and reserve Sailors and their families. The video series provides an additional resource, available 24/7, to assist Sailors in navigating through the process of claiming Post-9/11 GI Bill benefits.

- **Part 1** – Eligibility: addresses who is eligible for the benefits.

- **Part 2** – Use of Post-9/11 GI Bill: explains how the GI Bill may be used in combination with other educational benefits.

- **Part 3** – Benefits: focuses on the benefits service members and their families can receive.

- **Part 4** – Transferability: focuses on how service members can transfer benefits to their spouse or children.

- **Part 5** – Service Obligations: discusses service obligations and policies related to the Post-9/11 GI Bill.

- **Part 6** – Claims: discusses processing enrollments and how to rectify rejected claims.

To watch the series, go to www.npc.navy.mil/CareerInfo/Education/GIBill/Post_9_11.htm.

The Post-9/11 GI Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service on or after Sept. 11, 2001, and individuals honorably discharged with a service-connected disability after 30 days.

The GI Bill offers tuition and fees for approved education and training to include graduate and undergraduate degrees, and vocational/technical training offered by an institution of higher learning and approved for GI Bill benefits. Additionally, tutorial assistance, and licensing and certification test reimbursement are allowed under the Post-9/11 GI Bill.

Financial benefits offered by the Post-9/11 GI Bill are based upon the highest public in-state tuition charged by an educational institution in the state where the educational institution is located. Those who attend more expensive private institutions may find financial assistance through the “Yellow Ribbon Program.”

The Yellow Ribbon Program allows private schools to voluntarily agree with the Veterans Administration to jointly cover tuition costs of schools that fall outside of the maximum allotment set by the VA. The school reduces tuition and fees and receives matching funds of the same amount from the VA, reducing the out-of-pocket expense to the beneficiary.

In addition to tuition, the Post-9/11 GI Bill offers a housing allowance equal to the basic housing allowance payable to a military E-5 with dependents in addition to

\$1,000 annually to cover the costs of books and supplies. Certain eligibility restrictions apply, as discussed in the video.

Another benefit for service members is transferability. Any unused educational benefits may be transferred to either a spouse or dependent children. Family members must be enrolled in the Defense Eligibility Enrollment Reporting System (DEERS) and the service member must be eligible for benefits, at the time of transfer, to transfer educational benefits.

For more information, go to www.npc.navy.mil/CareerInfo/Education/GIBill or www.gibill.va.gov. Interested Sailors also may call the Navy Personnel Command customer service desk at 1-866-U-ASK-NPC or speak with their career counselors.



Sailor battles infant mortality, malnutrition in Afghanistan

BY DOUGLAS H. STUTZ
Special to American Forces
Press Service

BREMERTON, Wash. — Navy Chief Petty Officer Connie Smith, a hospital corpsman, is helping to combat malnutrition in Afghanistan.

Smith is involved with the Strong Food Project, which fights malnutrition among local Afghan children under the age of five.

“The project basically is to help kids from six to 60 months regain a normal appetite,” explained Smith, who is deployed from Naval Hospital Bremerton here to Bagram Airfield, Afghanistan.

According to NATO’s International Security Assistance Force Afghanistan, the Strong Food Project began in November 2008 in the southern Afghan province of Zabul.

The project is composed of five ingredients which can be purchased by locals and then combined with liquid vitamins. The resulting mixture is a high-fat, sweet-tasting blend provided daily for children with severe malnutrition.

“I come to work every

day hoping to make a difference in the lives of the Afghan people,” said Smith, a Navy veteran with 21 years of service.

According to the CIA World Fact Book, the infant mortality rate in Afghanistan is 151.95 deaths per 1,000, behind only the West African nations of Angola and Sierra Leone.

“The infant mortality rate really is the barometer of the level of health of the country,” said Navy Capt. Fred Landro, a branch clinic director at Naval Hospital Bremerton.

Afghan civilians carry a high degree of risk for major infectious diseases. Food and waterborne diseases include bacterial and protozoan diarrhea, hepatitis A, and typhoid fever. Other prevalent diseases include malaria and rabies.

Consequently, Smith and her medical team find there is no shortage of opportunity to employ their skills in Afghanistan. Smith also discovered that her gender augments her corpsman’s knowledge in gaining access to Afghans in need.

Females comprise more than 48 percent of the Afghan population. Smith said she has provided medical support and health care for many Afghan women and their children.

“Most of the people are happy to see us,” Smith said, noting that Afghan women seem more comfortable obtaining medical assistance from female health care providers.

“The local [Afghan] women would ask to see me,” Smith said.

Smith also has participated in humanitarian assistance projects such as women/children health clinics set up at Afghan security force bases.

“We saw almost 600 patients within a three-day period at one of our arranged clinics,” Smith said.

Smith recalled helping a young Afghan girl who’d gotten gum stuck onto her neck. The girl was crying “because she couldn’t nod her head without getting the gummy residue stuck on her chest,” Smith said.

“We finally got it off by rubbing lotion on her neck and by giving a good

scrub,” Smith said. “I then handed her a piece of candy and some vitamins, and off she went. She’s the cutest little thing and could not have been more than three years old.”

Smith said she’s preparing for a holiday season away from her family.

“We do have a Christmas tree up and the hallways are decorated,” she said. “One of our interpreters will be bringing in some Afghan food dishes, which are really pretty good. I

miss cooking, so thinking about not being able to cook the traditional holiday feast for my family is harder than I thought it would be.”

Smith said she regularly communicates with her husband Jeffrey, also a chief corpsman, and their two boys. Yet, she said, it is hard being separated from her family during the holidays.

“Luckily, I can talk to them almost every day and hear their voices, which

I am truly grateful for,” Smith said. “I know my husband is doing a great job and making everything as normal as possible for them and for that, I am also grateful.”

Meanwhile, in Afghanistan “we are all making a difference,” Smith said. “We are making history. It doesn’t get any better than that.”

Editors note: Douglas H. Stutz serves with Naval Hospital Bremerton public affairs.

Making a difference in Afghanistan



Photo by Marine Cpl. Albert F. Hunt

Lt. Cmdr. Bill Schalck, assigned to 3rd Battalion, 4th Marine Regiment, examines a local Afghan’s knee during a combined medical engagement in Now Zad, Afghanistan.

Marine Corps Logistics Base Albany increases energy efficiency

PRESS RELEASE
NAVFAC Southeast
Public Affairs Office

JACKSONVILLE, Fla. — Naval Facilities Engineering Command (NAVFAC) awarded an \$18.8 million Energy Savings Performance Contract (ESPC) to Chevron Energy Solutions Company of San Francisco Dec. 21 providing nearly \$1.8 million in energy cost savings and 66,984 MBTUs (one million British Thermal Units) per year at Marine Corps Logistics Base (MCLB) Albany, Ga.

“The Congressional mandate, Energy Policy Act of 2005, requires that of the total annual amount of energy we consume after 2013, 7.5 percent of it be renewable Energy,” said Col. Terry V. Williams, commanding officer, MCLB Albany. “This project will bring us to 22 percent, greatly exceeding this goal.”

There are presidential and congressional mandates that require the reduction of greenhouse gas emissions, to increase the use of alternative energy sources and to reduce energy consumption.

This ESPC makes way for the Navy to purchase landfill gas from Dougherty County which will be converted to electricity when MCLB Albany will begin to burn the gas and use the renewable energy.

“An ESPC is a partnership

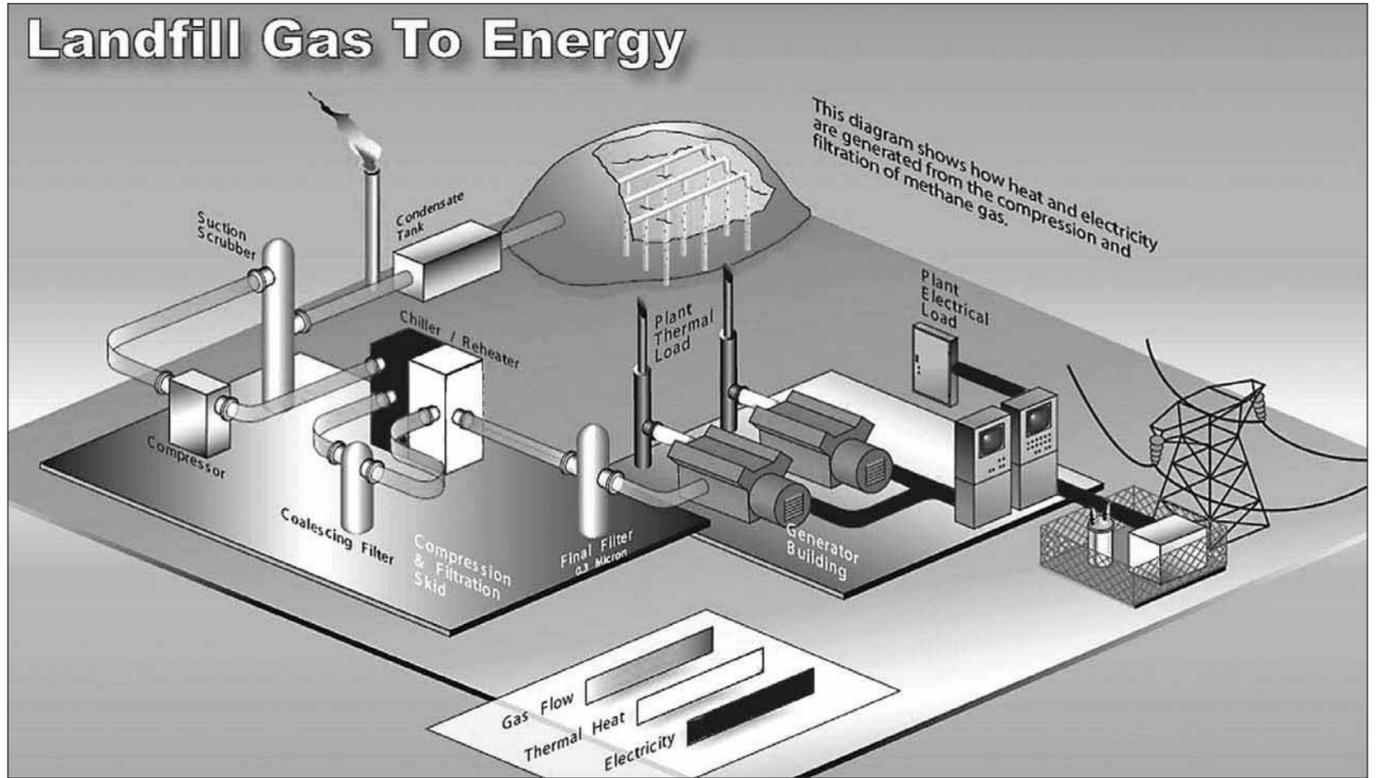


Illustration courtesy Marine Corps Logistic Base Albany Public Affairs

The diagram above shows how the landfill gas will be collected to provide 22 percent renewable energy of the total utilities used.

between an energy services company (ESCO) and its customer formed for the purpose of financing and implementing cost-saving energy-efficiency improvements,” said Keith Lemon, NAVFAC Southeast Utilities Energy Manager. “The ESCO pays the up front cost of purchasing and installing new equipment, and the customer repays the ESCO over the life of the contract from the savings resulting from the project.”

Energy conservation measures for this contract will include Landfill Gas Utilization, lighting upgrades and controls upgrades.

“We will be burning our own energy to create electricity,” added Williams. By producing electricity on site, using landfill gas, MCLB Albany will reap on the benefits offsetting the cost of electricity and natural gas used for steam production (heat).

Microorganisms that

live in organic materials such as food wastes, paper or yard clippings cause these materials to decompose. This produces landfill gas, typically comprised of roughly 60 percent methane and 40 percent carbon dioxide (CO₂). Landfill gas is collected from landfills by drilling “wells” into the landfills and collecting the gases through pipes. Once the landfill gas is processed, it can be combined with natural gas to fuel conven-

tional combustion turbines or used to fuel small combustion or combined cycle turbines.

Construction will start later this year as Chevron Energy Solutions starts construction on the pipeline. Chevron will also be responsible for maintaining the pipeline, generator and associated equipment to produce energy from this renewable source.

“It took a little over two years from the project in-

ception to award,” said Lemon. “Months to survey the base, develop the detailed energy study, coordination and discussions between the federal government, county government and contractor, negotiations, and the final contract award. A lot of negotiating took place to get to where we are today.”

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq/.

Energy management course steers commands toward energy savings

BY RONALD INMAN
Naval Facilities Engineering
Command Far East
Public Affairs

YOKOSUKA, Japan — More than 25 energy and utility managers representing 16 installations throughout the Far East and Guam participated in the Civil Engineer Corps Officer School Facilities Energy Management Course and Utilities and Energy Management (UEM) Workshop Dec. 14 - 18 at Commander Fleet Activities Yokosuka.

The course provides

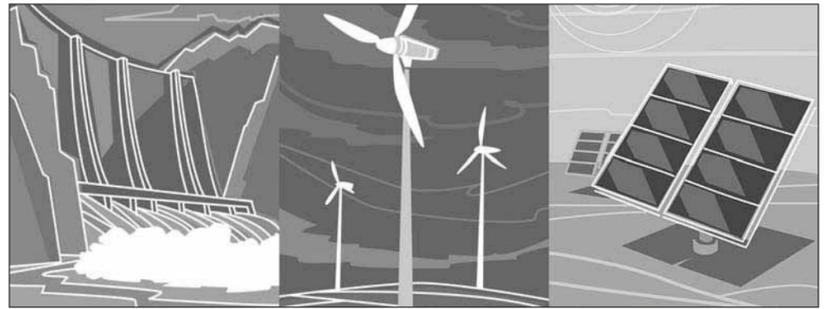
fundamental energy management training and guidance on topics ranging from basic awareness, energy and water management practices and audits to projects and execution, use of Energy Star products and project designs, metrics, renewable energy and new technologies.

“There is no substitute for a well-trained, competent, dedicated installation energy manager and support personnel,” said Energy Course Director and Naval Facilities Engineering Command Energy Training

Coordinator Gil Siqueido.

The UEM workshop enabled participants to draft energy and water use reduction plans which they took back to their installations.

“One of the results of the Facilities Energy Management course is the network created between the personnel in the region in which the course is being held,” Siqueido said. “This links experience and knowledge between many energy managers who are now able to help each other within the region.”



The energy management course teaches use of Energy Star products and project designs, metrics, renewable energy and new technologies.



Photo by MCC Dennis Herring

Midshipman 1st Class Aaron Stroud, a senior at the U.S. Naval Academy, speaks with former President George H. W. Bush before the 2009 Texas Bowl at Reliant Stadium in Houston, Texas. The U.S. Naval Academy beat the University of Missouri 35 to 13.



Photo by MC2 Kimberly Williams

Senior Chief Operations Specialist Gregory Carlson leads children from the Virginia Home for Boys and Girls (VHBG) on a tour of the guided-missile destroyer USS Mahan (DDG 72). The Hampton Roads Chief Petty Officer Association holds a holiday party and ship tour for the VHBG annually at Naval Station Norfolk.



Photo by MC2 Daniel Edgington

Members of a visit, board, search and seizure team and a U.S. Coast Guard maritime safety and security team from the guided-missile cruiser USS Chosin (CG 65) approach a dhow during a maritime security operation in the Gulf of Aden, Jan. 1.



Photo by MC2 Daniel Edgington

Gas Turbine Mechanical 3rd Class Brian Bogema sorts holiday mail aboard the guided-missile cruiser USS Chosin (CG 65). Chosin is the flagship for Combined Joint Task Force 151, a multinational task force established to conduct counter-piracy operations off the coast of Somalia.

While you were out...

Photographs taken during the holiday break.



Photo by MC2 Daniel Taylor

Ships at Naval Base San Diego display lights for a holiday festivity. A panel of judges visited each ship to determine the best display. The winner in the large division was the amphibious dock landing ship USS Germantown (LSD 42), in the medium division the guided-missile destroyer USS Halsey (DDG 97) and in the small division the guided-missile frigate USS Jarret (FFG 33).



Photo by MC1 Tiffini M. Jones-Vanderwyst

Chief of Naval Operations, Adm. Gary Roughead, participates in the Ride 2 Recovery bike challenge.



Photo by MC1 Chad McNealey

Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, and his wife gather for a group photo at the conclusion of a show during the 2009 USO Holiday Tour stop in Baghdad.



Photo by MC2 Christopher Koons

Aviation Boatswain's Mate Airman Bradley Peterson hugs his daughter on the pier after the multi-purpose amphibious assault ship USS Wasp (LHD 1) returns to Norfolk. Wasp completed a three-month deployment supporting Southern Partnership Station-Amphib in the Southern Command area of responsibility with Destroyer Squadron (DESRON) 40 and embarked Security Cooperation Marine Air-Ground Task Force.



Photo by MC3 Devon Dow

Musician 2nd Class Crabtree and Musician 2nd Class James Caliva stroll through the audience during a free performance by the 7th Fleet Brass Band at Ogusa Elementary School. The band played a wide selection of Christmas songs and gave musical instrument demonstrations to the children in attendance.

STAMPS: USPS plans to release stamps featuring four Sailors

Continued from page A1

USS McCloy (DE-1038), which was commissioned in 1963.



Doris Miller

The first African American hero of World War II, Doris Miller (1919 - 1943) became an inspiration to generations of Americans for his actions at Pearl Harbor on Dec. 7, 1941.

Although he was only the

first of a number of African Americans to be recognized for their heroism in World War II, Miller is singularly remembered for providing inspiration to a campaign for equal recognition and opportunity for Blacks in the military, a campaign that bore fruit in 1948 when President Truman ordered “that there shall be equality and opportunity for all persons in the armed forces.”

The Doris Miller stamp features a detail from a photograph of Miller (1942). Beside the photograph is a depiction of the crest of the destroyer escort USS Miller (DE-1091), which was commissioned in 1973.

MULLEN: Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, underscored the symbolism of the matchups for troops around the world

Continued from page A1

at the academy and once his mandatory service tenure was complete. But that player, now a captain who Mullen met during his recent trip to Afghanistan, decided to take another look at the Air Force as a career, he said.

“He said, ‘I got commissioned, and it’s probably something I’m going to do for a career,’” Mullen said, recalling his conversation with the young airman in Afghanistan. He added that it’s not uncommon for troops to attend a service academy for one reason, then remain in the military for another – a model that echoes Mullen’s own.

“I actually made the decision to go to the service academy without a long-

term vision,” he said of his decision to attend the U.S. Naval Academy in Annapolis, Md. “Initially I was only going to be there two years ... of course, it worked out a little differently.”

“These games are watched around the world and the players playing in them know that so that they represent great institutions.”

— Said Navy Adm. Mike Mullen

Asked what caused him to decide to remain in military for a career, Mullen cited two reasons.

“First, it would be the mission and serving your country. And then sec-

ondly, it’s the people,” he said. “I met the best people of my entire life when I showed up at Annapolis; it’s been that way right through today: people that care, people that you want to be around, teammates just like this football team here today that really are making a difference and doing something bigger than anything for themselves, so in that regard they’re a very special group, as are all the service academies.”

Not trivializing the gravity of bowl games, Mullen predicted – accurately, it turns out – that both teams would win in exciting games.

“Yes, they’re focused on a football game, there should be no other focus today,” he said. “But there’s also a lot to look forward to.”

VOTING: Law changes, send new federal postcard application by Jan. 15

Continued from page A1

On the postal side, officials are looking at ensuring all military ballots take seven days or less in transit. Imagine an express-mail service for military voters, Carey said.

The power of the Internet also is being harnessed. Military voters can go to www.fvap.gov for almost one-stop shopping. A service member can go online and find the necessary voting forms and fill them out right there.

“Down the line we will also have an online ballot system where they can receive the ballot online, fill it out online and choose

their candidates online,” Carey said. “They will still have to print it out and sign it, but it would end the wait of getting the ballots.”

Deployed service members – at combat outposts and aboard ships – are the most affected by voting issues. Many military voters also are younger and aren’t aware of the processes behind voting, Carey noted.

“We’re trying to make it easy,” he said, “so they don’t have to know chapter and verse of election law in order to participate in the process.”

One of the bigger changes in the process is that military voters must send in a federal postcard

application – again available at www.fvap.gov – as soon as possible.

“The law has changed and even if they have been getting their absentee ballot automatically they have to register each and every year,” Carey pointed out.

Service members also must submit a postcard application each time they move, each time they deploy and each time they redeploy.

“We’re encouraging everyone by Jan. 15 to send in a new federal postcard application,” Carey said. Local election officials, he said, are more than happy to deliver balloting materials, but they have to know where to send them.

USS Eisenhower – “Big E” at sea



Photo by MC3 Bradley Evans

Fog rises over the Atlantic Ocean as the aircraft carrier USS Dwight D. Eisenhower (CVN 69) conducts flight operations. Eisenhower is deployed as part of an on-going rotation of forward-deployed forces to support maritime security operations in the U.S. 5th and 6th Fleet areas of responsibility.

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

January 7, 2010

Eisenhower's dramatic rescue at sea

STORY AND PHOTO BY
MC3 CHRISTOPHER A. BAKER
*USS Dwight D. Eisenhower
Public Affairs*

USS DWIGHT D. EISENHOWER — Only hours after departing for its 2010 deployment, Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) diverted from flight operations to assist the U.S. Coast Guard in a

rescue at sea the night of Jan. 2, saving the life of a stranded mariner.

Responding to a vessel-in-distress call, the U.S. Coast Guard requested Eisenhower's aid in the successful extraction of a man whose sailboat had capsized in rough waters approximately 300 miles off the coast of Elizabeth

See **RESCUE**, B7



Dennis Clements was rescued late Saturday from the sailboat Gloria A Dios after it was damaged in storms starting Wednesday.



SH-60H Seahawk assigned to the "Nightdippers" of Helicopter Anti-Submarine Squadron (HS) 5 lands on the flight deck of aircraft carrier USS Dwight D. Eisenhower (CVN 69) after successfully extracting a stranded mariner off the coast of North Carolina.



The Virginia-class attack submarine Pre-Commissioning Unit New Mexico (SSN 779) undergoes Bravo sea trials Nov. 26, 2009 in the Atlantic Ocean. The Navy took delivery of New Mexico from Northrop Grumman Shipbuilding four months earlier than the contract delivery date.

New Mexico delivered to Navy four months early

PRESS RELEASE
Team Submarine Public Affairs

WASHINGTON — The Navy took delivery of its newest attack submarine, PCU New Mexico (SSN 779), from Northrop Grumman Shipbuilding (NGSB) Dec. 29, four months earlier than its contract delivery date. New Mexico is the sixth Virginia-class submarine and the third delivered by NGSB.

"New Mexico performed superbly on sea trials," said Rear Adm. William Hilarides, program executive officer for submarines. "Her early delivery keeps us firmly on pace for a 60-month construction span by the end of the Block II contract."

Capt. Michael Jabaley, Virginia-class Program manager, commented, "With the delivery of the sixth submarine, the Virginia Program continues to provide needed capability to the fleet."

USS North Carolina (SSN 777) and USS New Hampshire (SSN 778), the two submarines delivered prior to New Mexico, were completed after 82 and 71 months, respectively. New Mexico completed construction in just 70 months.

See **NEW MEXICO**, B7

Eagle Scout started journey on Amphibious Base Little Creek

STORY AND PHOTO COURTESY
OF **SANDRA BONE**

Dominic Wilson, the son of Sandra Bone and Step-Father David Layton, achieved the rank of Eagle Scout in December. Dominic is an 11th grader at Parkview High School in South Hill, Va. He is in Boy Scout

Troop 209 in Emporia, Va.

Dominic, son of Chief Aviation Boatswains Mate (Handling) Andre Bone, began his scouting journey as a Wolf Cub in Pack 67, at Little Creek Amphibious Base in Norfolk, VA. He advanced through the ranks of Bobcat, Wolf, and Bear, under

Scout Master Carroll Amell. He then preceded through Webelo I and Webelo II in Den 3 with Pack 62, lead by Den leader Nannette Edwards, under the watchful eye and direction of Cubmaster John Fowler. Dominic attended three day camps (2001-2003) at the Breezy Point officers club

on Naval Station Norfolk under the administration of Melissa and Steve Whitefield.

Dominic crossed over to BSA Troop 188 out of Norfolk with Scoutmaster Steve Whitefield on August 6, 2003 after achieving the Arrow of Light, the Cub Scouts most formidable honor.

August 23, 2003 he earned his first Merit Badge, Emergency

Preparedness.

He and his family were transferred to Key West Florida where he joined Troop 578 of Key West Fla. In Troop 578, Dominic obtained the ranks of Second Class, First Class, and Star. He also acquired the positions of Patrol Leader and Senior Patrol Leader and earned

See **EAGLE SCOUT**, B7

The Andersons' baby New Year!

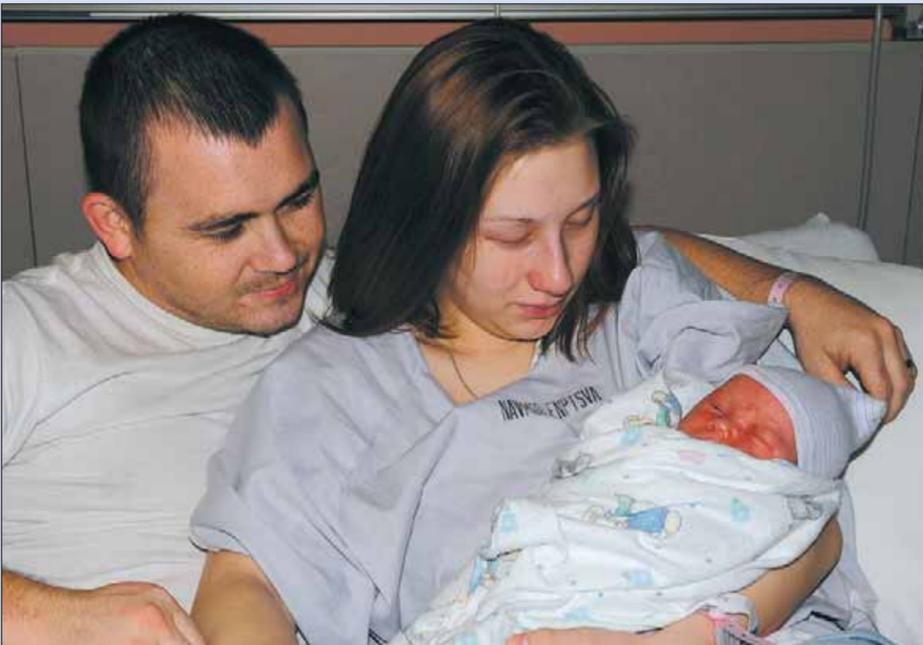
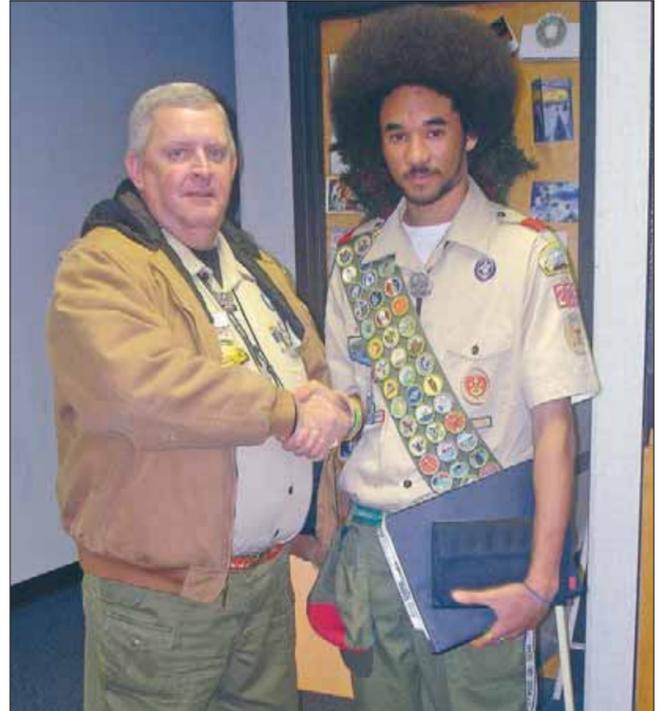


Photo by MC3 Jessica Pounds

USS Wasp Aviation Ordnanceman Airman Aaron Anderson and his wife Sabrina welcomed their baby boy Roper Lee Anderson into the world, January 1, at 1:50 a.m. Roper was the first baby born at Naval Medical Center Portsmouth in the new year.



Scoutmaster Chuck Lifsey congratulates Dominic "Q-tip" Wilson on achieving the rank of eagle scout.

SPOUSE SPEAK!

New options can lead to better spouse careers

BY MICHELLE GALVEZ
Journalist/2009 Heroes at Home
Military Spouse of the Year

I quit my job last week and for once it had nothing to do with a Permanent Change of Station (PCS) move. I didn't have to resign because my husband was deployed, again and I couldn't handle being super single mom anymore. This time it wasn't because I couldn't find affordable, reliable and caring child care.

I've left jobs before for all of those reasons. Nope – we're here for a while. I had a plethora of great babysitting options and my husband has been home and helping. I had a great thing going – good job, great pay and work that I felt passionate about with friendly co-workers. That's hard to find when you're a military spouse moving every couple of years.

I've been a working mom and a stay-at-home mom from necessity, desire and circumstance depending on the moving situation.

It's difficult starting at the bottom of the career ladder – at each and every duty station. I wanted to put those four years of college to good use and have the career I'd dreamed about. Only once have I been what I was "supposed" to be and we moved two weeks after I scored the promotion I'd sought for two years. That's how I've ended up with jobs that only-sort-of-creatively-relate to my degree in journalism. I've been a tourist magazine editor, a freelance human interest story writer, a military family columnist, a blogger and a graphic designer.

Career aspirations aside, there were times when I just had to work. At different times we've saddled ourselves with new car payments, spent too much on Christmas, realized that having children meant starting savings accounts or we were living in a place that far exceeded our basic housing allowance. Luckily, I've stumbled into occupations that utilized some of my skills and interests, like hotel reservationist, lifeguard and preschool teacher to help pay the bills.

A few times I've wanted to throw in the writing towel and go in a whole new direction. Since I hadn't planned on marrying the military when I declared my major, my chosen field wasn't as portable as some others out there. So I looked into nursing school and took three prerequisite courses to turn my liberal arts degree in a more scientific direction. Then I remembered that math and science weren't my forte and I'd majored in English for a reason and scrapped that plan.

I leaned toward teaching for a while. Same hours and vacations as my kids and a job that would be in demand no matter where we lived, right? Perfect plan. I took a bunch of exams and submitted piles of forms to get licensed to teach high school in that state. The only problem was that after getting my license, I found out I was pregnant the day my husband got orders and I never set foot in a classroom.

By the time we added two and then three children to the family and had gotten a bit better at bud-

geting, during some tours it made more sense for me to stay home. There were lots of reasons. I felt that after so many moves, changes and deployments, the kids needed a consistent routine with one parent always available. The pull of the moms clubs, playdates and the children's arts and crafts aisle of the local Michaels was too much to resist. The wait list at some base daycares exceeded the time we'd be stationed there. Once I had been offered a sweet job only to have to turn it down because the only childcare available out in town was so expensive, that even with the multiple children discount, I'd be practically volunteering.

I certainly wasn't alone – scores of military spouses have been frustrated by the cost of college, lousy budgeting, lack of affordable and available childcare and the need for a more portable career.

Lucky for us, great strides have recently been made in all those areas. Thanks to a lot of work behind the scenes and congressional approval, military members, spouses and their college-aged youth are now guaranteed in-state tuition at public colleges and universities in the state where they reside or are permanently stationed. No more paying the more expensive out-of-state tuition rate or waiting a year to start school.

The new Post-9/11 G.I. Bill has a transferability option allowing el-

Military OneSource Tax Filing Services

TIP
of the week



Active duty W-2s will be available on MyPay on Jan. 20 at <https://mypay.dfas.mil/mypay.aspx>. Military OneSource will bring H&R Block At Home® online tax filing (formerly TaxCut) online Jan. 18. This includes free tax consultations by phone for service members and their spouses.

NOTE: The public version of H&R Block At Home® is not the same as the customized Military OneSource product, and it is not free. If you create an account through the H&R Block Web site, the H&R Block system will treat your account as a public account even if you access the account in the future through the Military OneSource site. To avoid this problem, please wait until the link is posted to the Military OneSource site at www.militaryonesource.com.

igible service members the option of sharing their college money with spouses and children. Visit www.gibill.va.gov for details on benefits and requirements.

There are many scholarships floating around out there for military spouses, like the National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarship. Applications are being accepted online at www.militaryfamily.org/our-programs/military-spouse-scholarships/apply-now through Jan. 31. Tips on paying for school and finding other scholarships can be found on Military OneSource at www.militaryonesource.com.

The Department of Defense (DoD) Military Spouse Career Advancement Accounts (MyCAA) program provides up to \$6,000 of financial assistance for military spouses who are pursuing degree programs, licenses or credentials leading to employment in portable career fields. Get more information and sign up at <https://aiportal.acc.af.mil/mycaa>.

The economy's tough and even with the steady military paycheck, numerous moves and living beyond our means can be a drain on family resources. Financial Educators at your local Fleet and Family Support Center can help through individual consultation, workshops and classes.

While you're improving your bot-

tom line plan with FFSC, ask them about their Family Employment Readiness Program (FERP) which addresses the tremendous career challenges for military family members. If you're in the market for a job already or need to brush up on resume and interview skills, the FERP program also has workshops, one-on-one career counseling and self-help resources. Call (757) 444-NAVY for to get started at the center nearest you.

Childcare issues are also being worked on to the benefit of military families. To learn about the programs offered by Navy Child & Youth Services, visit <https://qol.persnet.navy.mil/CYPWeb/Web/Home/Home.aspx>.

As for me, I'm trading in employment for a student ID and going to graduate school in 2010. It's an opportunity typical of our military life – in the right place at the right time with all the stars aligned (and thanks to a scholarship). Whether you are staying home and loving it, working and looking for a new job or yearning to hit the books, obstacles and opportunities abound – but so do the resources available to help you navigate the challenge. Good luck!

Michelle Galvez is a Navy wife and ombudsman who lives in Virginia Beach with her husband and three children. She is the 2009 Heroes at Home Military Spouse of the Year.

Make 2010 your year: weight loss/healthier eating

BY REBECCA PERRON
Military Newspapers of Virginia

As the beginning of the year is upon us, millions of Americans have just embarked on the annual ritual of overeating during the holidays, gaining the usual five-to-10 pounds, and then preparing for the New Year's weight loss resolution that will most likely last only a few weeks. Sound familiar?

Surveys indicate about 20 percent of Americans made the resolution to lose weight at the beginning of 2009, but by mid-February, 80 percent has stopped trying to keep it.

It should not be surprising that many of us overeat, particularly during the holidays. It is easy and fun to overeat, unhealthy foods and snacks taste really good, and exercise is not always fun and can be time consuming.

So we find ourselves frequently wanting to fight the battle of the bulge, but routinely losing. Our country now finds itself in the midst of what has been termed the obesity epidemic.

Wouldn't it be nice if we had the will power to only make the healthiest food choices while at the grocery store? Or skip the fast food when a craving hits? Or leave the ice cream alone when we are standing with freezer door open and spoon in hand at 10 p.m.

Recent research has indicated that missing DNA may play a part in our lack of willpower. The study, reported in *Journal Nature*, found that severely obese children are lacking significant pieces of their DNA that are responsible for letting the body know when it needs to eat and when it has had enough and should stop. Without this DNA component, affected individuals do not have the physical means to know when to stop eating.

This could change how the medical field looks at obesity, but in the meantime, most of us who need to lose a weight are still looking for the miracle pill that will make us slim no matter how much we eat. So we scour the Internet for diets that promise quick weight

loss without much effort and promise ourselves that as soon as the New Year is here, we will stick to that diet and start exercising every day. Just like that – we are going to do it this time.

But with an attempt at such a drastic change or unrealistically fast results, we are bound for failure. We are creatures of habit, plus when we eat too little, our metabolism slows and the desire to overeat to survive kicks in, creating yo-yo dieting and perhaps weight gain overall.

While change will not be easy, the key is to phase in small changes over several weeks instead of trying to jump into a different lifestyle all at once. These small changes can be incorporated into any one's lifestyle. These slow changes are especially important for children who are heading down the wrong path to help them avoid becoming overweight adults.

It is healthy to lose only one or two pounds per week. If you have forty or fifty pounds to lose, that can seem like an eternity. But just think, if you had started a proper diet at the beginning of the year and stuck to it, you would be at your goal by now. So let's focus on what can be done for this year.

These quick and easy weight loss steps are things that you can do right now to lead your family to a healthier lifestyle.

LEARN TO SAY "NO" AND CUT BACK ON SOME CALORIES. One pound of body weight is equal to 3,500 calories. An extra 150 calories a day results in one pound gained in three weeks. Those measly 150 calories can be found in a few cookies or an extra dinner roll. This shows how little things can add up. So, learn to say "No, thank you." Say it to yourself when you want seconds, say it to others when you are offered something you know you should not eat, say it to your kids when they ask for seconds. And practice it if need be. Write "no" or your reason for losing weight on a sticky and put it on the fridge. Or if it is difficult to not go back for

seconds, cook less food or provide smaller plates at dinner so there is not as much room for excess food. Then limit the serving size of seconds.

EAT LESS FAST FOOD. Although most fast food restaurants now offer healthier menu choices, most people still choose high fat and high calorie meals. While you could search for healthier fast food, like a baked potato, salad or low fat sandwich, you are usually better off providing a healthier meal at home. And it is usually less expensive too. Many families find their time stretched thin, especially when mom or dad is deployed, and fast food is an easy alternative to time consuming cooking. If you find yourself in the situation where you routinely must eat fast food to get through your schedule, maybe it is time to sit down and re-assess that schedule with some creativity. Do you have time on Sunday afternoon to meal plan for the week and prepare a few things ahead of time? Could you take turns with another team parent to drive the kids to soccer practice so you can have more time for meal prep? Even ask your kids to join in and help if they are old enough. You may find more time to prepare meals if you make an honest attempt.

DRINK FEWER CALORIES. With fruit drinks, fruit juice, soda and sport's drinks, most people drink way too many calories. Often, these drinks can be the difference between someone being overweight or a healthy weight, and by getting rid of them, it can be an easy way to eliminate extra calories.

Generally, children age one to six years can have four to six ounces and older children can have eight to 12 ounces of 100 percent fruit juice each day. Also limiting sports drinks during vigorous physical activity can help. And the rest should be low fat milk (as long as they are over two years old) and water. But how realistic is this? Some of us know first hand the reaction a two year old can have when they are handed a cup of water after drinking sweet-tasting juice.

Weigh the options – water down the juice, maybe consider diet drinks. Many people consume drinks with artificial sweeteners, but many worry about offering them to children. Recent research indicates long-term diet soda drinkers are at an increased risk for kidney damage. So, in this case, you have to consider the possible risks of artificial sweeteners with the known health problems that are associated with being overweight. Luckily, more natural sweeteners with fewer calories than sugar are emerging and there are sure to be beverages containing them on the market eventually.

BE MORE ACTIVE. It is important to simply get active doing things that are enjoyable. For kids, this might include an individual sport or a new team sport, such as baseball or volleyball, or just unorganized play in the neighborhood riding a bike, skateboarding or just playing outside. To be adequately active and get enough exercise to lose weight, the average person needs to make 10,000 steps a day to maintain weight and 15,000 per day to lose weight. It will probably take at least 60 to 120 minutes of activity to get there. Sitting at a desk at work for eight hours a day and then in front of the television all night is not going to cut it. This is why many organizations such as the NFL are promoting at least 60 minutes of exercise and play each day for kids – this applies to adults also. Consider buying a step counter and share it around the family to assess current activity levels and go from there.

SHOP SMARTER. Although you may not have complete control over everything every member of your family eats once they leave home, what you buy at the grocery store can help you control what they eat at home. That does not mean they will eat all of their veggies just because you buy them, but they cannot drink soda or eat high-fat potato chips if you do not buy them.

In next week's, we'll teach you how to read food labels.

Wasp returns home after three month deployment during Southern Partnership Station-Amphib 2009

BY MC1 AMIE GONZALES
USS Wasp Public Affairs

NORFOLK — The multi-purpose amphibious assault ship USS Wasp (LHD 1) and her crew of approximately 1,100 Sailors returned home Dec. 22 from nearly three months deployed to U.S. Southern Command area of focus, wrapping up Southern Partnership Station (SPS) - Amphib 2009.

Wasp deployed Oct. 4 from Naval Station Norfolk. Working alongside Mayport-based Destroyer Squadron (DESRON) 40 and Security Cooperation Marine Air-Ground Task Force (SCMAGTF) they worked to build interoperability and cooperation between U.S. and partner nation naval forces through a variety of exercises, theater security cooperation (TSC), military-to-military engagements and community relations projects.

“SPS 2009 deployment was the first of its kind here in the 4th Fleet area of focus. The deployment was designed to focus on counter-illicit trafficking (CIT), which included the USS Wasp as a forward operating base and a variety of different agencies embarked on the ship,” said Capt. Rudy Laco, Commander Task Group 40.7.

The Wasp-DESRON 40 team joined forces with Joint Interagency Task Force (JI-ATF) - South, SCMAGTF, Coast Guard Law Enforcement Detachment (LEDET) 405 and the Drug Enforcement Administration (DEA) to conduct CIT operations in the Caribbean. The month-

long interoperability mission working alongside Haitian and Dominican Republic civil and military agents resulted in a disrupted flow of drugs through the Caribbean and to the United States.

“The key to the success of this deployment has been that the Wasp, as a fusion center, has allowed us to bring to bear several assets that were able to work with Joint Interagency Task Force-South, conducting CIT operations in the south. The benefit is that we’ve been able to operate in different regions of the Caribbean,” said Laco.

By mid-November Wasp and the embarked task force were conducting operations in Ocho Rios, Jamaica and Belize City, Belize, which included military-to-military exchanges and community relations (COMREL) projects. Humanitarian assistance was provided through the donation of more than 100 pallets from Project Handclasp filled with medical, medicinal and hygiene supplies. Also, the Rotary Clubs of Cape Coral Gold Coast and Downtown Jacksonville, Fla., donated pallets of books and computers.

“We as the Navy will have opportunities to conduct engagements with the countries in Central America, Caribbean and South America and part of the strategy is to visit locations on a periodic basis and show the populace that the Navy is not just about fighting wars, but also humanitarian assistance, disaster relief and working to help other partners in the region to solve common issues like providing military-to-mil-

itary exchanges,” said Laco.

Wasp Sailors and Marines volunteered to deliver backpacks and teddy bears from Hugs Across America to school children in Jamaica and Belize. In addition, they traveled to Parry Town Basic School in Ocho Rios, Jamaica to help paint classrooms. With help from the U.S. Embassy, who provided the necessary paint and equipment, they were able to paint 12 classrooms, which held grades one through six for local children.

“When you have the opportunity to participate in a mission of this sort, there isn’t a specific way to train – you go back to basics, to the things that your Sailors know and excel at – and then you modify slowly until each modification becomes a second nature,” said Wasp Commanding Officer Capt. Lowell D. Crow. “Our crew not only made the necessary adjustments, but they made a seamless modification to their training schedules that allowed them to more than adequately complement the mission.”

Wrapping up the deployment in December, Wasp completed CIT operations once again, this time with the Nicaraguan military and U.S. Coast Guard LEDET in an effort to disrupt the flow of narcotics through the Caribbean.

“The Wasp crew as a whole performed expertly, consistently adjusting and modifying to fit a rigorous schedule,” said Crow. “The reward for them is fitting for so humble a crew: Being at home with their families and

loved ones for the holidays.”

Throughout the nearly three months at sea, Wasp continued to prepare for its upcoming INSURV Inspection. The crew also relaxed and enjoyed some down time with three Steel Beach picnics sponsored by the ship’s

Morale, Welfare and Recreation department and the Wardroom, Chief Petty Officer Association and the First Class Petty Officer Association. The ship also held a talent show, chili cook-off and Bingo to help the crew take a break from daily oper-

ations.

In addition to Jamaica and Belize, Wasp also stopped in Panama and made several visits to Guantanamo Bay, Cuba.

For more news from USS Wasp (LHD 1), visit www.navy.mil/local/lhd1/.



Photo by MC3 David Smart

A CH-53E Super Stallion helicopter assigned to the Iron Horses of Marine Heavy Helicopter Squadron (HMH) 461 takes off on the flight deck of the multi-purpose assault ship USS Wasp (LHD 1), transporting Marines assigned to the security cooperation marine air-ground task force, to perform theater security cooperation exercises with the Belize Defense Force.

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	PROTESTANT
<i>Our Lady of Victory Chapel</i>	<i>David Adams Memorial Chapel</i>
<i>Mass Schedule:</i>	<i>Worship Services:</i>
5 p.m. — Sat.	10:30 a.m. — Sun.
<i>(fulfills Sunday obligation)</i>	<i>Worship</i>
10 a.m. — Sun.	<i>Wednesday Services:</i>
11:45 a.m. — Mon. - Fri.	8:30 - 10:15 a.m. — Bible
<i>(except holidays)</i>	Study Noon "Lunch with the Lord"
<i>Confessions:</i>	
4:15 p.m. Sat.	

**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	PROTESTANT
<i>Mass Schedule:</i>	<i>Confessions:</i>
5 p.m. — Sat.	3:30 - 4:30 p.m. — Sat.
<i>(fulfills Sunday obligation)</i>	<i>Confessions:</i>
9 a.m. & 12:15 p.m. — Sun.	9 a.m. — Sun. School
11:30 a.m. — Tues. - Fri.	(4 years-Adult)
<i>(except holidays)</i>	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	Coffeehouse
11:30 a.m. — Sun.	6 p.m. — Sun.

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



Photo by MCSN Nichelle Noelle Whitfield

Cmdr. Frank Foley, command chaplain aboard the aircraft carrier USS Nimitz (CVN 68) begins communion during a Roman Catholic Mass aboard the aircraft carrier USS Nimitz (CVN 68). The Nimitz Carrier Strike Group is on a routine deployment to the U.S. 5th Fleet area of responsibility.

Hope spelled with a Capital H

BY LT. CMDR JOHN E. MCKINNEY
NAS Oceana Chaplain

What do we hope for today or for the New Year?

Hope is a funny word, and we seem to use it for many things. I may hope it will be a sunny weekend and yet, in that instance, my hope has nothing to do with if the sun will shine or not. Then again, I may hope my children grow up to be straighter and truer and more well-adjusted

in the coming year and, in that instance, my hope actually may have some effect, if I am willing to put in the effort on whether they will grow up that way or not.

As I see it, sometimes we place our hope in people and things inappropriately.

We may pick the wrong running mates and hope that their bad habits don't rub off on us. Maybe we were hoping to change them and are surprised when they change us.

I have known individuals that place their hope for the future on such things as picking the right number in the lottery, betting on the "Big Game", or even making a big score in some sort of lawsuit. The odds against our getting ahead

in such ways are staggering and sometimes that misplaced hope will even work against us. The way to win the financial race of life is to invest over the long haul and watch it grow rather than seeking the quick score.

Further, if we are placing our hope in other people we will find that they will often fail us. If we place our hope in things, we will find that the promise never really measures up to our hope. Even if we place our hope in ourselves, I am sure you have found like I have, we so often fail to live up to our own expectations and, so fail ourselves and dash our own hopes.

The Greek word for hope is elpis and it is used often in the New Testament. As a

brief aside for a Greek lesson; I always remembered elpis by thinking of those people who "hope they would see Elvis." Elvis reminds me of elpis, and now you too know a little Greek. In the scriptures, hope goes beyond our finances, our friends and the weather — all those things which define our daily lives. It speaks about hope with an eternal perspective and I think of it as Hope with a capital "H." Hope is where and in whom we place our trust and our faith.

The Apostle Paul tells us "hope that is seen is no hope at all..." (Romans 8:24 NIV) In order to have a hope that is an anchor in our life, that gives us a firm footing upon which to build our life, we have to have a Hope that is in the Creator God.

That God, irrespective of our individual religious beliefs, can be our source of peace and ongoing faith that points us to a Hope that goes well beyond the trials and tribulations of this day. That Hope becomes a source of nourishment and growth within our life each and every day throughout the coming year.

Just a few thoughts that I hope you will consider for today and all of 2010.

USS Eisenhower Carrier Strike Group deploys

PRESS RELEASE

USS Dwight D. Eisenhower
Public Affairs

USS DWIGHT D. EISENHOWER — The USS Dwight D. Eisenhower (CVN 69) (IKE) Carrier Strike Group (CSG) deployed Jan. 2 for a six-month deployment in support of 5th and 6th Fleet operations.

IKE CSG is made up of Commander, CSG 8; the aircraft carrier IKE, homeported in Norfolk.; Carrier Air Wing Seven (CVW) 7; Commander, Destroyer Squadron 28; the guided-missile destroyer USS McFaul (DDG 74), homeported in Norfolk; and the Mayport, Fla.-based ships, guided-missile cruiser USS Hue City (CG 66) and guided-missile destroyers USS Carney (DDG 64) and USS Farragut (DDG 99).

IKE CSG missions focus heavily on maritime security operations and theater security cooperation efforts that help establish conditions for regional stability.

"I'm extremely proud of the men and women of the Eisenhower Carrier Strike Group," said Rear Adm. Phil Davidson, commander of IKE CSG. "They've exceeded all ex-



Photo by MC3 Christopher A. Baker

USS Dwight D. Eisenhower (CVN 69) Carrier Strike Group (CSG) deployed Jan. 2 for a six-month deployment in support of 5th and 6th Fleet operations

pectations in a very short amount of turnaround time. We are ready to go over the horizon and support the troops on the ground in Afghanistan, support the nation's Maritime Strategy, and protect

our nation's interests."

The deployment is part of an on-going rotation of forward-deployed forces to support maritime security operations in international waters around the globe.

IKE CSG consists of approximately 6,000 Sailors who, over the last four months, have successfully completed refresher training and certifications to ensure they operate effectively

and safely together.

"This is an amazing ship, but what's even more amazing are the young Americans who bring it to life," said Capt. Dee Mewbourne, IKE's commanding officer.

Eisenhower farewell breakfast for Sailors, families, friends

BY MCSN

WILLIAM JAMIESON

USS Dwight D. Eisenhower
Public Affairs

NORFOLK — Sailors aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) said goodbye to family and friends during a going-away breakfast Jan. 2 prior to departing their homeport of Norfolk, Va., for a regularly scheduled six-month deployment.

A joint moral-raising effort between Naval Station Norfolk's Moral, Welfare and Recreation Office and the ship's Supply Department, the ship's crew worked hard to provide Sailors and their guests with an assortment of breakfast foods.

"Most of the work for the breakfast fell on the night crew, and they came through in a big way," said

Senior Chief Culinary Specialist Anthony Thompson of Eisenhower's Supply Department. "We always have to come in early, but they had to come in extra early this morning to make this breakfast happen. I'm proud of the way my crew handled it."

Intelligence Specialist 3rd Class Divontay Queen, who is making his second deployment with Eisenhower, said it was good for the families to be able to have one last meal with their Sailors before a long deployment.

Thompson said mixed emotions were evident during the last moments Sailors had with their family members.

"You never get used to deploying, or I haven't," said Thompson. "But when you know you have that support at home waiting for you, it makes things easier."

Female Sailors, Marines assist Afghan women

BY LANCE CPL. DWIGHT HENDERSON
Special to American Forces Press Service

HELMAND PROVINCE, Afghanistan — Throughout Afghanistan's Garmsir district, Marines and Sailors of 2nd Battalion, 2nd Marine Regiment, interact with key leaders and locals to learn the needs of local Afghan villagers.

However, there is one gap that is hard to bridge – the interaction between Marines and Afghan women.

This is an issue that female Marines and Sailors of the U.S. military engagement team worked to solve as they conducted patrols through the village of Tajik Khar Dec. 16 - 20.

With help from male Marines and members of the Afghan National Army, female Marines moved from compound to compound, hoping to speak to Afghan women to ascertain their medical and humanitarian assistance requirements.

"This is extremely important," said Marine 2nd Lt. Carly E. Towers, the officer in charge of the engagement team. "Our mission out here is to talk to and work with the locals to build cooperation and security."

Because of local culture, male Marines are not allowed to look at, let alone talk to, any Afghan women. Even Afghan soldiers are not supposed to talk to the women of any compound, so the female Marines' efforts not only benefit other Marines, but the local Afghan military, as well.

"It is good news for us," said Sgt. Shokorunnah, an Afghan soldier. "The female Marines came and talked to the women and found out their problems. I am very happy."



Photo by Lance Cpl. Dwight Henderson

Marine 2nd Lt. Carly E. Towers, right, the officer in charge of the female engagement team, 2nd Battalion, 2nd Marine Regiment, and Sahima Sheren, or Sam, an interpreter with the FET team, interact with local kids during a patrol through Tajik Khar in Garmsir, Afghanistan, Dec. 18. With Easy Company, 2/2, and local Afghan National Army providing security, the FET moved from compound to compound, hoping to speak to the females to discuss what medical care and humanitarian assistance was needed for them.

Before the all-female Marine team can enter a compound, they must first talk to the owner, generally a male who is not used to interacting with Marine females.

"The general perception has been ranging from positive to dumbfounded," said

Towers, who hails from Modesto, Calif. "We've had a lot of success in the past few days."

The key to her unit's mission success is to establish a connection with the Afghan women, Towers said.

"We just try to sit down, talk to them, and get to know them a bit," said Towers, a Naval Academy graduate. "We ask them if they have any questions for us. We're trying to build rapport."

In deference to Afghan culture, Tower and her team members remove their helmets and don head scarves to cover their hair whenever they enter a compound.

Through their interactions, Towers said, the female Marines have encountered

many Afghan females who claim to have never left their compounds for fear of fire-fights and homemade bombs.

"We hear a lot of things from the women that we wouldn't hear from the men, or that would be said in a different way," Towers said.

Towers' team has a female corpsman that can provide medical care to the Afghans if they so desire.

Relationships established through these interactions, Towers said, help to build bonds of trust between the Afghans and the Marines.

Editor's note: Marine Lance Cpl. Dwight Henderson serves with 1st Marine Division's Regimental Combat Team 7 public affairs.

RESCUE: 'Nightdippers' SAR team extracts mariner from failing ship

Continued from page B1

City, N.C. Eisenhower immediately changed course and sailed at high speed toward the distressed mariner.

Initially, a Coast Guard Helicopter planned to only land on board Eisenhower to refuel before proceeding to the scene, but more immediate action became necessary when news came that the boat's main mast had broken and was taking on water, explained Lt. j.g. Randolph Moyer, one of Eisenhower's tactical ac-

tion officers.

The U.S. Coast Guard and the U.S. 2nd Fleet Maritime Operations Center coordinated to identify the Eisenhower and its air assets as the quickest and safest way to rescue the mariner.

The "Nightdippers" of Helicopter Anti-Submarine Squadron (HS) 5, launched a search and rescue (SAR) team to extract the mariner from 18 to 21 foot seas and winds peaking at 45 knots.

A Coast Guard C-130 dropped two life rafts for the mariner after the waves de-

stroyed the sailboat's mast. The mariner abandoned his sinking boat and struggled for nearly an hour in the high seas to reach one of the life rafts. The Coast Guard airplane offered aerial support by directing the SAR helicopter through both snow and rain to the life raft.

Lt. Cdmr. Scott Pichette, the helicopter aircraft commander, said the experience and professionalism of the crew made it possible to complete the challenging mission.

"Most of us have been in for almost 18 years, and

those were some of the biggest waves any of us had seen," Pichette said. "Mother Nature threw bad weather, ice, snow and hail making it a stretch for us and the helicopter."

Naval Air Crewman 1st Class David Brandon, the SAR crew chief, said the rescue swimmer, Naval Air Crewman 2nd Class Kyle Need, completed the extraction in only six minutes in spite of the intense conditions.

Need said it was the collective effort that made the extraction possible.

"We went over every possible scenario during the transit. The communication made the mission go smoothly," he said.

The copilot for the SAR mission, Cmdr. Byron Ogden, explained that while the conditions were treacherous, the cooperation between the SAR team and the Coast Guard made the mission a success.

"This is honestly one of the most varsity things we could do as far as SAR goes," said Ogden, "I didn't hear one bit of panic in anybody's voice; the whole crew was very

calm, cool and collected."

The mariner was treated briefly aboard Eisenhower before being transferred to a Coast Guard helicopter and flown to an Elizabeth City medical facility.

According to Brandon, even after the ordeal, the mariner was in good spirits and grateful to have survived. "With those conditions, he was lucky he made it."

For more news from USS Dwight D. Eisenhower (CVN 69), visit www.navy.mil/local/cvn69/.

EAGLE SCOUT: A long road of sacrifice and achievement for a Scout

Continued from page B1

16 Merit Badges.

From 2003 – 2005 Dominic was involved with Relay for Life and The Special Olympics.

In December 2005, Dominic and his family moved back home to Yorktown VA where he rejoined Troop 188 of Norfolk with Scoutmaster Bascil Ashby.

He went to Pipsico summer camp in July 2006. On August 5th, 2006, where

he obtained the rank of Life scout. Dominic earned five Merit Badges while he was with Troop 188.

Dominic and his family retired to South Hill, Va. in November 2006, where he has been with Troop 209 of Emporia, Va. until present under Scout Master David Bland and Assistant Scout Master Chuck Lifsey.

In 2007 Dominic was elected into the Order of the Arrow, where he holds brotherhood status.

While at summer camp

Dominic was given the name "Q-Tip" by fellow scouts.

For his Eagle Scout Project, Dominic gave the Monumental Methodist Church nursery a "make-over."

He passed his Eagle Board of Review with flying colors on December 29, 2009.

Dominic will have his Eagle Court of Honor January 31st, 2010 at Monumental Methodist Church in Emporia, Va.

The making of an Eagle Scout

Eagle Scout is the highest rank attainable in the Boy Scouting program of the Boy Scouts of America (BSA). Those who attain this rank are called an Eagle Scout or Eagle. Since its introduction in 1911, the Eagle Scout rank has been earned by more than 2 million young men.

Eagle Scout may be earned by a Boy Scout or Varsity Scout who has been a Life Scout for at least six months, earns a minimum of 21 merit badges, demonstrates Scout Spirit, and demonstrates leadership in the troop, team, crew or ship. He must plan, develop and lead a service project – the Eagle Project – that demonstrates both leadership and a commitment to duty. He must then take part in a Scoutmaster conference. After all requirements are met, he must complete an Eagle Scout board of review.

Scouts with a permanent mental or physical disability may use alternate requirements based on abilities, if approved by the council. Eagle Scout may be awarded posthumously, if and only if all requirements except the board of review are completed before death.

Eagle Scouts are expected to set an example for other Scouts and to become the leaders in life that they have demon-

strated themselves to be in Scouting. As such, they are disproportionately represented in the military, service academy graduates, major professions, business and politics. Eagle Scouts who enlist in the U.S. Armed Forces may receive advanced rank in recognition of their achievements.

Eagle Scout is the only Boy Scout rank that is recognized on an adult Scouter's uniform, worn as an adult recognition of the youth award as a red, white, and blue striped square knot. Eagle Scouts can join the National Eagle Scout Association (NESA), which serves as a fellowship and communications board for all Eagle Scouts.

NESA directly administers several Eagle Scout scholarships. The American Legion, the National Jewish Committee on Scouting and the Sons of the American Revolution offer scholarships directed toward Eagle Scouts. Many colleges and universities, local businesses, churches and other organizations may offer similar scholarships.

The Distinguished Eagle Scout Award is given only to Eagle Scouts for distinguished service in their profession and the community for a period of at least 25 years after earning Eagle Scout. Only about 1 in 1000 of all Eagle Scouts have been so honored.

NEW MEXICO: Submarine delivery wraps up winning year for Virginia-class program

Continued from page B1

"Raising the bar yet again, the Virginia shipbuilding team has completed the fastest delivery to date, with further improvement soon to follow. This improvement in performance positions the team to double the production rate to two submarines per year in 2011. Keeping the production rate at two per year is critical to maintaining the Navy's Attack Submarine inventory," Jabaley added.

New Mexico's delivery in 2009 wraps up a successful year for the Virginia-class program. Earlier accomplishments include beginning the construction of PCU North Dakota (SSN 784) March 2; the keel-laying ceremony of PCU California's (SSN 781) May 1; USS Texas (SSN

775) completion of the Virginia-class submarines' first Arctic Ocean testing in November; transfers of USS Hawaii (SSN 776) and Texas to their new homeport of Pearl Harbor in July and November respectively; and the christening ceremony of PCU Missouri's (SSN 780) Dec. 5.

Virginia-class submarines are flexible, multimission platforms designed to operate in both open-ocean and littoral waters. Their inherent stealth, endurance and firepower enable them to support the United States seapower core capabilities of forward presence, deterrence, sea control, power projection and maritime security.

For more news from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.