



Chief of Naval Operations (CNO) Adm. Gary Roughead speaks with and answers questions from International Security Assistance Force (ISAF) Sailors while visiting Camp Eggers in Kabul, Afghanistan. Roughead visited the Central Command area of responsibility to get a first hand look at the efforts in Afghanistan, meet with senior leadership and visit with Sailors and Marines in the region.

Photo by MC1 Tiffini M. Jones Vanderwyst

Chief of Naval Operations, Adm. Roughead, visits Afghanistan AOR

BY MC2 (SW) KYLE P. MALLOY
Chief of Naval Operations Public Affairs

KABUL, Afghanistan — The Chief of Naval Operations (CNO) started out the new year with a trip to Afghanistan to ensure the Navy is successfully executing its overall mission and to listen to input from the Sailors currently stationed there Jan. 6-10.

CNO, Adm. Gary Roughead, visited senior leadership and Sailors stationed at Camp Eggers in Kabul, Bagram Airfield, Forward Operation Base Farah and Kandahar Air Field.

"It's important for me to come out here to get a sense of what we're doing and what's on the minds of Sailors and what they are thinking about," said Roughead. "If you're not out listening to our great Sailors around the world, you're not getting the full picture."

While in Afghanistan, CNO spoke with Sailors about their experiences and listened to their input on how to help the Navy's presence in Afghanistan be most

effective and maintain naval culture within a joint command environment.

"We don't wait for a problem until it hits us in the face, we don't wait for somebody to tell us what to do, if something has to be done, we do it," said Roughead. "Never lose that culture because that's what makes us who we are."

While in Kandahar, CNO toured Role III Medical Unit- a major medical hub for service members and the local community that has advanced technological abilities, and offers a variety of procedures and operations to patients.

The last stop for CNO was meeting with and thanking for all their hard work the Seabees of the 30th Naval Construction Regiment.

"We are extraordinarily busy, we are doing terrific work everywhere we are," said Roughead, "And I can't think of a place that is better represented by what you have done, are doing, and will do here. You have done absolutely extraordinary work," Roughead said.

"It's important for me to come out here to get a sense of what we're doing and what's on the minds of Sailors and what they are thinking about."

— Adm. Gary Roughead

Conveniently located Tax Assistance Center gives Sailors free tax help



OS3 McClarin helps a sailor understand his tax preparation. The Tax Assistance Center helped over 4,500 sailors successfully file their taxes last year.

STORY AND PHOTO BY
SA BRIAN AUKER
Contributing writer

NORFOLK — The Tax Assistance Centers located on Norfolk Naval Base and Oceana Naval Base provide free tax preparation services to service members, their dependents, retired service members and any reservists on active duty for more than 29 days during the 2009 tax season.

Most service members who use the TAC will receive their tax refunds in as little as two weeks from the time they file. The Tax Assistance Center is located on the corner of Gilbert Street and Maryland Avenue at 1776 Gilbert St., Building B-30. It is open from 8 a.m. - 6 p.m. Monday through Fri-

day for walk-ins only. Contact the TAC in Norfolk at 444-9081. The TAC at Oceana is open by appointment only, and can be reached at 433-2252.

Service members will get help from sailors who have been given rigorous training in tax preparation, and who are ready for the large amount of work that they can expect during this year's tax season. According to the TAC's LPO, Senior Chief Larry Little, there were more than 4500 tax returns processed successfully last year, and they expect similar numbers this year.

"We do most everything from basic interest to home buyer's credit," said OS3 Hannah McClarin, one of the well qualified tax preparation specialists at the TAC.

Eligible customers can get help with Federal and State taxes if they are being filed together, but they cannot file State taxes independently.

To have taxes done, service members must bring in their ID, current W2 forms, documentation of any interest or mortgages, and any other paperwork related. Dependents and retirees need to bring in their social security cards as well as ID cards.

The TAC has a Rejection Office as well, which is responsible for making sure that every preparation is done correctly. While their main goal is double checking the preparations prior to being sent to the IRS, they also go over any and all returned preparations and fix any errors on them.

To avoid the possible waits that often occur at the beginning of the tax season, OS3 McClarin suggests that customers wait until slightly later in the season to file. Those that want to file as soon as possible should know that there may be a wait.

While there may be long lines during the first few weeks of tax season, said McClarin, "Our services are well worth the wait."

While there are Tax Assistance Centers in many parts of the country, the center located in Norfolk is the largest on the east coast, capa-

See TAXES, A11

Better mental fitness will help prevent suicide, Sutton says

BY ARMY SGT. 1ST CLASS
MICHAEL J. CARDEN
American Forces Press Service

WASHINGTON — Preventing suicide is more than simply recognizing the signs, it involves building strong community and individual support before the idea ever sets in, the Army's top psychiatrist and director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury said.

"[Suicide prevention] involves building and developing a tool kit for life," Army Brig. Gen. (Dr.)

Loree K. Sutton said in her opening remarks at the 2010 departments of Defense and Veterans Affairs Suicide Prevention Conference.

The weeklong conference is geared toward increasing collaboration between the military services and VA by raising awareness and sharing best practices in prevention.

The "tool kit for life" Sutton describes includes a model of total fitness that addresses physical, emotional and spiritual needs, a sort of total level that the Defense

See SUICIDE, A11



The new "Combat Zone" is located on the first floor of building C-9 and includes 35 state-of-the-art computer gaming systems that are available to Sailors on a first come, first serve basis.

Single Sailors see improvements

STORY AND PHOTOS BY
MC2 MANDY HUNSUCKER
Flagship staff

NORFOLK — Morale, Welfare and Recreation (MWR) has been busy improving the Single Sailor or recreation centers in building C-9 and Q-80. Sailors can expect to find furniture upgrades as well as a new computer gaming area called "Combat Zone".

"MWR determined that several upgrades were needed to provide our Sailors with a positive and memorable experience when visiting our Single Sailor recreation centers," said Danielle Rickner, MWR operations manager. "To fund the improvements MWR requested grant funding from Commander, Navy Installations Command (CNIC).

According to Rickner the improvements of the Wind and Sea single Sailor centers in buildings C-9 and Q-80 took approximately three months to complete and cost approximately \$165,000 in grants. The renovations were completed by the regional MWR maintenance team and regional MWR

IT computer staff.

"The improvements include new carpet in Bellissimo's Espresso Café, new high back seating for the NMPS 8 mm theater and other furniture upgrades," said Rickner.

The new "Combat Zone" is located on the first floor of building C-9 and includes 35 state-of-the-art computer gaming systems that will be available to Sailors on a first come, first serve basis.

"The computers in the Combat Zone were purchased with the gamer in mind," said Rickner. They will offer head-to-head gam-

See SINGLE, A11



Two new Navy Working Uniforms announced

PRESS RELEASE
From Chief of Naval Personnel
Public Affairs

WASHINGTON — Two new Navy Working Uniforms (NWU) will hit the fleet in fiscal year 2011.

The first, NWU Type II, a desert digital camouflage uniform of four colors with the anchor, Constitution and eagle (ACE) logo embedded in the print, will be worn by special warfare operators and Sailors who support them during deployment and deployment training exercises.

"The desert camouflage uniform

is not going away," said Capt. Vince Drouillard, branch head within Navy's personnel, plans and policy division. "Sailors, other than Navy special warfare operators and supporting Sailors, will continue to wear the current tricolor desert camouflage utility uniform in desert environments when issued by authorizing commands."

The second, NWU Type III, is a woodland digital camouflage uniform which also has four colors and the ACE logo embedded in the print. It will be the standard cam-

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INSIDE:

CHASING MULLEN A5

Mullen cites 'One Team' of Military, intelligence
Adm. Mike Mullen is interviewed by John Stewart on the Daily Show, Jan. 6.



FRONT & CENTER B1

Ohio Estates
The single Sailor housing complex is not expected to have a grand opening until late June or early July.



OFF DUTY C1

Native son returns
Timbaland set for performance at Norva on Jan. 16 to give fans a taste of "Shock Value," his hit album.



Tobacco Cessation Programs adjusted to meet needs of the Fleet

BY PEG SMITH AND
DEBORAH KALLGREN

Naval Medical Center Portsmouth
Public Affairs

NORFOLK — Several years ago, the Health Promotions staff at Sewells Point Clinic at Norfolk Naval Station realized that beneficiaries could not complete the existing four-week Tobacco Cessation Program due to time constraints.

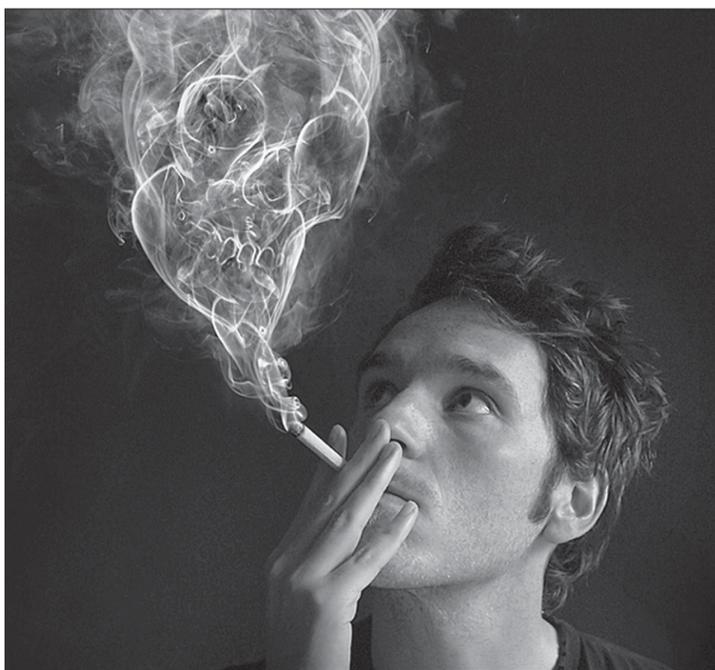
For six months, they evaluated the program focusing on patient program comprehension, outcomes, and barriers to program completion.

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

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

Now that the clinic had identified system barriers, staff could focus on problem solving and creative solutions. For example, Health Promotions got all primary care providers credentialed to write prescriptions for tobacco cessation medications by providing tobacco cessation provider training. Collaboration with fleet medical specialists like surface medicine providers provided better understanding of job-specific medication restrictions.

These collaborative efforts led to the creation of the Tobacco Cessation Workshop and the Tobacco



Cessation Medication Clinic in 2007. The four-week program was discontinued several months after the workshop was implemented, and successful program completion rates soared from 65 to 100 percent.

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

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

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

"After 25 years of chewing smokeless tobacco, I quit chewing Sept. 2, 2008," said Lt. Loyal "JR" Kamm, Personnel Support Officer at Joint

Transformation Command in Norfolk. "I had tried everything – from the 'patch' to other herbal drugs to hypnotism. Nothing worked until Chantix," and the Tobacco Cessation Workshop, he added.

The Tobacco Cessation Medication Clinic appointment availability has had additional accomplishments: increased tobacco cessation medications awareness, fostered Fleet command continuity of care, increased Primary Care appointment availability, identified specialty service medical representatives, provided continued tobacco cessation support, and removed barriers that prevented program completion.

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

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

THE FLAGSHIP'S LEEWARD SHOUT

If Martin Luther King, Jr. was alive today, would his message still be the same?



"If Martin Luther King, Jr. was still alive today, I believe his message would remain the same because he was a man of principles."

Civilian
Ms. Ernesha Ellis
Navy Legal Service Office



"I believe that what Martin Luther King, Jr. was striving for exists in the military today, but in the civilian world it still has ways to go."

QM3
Lori Hendricks
Bachelor Housing, Naval Station Norfolk



"I believe that if Martin Luther King, Jr. was still alive today, his message would still be the same. I think he would appreciate how far we have come as a people and as a whole country."

ISSN
Michael Teasley
Norfolk Naval Station Galley



"I believe his message would still be the same."

CS3
Jessica Derousselle
USS Winston S. Churchill



"I say that if he was still alive his message would be more geared towards the youth, as well as the older generation to keep the hope alive."

CS2 (SW)
James Gilliam
Norfolk Naval Station Galley



"I believe that it would have been different because it wouldn't have taken African Americans as long to get fully involved in National Politics."

CS2
Stacey Bowen
Norfolk Naval Station Galley

Photos by SA Brian Auker

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Soldier returns to Panama home

BY ARMY SGT. ALUN THOMAS

Special to American Forces
Press Service

CAMP TAJI, Iraq — After the U.S. Army invaded Panama in 1989 to oust the dictator Gen. Manuel Noriega, the country's people went on to rebuild their lives.

Twenty years after Operation Just Cause, a soldier deployed here who left Panama before the war began to live in the United States had the chance to return to his native country as a U.S. soldier.

Army Sgt. Nicanor Garcia, a crew chief with the 1st Cavalry Division's 1st Air Cavalry Brigade, said the road back to Panama was worth the long wait.

Garcia, 34, who now calls Kileen, Texas, home, said growing up in Panama was mostly pleasant, with little to worry about in his early years.

"I was living in Panama City in a decent neighborhood," he said. "It wasn't middle class, but it wasn't lower class. It was something in between. Economically, it wasn't so good, but I had the love of my mother and I had a lot of friends, so it wasn't that bad."

Garcia said things remained calm until Noriega's regime began to take hold during the 1980s.

"We had an elected president, [and] things were going well, but slowly it started deteriorating, and a dictatorship was established by General Noriega," Garcia said. "Suddenly, there would be no buses to take us to school, ... so I couldn't go to school because it was too far to walk."

As the move toward war intensified, Garcia said Noriega began to resort to desperate measures to recruit for his army — even trying to recruit boys as young as 11 — and that his mother would have none of that.

"I was 13 at that point," Garcia said, "so my mom said 'No, you're not going to be in Noriega's army to defend him.' She wanted to get me out of the country, so we went



U.S. Army photo by Sgt. Travis Zielinski

Army Sgt. Nicanor Garcia left his native Panama in 1989 before the invasion by the U.S. Army and didn't return until 20 years later.

and applied for a visa, and thankfully I got approved."

In April 1989 Garcia went to live with his grandmother in Brooklyn, N.Y., avoiding the war that would destroy his country.

"God knows what could have happened if I'd stayed," he said. "Back then, there was so much confusion in the country during the hours of the invasion that anything could have happened. Shots fired could have gone through our window or doors, things like that. It could have gone bad. So I'm glad my mother got me out of the country."

Joining the Army was an easy decision after 9/11, Garcia said.

"I love New York City, and I used to see the towers every day. When they came down, I said to myself 'I have to do something,'" he said. "Another reason I joined is this

country has given me so much. ... In Panama, I would never be working on Apaches and I would never have the lifestyle the U.S. offered me."

After joining the 1st Air Cavalry Brigade, Garcia said, he dreamed of returning to Panama.

"I had to delay going back to Panama in part because of my Army career," he explained. "Also, I wanted to take my mom, who eventually came to the states and became a citizen. I wanted to take my family with me so we could experience it together, because I hadn't been back there for so long."

Garcia took his mother, wife and 5-year-old daughter back to Panama while on leave from Iraq last year, and found himself reliving his childhood.

"From the moment I landed,

memories started coming back. ... I remembered leaving that airport, and it looked pretty much the same. I saw the rest of my family that were there to greet me at the airport. A lot of them were older, of course, and I met brand new cousins that I had never seen before."

Garcia said he visited his former neighborhood, and that although Panama City has become modernized, the people remain the same.

"I went back to my old neighborhood where I grew up, and it had totally changed," Garcia said. "There were still a few buildings that were there from when I was young; a mechanic and car repair shop with the same owner."

"I went in and said hello to the owner, and he actually remem-

bered me," he continued. "It was funny and interesting, because the country has changed so much, but the people haven't."

The experience left Garcia realizing things have improved significantly in Panama.

"It has changed for the better, definitely, because if it wasn't for the invasion, there wouldn't be democracy in Panama," Garcia said. "I liked the whole experience, because it brought me back to when I was a kid. But at the same time, [it] reminded me where I came from."

"I wanted to stay, but I had to come back and complete the mission," Garcia said with a laugh.

Editor's note: Army Sgt. Alun Thomas serves with the 1st Cavalry Division's 1st Air Cavalry Brigade public affairs office.

Keep your family safe: Practice Operational Security on Social Media

BY BRUCE MOODY

Fleet and Family Support Program, Commander, Navy Installations Command

WASHINGTON — Sailors and Navy families can prevent potential adversaries from discovering critical information on social media sites by practicing operational security.

Examples of critical information includes where a ship is going and when it is returning home or information about Sailors who deploy as Individual Augmentees (IA).

Navy families, too, should remain vigilant in not volunteering any information that could unnecessarily put their Sailors in harm's way. Deployed and even day-to-day operations are in many cases classified, and those sharing information with each loved ones or friends should recognize the importance of keeping sensitive information secure.

"Family members are vital to the success of the Navy," Shauna Turner, manager of the Deployment Support Program at the Fleet and Family Support Program, said. "But, potential adversaries also understand this."

It is not unprecedented for spouses and family members of U.S. military personnel to be targeted for intelligence collection. This is

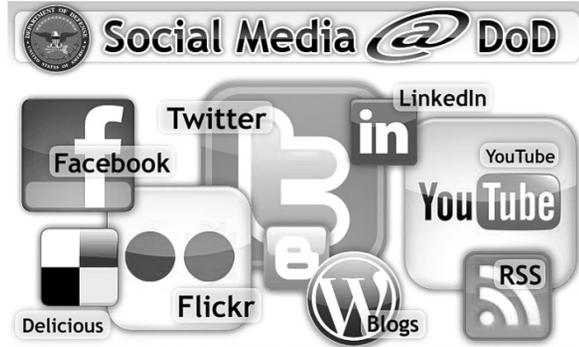


Photo by MC2 Gregory Mitchell

true in the United States and especially true overseas.

Navy family members all know some bits of critical information. It may not be classified, and it may even seem insignificant. But, to the potential adversary, it is a piece of the puzzle. The power of emerging media tools is a two-edged sword: It makes information exceptionally accessible when posted - for anyone who is interested, including potential adversaries.

When communicating on social media sites do not post the following information:

- Exact deployment dates or return dates.

This applies to ships, subs, squadrons and IAs.

- Dates or location of a ship's upcoming ports of call.
- Detailed information about a mission.
- References to trends in crew's morale or an individual's personal problems.
- Details concerning security procedures, response times or tactics.
- Information about equipment readiness.
- Speculations about future operations.

"The main rule is to simply use common sense," Turner said. "Think before you post. Anything you post on social media, includ-

ing photos, is instantly available around the world. When in doubt, don't post it."

Social media sites allow Sailors and Navy families to keep in contact like never before. It is a wonderful way to feel close to someone who is far away. Sailors and Navy families are encouraged to enjoy the connection that social media offers while practicing operational security and keeping mindful of the risks presented with the widespread dissemination of information.

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.

MCPON to Sailors: Be smart about online threats

BY MC2 (SW/AW) BILL HOULIHAN

Office of Master Chief Petty Officer of the Navy

WASHINGTON — Sailors, family members and Navy commands are increasingly relying on social and emerging media to stay connected with those in their personal and professional lives.

Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West is chief among them.

More than 13,000 people from around the world have signed up to follow West on his Facebook page. The vast majority are Sailors, Navy family members and military supporters. It is important that the Navy family remain vigilant in not sharing potentially sensitive or secure information by any non-secure means - to include letters, e-mail,

telephone conversations or social media.

West has seen reports of potential threats to the Navy and said that while the country remains at war, clearly there are those who would want to glean information from anywhere they can get it to use against the Navy and the nation.

"What we say and where we say it has never been more important," said West. "Operational Security [OPSEC] has to be stressed at every level and I'm going to make sure our Sailors understand that very clearly."

West said that he's consistently surprised at how effective social media has become in terms of getting quality information to the fleet. He's been particularly aggressive in using Facebook and Twitter to

make Sailors and families aware of Navy and DoD initiatives such as wounded warrior care, the Post 9/11 GI Bill and sexual assault prevention.

There are threats, though, that he believes are real and potentially very dangerous. "Anyone who thinks our enemies don't monitor what our Sailors, families and commands are doing via the Internet and social media had better open their eyes," said West. "These sites are great for networking, getting the word out and talking about some of our most important family readiness issues, but our Sailors and their loved ones have to be careful with what they say and what they reveal about themselves, their families or their commands."

West said the Navy family needs

to avoid discussing information about their units, such as location, schedules and specific missions or assets.

"That's standard OPSEC," said West. "But we're not talking about 'loose lips sinking ships' anymore, it's more than that. Our enemies are advanced and as technologically savvy as they've ever been. They're looking for personal information about our Sailors, our families and our day-to-day activities as well as ways to turn that information into maritime threats."

Sailors are getting it, said West. He said he bases that opinion on the feedback he receives at all hands calls and via social media, itself.

"If you have to wonder whether what you're about to type could be used against you or your shipmates

and your family, you probably shouldn't say it," West said.

Information on the appropriate use of social media within the Navy is available at www.chinfo.navy.mil/socialmedia.html. DoD's social media hub has created videos and articles on the best practices for service members and their families when using social networking sites. These can be found at socialmedia.defense.gov. Likewise a short presentation by Navy Public Affairs on privacy and safety of personnel participating on line can be found at www.slideshare.net/USNavySocialMedia/us-navy-safe-and-effective-use-of-social-media. More information regarding OPSEC can be obtained by Navy command personnel at <https://iweb.spawar.navy.mil/depts/d017/>.

Chairman Mullen cites 'One Team' of Military, intelligence

BY JOHN J. KRUZEL
American Forces Press Service

WASHINGTON — In the wake of a Dec. 31 suicide bombing attack that killed seven CIA operatives in eastern Afghanistan, the military's highest-ranking officer yesterday underscored the close ties between American armed forces and the U.S. intelligence community.

"We've worked with the CIA and other agencies extensively since these wars started," Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, said in a televised interview of "The Daily Show" yesterday. "Basically, it's very much one team."

Military officials acknowledge the CIA's role in aiding the Northern Alliance, an Afghan separatist movement, in its fight against the Taliban as the U.S. military invasion of Afghanistan began in late 2001, and the agency's subsequent support of the northern Iraqi Peshmerga fighters opposed to Saddam Hussein's forces.

While some intelligence

contractors do not fall under U.S. military command and control, Mullen said, the working relationship between the intelligence and military communities on the whole has improved since the wars in Afghanistan and Iraq began.

"We work with them. We do it a lot better than we did when these wars started," he said. "And that's really important."

The attack last week on a CIA outpost in Afghanistan's Khost Province near the Afghan-Pakistan border called attention to the ultimate sacrifice sometimes paid by nonmilitary personnel engaged in U.S. war efforts. The seven American intelligence operatives — five CIA members and two contractors — were killed after a Jordanian double agent posing as an informant gained access to the compound and detonated an explosive device, according to reports.

"My condolences and sympathies go out to the families of these courageous, patriotic, dedicated professionals

that we lost recently, and we are blessed to have them as we are those who serve in the military," Mullen said.

President Barack Obama cited contributions the agency has made in the wake of the Sept. 11, 2001, terrorist attacks in a letter to CIA employees a day after the bombing.

"Since our country was attacked on Sept. 11, 2001, you have served on the front lines in directly confronting the dangers of the 21st century," Obama wrote. "Because of your service, plots have been disrupted, American lives have been saved, and our allies and partners have been more secure."

"Your triumphs and even your names may be unknown to your fellow Americans, but your service is deeply appreciated," he said. "Indeed, I know firsthand the excellent quality of your work, because I rely on it every day."

But the intelligence community in Afghanistan gained other attention this week when a top U.S. military intelligence official had



Photo by MC1 Chad J. McNeeley

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff is interviewed by John Stewart on the Daily Show in New York City, Jan. 6.

published a report critical of intelligence practices in Afghanistan and proposed sweeping reform. The analysis by Army Maj. Gen. Michael T. Flynn, the deputy chief of staff for intelligence in Afghanistan, called for overhauling the methods for gathering, integrating and distributing intelligence.

Pentagon Press Secretary Geoff Morrell said yesterday that the analysis typifies the kind of "candid, critical self-assessment" that Defense Secretary Robert M. Gates believes is a sign of a

strong and healthy organization.

"Intelligence is critical to our success there, and intelligence over the years has clearly been a challenge that we've had to deal with," Morrell told reporters. "And I think we are all open to suggestions about how we can be doing this better."

Highlighting the U.S. armed forces' contribution to the team effort, Mullen called the current military the best he's ever been associated with in his 40 years of service.

The chairman emphasized the sacrifice military personnel and their families have made since the start of current U.S. conflicts nine years ago.

"They have truly been brilliant and resilient, and they've been supported by fabulous families who've been through a lot as well. And at the same time are also resilient," he said. "So I'm actually encouraged, although we're stretched and stressed, and it's a real balancing act. There's no question about that."

Mullen outlines U.S. military role in Yemen

BY JIM GARAMONE
American Forces Press Service

NEWPORT, R.I. — Yemen has posed a concern as a potential terrorist safe haven for some time, and the United States will continue to work with its government to prevent that from happening, the chairman of the Joint Chiefs of Staff said at the Naval War College here today.

Navy Adm. Mike Mullen said the U.S. military has no plan to conduct combat operations in Yemen, nor does the Yemeni gov-

ernment want U.S. combat forces in the country.

Rather, he said, the U.S. military will help the Yemeni military with equipment and training. U.S. military officials have been concerned about the country long before the attempted bombing of an American passenger jet on Christmas propelled it into the news, the chairman added.

"It's been a concern of mine for a long time now because of what it represents, which is the potential for ... a safe haven for al-Qaida, as does Somalia and as do, quite

frankly, some other parts of the world that are ungoverned territories or ungoverned parts of certain countries," he said.

The American military has provided training to the Yemeni armed forces, including to helping train the Yemeni coast guard to combat piracy. "We've been focused on Yemen for a significant period of time, and we'll continue to support them and help them," the chairman said.

Mullen said people ask him often if the United States is going to send troops to the nation. "The

answer is we have no plans to do that, and we shouldn't forget this is a sovereign country," he said. "Sovereign countries get to vote on who comes in their country and who doesn't."

The United States has worked hard to understand the challenges in the country and to improve the military-to-military relationship between the countries, the chairman said. "We have worked hard to try to improve our relationships and training, education and warfighting support, if you will," he said. "And, yet, we still have a long

way to go.

The effort in Yemen is not limited to the military, the chairman said; all aspects of U.S. governance are helping in the nation.

"There is international support that's required, there is support from our State Department, from our Treasury Department, from other institutions in America, as those institutions are represented in other countries as well," he said.

America recognizes the seriousness of the situation in Yemen and will continue to work with the Yemeni government, Mullen said.

Officials urge collaboration in suicide prevention

BY ARMY SGT. 1ST CLASS

MICHAEL J. CARDEN

American Forces Press Service

WASHINGTON — There are no clear-cut answers to suicide prevention, but through collaboration and team work from federal and private institutions, the nation can better address the challenge, Defense and Veteran Affairs department officials said today.

In a joint Defense-VA conference here, more than 1,000 military and other-government health-care workers and officials gathered for the 2nd Annual DoD/VA Suicide Prevention Conference. Titled “Building Strong and Resilient Communities,” the conference is the largest of its kind for military members and their families.

The conference, which runs through Jan. 14, is geared toward increasing collaboration between the military and VA by raising awareness and sharing best practices in prevention.

Suicide prevention isn’t a new challenge, but it’s one both departments are dedicating much effort to. In his keynote address, VA Secretary Eric K. Shinseki said soldier suicide is an issue that troubled him throughout his military career. It’s an issue that still concerns him, as he is charged with providing services to more than 7 million veterans.

“Throughout my years and service in uniform, suicides were one of the most frustrating leadership challenges I faced,” Shinseki, a retired Army general, chief of staff, and Vietnam War veteran, said. “We continue to be challenged.”

Of the more than 30,000 people who fall to suicide nationwide each year, 20 percent are veterans. About 18 veterans commit suicide every day. Each of VA’s 153 medical centers and the largest of its 774

community-based outpatient clinics have suicide prevention coordinators who ensure counseling and services as a priority, he said.

Everyone is vulnerable to suicide, the secretary said. Age, personality or positions in the military and in society hold no bearing on who’s more at risk. Emotional wounds are just as common as physical injuries, but more difficult to spot, which makes suicide prevention such a challenge, he said.

“You can splint and patch physical wounds, but emotional wounds don’t lend themselves to such fixes,” he added. “But we must continuously develop equivalent accommodations.”

In the veteran community, VA has established 24/7 help lines, hired thousands of additional health-care professionals and counselors, 400 of which are dedicated solely to suicide prevention research and counseling.

VA has developed a culture of ownership, which Shinseki feels is the most critical aspect of solution, he said. Raising awareness in individuals to take responsibility in helping their family members, fellow service members and veterans is essential in this endeavor, he added.

“We must build and maintain a strong support system, one in which everyone has a role, where we collectively assume ownership of the problem,” he said. “It’s not someone else’s problem, it’s our problem. It doesn’t matter whether they’re in uniform or not.”

Shinseki charged the audience with furthering VA and Defense Department efforts. Both departments stand to be better positioned to aid the men and women who are struggling to regain the courage to live, he said.

“This audience of health-care



Ellen P. Embrey, assistant defense secretary for health affairs, speaks at the 2010 Defense Department/Department of Veterans Affairs Suicide Prevention Conference Jan. 11, in Washington, D.C. More than 1,000 military and other-government health-care professionals and others attended the conference.



DoD photos by Army Sgt. 1st Class Michael J. Carden
Veterans Affairs Secretary Eric K. Shinseki delivers the keynote address at the 2010 Defense Department/Department of Veterans Affairs Suicide Prevention Conference Jan. 11, in Washington, D.C.

providers, clinicians, counselors, researchers and community partners constitutes our main attack against suicides,” he continued. “You’re the experts. You bring full weight to the discussion. You dispense help and hope to those who see themselves as helpless and without hope.”

Giving people information on the departments’ array of prevention resources is another key aspect in the two organizations’ efforts, Ellen P. Embrey, assistant defense secretary for health affairs, said in her remarks on behalf of the Defense Department.

The armed services are addressing suicide prevention through increased sensitivity to warning signs and developing comprehensive education and services throughout a service member’s career, she said.

Embrey also cited enhanced community and peer support and quality research and analysis as part of the Defense

Department’s initiatives. Still, both departments have a long way to go in better understanding suicide prevention, she said.

“Every life lost to suicide is both a personal tragedy and a tragedy to society, whether civilian or military,” she said. “It’s also a tragedy because, for all of our sophisticated knowledge, we still do not know all there is to know about preventing these needless deaths from occurring.”

Embrey continued by highlighting initiatives taking place in each of the services. The Air Force, Army, Navy and Marine Corps all have their unique programs and methods, but all are equally important in combating suicides, she said.

“They highlight a holistic and comprehensive strategy that we are attempting to bring to bear to confront the challenge of suicide,” she said. “We are doing this primarily through increasing education and awareness,

building very strong systems of support at a 360-degree level and reducing stigma to the extent possible to those who are trying and need to get help.

“As far as the Department of Defense is concerned, there is no individual, family member, military leader, or VA or DoD or community resource that can be omitted from the suicide prevention equation,” she added.

Implementing these strategies is not just a commitment, it’s an obligation to the nation’s service members and veterans, she said.

“We own them a debt of gratitude, we owe them the very best we can give them, and we are committed to reducing the burden of suicide,” Embrey said. “The communities of partnership of both the Department of Defense and the Department of Veterans Affairs are absolutely dedicated to this issue, and our attention will not lag, and our dedication will not falter.”

Navy non-kinetic air power for OEF

PRESS RELEASE

From USS Nimitz Public Affairs

USS NIMITZ, North Arabian Sea — Carrier Air Wing 11 employs non-kinetic force to support troops on the ground in Afghanistan minimizing the potential for civilian casualties.

The EA-6B Prowlers assigned to Electronic Attack Squadron (VAQ) 135 deploy daily from the flight deck of the USS Nimitz (CVN 68) jamming electronic signals in support of Operation Enduring Freedom (OEF).

“Our main focus of effort is to dominate the electromagnetic spectrum. That means we preserve it for Coalition Forces, and we deny its use to Afghan insurgents. If we can successfully do that, many times the ground commander may not need a bomb,” said Lt. Cmdr. Blake Tornga, Maintenance Officer from VAQ-135.

The missions Prowlers fly directly support the July 2009 tactical directive issued by Army Gen. Stanley McChrystal, commander of coalition forces in Afghanistan.

McChrystal outlined in the directive, “We must fight the insurgents, and will use the tools at our disposal to both defeat the enemy and protect our forces.” The directive clearly states limitations on the use of force that could result in civilian casualties in Afghanistan.

“The enemy command and control network in Afghanistan is fairly dispersed and flexible. We have to constantly adapt our tactics, based on new technology in the hands of the enemy, to interdict parts of that network,” said Tornga.

When the Prowlers were first received by the Navy in January of 1971 and deployed to Vietnam in 1972, their primary mission was focused on jamming enemy radar. They supported strike aircraft, ships and ground troops by degrad-



An EA-6B Prowler, assigned to the Black Ravens of Tactical Electronic Attack Squadron (VAQ) 135, lands on the flight deck aboard the aircraft carrier USS Nimitz (CVN 68).

Photos by MC3 John Phillip Wagner, Jr.

ing the enemy’s early warning capability and electronic weapons systems.

The EA-6B of yesterday, outfitted with technology of today, has adapted its platform to support Operation Enduring Freedom in a way no other airframe can.

“There are very few electronic attack platforms out there,” said Tornga.

“We are the only tactical electronic attack platform. Mountain valleys, small turns, staying tight with a convoy, that mission right now can only be done with the EA-6B.”

Tornga explained that the intentions of McChrystal’s directive are what Prowlers have been doing for years.

“There will certainly remain a need for kinetics in support of the ground forces - but being able to turn a kinetic situation into a non-kinetic one is pretty rewarding,” said Tornga. “Some of the real-time feedback we get from the ground troops after a



An EA-6B Prowler assigned to the “Black Ravens” of Tactical Electronic Attack Squadron (VAQ) 135 launches from the flight deck of the aircraft carrier USS Nimitz (CVN 68).

successful mission makes me realize why we need to be here, and it makes this deployment very, very meaningful.”

Since entering the U.S. 5th Fleet Area of Operations Sept. 18., Nimitz has flown more than 2,058 sorties in support of OEF, providing 30 percent of the close air support to the coali-

tion forces in Afghanistan.

Nimitz Carrier Strike Group, commanded by Rear Adm. John W. Miller, is comprised of USS Nimitz, embarked CVW 11, embarked Destroyer Squadron 23, and the Ticonderoga-class cruiser USS Chosin. Ships assigned to DESRON 23 include the destroyers USS Pinckney,

USS Sampson and the frigate USS Rentz.

Squadrons from CVW 11 include the “Black Aces” of Strike Fighter Squadron 41, the “Tophatters” of VFA 14, the “Warhawks” of VFA 97, the “Sidewinders” of VFA 86, the “Indians” of Helicopter Anti-Submarine Squadron 6, the “Black Ravens” of Electronic Attack Squadron 135, the “Providers” of Fleet Logistics Support Squadron 30 and the “Wallbangers” of Carrier Airborne Command and Control Squadron 117.

Helicopter detachments include the “Easy Riders” of Helicopter Anti-submarine Squadron Light 37, the “Battle Cats” of HSL 43, the “Wolfpack” of HSL 45, the “Scorpions” of HSL 49 and the “Wildcards” of Helicopter Sea Combat Squadron 23. Also accompanying the Nimitz CSG are Explosive Ordnance Disposal Mobile Unit 11 and the USNS Bridge.



Photo by MC2 Robert Stirrup

The battleship EX-USS Missouri (BB 63) returns to Ford Island after finishing scheduled repairs at Pearl Harbor Naval Shipyard. Missouri underwent three months and \$18 million of preservation and maintenance repairs at Pearl Harbor Naval Shipyard.

Historic ‘Mighty Mo’ returns to Battleship Row

BY KATIE VANES

Pearl Harbor Naval Shipyard Public Affairs

PEARL HARBOR, Hawaii — Nearly 100 Pearl Harbor Naval Shipyard men and women undocked Battleship Missouri Jan. 7 to support the return of the floating naval museum to her Ford Island berth on Battleship Row next to the USS Arizona Memorial.

“Pearl Harbor Naval Shipyard played a key role in winning World War II, so Shipyard workers have tremendous appreciation for Missouri’s historical significance,” said Shipyard Commander Capt. Gregory Thomas.

As the 54,889-ton ship glided over the sill of Dry Dock 4 at noon, the “Mighty Mo” entered the harbor waters for the first time in two and half months. Missouri had been dry-docked at the Shipyard since Oct. 14 for \$18 million of extensive maintenance and preservation work. It was the first time since 1992 the Missouri was serviced in dry dock.

“We are proud of our role in helping to preserve this vital symbol of victory over oppression in World War II — but we are also humbled,” Thomas said. “We are in awe of the great men and women who served on Missouri over five decades and in three wars.

“It was particularly moving for Shipyard workers to look upon Missouri, sitting proudly in our dry dock as we went to work the morning of December 7, 2009,” he said.

The majority of the maintenance and preservation work was performed by BAE Systems Ship Repair, the lead public-private venture partner with the Shipyard. The Shipyard supported the effort by docking and undocking the vessel.

Shipyard engineers planned the dry-docking, and riggers, shipwrights and other Shipyard workers placed 310 8-ton keel blocks to support the battleship. By contrast, it takes roughly 50 to 80 keel blocks to support a modern guided missile cruiser. The docking was completed on schedule, within one minute of the planned 10-hour evolution, and within one foot of each of the 310 keel blocks.

The same engineers and naval architects planned for the successful undocking today. A small team from the Shipyard’s Environmental Division also contributed key support during the repairs. Since Oct. 14, 16 Shipyard employees provided around-the-clock environmental oversight. They took turns rotating on three shifts a day, seven days a week.

Undocking the massive, 887-foot-long battleship presented special challenges. “The Shipyard docking team completed extensive preparations to control this large vessel,” said Dockmaster Sonny Del Toro. “During planning, we kept asking how we could make the process better for Battleship Missouri.”

Docking Officer Lt. Lorenz Tate pointed

out two unusual concerns of the undocking were the watertightness of Missouri’s hull and the number of people on board the ship. “It’s different from an operating (U.S. Navy) ship, where you know the integrity of the hull,” he said. “With (Missouri,) you don’t know, given the age of the ship and the age of the hull. You have to plan for scenarios, such as leaking.”

Nearly 1,000 passengers were aboard Missouri for the two-mile journey to Ford Island. Their movements had to be controlled during the initial phase of undocking because it could mask indications of shipboard flooding, he said. Furthermore, their safety needs, such as having sufficient life vests and medical services, also had to be considered, Tate said.

About 500,000 gallons of ballast water were placed in selected tanks, voids, and spaces aboard Missouri to properly balance her for lifting off the docking blocks without damage to the blocks or the ship.

When flooding of the dry dock began with 53 million gallons of seawater, the docking team started thorough inspections aboard Missouri for watertightness. Missouri was also closely monitored to determine if the ship was leaning too far to the port or starboard side. This was done to catch any potentially adverse flooding of seawater into the empty tanks that bound the plating, according to Shipyard Naval Architect Jason Morrison.

“In regular spaces, it is one thing (to check for leaks), but it is tough with the tanks, and Missouri has roughly 600,” said Morrison. “That’s why it was very important for the ship riders to stay very still as the ship lifted off.”

After Dry Dock 4 was filled to sea level, the caisson the “door” to the dry dock was removed, and the docking team carefully guided the ship to the entrance of the dry dock. There, four tugboats snuggled up alongside the battleship and began pushing and pulling the historic vessel to return her to Foxtrot 5 pier at Ford Island. The USS Missouri Memorial Association will resume tours of the ship the weekend of Jan. 29.

The U.S. Navy donated the ship to the Missouri Association in 1998 as part of the Ship Donation Program authorized by Congress. It is one of 46 museum ships donated by the U.S. Navy in 22 states.

Shipyard Environmental Protection Specialist Gail Shon, a member of the environmental oversight team, said, “(Missouri) is a national monument. We have to save it. If we lose this ship, we’ll lose an important piece of history.”

Pearl Harbor Naval Shipyard is the largest industrial employer in the state of Hawaii with a combined civilian and military workforce of more than 4,700. It has an operating budget of more than \$650 million, of which more than \$426 million is payroll for civilian employees.

For more information on the Shipyard, visit www.navsea.navy.mil/shipyards/pearl.



Photo by MC1 Michael Hight

Sailors and Marines man the rails of the battleship EX-USS Missouri (BB 63) as the ship returns to Ford Island after finishing scheduled repairs at Pearl Harbor Naval Shipyard



Photo by MC2 Mark Logico

More than 100 service members reenlist during a reenlistment ceremony aboard the Battleship Missouri Memorial. The EX-USS Missouri (BB 63) returned to its berth near the USS Arizona Memorial after three months and \$18 million of preservation and maintenance work at the Pearl Harbor Naval Shipyard.



Photo by Liane Nakahara

Workers at Pearl Harbor Naval Shipyard prepare for the undocking of the battleship EX-USS Missouri (BB 63). Approximately 1,000 civilian and military guests were aboard the ship for the 2-mile journey back to her pier at Ford Island.



Photo by MC2 Robert Stirrup

The battleship EX-USS Missouri (BB 63) returns to Ford Island after finishing scheduled repairs at Pearl Harbor Naval Shipyard.

“Nova’s” depiction of mini sub may be misleading

BY JUDITH SNYDERMAN
Special to American Forces
Press Service

WASHINGTON — Scientists who have been studying wreckage from Japanese mini-submarines that were part of an advance strike force on Pearl Harbor on Dec. 7, 1941, say a new television show is informative, but could leave viewers with misunderstandings, Jan. 8.

For one thing, they say, the show – part of PBS’s “NOVA” series – reveals no new discoveries.

“It’s basically a synopsis of the work that we performed up through 2000,” Navy Capt. John A. Rodgaard said during a “DoDLive” bloggers roundtable Jan. 6. Rodgaard was joined by Peter Hsu, a scientist who analyzes forensic shock effects of underwater explosions, and Robert Neyland of the Naval History and Heritage Command, which studies shipwrecks and sunken aircraft.

These experts say there’s

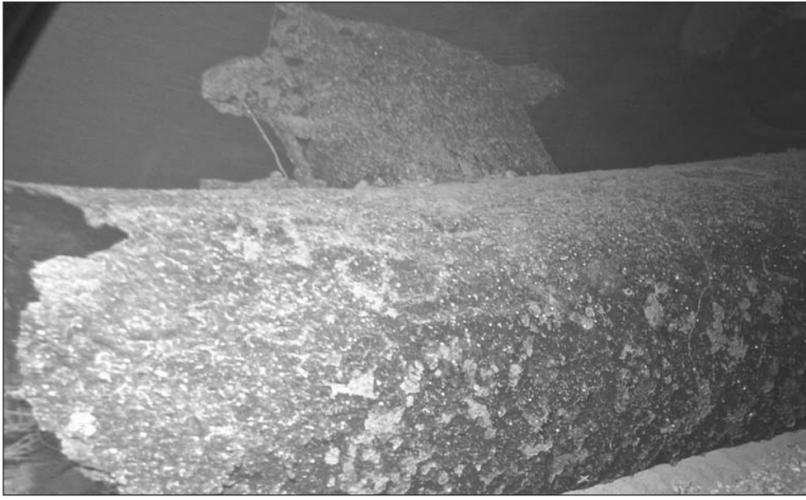


Photo courtesy of Lone Wolf Productions

The remains of a Japanese mini-submarine lay on the seafloor under 1,000-feet of water near Pearl Harbor, Hawaii. The Imperial Japanese Navy launched 5 mini subs from “mother” submarines hours before the Dec. 7, 1941 attack on Pearl Harbor to torpedo ships ported in Pearl Harbor.

no dispute that hours before the main air attack on Pearl Harbor, the Japanese navy launched five mini subs armed with torpedoes from larger submarines. U.S. Navy ships sank the mini subs, and the first pieces of wreckage were identified by the Hawaiian underwater research lab

called HURL in 1992.

Another key piece of evidence is an aerial photograph of one of the mini subs that was taken by a Japanese aircraft.

In 1994, Rodgaard used that evidence to correct earlier beliefs that only one of the five submarines that had been launched made it

into the harbor, and that it failed in its attack.

“What we demonstrated initially was that a second one had actually entered and also was successful in its attack,” he said.

The mini-sub pictured in the aerial photograph is the one featured in the television documentary,

Rodgaard explained. But the show implies the wreckage is a new find, he added, when it actually was well known for years, though it wasn’t identified as one of the five Pearl Harbor attack mini subs until recently.

Neyland said the timeline presented by the program incorrectly suggests the sub was the last of the five launched. “We consider that the No. 1 submarine, based on the Japanese records of the release times,” he said.

One other problem, Rodgaard said, is the documentary’s assertion that a mini-sub torpedo struck the USS Arizona and did not detonate.

“I don’t know about you, but I don’t think an object such as a torpedo that winds up being a dud, striking an object at [42] knots, is going to remain intact,” he said. Hsu theorized that, based on weight analyses, the unexploded torpedo depicted on the show may have been dropped from an aircraft.

Despite these concerns,

the experts agreed that the story of the Pearl Harbor mini subs is a fascinating piece of history that deserves ongoing research. One mystery is the location of the wreckage in a 1,000-foot-deep debris field outside Pearl Harbor.

Neyland said it’s clear the mini-sub must have been salvaged after the war ended, but that leaves unanswered questions, such as why it is where it is, why it is disassembled, and why no record exists of it having been found and salvaged out of Pearl Harbor.

Rodgaard added that a 15-foot section of the mini-sub is missing, and he hopes it will be found. Each piece of evidence is a time capsule of history, he said.

Scientific techniques such as bio-corrosion studies on bolts and studies of the origins of microorganisms attached to parts may solve some of these mysteries. “I would say our journey continues,” he said. “There are quite a few things that we could still do.”

New energy conservation project saves \$3.3 million annually

PRESS RELEASE

From Naval Facilities Engineering Command
Southeast Public Affairs

JACKSONVILLE, Fla. — Projects have begun on the recently awarded Utility Energy Services Contract (UESC) expecting to reduce electrical energy and water consumption by an estimated \$3.3 million annually at Naval Air Station Jacksonville (NAS JAX).

Facilities Engineering Acquisition Division of Public Works Department (PWD) Jacksonville successfully awarded an Energy Conservation Project (ECP) Sept. 29, 2009 to TECO Energy as a UESC in the amount of \$17.2 million.

The ECP was the result of a detailed en-

ergy audit conducted in over 30 buildings. Each facility was examined for potential improvements to lighting systems and heating and cooling systems.

Projects under this UESC will replace inefficient air handling units, motors, compressors and controls. In addition, systems water conservation technologies will be used to lower water consumption. Renewable energy technologies including day lighting and solar hot water heating will be installed in five facilities initially with more to follow in a future UESC project.

“There are driving forces behind these energy initiatives,” said Cliff Plante, PWD Jacksonville resource efficiency manager.

The Department of Defense (DoD) is

mandated to reduce electrical consumption 30 percent by 2015. In addition, a new executive order (EO) 13514 was signed Oct. 5, 2009, by the President which intensifies the energy savings requirements even more.

Locally, a Commander Naval Region Southeast instruction (CNRSE 4101.1) was signed in August 2009. This instruction brings the overall energy management plan down to the installation.

“An important first step in complying with the instruction was the formation of a Building Energy Monitor (BEM) program,” said Plante.

“BEM training was provided to 127 individuals both military and civilians,” according to the NAS JAX Building Energy Monitor Program Director Petty Officer

First Class (AWF1) Mike Blair. “We have now completed training for 96 percent of the facilities at NAS. In the coming months, you will see progress in the way energy and water consumption is reduced.”

Construction on UESC Phase II projects for NASJAX began in December 2009. PWD facility managers will be involved in scheduling and implementation of the new technologies at their assigned facilities.

“The NASJAX Energy Team appreciates cooperation from all tenants while this work is accomplished and will make every effort to keep disruptions to a minimum,” said Plante.

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

Navy's second Littoral Combat Ship to be commissioned

PRESS RELEASE
SURFOR Public Affairs

MOBILE, Ala. — USS Independence (LCS 2) will be commissioned Jan. 16 at a ceremony in Mobile, Ala.

Littoral Combat Ship (LCS) is a fast, agile, mission-focused ship that demonstrates the latest in naval warfighting technology. The ship is specifically designed to defeat “anti-access” threats in shallow, coastal water regions, including fast surface craft, quiet diesel submarines, and mines. To meet the combatant commander’s increased demand for mission-tailored forces packages, LCS features an interchangeable modular design that allows the ship to be reconfigured to meet mission requirements.

“The ship is large enough and flexible enough to hold just about anything you could think of in terms of coastal and littoral warfare,” says Cmdr. Michael Riley, commanding officer, Gold Crew. “If you build modules we could carry them. That’s one of the true unique things about Independence. I think we are going to expand way beyond the initial three mission sets the ship was designed to do, and of course do those extremely well.”

Independence is a 419-foot aluminum trimaran, the first of its design in the Surface Fleet. It has a displacement of 2,800 metric tons, is capable of speeds in excess of 45 knots, and can operate in water less than 20 feet deep. Propelled by four water jets in addition to two diesel and two gas turbine engines, the ship boasts a range of over 3,500 nautical miles. Independence was christened by Doreen Scott, wife of the 10th Master Chief Petty Officer of the Navy, Terry Scott, in a ceremony in Mobile, Ala. on Oct. 4 2008. The ship completed builder’s sea trials in the Gulf of Mexico, and was delivered to the Navy on Dec. 18, 2009.

“There are a lot of roles this ship can play to complement the ships we al-

ready have,” says Cmdr. Curt Renshaw, commanding officer, Blue Crew. “Other ships might have more firepower, but lack the speed of LCS. Other carry more and have a larger flight deck, but cannot defend themselves as well. LCS fills that niche.”

The Sailors who will bring the ship to life on Jan. 16 are part of an innovative manning reconstruct that reduces crew size, demanding each Sailor maintain high levels of proficiency in multiple fields, and optimizes ship operability with multiple crews. Independence is manned by two rotational crews, “blue” and “gold,” of 40 Sailors each. These crews are further augmented by detachment specialists for each of the mission modules.

The rotational crew model is already proving effective aboard USS Freedom (LCS 1), Independence’s predecessor in the LCS class. Freedom is currently readying for her maiden deployment, accelerated approximately two years. The Navy expects to learn key operational lessons about Freedom in a deployment setting, and to integrate those lessons into the larger LCS fleet, projected to eventually reach 55 ships.

While Freedom prepares for early deployment, Independence looks forward to commissioning. The decision to commission the ship in Mobile, Ala., where construction began nearly four years ago, is testament to the incredible support the community has lent the Navy.

“By commissioning in Mobile,” says Renshaw, “we are also fortunate to have many of the required resources in place to allow for detailed and efficient planning for this exciting occasion.”

“The city of Mobile has really made us feel welcome,” adds Riley. “I want to extend my gratitude for everything they have been doing and continue to do for us.”

Following commissioning, Independence will conduct further testing and evaluation before eventually heading toward its home port in San Diego, Calif.

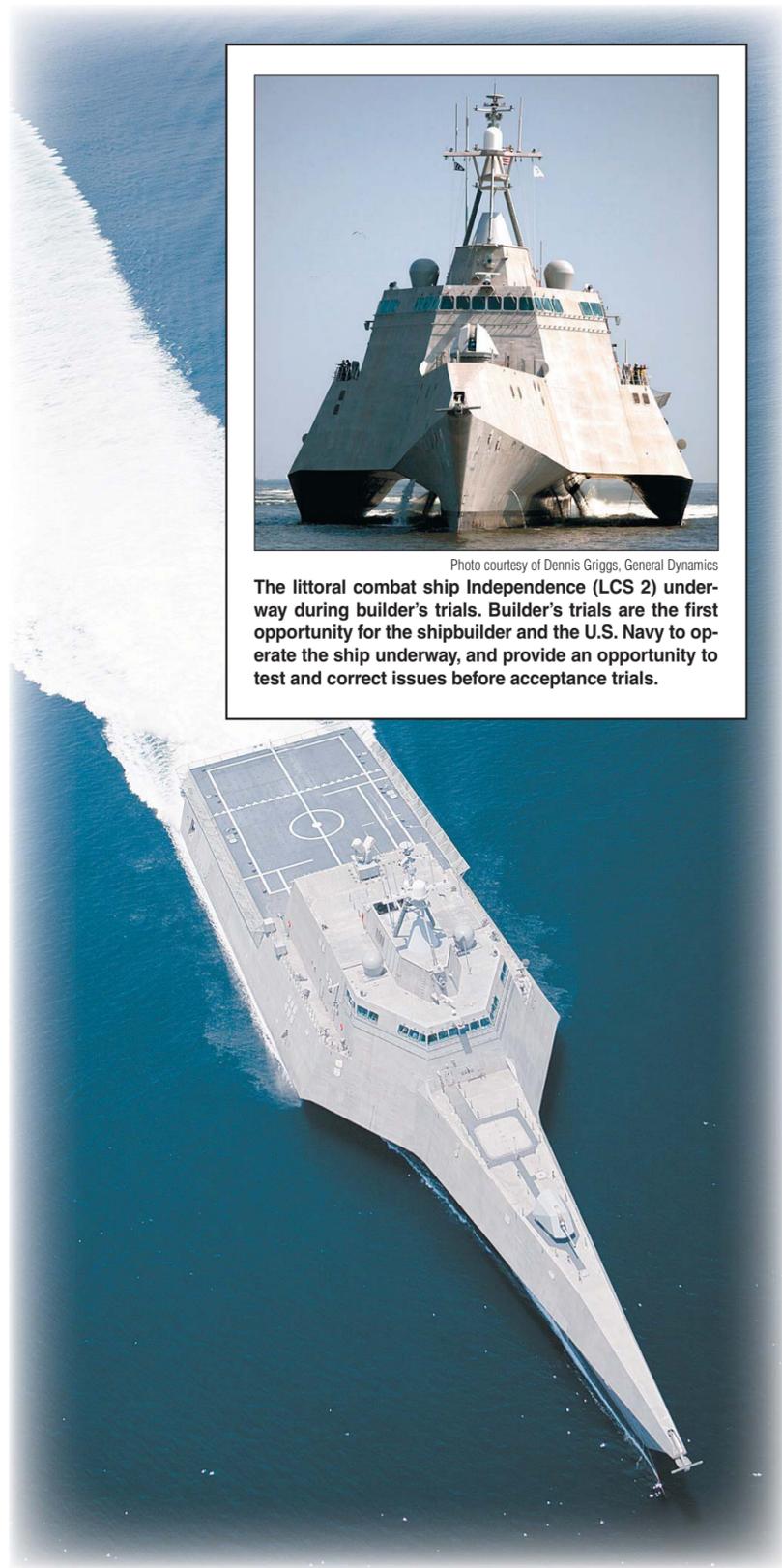
“Other ships might have more firepower, but lack the speed of LCS. Other carry more and have a larger flight deck, but cannot defend themselves as well. LCS fills that niche.”

— Cmdr. Curt Renshaw,
commanding officer,
Blue Crew



Photo courtesy of Dennis Griggs, General Dynamics

The littoral combat ship Independence (LCS 2) underway during builder's trials. Builder's trials are the first opportunity for the shipbuilder and the U.S. Navy to operate the ship underway, and provide an opportunity to test and correct issues before acceptance trials.



SUICIDE: Mental fitness key to preventing suicide

Continued from page A1

Department and VA need to promote among their communities. It will be their best efforts in tackling the growing rate of suicide among veterans and military members, she said.

Sutton said healthy habits such as getting enough sleep, eating nutritious foods and feeling connected

to something are important factors in keeping mentally fit.

Both departments recognize that psychological wounds are as dangerous as physical injuries, she said. They also understand that emotional distress is not limited to results of combat on the battlefield.

...Read more on *Suicide Prevention*, A6



Photo by MC2 Mandy Hunsucker

Bellissimo's Espresso Café in building C-9 received new carpeting as part of a Morale, Welfare and Recreation (MWR) renovation for single Sailor recreation centers. Single Sailor recreation centers at buildings C-9 and Q-80 received many new up grades from MWR to give Sailors a positive and memorable experience at the centers.

TAXES: Tax Assistance Center offers free tax help

Continued from page A1

ble of serving thousands of service members. Because of its central location, it is ideally situated to serve all of the naval bases in the Hampton Roads area.

While the TAC can help service members and their dependents process their taxes correctly, and offer help with the resolution of tax issues, there are a few areas that they cannot help with. Due to restrictions put in place by the IRS, they cannot process business taxes, stocks, capital gains or rental properties.

Service members who are deployed during the regular tax season, which runs from January to April, are given automatic extensions on filing.

According to Captain Wagner, the former CO of the Navy Legal Service Office to which the TAC is attached, the center is run almost completely by both Limited Duty and Pregnancy Assigned Sailors. Captain Wagner said that without the resource of these sailors being temporarily assigned to the TAC, it would be taking able bodied sailors away from mission crucial positions.

According to the IRS, this

is what you need to bring to Volunteer Income Tax Assistance Program sites.

- Proof of identification.
- Social Security Cards for you, your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration.
- Birth dates for you, your spouse and dependents on the tax return.
- Current year's tax package if you received one.
- Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers.
- Interest and dividend statements from banks (Forms 1099).
- A copy of last year's federal and state returns if available.
- Bank routing numbers and account numbers for Direct Deposit.
- Total paid for daycare provider and the daycare provider's tax identifying number (the provider's Social Security Number or the provider's business Employer Identification Number).
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

SINGLE: MWR is improving Single Sailor recreation centers in building C-9, Q-80

Continued from page A1

ing with some of the newest games out there, such as 'Call of Duty', 'Fallout 3', 'Command & Conquer: Red Alert 3' and many more."

The "Combat Zone" is now open Monday - Thurs-

day, 4-11 p.m.; Friday, 4 p.m.

- Midnight; Saturday, Noon

- Midnight; Sunday, Noon -

11 p.m. and holidays Noon

- 8 p.m. The facility will be

on a first come first serve

basis and all computers are

free to use. If at anytime all

machines become full, then

there is a one hour time lim-

it enforced to all patrons to

be able to use them. The

computers are managed

by a timing system that co-

ordinates all start and end

times.

NWU: New for 2011

Continued from page A1

ouflag uniform worn in non-desert environments and stateside.

Both uniforms, announced in NAVADMIN 374/09, are organizational clothing provided to Sailors by commands authorized to issue them.

The unisex uniforms will begin conformance testing to validate design, fit and wear later in fiscal year 2010. Fleet implementation is expected to begin in late 2011 with deploying combat and direct command support commands and units receiving priority in the distribution process.

Both new uniforms have an authorized matching pattern Gortex parka with a removable fleece liner. Sailors can get complete information on the new NWU Type II and Type III uniforms in NAVADMIN 374/09 available at www.npc.navy.mil.

Correction:

In the Jan. 7 issue of the Flagship we inadvertently ran the wrong headline for the photo below. The headline should have read, "USS Dwight D. Eisenhower (CVN 69) at sea." We apologize for this error.



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 14, 2010

Sailors should bring a few things ...

The rest HomePort Hampton Roads public private venture housing will provide them

BY MC1 (AW) TIM COMERFORD
Staff Writer

bathrooms, dishes, silverware, a couch, a loveseat, a bed, two pool, three hot tubs, a convenience store, a coffee shop, game

NORFOLK — A fully furnished apartment complete with a two bedrooms, two

See IOWA ESTATES, B6



The single Sailor housing complex named Ohio Estates is not expected to have a grand opening until late June or early July, 270 Sailors already call it home and new rooms open up each month. Ohio Estates will be able to hold more than 1,400 Sailors and plans to offer a mini Navy Exchange, indoor and outdoor pools and three hot tubs, all this plus suite style rooms.



A bathroom kit and flip-flops is all you need to start living in the rooms at PPV Housing, pots and pans, bedding, dishes and silverware, even a fully furnished room with TV are provided.



Carl Vinson back in business, returns to homeport San Diego

PRESS RELEASE
Second Fleet Public Affairs

NORFOLK — The aircraft carrier USS Carl Vinson (CVN 70) with its crew of approximately 3,200 Sailors will depart here Tues., Jan. 12, to begin its schedule transit to its new home port in San Diego.

Commanded by Capt. Bruce H. Lindsey, Vinson will be the flagship for the Carl Vinson Strike Group, under the operational command of newly established Carrier Strike Group One commanded by Rear Adm. Ted Branch. For the transit, Carl Vinson Strike Group

will be comprised of: Carrier Air Wing (CVW) 17, Destroyer Squadron (DESRON) 1, and USS Bunker Hill (CG 52). During the transit, USNS Ranier (T-AOE 7) will join up with Carl Vinson Strike Group until the transit is completed.

USS Carl Vinson is conducting the homeport shift to San Diego following the completion of its mid-life refueling and complex overhaul (RCOH) at Northrop Grumman Shipbuilding in Newport News, which began in Oct. 2005. A Nimitz class carrier requires this maintenance overhaul every 25 years. The Navy took re-

delivery of Vinson July 11, 2009.

The strike group will circumnavigate South America and its mission will focus on promoting regional partnerships, maritime security and if required provide humanitarian assistance or disaster relief. The strike group is scheduled to conduct several engagements with regional partners including bilateral navigation and passing exercises with Argentina, Brazil, Chile, Ecuador and Peruvian Naval units. Vinson will also conduct air wing at sea exercises with Argentina and Peru.

New year, better you

JANUARY 2010

with FFSC

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BY MC2 MANDY HUNSUCKER
Staff Writer

For many Sailors, the New Year means a clean slate or a fresh start. They sit down and write out a list of things they want to accomplish during the New Year, only to be disappointed with them selves for not following through. They're left asking, "What happened?" The most likely culprit is daily life stresses.

Although life has its joyous and happy moments, it is also full of complicated situations that can lead to stress. A lot of Sailors and Marines will try to ignore their stressful situations and hope they work themselves out, but this is a really bad thought process. When one does this, the stressful situation can become a serious problem. Most commonly, debt, relationships, parenting, and drug and alcoholism are the main stressors in life. Then there are those little stressors such as when a person cuts you off in heavy traffic or a new baby that just won't stop crying.

The majority of Sailors would probably agree they would like less stress in their lives. So, how does one go about relieving stress? They learn how to deal with the stressful situations, whatever they may be. Remember, the key words here are "deal with."

Dealing with stressful situations requires a certain set of skills which most doctors in the psychology field call life skills. By definition, having life skills means having the ability to cope with stresses and challenges of daily life, especially skills in communication and literacy, decision-making, occupational requirements, problem-solving, time management and planning. These skills are not apart of human instinct. If they were, stress would be obsolete and people would live utopian lives. Life skills are learned. As with anything learned, if you don't use it, you lose it.

So, what can a Sailor do to minimize stress so they can be more

See STRESS-LESS, B9

SEALs remember fighting for a 'Just Cause'

In this file photo taken in Jan. 1990, a U.S. service member looks at damage during the U.S. invasion of Panama during Operation Just Cause.



U.S. Navy photo

BY MC2 MATT DANIELS
Naval Special Warfare Group 2 Public Affairs

NORFOLK — Sailors assigned to SEAL (Sea, Air, Land) Team 4 honored the 20th anniversary of the U.S. invasion of Panama, known as "Operation Just Cause," by hosting a remembrance ceremony Jan. 4 in Norfolk.

The primary objectives of "Operation Just

Cause" were to capture Panamanian dictator Manuel Noriega and to set the conditions for establishing a democratic government.

The observance ceremony was intended to honor former SEAL Team 4 members who participated in the operation.

The ceremony included a discussion regarding

See CEREMONY, B9

SPOUSE SPEAK! TIP of the week

Commissaries vs. Supermarkets: Are you eating your money?

BY CASEY SPURR
Director of Programs for Blue Star Families

My husband and I are smart shoppers. I wouldn't say we are particularly frugal – we just don't enjoy paying more for something than necessary. We clip coupons, use our Entertainment Book whenever possible and shop around before making a major purchase. A large part of our monthly budget goes to groceries, so we are regular users of the commissary.

A 2009 survey conducted by Blue Star Families, found that 63 percent of military families are "Extremely/Very Satisfied" with their commissary and exchange services, making it one of the most highly rated services provided to members of the military and their dependents. One of the greatest benefits is that military families always know they are paying a fair price for their groceries. There is no profit generated by commissary sales because by law they are required to sell their goods at cost. The five percent surcharge (which I consider a wash since there is no sales tax) covers the cost of building new commissaries and updating existing ones. Like standard supermarkets, they also accept manufacturer's coupons, which allows even more savings.

Despite these stringent pricing guidelines, many of my friends choose not to shop there complaining that it is too crowded, inconvenient and the prices are not much lower than other supermarkets anyway. True – in our

“A 2009 survey found that 63 percent of military families are "Extremely/Very Satisfied" with their commissary and exchange services, making it one of the most highly rated services provided to members of the military and their dependents.”

experience, the commissary is busy. There is no doubt about that, but I must commend the staff for always moving the lines along quickly. We have never waited more than a few minutes to reach a register regardless of how long the line appears and we never feel inconvenienced.

For my own edification and partially to show that the commissary is worth the effort, I decided to conduct a little research to find out just how much money we actually save and if it's worth traveling a little farther than our neighborhood supermarket for groceries. I chose thirty items that we purchase regularly from all sections of the commissary ranging from butter and eggs to napkins, produce and toothpaste. I then visited three local grocery stores to compare the commissary's prices. My husband, always a good sport about these types of things, gladly came along for the ride.

We checked one higher end chain supermarket within a couple of miles of our home, one neighbor-

hood chain supermarket we consider mid-grade and one large discount superstore. When sale prices or valued customer card savings were offered, those were the prices we used. I already believed the best savings to be at the commissary, but what I discovered was eye-opening to say the least.

The total of my 30 items at the commissary was \$70.61. I decided to check the discount superstore next because I figured their prices would be the lowest of the three supermarkets. When I can't get to the commissary, I usually shop at this discount superstore because it's minutes from home and their prices tend to be reasonable.

Based upon our shopping list, some items at the discount superstore were about the same price as (and sometimes cheaper than) the commissary. Interestingly, however, their overall prices on the total of our shopping list were still 20 percent higher than the commissary, totaling \$84.81.

The superstore's prices on produce in particular were quite low, but in my opinion, the commissary has a much better selection, tends to be more fully stocked and the quality has continued to improve in recent years.

Next, we stopped by the mid-grade chain supermarket. Their total on our 30 items came to \$104.51, making their prices 48 percent higher than the commissary. I have shopped there on many occasions and always thought their valued customer card made their

prices at least somewhat competitive with the commissary. I was obviously mistaken.

The most eye-opening part of this whole little experiment came when we hit the higher end chain supermarket. I expected their prices to be the highest, but I was truly amazed at what I found. The total for our 30 items at this store was \$122.68, a whopping 74 percent higher than the commissary. Truly shocking. Now, I admit, they carry many fine gourmet items that I enjoy browsing and often buying and their salad bar and produce are of exceptional quality. I just can't justify, however, spending that much more on items we use frequently which can be purchased at the commissary at a savings.

In addition to the great prices, there are other excellent reasons to shop at the commissary. I love foods from different cultures around the world and the commissary provides one of the largest selections of international foods of any grocery store in our area. I am always impressed with the large brand selection of Asian and Hispanic foods, European sweets and the fresh sushi bar.

Another perk at the commissary that many may often take for granted is the large staff of baggers who are on hand to help customers to their cars. These baggers, who tend to be military dependents themselves, work only for tips in all sorts of weather and somehow still manage

to always do it with good manners and a smile. For parents who have to drag their kids along shopping, the availability of someone to push the cart and load up the car while mom or dad buckles the kids into their seats is welcome assistance. Hopefully with all the money you're saving at the commissary, you'll remember to tip your bagger a few dollars the next time you visit.

The Verdict: The commissary's prices simply can't be beat. While it may not be the closest to home, it is worth making the effort to get there. For our family, we just plan ahead. We set aside an afternoon and stock up, so we only have to go every few weeks. In between, we shop at the discount superstore for smaller grocery runs and if we need specialty gourmet foods, we splurge and hit the neighborhood grocery store or higher end supermarket.

For all other items though, we will continue to shop at the commissary. For us, this just makes sense. We refuse to throw our money away. Based upon our estimate, we are saving from about \$1,000 a year over the discount superstore and up to as much as \$3,700 a year over the higher end neighborhood supermarket.

Casey Spurr is a Navy spouse and the Southeastern Virginia Chapter Director for Blue Star Families. She lives in Virginia Beach with her husband and their 2-year-old son.



2nd Annual MyTime Women's Show
HAMPTON ROADS CONVENTION CENTER
SATURDAY, JAN. 16 – 11 a.m. - 5 p.m.

You'll see the latest fashion trends, meet local merchants, taste local fare, get valuable time-saving tips and financial advice too! From shopping to cooking, a healthy lifestyle to a healthy bank account. The HR My Time Women's Show will feature valuable seminars, fashion shows, demonstrations and break-out sessions as well as fabulous door prizes just for you. Tickets are \$8 at the door or \$5 in advance online at hrmytimeshow.com (Until 1/10). The first 300 attendees will get a tote bag loaded with goodies.

For more information, visit hrmytimeshow.com or call 247-4729.

Food labels provide nutrition facts, information

BY REBECCA PERRON
Military Newspapers of Virginia

From the amount of calories, fiber, and total fat grams to the food's ingredients, food labels are the key to increasing the healthy nutrients in anyone's diet, such as calcium and fiber, and limiting nutrients that can be unhealthy, such as fat, saturated fat, cholesterol and sodium.

Reading food labels can also help compare foods that might be purchased and help choose foods the more healthy ones. Be aware that in some cases, store brands provide better nutrients than name brand foods. The serving size and amount of servings per container is the key to knowing how many calories and other nutrients are in each food.

A food with 40 calories per serving is low in calories, 100 calories per serving is moderate in calories and 400 calories or more per serving is high in calories. Packages can contain more than one serving and a serving is not necessarily the amount typically eaten at one time.

FATS. Understanding the amount of total fat is important to a low fat diet. Unsaturated fats are more healthy than saturated fats and trans fats. Fat intake should be limited to 30 percent or less of daily calories, and saturated fat should be no more than one third of total fat or 10 percent of calories.

BAD VS. GOOD FATS. In general, solid fats contain a lot of saturated fats and trans fats and should be limited. These include many animal products and hydrogenated vegetable oils, including butter, beef fat, chicken fat, pork fat (lard), stick

margarine and shortening. Most vegetable oils (except coconut oil and palm kernel oil), on the other hand, contain more monounsaturated and polyunsaturated fats, which are healthier.

CARBOHYDRATES. The typical person should get about half of their daily calories from carbohydrates. The type of carbs eaten is important.

GOOD CARBS. Choose starchy foods like whole grain breads and cereals, beans and rice, potatoes, and pasta. Examples of whole grain foods include whole wheat bread, brown rice, whole wheat pasta, and whole grain cereals. These are healthier than their refined alternative, like white bread or white rice.

BAD CARBS. In addition to choosing foods with low sugars, avoid foods with added sugars. If corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, or maple syrup are listed in the first few ingredients, then the food has added sugars and consider an alternative with less sugar.

FIBER. Fiber is an important part of a healthy diet and most experts recommend both children and adults eat a high fiber diet. Those with a high-fiber diet are less likely to be obese, have heart disease or develop problems affecting the bowel, including constipation and cancer. Foods that are usually high in fiber include fruits, vegetables and whole grain cereals and breads.

VITAMINS AND MINERALS. Food labels can determine which foods that high in certain vitamins and minerals, such as calcium and iron. Five percent DV or less is low and 20 percent DV or more is high for a food component. Foods that are a good source contain between 10 to 19 percent DV of that nutrient in each serving.

Calcium rich foods contain about 20 to 30 percent DV per serving. Teens may need more than the 100 percent DV listed on food labels. They actually need 130 percent DV of calcium and that makes choosing high calcium foods even more important. Orange juice is one food that can provide extra calcium.

CHOLESTEROL/SODIUM. Like fat, limit the amount of cholesterol and sodium intake. Look for foods with less than 20 mg of cholesterol per serving. Choose foods that have less than 140 mg of sodium per serving or that are labeled as being low or very low in sodium.

PROTEIN. Protein should only make up about 10 to 20 percent of each day's calories depending on age. Most get more protein than they need, especially if they eat meat, eggs,



milk products, and a variety of plant based foods, such as beans, nuts, and soy products.

ADDED SUGARS. Foods with added sugars will list corn syrup, fruit juice concentrates, honey, molasses and others on their ingredient list. Other names for added sugars can include brown sugar, corn sweetener, dextrose, fructose, glucose, high-fructose corn syrup, invert sugar, lactose, maltose, malt syrup, raw sugar, sucrose, sugar and syrup.

WHOLE GRAINS. The ingredient list can help determine foods made with whole grains, which are healthier and are preferred to refined grains. Whole grain foods should have one of the following whole grain ingredients listed as their first ingredient: whole wheat, whole oats, brown rice, bulgar, graham flour, oatmeal, whole grain corn, whole rye and wild rice. Foods that are labeled multi-grain, 100 percent wheat, seven-grain, stone-ground, bran, or cracked wheat are not whole grains.

QUICK FACTS

- Percent Daily Values can help determine which foods are high in good nutrients and low in bad nutrients.
 - Five percent DV or less is low and 20 percent DV or more is high for a food component.
 - Look for a high percent DV for good things, like dietary fiber, vitamin A, vitamin C, calcium, and iron.
 - The percent DV is based on a 2,000 calorie diet, which can be more than required for an individual.
 - Percent Daily Values are listed for a single serving.
- Reviewing the ingredients list is important, especially if a family member has food allergies.
- The ingredient list can help identify hidden ingredients, like added sugars (bad), whole grains (good), and trans fats (bad).

Coast Guard exhibit takes flight in Elizabeth City, N.C.

Museum of the Albemarle opens **Out of the Blue: Coast Guard Aviation, a tribute to U.S. Maritime Guardians**

ELIZABETH CITY, N.C. – The Museum of the Albemarle has opened its exhibit, “Out of the Blue: Coast Guard Aviation.” This exhibit honors the nation’s maritime guardians and will be a special museum feature for the next five years. The exhibit navigates two centuries of U.S. Coast Guard history from its 1790 beginnings to its aviation presence in northeastern North Carolina today.

“This is a great day for Elizabeth City, the Museum of the Albemarle – and the U.S. Coast Guard,” said Museum of the Albemarle Administrator Ed Merrell. “This exhibit will help people understand what these men and women do every day, laying their lives on the line.”

Out of the Blue: Coast Guard Aviation

Utilizing historic photographs, artifacts, interactive exhibits and a unique display of timelines, this exhibit provides a thoughtful look at U.S. Coast Guard history, with an emphasis on aviation and special concentration on Air Station Elizabeth City.

The origins of the U.S. Coast Guard date to Aug. 4, 1790, when Congress authorized the construction of 10 sea-going vessels to enforce tariff and trade laws and to prevent smuggling. Soon after, the service became known as the U.S. Revenue Cutter Service. The U.S. Coast Guard received its present name in 1915, when the Revenue Cutter Service merged with the U.S. Life Saving Service, making a single maritime service dedicated to saving life at sea and enforcing the nation’s maritime laws.

Out of the Blue relays this early history with displays of such artifacts as a Revenue Cutter Service uniform; a breeches buoy, Lyle gun and faking box used for life-saving rescues at sea; and a replica of the Wade Point Lighthouse, which once served the



Rescue swimmer in the Out of the Blue: Coast Guard Aviation exhibit at the Museum of the Albemarle.

Out of the Blue: Coast Guard Aviation exhibit featuring “Jay,” a one-third scale replica of an H-60 Jayhawk helicopter.



Out of the Blue: Coast Guard Aviation can be seen through 2014 at the Museum of the Albemarle in Elizabeth City, N.C.

Pasquotank River.

Soon after Wilbur and Orville Wright made aviation history in Kitty Hawk, the Coast Guard embraced the use of aviation. Posted on the wing flap of a C-130 is a timeline of fixed wing aviation from 1915 to 1956. Photographs of numerous aviation pioneers are featured, including Coast Guard Aviator #1 Elmer Stone, a founder of the Coast Guard aviation program and a pilot aboard the first transatlantic flight of any aircraft in 1919.

The blade of a Sikorsky H-60 Jayhawk helicopter carries the story of rotary wing aviation from 1957 to 1994. Exhibit-goers will see such search and rescue artifacts as a rescue basket, survival barrel, cargo parachute and a mannequin outfitted in a rescue diver’s suit.

A life raft on the center of the exhibit floor is a focal point for kids, who may climb inside to watch real-life rescue videos. It was used in the 2006 motion picture, “The Guardian,” portions

of which were filmed in Elizabeth City.

And then there’s “Jay,” a one-third scale replica of an H-60 Jayhawk helicopter. The whimsical, cartoon-like chopper, designed by Elizabeth City artist and retired Coast Guardsman Doug Lane, features a number of fun “learn-by-doing” tasks. Kids can push a button to operate the tail rotor and hoist items to safety using a life basket.

Also of note are mannequins outfitted in Coast Guard dress for specific operations related to the Elizabeth City base, and a large flip book with descriptions, patches and photographs of the active U.S. Coast Guard stations, from Kodiak Island, Alaska, to Elizabeth City.

Cooperation Makes Exhibit a Success

It wasn’t long after the Museum of the Albemarle opened its permanent “Our Story” gallery in 2008, that the staff began plans to transform an unused museum



Photos by Thom Spagnol

Rescue swimmer demonstration on the Pasquotank River in front of the Museum of the Albemarle.

wing for Out of the Blue.

“We have seen fantastic cooperation from the U.S. Coast Guard headquarters in Washington D.C., the U.S. Coast Guard Academy in New London, Conn., and all of the active U.S. bases,” said Merrell.

All five Commanders from the U.S. Coast Guard base in Elizabeth City advised on the exhibition, with assistance from active duty and civilian staff. Aviation companies, such as Sikorsky and Lockheed Martin, provided artifacts and help as well.

Out of the Blue: Coast Guard

Aviation can be seen through 2014 at the Museum of the Albemarle (www.museumofthealbemarle.com), located at 501 South Water Street in Elizabeth City, N.C. The northeastern regional branch of the North Carolina Museum of History, the museum interprets the history of 13 counties in northeastern North Carolina, considered by many to be the birthplace of English America. Admission is free. The museum is open Tuesday through Saturday from 9 a.m. to 5 p.m., and Sundays from 2 to 5 p.m.

For information, call (252) 335-1453.

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>Chapel Worship Services:</i>
5 p.m. — Sat.	10:30 a.m. — Sun.
(fulfills Sunday obligation)	Worship
10 a.m. — Sun.	<i>Wednesday Services:</i>
11:45 a.m. — Mon.- Fri.	8:30 - 10:15 a.m. — Bible
(except holidays)	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	<i>Confessions:</i>
<i>Mass Schedule:</i>	3:30 - 4:30 p.m. — Sat.
5 p.m. — Sat.	PROTESTANT
(fulfills Sunday obligation)	9 a.m. — Sun. School
9 a.m. & 12:15 p.m. — Sun.	(4 years-Adult)
11:30 a.m. — Tues. - Fri.	10:30 a.m. — Sun.
(except holidays)	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**

Decoding the message

BY LT. G. ALAN FLEMING,
CHC, USN

*Deputy Director,
CREDO Northeast*

No doubt many of you have seen the movie U-571. This fictional tale is based loosely on actual events involving four different German U-boats and various American and British ships and their crews. In both the movie and real life, the heroic actions of the sailors resulted in the Allies obtaining the elusive Enigma machine, cipher keys, code books, and other cryptological records. Invaluable to the Allied cause, these items enabled them to decode the messages sent to U-boats which resulted in greatly hampering the effectiveness of the German submarines. Only when the Allies understood the messages were they able to respond in a way that brought about victory. Likewise, only when we understand the message in Gabriel's announcement of Jesus' birth found

in Luke 1: 26-38 can we respond in a way that will bring about victory in our lives.

His Name. "Jesus" is the Greek form of the Hebrew "Joshua," meaning "Jehovah Saves." Woven into the syllables of that name, we see the suffering He would endure, the salvation He would bestow, and the splendor He would display. The name Jesus contains and conveys His mission - to seek and to save those who are lost.

His Nature. In Gabriel's brief announcement, four different "sonships" are given to Jesus. He is: (1) Son of Mary; (2) Son of the Highest; (3) Son of David; and (4) Son of God. Two of these references imply His human nature, and the other two refer to His divine nature. He is both fully God and fully man. Here we see God who, out of love, became a human being through the womb of a virgin to provide atonement for sin.

His Nobility. He will be

given the throne of David and will reign over the house of Jacob forever. His kingdom will never end. This was in fulfillment to the promise given to King David over 900 years earlier where God promised David that a descendant of his would rule and reign forever. His is a powerful kingdom. His is a permanent kingdom. His is a providential kingdom. His will be a political kingdom, for one day the earth will be full of the knowledge of the Lord as the waters cover the sea (Hab. 2:14). His is a personal kingdom - He wants to be king of our hearts and lives.

His Nativity. Here we enter one of Christianity's deepest and holiest mysteries. Jesus was born without human interaction, of divine conception, of a virgin who had never known a man. This is a mystery too great and too deep for the human mind to grasp. Knowing this was beyond our ability to

understand, God had Gabriel explain it using two phrases: "The Holy Spirit will come upon you", and "the power of the Highest will overshadow you." Similar language in the Old Testament describes the clouds of glory resting on the tabernacle in the wilderness. In some mysterious way, the creative power of God was to rest on Mary as the clouds of glory had rested upon the ancient tabernacle. As a result, the child Mary bore would be called the Son of God. In fact He is the Son of God.

Mary's response to this message was simple and sincere: "Behold, the servant of the Lord! Let it be to me according to your word." When we come face-to-face with God's wondrous plan for us - a plan that is always centered around Jesus Christ - there is no response better than: "Behold, I am your servant. Let it be to me according to Your word."

Building a new chapel... one bench at a time



Photo by Sgt. Brian A. Tuthill

Navy Lt. Carl P. Rhoads, from Weippe, Idaho, battalion chaplain of 1st Battalion, 3rd Marine Regiment, and Religious Program Specialist 2nd Class Bradley C. Smith, from Reno, Nev., carry a bench into a new chapel tent. The old chapel was flooded during a recent rainstorm and had to be taken down.

NMITC Sailor stays fit, determined, stays Navy

BY ROBIN HOLLAND

Training Support Center
Hampton Roads Public Affairs

VIRGINIA BEACH —

The Navy is known as a service built on traditions which date back to the days of sailing ships.

One of those traditions is the reenlistment ceremony. Traditionally, the re-enlistee stands in front of the reenlisting officer, reciting the oath customarily in a conference room, office space or auditorium. For First Class Internal Communicationsman Diane Ferrell, Navy and Marine Intelligence Training Center (NMITC), she elected to hold her reenlistment minutes before her first bench press competition held on Nov. 19, at the NAS Oceana Dam Neck Annex gym.

“It’s quite an honor to be a part of IC1 Ferrell’s reenlistment ceremony especially when our country is at war. Petty Officer Ferrell is an inspiration to everyone she is in contact with,” said Lt. John Copeland.

At first glance, you’d never think that Ferrell was ever out of body weight standards, in fact today she’s running marathons, lifting weights, and just carries herself with confidence and poise. A few years back however; Ferrell was overweight, out of body-weight standards, and on her way to losing her military career.

This motivated Ferrell to shed the weight.

“I didn’t want to get kicked out of the Navy, so I would do as much cardio as I could. Often I’d work out two hours in the morning, one hour in the afternoon and then an hour and half in the evening,” said Ferrell. For close to two years, Ferrell has called the gym her second home.

To help shed the weight Ferrell solicited the help of Morale Welfare and Recreation (MWR) physical trainers Cheryl Kreiger and Jimmy Whitley.

“Diane has come a long way. The reason she’s been successful at losing the weight and maintaining her weight is due to the fact that she willing to learn, she’s motivated, and just really dedicated to staying fit,” said Kreiger.

For anyone that is having a hard time staying within standards, Ferrell recommends, “Starting slow and to not get discouraged if the weight doesn’t come off right away. Your body needs to be shocked, so you’ve got to change your eating habits and stick with it. It’s not something that magically happens. You have to want to change your lifestyle and in order to stay fit and healthy.”

“The Dam Neck gym staff is here to help and support you and be your cheering section when things seem tougher than normal. Try and eat healthy and remember when you cheat on your diet, you’re only cheating yourself,” said Ferrell.

“One thing that the Navy is serious about is physical fitness,” said Ferrell. “It’s imperative that Sailors stay in shape if they want to be competitive and stay Navy.”

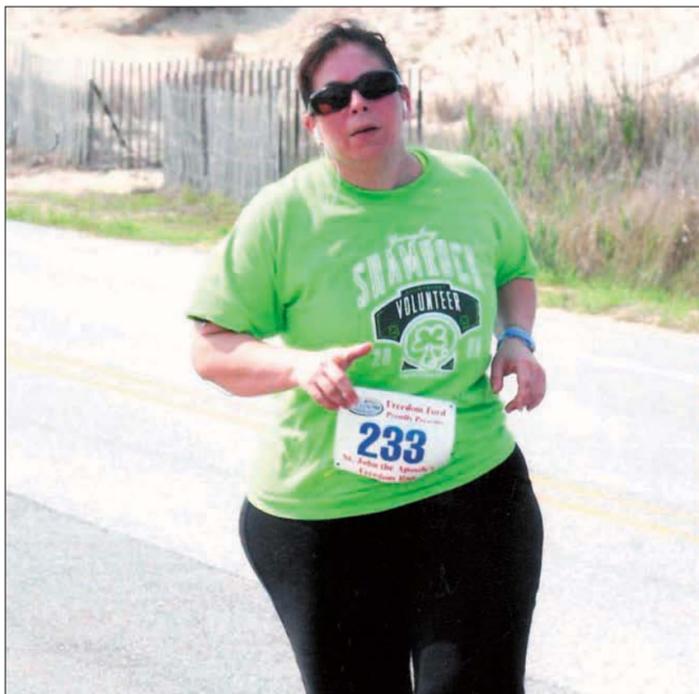


Photo courtesy Diane Ferrell



Photo by IC1 Corey Bond

Left: Two years ago First Class Internal Communicationman Diane Ferrell, Navy and Marine Intelligence Training Center ran in the Freedom Run. Right: Ferrell smiles as she completes her reenlistment at NAS Oceana Dam Neck Annex Gym. Ferrell lost 70 pounds by watching her diet and exercising.

IOWA ESTATES: Sailors get a taste of the suite life in Hampton Roads

Continued from page B1

rooms and non-denominational meditation rooms. Welcome to the single Sailor's paradise called Ohio Estates, a sprawling mid-rise located off Terminal Boulevard in Norfolk.

The six story building is part of HomePort Hampton Roads Public Private Venture (PPV) Housing. HomePort Hampton Roads has been constructing state of the art apartments for sailors in accordance with the Chief of Naval Operations goal to provide a room ashore for shipboard sailors pay grades E1-E4 with less than four years of service. Since traditional forms of funding are not sufficient to construct the rooms in the short time frame and the number of rooms are not enough to meet the demand, the Navy chose to use PPV. PPV is a program authorized by congress by which the Navy signs a legal agreement with a private company to meet



The rooms at Iowa Estates, like rooms at all of HomePort Hampton Roads, include furnishings and bedding for Sailors.

Photo by MC1 (AW) Tim Comerford

demand quickly.

With the addition of Ohio Estates to the already built Cole Village, more than 1,800 single Sailors at Naval Station Norfolk will find themselves what some would consider a life of luxury.

"To move in all you really need to have with you is a Shower kit and towel," said Tom Weber, director of operations for HomePort Hampton Roads.

"For the most part they are two bedroom two bath apartments, with living room dining room areas and a kitchen. There are some single units in the mid-rise a lucky few will get those."

When a Sailor goes to Bachelor Housing they offer them PPV or government provided housing. Currently PPV has a list with 285 Sailors waiting.

"On Monday I'm bring-

ing another 122 beds up," Weber said. "So as rooms become available we get Sailor into them. Plus each month we turn over 100 beds due to transfers, PCSing, IAs, marriage and discharge. We are constantly in a state of flux as far as availability goes."

With a sprawling building and multiple corridors, many which look alike, the first question that comes to mind is how will Sailors nav-

igate this huge complex?

"When they get here we give them a map and we are waiting for some signage that at different points will say 'you are here.'" Weber said.

The Basic Allowance for Housing (BAH) that goes to PPV housing doesn't just pay for a place to hang your hat and some furniture.

"The BAH pays for rent and utilities, plus we provide free cable and internet to every resident regardless of where they live," Weber said. "They get cable and internet in the bedroom and cable and internet in the living room. In a sense that is money back in their pockets. Should they be a gamer and want to upgrade their internet we can do that and all they will have to do is pay the difference in cost. It's the same if they want digital cable."

There will also be activities for the Sailors to socialize with other sailors.

"Everything that is offered at the other sites will

be offered here as well, bowling once a month; we do tournaments with all the different games at all the locations, basketball, horseshoes, Xbox. Also we are trying to get the ladies involved so we are doing pedicure and manicures, because sometimes they just won't come out and compete with the guys," Mary McQuestin, HomePort Hampton Roads activities director. "Each month we have at least 17 activities for sailor to get involved in, movie nights, game nights, pizza and soda nights."

The building also has some quiet places for residents to go.

"We have six courtyards in the building and we have one on the second floor," Weber explained.

Weber is especially pleased to offer these services.

"The big thing is no out of pocket money for the Sailor and it improves their quality of life, especially for the shipboard Sailor,"

HomePort Hampton Roads frequently asked questions

Q: What exactly is PPV? A Public/Private Venture (PPV) is a formal, legal partnership between the Navy and a private company. For bachelor housing, both parties sign an agreement whereby the private company takes ownership of some Navy facilities. The military resident pays rent to the private company at the higher rate of partial Basic Allowance for Housing (BAH). The private company, who acts as the landlord, manages the property, performing maintenance, providing amenities and making building renovations to provide quality apartments. The company will also construct new apartments that will house additional shipboard personnel.

LEASE ISSUES

The PPV is private housing and a lease is required as is the case when renting in the private sector.

Q: Why do I have to sign a lease? A private company will own the PPV housing, so a legal document is required. This document will protect both owner and member by defining the terms of their agreement. Even though the Navy retains a voice in the management of PPV Housing, the private company legally owns the facilities. This is the same as if you were renting from an individual or other company in the private sector.

Q: How long is the lease? What happens once the lease expires? Can I renew my lease? Will I be required to renew my lease? Initial lease terms for all military residents will be for six months. After the expiration of the initial lease term, leases will automatically renew on a month-to-month basis for service members who are not in default of their lease.

Q: What documentation will I need? You will need to bring your military identification card, current orders, your emergency contact name, an address, and phone number where you can always be reached to the front desk at Bldg. J-53, Carter Hall. Your automobile license plate number, your contact number, your work number, and a copy of your most recent LES are also required.

Q: Will I be required to pay an application-processing fee, a security deposit or any out of pocket fees due at lease signing? NO, there will not be any out of pocket fees due at lease signing. In addition,

HomePort Hampton Roads will not charge an application-processing fee. Should you choose not to set up an allotment, you will be required to pay a security deposit equal to one month's rent, along with your first month's rent.

Q: Who is the lessor? You will sign a lease with HomePort Hampton Roads, which is the private entity that will own, operate, and manage Stayton Hall, Bldg. SP-29, Miller Hall, Bldg. U-16, Ormsbee Hall, Bldg. U-20, Carter Hall, Bldg. J-53, and at the Naval Support Activity compound; building NH141, 142 and 156.

Q: If my work schedule does not permit me to sign the lease during the scheduled signing periods, when will lease signing be held? Will the office be open during non-business hours? Can I schedule an appointment? Can I sign my lease on Saturday or Sunday? HomePort Hampton Roads has tried to make lease signing as convenient as possible. There will be evening and weekend hours to accommodate your schedule. Lease-signing events will be announced in the upcoming weeks.

Q: Under what circumstance will I be allowed to break my lease? HomePort Hampton Roads will not penalize service members who terminate their lease early due to PCS or deployment orders. However, if a lease is terminated due to reasons that are not included in the standard military clause, you will be held liable for an early termination fee, which could equal the rent until the end of your current lease term.

BAH/RENT/PAYROLL/DEPOSIT ISSUES

Q: Will residents of PPV housing start collecting BAH? Yes, military members E-1 through E-3 and E-4 with fewer than 4 years of service residing in PPV Housing will collect the higher rate of the partial Basic Allowance for Housing (BAH). The Navy will notify PSD to activate your BAH. You will be responsible for making the monthly payments, preferably by authorizing an allotment.

Q: What will it include? There will be no out-of-pocket costs to you for rent and utilities. Renter's insurance will also be provided to cover some of your personal property within the apartment. There is a maximum of \$6,500 coverage with a \$250 deductible.

We suggest you also obtain additional personal property insurance and liability coverage. This information is available at the front desk.

Q: Who will process my allotment? Fort Knox National Company Military Assistance Company, LLC (MAC), the world's largest processor of automatic payroll deduction for military and federal civil service employees will monitor the military personnel allotments. MAC's system enables military service members to budget their payment automatically. It ensures that payments are never late or forgotten. Military transfer or temporary maneuvers do not affect payments. MAC systems assure payment directly from the service member's paycheck in full, on the first working day of each month. Should you choose not to set up an allotment, you will be required to pay a security deposit equal to one month's rent.

Q: Will I be penalized if my allotment is delayed or processed incorrectly? If an allotment is delayed, we will not penalize the service member due to reasons beyond his/her control. HomePort Hampton Roads will work with the service member to remedy the problem or will direct him/her to the appropriate party.

MISCELLANEOUS

Q: Who would be called for housing maintenance under PPV? HomePort Hampton Roads LLC will provide a Service Call desk and 24-hour phone number for you to call.

Q: Who will inspect my apartment when I vacate? HomePort Hampton Roads personnel will inspect your apartment to ensure it is clean and free of damage prior to you vacating. If damages exist, you will be required to pay the appropriate charges.

Q: Who is going to oversee HomePort Hampton Roads? Your Bachelor Housing Office at Naval Station will oversee HomePort Hampton Roads, along with staff from the Housing Welcome Center off of Hampton Blvd. Residents will also have oversight responsibilities, in the form of the annual resident satisfaction survey.

Q: Who will handle disputes between residents and HHR or major problems? HomePort Hampton Roads will handle disputes and problems. If the issue cannot be resolved at this level, the navy Housing Office liaison will be available to mediate.

Senior officer readiness course trains for safety

BY MC1(SW/AW) ELENA PENCE
Naval Surface Forces Public Affairs

NEWPORT, R.I. — Senior Officer Ship Maintenance and Repair Course (SOSMRC) commenced Jan. 4 at Surface Warfare Officers School in Newport, R.I.

Prospective commanding officers (PCOs) and prospective executive officers (PXOs) from around the fleet are attending the five-week course which is designed to improve and help sustain overall ship and Surface Force readiness.

SOSMRC is an updated version of a 13-week course that was offered in the 1980s and 1990s. The course is focused on providing PCOs and PXOs with core knowledge and skills such as damage control procedures and equipment operation, material self-assessment and shipboard safety requirements, to be better prepared for their upcoming command.

“Reestablishing SOSMRC has been a priority for the last 18 months,” said Vice Adm. D. C. Curtis, commander, Naval Surface Forces. “In providing leaders with the core knowledge and skills they need to be better prepared for their command



Photo by Senior Chief David Twiford

Sailors assigned to USS Constitution practice pipe patching aboard the floating wet trainer, Buttercup, in Newport, R.I.. The Senior Officers Maintenance and Repair Course at the Surface Warfare Officers School in Newport teaches Perspective Commanding Officers and Executive Officers core knowledge of firefighting techniques, equipment and safety.

tour, the course is reflective of the broader ‘Back to Basics’ philosophy. We continually refine our processes to find the most effective way to maintain the high level of readiness that is the centerpiece of that philosophy; SOSMRC is one example of that commitment.”

According to Cmdr. Dennis Velez, PCO of USS Fitzgerald (DDG 62), the initial feedback from course participants has been positive.

“The reintroduction of the SOSMRC course to the PCO/PXO curriculum will prove to be invaluable and allow every-

one to baseline, recalibrate and ‘break the rust free’ in the maintenance and operational realm,” said Velez. “Although we are in the initial course, the community emphasis and level of instruction is top notch; we are being taught by post major command and post commander

command officers who bring experience and perspective to every lecture.”

In addition to student feedback, SOSMRC instructors have commented that they believe their efforts will make an immediate impact on the Surface Force.

“The return of SOSMRC will allow the next generation of shipboard commanding officers to be better prepared to materially self-assess their ship,” said Capt. Todd Bostock, SOSMRC’s senior instructor. “The course is one additional step toward improving the readiness of the surface community,”

During the first four weeks, the training is conducted in individual and team environments that vary in combinations of classroom instruction, lab work, practical application and examination. In the fifth week, the PCOs and PXOs will be aboard a ship either in Norfolk, San Diego, or Mayport, Fla. for their final lessons. They go onboard ships similar to the ones they will soon command. The first SOSMRC has nearly 30 PCOs/PXOs attending and will host approximately 140 students a year.

For more news from Naval Surface Forces, visit www.navy.mil/local/cnsp/.

Maher takes command of Memphis



U.S. Navy photo

Capt. Charles Maher salutes Capt. Glenn Pendrick as he relieves him of command and assumes the duties of commanding officer of USS Memphis (SSN 691) as guest speaker, Rear Adm. Joseph Mulloy, Deputy Assistant Secretary of the Navy for Budget observes.

BY ET2 MARK MOORE

Submarine Group 2 Public Affairs

GROTON, Conn. — Capt. Glenn W. Pendrick was relieved by Cmdr. Charles H. Maher as Commanding Officer of USS Memphis (SSN 691) in a ceremony at the Shepherd of the Sea Chapel Jan 8.

Rear Adm. Joseph P. Mulloy, Deputy Assistant Secretary of the Navy for Budget, was present to commend Pendrick’s numerous accomplishments.

“Thanks to Glenn’s leadership and vision, the Memphis is a model of organizational efficiency, operational effectiveness, and excellent quality of life,” said Mulloy, the guest speaker. “In short, he and his team, in the fine tradition of this particular submarine and our force, have made our Navy, our nation, and our world a safer and better place.”

During Pendrick’s tour as commanding officer, Memphis’ crew

transformed into a motivated, highly-functional team prepared for any challenge and completed a highly successful deployment with the Bataan Expeditionary Strike Group in the U.S. European and Central Command areas. Pendrick took a few moments to commend his excellent crew.

“I can say without a doubt that you should be very proud of what we have achieved here,” said Pendrick. “You have done your duty with a willingness and enthusiasm that cannot be matched.”

After taking command of the Memphis, Maher had a few words of enthusiasm to express.

“I am proud to be your Commanding Officer,” said Maher. “I look forward to sailing with you and earning your trust and confidence. I hope to provide to you the same example of positive leadership, tactical excellence, and technical expertise that my former commanding officers

provided to me.”

Maher concluded with a fresh challenge for the crew of Memphis. “Commit to the warrior spirit embodied in John Paul Jones’ exhortation aboard the Bonhomme Richard: ‘I have not yet begun to fight!’”

Pendrick, a native of Tampa, Fla. and a 1988 distinctive graduate of the United States Naval Academy, will next serve as the Submarine Squadron 16 Deputy Commander in Kings Bay, Ga.

Prior to taking command of Memphis, Maher served as Executive Officer aboard USS Tucson (SSN 770) and Commanding Officer of a Naval Reserve unit in Cutler, Maine.

In addition, Maher, a native of Bainbridge Island, Wa., and a 1990 graduate of Notre Dame, served as a Division Officer aboard USS Bergall (SSN 667). He previously served aboard Memphis as its Chief Engineer from 2002 until 2004.



Post 9/11 GI Bill kinks

BY MC2 MANDY HUNSUCKER

Staff Writer

Veterans, active-duty personnel and their family members may have experienced some delays in receiving their Post 9/11 GI Bill benefits, this past fall semester, due to the large number of applications for education benefits in which the Department of Veteran’s Affairs (VA) had to sort through.

The Navy’s Voluntary Education Service Chief, Ann Hunter, would like current and future students to know the following: The Post 9/11 GI Bill will not automatically carry over into the new school semester, like the Montgomery GI Bill does.

Students will have to talk with their school’s VA representative or counselor each semester to ensure the school verifies the student’s enrollment and sends a Certificate of Enrollment to the VA. Once this is done each semester, the VA has estimated that students, whose enrollment has been verified, should receive their Post 9/11 GI Bill benefits within approximately 30 days.

It is important that students be proactive in ensuring their school recertifies their enrollment with the VA because some schools are simply unaware of this option under the Post 9/11 GI Bill.

Some schools will defer payment until Post 9/11 GI Bill benefits are received and will allow the student to attend the institution. Please do not take out a loan to pay for tuition or books until you have spoken to the Navy’s point of contact.

If students have any problems with getting their enrollment recertified or getting their tuition and book payment deferred until their Post 9/11 GI Bill benefits are received, or for any questions, please contact Ann Hunter at 931-535-3167 or by E-mail, ann.hunter@navy.mil.

Governor-elect speaks with NECC Sailors, families

STORY AND PHOTO BY MC2 (SW)
MICHAEL R. HINCHCLIFFE
Navy Expeditionary Combat Command
Public Affairs

NORFOLK — Virginia's Governor-elect Bob McDonnell visited Joint Expeditionary Base Little Creek-Ft. Story Jan. 11 to speak with approximately 45 spouses and children of military members who are currently deployed, to include numerous families of Navy Expeditionary Combat Command (NECC) Sailors, as well as to visit Sailors of Explosive Ordnance Disposal Group-2.

The Governor-elect began the day speaking with the spouses, thanking everyone in the audience for the support they provide to their deployed loved ones and their communities and expressing his eagerness to find out what he could do as governor to help support the military and its families.

"I think it's so very important that we are doing everything we can to support our military families. I remember my daughter being deployed when I was elected attorney general four years



Master Chief Navy Diver (ESWS/DV) Ross Garcia, command master chief of Explosive Ordnance Disposal Expeditionary Support Unit 2, speaks with Governor-Elect Bob McDonnell at the USO of Hampton Roads aboard Joint Expeditionary Base Little Creek-Fort Story, Jan 11.

ago," said McDonnell. "Even though she missed home, I know how much she appreciated the people from back home showing their concern, and that she appreciated the USO packages that

showed up — when she got the sense that the citizens back home cared about her service abroad. I think that's so very important that [citizens] continue to show that gratitude and gratefulness."

Among a number of issues, spouses talked with the Governor-elect about family concerns to include the availability and affordability of childcare; opportunities provided for military

families through Morale, Welfare and Recreation and other community programs; the availability of Department of Defense-sponsored recreational camps; and the Virginia schools grading system.

"I think we made him aware of some underlying factors that the average citizen may not know of," said Samantha Key, whose husband is deployed with Riverine Squadron 3. "As active duty military spouses of deployable service members, sometime people do not understand what we go through from day-to-day."

A retired U.S. Army lieutenant colonel, McDonnell also spent the day visiting local Sailors at the USO of Hampton Roads. He toured the facility and had lunch with service members.

"The Governor-elect is here to support us and appreciate what we are doing," said Chief Explosive Ordnance Disposal technician Billy Little, leading chief petty officer EOD Mobile Unit 6. "I look forward to seeing what he will do for our families during our deployments."

SURFLANT senior chief publishes book of poetry

BY MC1 JULIE MATYASCIK
Commander Naval Surface Force
Atlantic Public Affairs

NORFOLK — Evan Brockington was writing love letters to his wife while deployed out to sea as a ship's serviceman in the United States Navy. Little did he know, 25 years later, he would be publishing his first book of poetry.

Soon to hit the book shelf is his debut book entitled "Indian Summer." The book of poems includes more than 75 pieces offering Brockington's thoughtful glimpse into his life's experiences.

"My book is a romantic collec-

tion of love chronicles," he said. "It is derived from my life's journey — growing up without a father, the death of my grandmother, falling in love, and raising a son."

Full of passion, emotion, and spiritual elevation, Brockington paints a vivid picture with every word as defined in the title poem "Indian Summer:"

My father fell asleep when I was three / I fell in love twenty years later / I have been a sailor traversing the ocean not walking on water but possessing the power to charm the sea / My heart



Evan Brockington

shine like the prodigal sun. "Indian Summer" is about my father, who I lost at the age of three," he said. "I never got to know him or his side of the family, so it is about the prodigal son returning."

Currently a senior chief, SHCS(SW/MTS) Evan Brock-

ington, works as the equal opportunity advisor at Commander, Naval Surface Force Atlantic aboard Naval Support Activity Norfolk. He grew up in Philadelphia, Pa., and joined the Navy right out of high school.

"When I joined the Navy I wanted to manage a store, work with computers or be a photographer's mate," he said. "The ship's serviceman rating was open and it gave me the opportunity to manage so I jumped on it. I would love to do 30 years; the Navy has been good to me."

Besides being a dedicated Sailor and published poet, Brockington graduated Magna Cum Laude from The George Wash-

ington University with a Masters of Arts in Education and Human Development. He also is an amateur photographer.

"Photography has always been a hobby of mine," he said. "The photos in this book were all taken by me. Publishing a book has always been a dream and I am very proud of this accomplishment."

Brockington will be conducting a book signing 7:30 p.m. on Jan. 30 at the Holiday Inn Select in Norfolk.

"I plan on completing a second book of poetry within the next two years," he said. "I would also like to try my hand at fiction. My ultimate goal is to win a Pulitzer Prize."

Sign on the dotted line



Photo by MC1(AW) Tim Comerford

Union representative Harold Wheeler and Capt. Karen A. Tsiantas, Commander Navy Region Mid-Atlantic Fleet and Family Readiness Program Director (N9), surrounded by both of their teams, sign a union agreement for all N9 appropriated funds employees that was completed in 4 months. The teams helped to develop the agreement and each person signed.

Athletes wanted for Warrior Games Team

BY ZONA T. LEWIS
Navy Safe Harbor

WASHINGTON — Navy Safe Harbor, the Navy's program to provide assistance to seriously wounded, ill, or injured service members, is seeking Navy and Coast Guard wounded warriors to participate in the inaugural Warrior Games May 10-14, 2010.

"We want seriously wounded, ill, or injured Sailors and Coast Guardsmen who are athletes, or aspire to be an athlete, whether they were one before they enrolled in Safe Harbor or not," said Navy Safe Harbor Program Director Capt. Key Watkins. "If they want to set a goal and reach for it, we want them on our team."

The Warrior Games were officially announced Jan. 7 by the commanding general of the U.S. Army Warrior Transition Command Brig. Gen. Gary Cheek; chief of the Paralympics for the U.S. Olympic Committee, Charlie Huebner; and Associate Director of Community and Military Programs for the U.S. Paralympics and retired two-time U.S. Para-

lympian John Register at a press conference held at the Pentagon.

"We want all our nation's wounded warriors to strive to test new limits and achieve new goals as they demonstrate the power of ability over disability," said Cheek. "Our service members continually rise to the occasion both in the call to duty and in their efforts to recover from serious injury. The Warrior Games will provide a unique challenge for those who wish to learn more about adaptive sports and compete at a national level."

The Navy is encouraging all interested wounded warriors to apply to be a member of the Navy/Coast Guard team. Eligibility is open to all seriously wounded, ill, and injured service members from differing categories including: upper body injuries, lower body injuries, spinal cord injuries, traumatic brain injuries, and post-traumatic stress. Eligibility is not limited to just combat wounded warriors; any seriously ill or injured Sailor or Coast Guardsman is eligible to apply.

STRESS-LESS: FFSC looks to get Sailors ready for 2010's mental, financial hurdles

Continued from page B1

successful in life and have a better chance at full filling those New Year resolutions? They can check out their Fleet and Family Support Center (FFSC).

FFSC's mission statement is "to provide programs and services that contribute directly to fleet readiness and career retention, reinforce rapid response capability and provide crisis intervention, support mobilization and surge activity through deployment readiness, and provide crises response, counseling and advocacy services." This is Big Navy's round-a-bout way of saying it actually cares about its Sailors and their families. Big Navy has come to recognize the causes of stress for its Sailors and

also recognizes that if it helps a Sailor and their family with pretty much any stresses they may face, then the Navy's overall mission will be more successful.

FFSC publishes the "Signal" every quarter, which lists all the programs and classes the FFSC offers. It includes a brief description of each class and also lists the dates, times and locations of each class for each month of the quarter. This information can also be found online at www.cnic.navy.mil/navylifema. Click on one of the FFSC in Hampton roads links in the middle of the Web page, then click on support services link on the left side of the Web page.

To view a complete list of FFSC's classes for February see page C2.

CEREMONY: Team 4 veterans relate their experiences, honor fallen shipmates



U.S. Navy photo

Members of Seal Team 4 pose for a group photo before Operation Just Cause.

the situation and reasons why the U.S. military was called to action for "Operation Just Cause" and the role SEAL Team 4 personnel played in the conflict.

Another portion of the ceremony allowed former SEALs who were on the ground during the mission to share their experiences with guests.

"We will shed some light on the overall history leading to the operation, the timelines, the major decision points, the battlefield heroism and, in the end, those of us that were not aware will intimately be aware, and our bond with the past will be stronger," said Lt. Cmdr. Ron Malloy, SEAL Team 4 executive officer, during his opening remarks at the ceremony.

Retired Capt. Pat Toohey, who was a SEAL ground force commander during the operation, began by complimenting SEAL Team 4 personnel for hosting the event and provided veterans of "Operation

Just Cause" with a chance to share their memories of the operation.

"It is a great thing to remember the past," said Toohey.

Toohey and the other six veterans in attendance discussed their advance planning for the operation, followed by their personal thoughts and actions taken during their assigned mission.

The overall point stressed by the veterans was the importance of training.

Following the guest speakers and storytelling, SEAL Team 4 honored their fallen teammates from "Operation Just Cause" with a ceremonial ringing of the command bell. The fallen SEALs included Lt. j.g. John Connors, Chief Engineman Donald McFaul, Boatswain's Mate 1st Class Chris Tilghman and Torpedoman's Mate 2nd Class Isaac Rodriguez III.

For more news from Naval Special Warfare Group Two, visit www.navy.mil/local/nsugtwo/.

Hull Technicians fix it



Photo by MC3 Bradley Evans

Hull Maintenance Technician Fireman Devonish Murphy repairs a broken faucet aboard aircraft USS Dwight D. Eisenhower (CVN 69).