



Photo by MC2 Kevin S. O'Brien

President Barack Obama delivers remarks to an audience of Sailors and Marines before introducing President Barack Obama during a visit to U.S. Naval Air Station Jacksonville. During his visit he also met with gold star families-families that have lost a loved one in Iraq or Afghanistan, to personally thank them for their sacrifice.

DoD releases defense reviews, 2011 budget proposal, 2010 war funding supplemental request

PRESS RELEASE
From Department of Defense

WASHINGTON — President Barack Obama Feb. 1 sent to Congress a proposed defense budget of \$708 billion for fiscal 2011.

The budget request for the Department of Defense (DoD) includes \$549 billion in discretionary budget authority to fund base defense programs and \$159 billion to support overseas contingency operations (OCO), primarily in Afghanistan and Iraq.

This proposal continues the reform agenda established in the 2009 DoD budget request and builds on the initiatives identified by the 2010 Quadrennial Defense Review (QDR) and 2010 Ballistic Missile Defense Review (BMDR).

The QDR examines DoD strategies and priorities. It assesses the threats and challenges that the nation faces and re-balances DoD's strategies, capabilities, and forces to ensure the U.S. military has the flexibility to address today's conflicts and tomorrow's threats.

The BMDR evaluates the ballistic missile threat to the U.S. and its allies and articulates policy. It determines the appropriate role of ballistic missile defense in the country's national security and military strategies.

"The fiscal 2011 budget request builds on the reforms begun in last year's defense budget," said Defense Secretary Robert Gates. "These substantial changes to allocate defense dollars more wisely and reform the department's

processes were broadened and deepened by the analysis and conclusions contained in the Quadrennial Defense Review."

The fiscal 2011 base budget request represents an increase of \$18 billion over the \$531 billion enacted for fiscal 2010. This is an increase of 3.4 percent, or 1.8 percent real growth after adjusting for inflation. The DoD needs modest real growth to maintain, train, and equip the forces that sustain our war-time efforts.

The fiscal 2011 OCO request will provide additional resources needed to sustain U.S. forces in Operation Enduring Freedom — in Afghanistan and elsewhere — and Operation Iraqi Freedom. Included are funds for pay and benefits, logistics and other support, force protection, continuing efforts to counteract improvised explosive devices, as well as funding to fully support the buildup in Afghanistan and to carry out a responsible drawdown in Iraq.

"The choices made and priorities set in these budget requests and strategic defense reviews reflect America's commitment to succeed in the wars we are in while making the investments necessary to prepare for threats on or beyond the horizon," said Gates.

Also accompanying the 2011 budget proposal is a fiscal 2010 supplemental request of \$33 billion to support the added costs of the President's new strategy in Afghanistan and strengthen U.S. force levels with approximately 30,000 additional troops.

See DOD, A11

Congressman John Murtha dies at 77

**COMPILED BY
FLAGSHIP STAFF**

Rep. John Murtha, a Pennsylvania powerhouse in Congress for 36 years and an early ally for Speaker Nancy Pelosi in her rise to the top of the House, died Monday, Feb. 1, as a result of complications from recent surgery.

An announcement from his office said Murtha died at 1:18 p.m. at the Virginia Hospital Center, where he had been admitted last week after having his gallbladder removed at Bethesda Naval Hospital.

The U.S. Navy leadership expressed today



Congressman John Murtha (D - PA)

their deepest condolence for the death of Representative John Murtha (D-PA) at Virginia Hospital Center in Arlington, Va.

Secretary of the Navy Ray Mabus thanked Murtha for a life of service to the nation.

"The Navy and Marine Corps extend its deepest sympathies to the family of Chairman Murtha during this difficult time. Both in uniform and in the halls of Congress, Chairman Murtha dedicated his life to serving his country both in the Marine Corps and Congress. His unwavering support of our Sailors and Marines, and in particular our wounded warriors, was well known and deeply appreciated. The men and women of the naval service and all who have served will sorely miss this strong proponent of selfless service to our nation," said Mabus.

Murtha a Marine veteran of the Vietnam War, the 77-year-old Democrat won national fame for

See MURTHA, A11

Norfolk-based Strike Group making a difference in Haiti

PRESS RELEASE
Carrier Strike Group Two Public Affairs

PORT-AU-PRINCE — The sailors assigned to Carrier Strike Group 2 (CSG 2) find themselves in a unique position to render assistance to the relief efforts in Haiti. They are "Boots dry" in Port-Au-Prince.

The Norfolk-based Strike Group, which will eventually embark on America's newest Aircraft Carrier, USS George H.W. Bush (CVN 77), travelled in large numbers in the direction of Haiti shortly after the devastating earthquake struck the nation Jan. 12. There are now 172 sailors from the Strike Group taking part in Operation Unified Response, most of them living in tents and working in the Joint Task Force (JTF) Haiti command center just outside the United States Embassy in Port-Au-Prince.

Not yet embarked on CVN 77 as it conducted Sea Trials and Flight Deck Certification, the Strike Group was in a unique position of availability after the earthquake struck to assist in the humanitarian assistance mission. Initially, the staff reported to Naval Station Guantanamo Bay, Cuba, to stand-up the Joint Logistics Hub at the base air strip. In that capacity, CSG 2 provided the command and control and expertise to manage the movement of food, water, medical supplies and relief personnel to

See HAITI, A11



U.S. Navy photo by LS1 Kelly Chastain

Bystander intervention: Looking out for your shipmates

BY FLTCM (SW/AW) TOM HOWARD
Fleet Master Chief, U.S. Fleet Forces Command

A recent incident involving a female Sailor in San Diego has me very concerned, and at the same time, encouraged by the action of someone who stepped up to 'do the right thing'.

The Sailor from one of the local commands was being harassed by a male Sailor from another command while in a public area of a new single Sailor bachelor housing unit, and the situation quickly escalated to what could be defined as a physical sexual assault. Although others observed what was going on but weren't quite sure whether to involve themselves, a female bystander quickly intervened, removed the victim from the situation, and convinced the victim to report the incident to base police.

This is a perfect example of why 'Bystander Intervention' is a crucial element of sexual assault prevention and why ev-

ery Sailor should be trained, brought up to speed on the term and made aware of the affect it can have on this horrible yet avoidable assault.

I recall recently a situation where a young girl was sexually assaulted by a group of males while upwards of 20 people may have witnessed the assault but stood idly by and did nothing. I cringe each time I think about how this could happen.

There can be many forms of bystander intervention. It could be someone who witnesses an accident and calls for help, or perhaps someone who directly steps in or supports a shipmate when he or she is experiencing some type of harassment.

The fact is, all of us may be bystanders at some point in one way or another to a broad spectrum of events leading to sexual violence. Each of us may be faced or may observe situations in which an individual makes an inappropriate comment or act

of a sexual nature or perpetrates sexual harassment.

Incidents of sexual assault erode the very fabric of our Navy culture; shipmates take care of shipmates, and it's impossible to think that at one moment we can expect a shipmate to be there when we need them in the event of crisis or damage and the next moment attempt to assault them, in this case in a sexual nature. The two do not coexist.

In a recent opportunity to "define" what a shipmate is and means, Chief Aviation Electronics Technician Brown wrote: "Shipmate" is a term with inherent connotations of teamwork, camaraderie and belonging. It embodies duty, honor, courage, commitment and excellence. "Shipmate" exclaims the spirited commonality of all Sailors: One Team! One Fight! It illustrates hardships shared, victories won. "Shipmate" defines common purpose: ships, seas, defense of freedom. It carries echoes of war, heroes,

and the fallen. "Shipmate" is a fire-hardened, selflessly earned title that boasts, "I am a United States Sailor!"

We, you and I, must strive for an environment where behavior of this nature [sexual assault] is not tolerated and bystanders intervene when a shipmate is being forced to do something against their will.

Here are some ways to act through bystander intervention:

- Let your friends know that sexual assault or any form of sexual misconduct isn't going to work with you and you're going to engage if confronted with it.
- Don't hesitate to speak up upon an observation of a potential victim in a hostile situation. Make sure the victim is okay and seek assistance.
- If you are uncomfortable with approaching a situation alone, ask a friend, then ask them if he or she will accompany you while approaching the situation.

INSIDE:

2010 POLAR PLUNGE WINTER FESTIVAL A8

Polar Plunge 2010 was full of superheroes. The 18th Annual festival raised \$861,000 (and counting) for Special Olympics Virginia.



FRONT & CENTER

Eisenhower Sailors cheer on the big game in style. Eisenhower Sailors were able to view a live broadcast of Super Bowl XLIV while at sea.



OFF DUTY

Sweets for your sweetie. Schokolad Chocolate Factory in Virginia Beach serves up a variety of fresh made European style chocolates.



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Regional program manager for Commander Navy Region Mid-Atlantic is

Public Affairs Director
Beth Baker

Editorial Staff
Managing Editor
Micheal Mink

Deputy Managing Editor
MC1 (AW) Tim Comerford

Editorial Assistant
MC2 Mandy Hunsucker

Graphic Designer
David Todd

Off Duty Editor / Designer
Tim Rafalski

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Military OneSource offers free tax filing

BY ELAINE WILSON
American Forces Press Service

WASHINGTON — Defense officials encourage military families to once again take advantage of the free electronic tax filing services offered through Military OneSource.

People can access the H&R Block at Home program by going to Military OneSource at www.militaryonesource.com/ and clicking on "Tax Filing Services."

More than 200,000 service members filed their tax returns through this resource last year, officials said.

"We have such a mobile force, and you have folks dispersed all over the world. It's a quick link for the family to link up with the [service member]," said Tommy T. Thomas, deputy undersecretary of defense for military community and family policy. "It's a convenience for you to be able to go on that site and file that tax form."

The program is open to active duty, Guard and Reserve service members, regardless of activation status, as well as spouses, dependent children and family members standing in for a deployed service member.

Participants can e-file up to three state

resident returns for each federal return, Thomas said. However, he added, they should ensure they're filling through Military OneSource. People who file through H&R Block directly may be charged for services, he cautioned.

The program is set up for basic returns. People who wish to upgrade to the premium program also may incur charges.

For tax assistance, filers can call a Military OneSource tax consultant from 7 a.m. to 11 p.m. EST, seven-days-a-week, at 800-730-3802.

"That's a tremendous service," Thomas said. "We feel it's important to give our military families the absolute best."

Along with the consultants, people with complicated tax returns can visit a legal assistance office on a military installation for more in-depth advice, he said.

Whether online or on base, people should file early, Thomas advised.

"Don't run up against the 15 April deadline," he said. "And when you get the return, look at it as the means to secure your family's finances," whether its paying off debts, adding to a savings account or contributing to a Thrift Savings Plan.

For more news, visit www.navy.mil.

MCPON emphasizes path to success

PRESS RELEASE

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — The master chief petty officer of the Navy (MCPON) stressed the importance of the Brilliant on the Basics program during a visit to Navy Personnel Command (NPC) Jan. 27.

Brilliant on the Basics addresses six personnel programs every command should use; sponsorship, indoctrination, career development boards, mentorship, individual recognition and a rigorous ombudsman/family outreach program.

"We have got to execute Brilliant on the Basics. Those are the basic programs that if a command does, it is going to be a better command and a more informed Sailor and family," said MCPON (SS/SW) Rick D. West, during an all hands call.

Sponsorship and indoctrination provide a solid foundation for newly reporting Sailors and their families. The Navy's Command Sponsorship and Indoctrination Instruction OPNAVINST 1740.3C details command requirements.

Career development boards, mentoring and individual recognition can build on the

sponsorship and indoctrination foundation. They are designed to improve the ability of Sailors to achieve their professional goals.

"Career development boards have never been more important for our Sailors than today. Conducting and documenting career development boards sets a course for an individual Sailor's success and can be tailored throughout their career for continued growth," said West. Guidance is available in the Navy Enlisted Retention and Career Development Instruction OPNAVINST 1040.11C.

The Navy's Ombudsman Program serves as a link between commanding officers and Sailors' families.

"We've got to continue to invest the right amount of training mixed with the right amount of conversation and mentoring because our Sailors are the most important asset we have," said West.

West visited NPC to receive briefs on the latest personnel policy and program changes and the impact on Sailors and their families.

For more information, including a Brilliant on the Basics guide, visit NPC's Web site www.npc.navy.mil/.

THE FLAGSHIP'S LEEWARD SHOUT

What does Valentine's Day mean to you?



"It's a time to share with the people you love and to let them know what they mean to you."

FC3
Alyssa Neely
USS Monterey (CG 61)



"It's a special day set apart where we can show the ones we love extra love."

LS1 (AW/SW)
Elisa London
CNATTU Norfolk



"It's a holiday where people spend tons of money. They should be showing love to the one's they love throughout the year, not just on one day."

AT2 (AW)
Cathleen Scott
HM-15



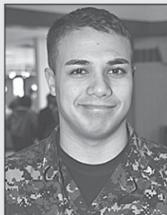
"I think Valentine's Day is a super over-rated holiday, only because I don't get chocolates or flowers."

ATAN
Anthony Skubon
HM-15



"I've always thought Valentine's Day is a day to remember the person you love or that special someone in your life."

ENC (SW/AW)
Ronnie Weston
COMPHIBRON 4



"It's a designated time for everyone to show their love towards the one they're with (romantically)."

YN3
Jason Leach
USS Harry S. Truman (CVN 75)

Photos by MC2 Mandy Hunsucker

VIPIR PLANNING FORECAST



Brought to you by



Navy phases out enlisted field service records

PRESS RELEASE

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — Like wash khakis and dungarees, the old brown-folder enlisted field service record (FSR) will soon become a thing of the past as the Navy eliminates the paper record in 2010.

NAVADMIN 040/10, released Feb. 3, outlines the Navy's plan to close-out the FSR by Sept. 30.

Service record information will now be generated and maintained electronically through a secure Internet connection to the Navy Standard Integrated Personnel System (NSIPS) Electronic Service Record (ESR). Officer field service records have already been eliminated.

The Navy first implemented ESRs in 2006. Accessible through a secure Internet connection, the ESR provides access to personnel, training and awards data for individual Sailors, Personnel Support Detachments (PSDs), personnel offices holding service records, Navy Operational Support Centers and customer commands of PSDs. A shipboard version is available through NSIPS Afloat for Sailors at sea with limited bandwidth.

PSD Memphis began closing out records for Sailors at Navy Personnel Command (NPC) last year as part of a field test.

"It went pretty well. There are a lot of tools online that can help you locate things you need from your electronic service record," said Personnel Specialist 2nd Class Kelvin Turner, assigned to PSD Memphis. "We have not noticed much of a hiccup."

All active duty and drilling Reserve Sailors can access their ESR by signing up for a self-service ESR account on the NSIPS Web page at <https://nsips.nmci.navy.mil/> using a Common Access Card (CAC)-enabled computer. Sailors can view their own records, as well as make minor changes, including emergency contact information, home and mailing address, official e-mail address and other personal information. Navy Reserve Sailors can also input their civilian employment information.

NPC began implementing FSR close-outs early this year. According to the



Photo by MC3 Josue L. Escobosa

Personnel Specialist Seaman Casey Flett, from Mount Pleasant, Utah, searches for service records in the personnel office aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74).

NAVADMIN, ESR allows for global transactions for medals and awards, training and education, personnel qualification standards (PQS) and routine administrative remarks, as well as creates electronic forms that can be printed and signed when a hard copy is required.

Commanding officers, executive officers and command master chiefs can obtain command-level view only access by completing the NSIPS/ESR system authorization request and contacting their local NSIPS area manager.

A much smaller version of personnel documents, such as Record of Emergency Data, Service member's Group Life Insurance, Security Clearance Eligibility Certification and Family Care Plans are still required to be maintained by the command to support associated programs.

NPC is conducting training at PSDs throughout the fleet to make the transition as seamless as possible.

For more information, read NAVADMIN 040/10.

USS Freedom readies for maiden deployment

BY LT. ED EARLY

USS Freedom Public Affairs

USS FREEDOM, at Sea — USS Freedom (LCS 1), the Navy's first littoral combat ship, is underway off the coast of Florida for final training and certification prior to its maiden deployment to the U.S. Southern Command (SOUTHCOM) region.

Counter-illicit trafficking (CIT), damage control, and systems training began soon after Freedom's arrival at Naval Station Mayport, Fla., on Jan. 25.

"This training is extremely important for Freedom and will help us prepare for the CIT mission we expect to perform while in the 4th Fleet area of operations," said Lt. Cmdr. Mark West of Imperial Beach, Calif., operations officer for the Gold Crew, one of Freedom's two rotational crews. "Freedom can be an extremely formidable weapon in the war on drugs."

Freedom's crew is part of an innovative manning construct that reduces crew size, demanding each Sailor maintain high levels of proficiency in multiple fields, and optimizes ship operability with multiple crews. The ship is manned by two rotational crews, "Blue" and "Gold", of 40 Sailors each. Prior to deployment, each crew member must prove his or her competency across a wide range of skills.

Sailors attended counter-illicit trafficking/airborne use of force (CIT/AUF) instruction ashore, led by Afloat Training Group (ATG) Mayport, Destroyer

er Squadron 14 and Coast Guard Law Enforcement Detachment (LEDET) 407. LEDET 407 will embark the ship during deployment.

Freedom welcomed the Coast Guard detachment aboard for nearly three days of CIT/AUF exercises at sea. LEDET 407 worked with Freedom's core crew and its aviation detachment to certify the ship for CIT operations.

"The Coast Guard was extremely professional and knowledgeable, and I look forward to working with them in the future," West said.

While Coast Guard observers evaluated the aviation detachment — Norfolk-based Helicopter Sea Combat Squadron (HSC) 22, Detachment 2 — in tracking go-fast boats, a Coast Guard coxswain was learning how to operate Freedom's 11-meter rigid-hulled inflatable boats (RHIBs).

"The Coast Guard does not operate our 11-meter RHIB, so this was important training for them as well," said Gold Crew navigator Lt. John Hill, a native of Auckland, New Zealand.

The LEDET soon gave way to an integrated training team from the San Diego-based Littoral Combat Ship Class Squadron, which put Freedom's crew through its paces in a series of damage control and firefighting drills. The exercises tested the crew's response to a variety of shipboard emergencies, from a simulated helicopter crash landing to

casualty triage.

"The training provided a good refresher for us — it's a good opportunity to keep our skills up," said Chief Hospital Corpsman (SW/FMF) Joseph Dennis of Bridgeport, Texas, the Gold Crew's independent duty corpsman (IDC). "As an IDC, exercises like this give me confidence in my crew's ability to operate in any emergency."

Freedom's crew also engaged in combat systems testing, running through a series of live-fire and tracking tests using the ship's Mk 110 57mm gun, as well as the 30mm guns of the ship's tailored Surface Warfare Mission Package.

While the testing schedule has been a rigorous one, Freedom's Sailors are confident that the ship will be ready for its upcoming journey.

"I really believe the training provided will make our senior crew ready for the challenges ahead and pay dividends while Freedom is on deployment," said West.

Freedom is the first ship of the revolutionary Littoral Combat Ship program, 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.

Freedom's deployment will conclude later this year with a transit to her new homeport of San Diego.

Military families get free access to caregiver network

BY ELAINE WILSON

American Forces Press Service

WASHINGTON — Military families now have free access to an online network of quality caregivers who can assist with everything from babysitting to dog walking.

Sittercity is the nation's largest online source for local babysitters, nannies, elder care providers, dog walkers, housekeepers and tutors, and contains more than a million caregiver profiles, officials said.

Military members and their families can activate their membership by going to www.sittercity.com/dod.

The Sittercity Corporate Program, funded by the Defense Department, offers military families - including active duty, Guard and Reserve - with a paid membership to the site.



Military Family members can access Sittercity the nation's largest caregiver network, containing more than a million profiles.

"We believe that access to Sittercity's nationwide network of quality care providers will be highly beneficial to our service members and their families," said Tommy T. Thomas, deputy undersecretary of defense for military community and family policy.

The paid membership enables military families entry to a custom-built Defense Department Web site portal where they can match up caregivers to their situation; gain instant access to caregiver profiles that include background checks, references and reviews; and find military-

certified care providers as well as caregivers who are military-subsidized and authorized access to a military installation.

The site will help meet the unique needs of military families as they face deployments, long hours at work and assignments to remote locations, Thomas said.

"Because of the mobile nature of military life, trusted community resources are often difficult to identify and locate," he acknowledged. "These online tools will help service and family members attain the best match between resource and need."

Thomas said service members and their families can rest assured that they're being provided with top-notch care. The site "links military family members with somebody that the Department of Defense says, 'We've en-

trusted you to provide this service to our people,'" Thomas said. "If that military member is out on the front line knowing that the family back home has a sense of ease and comfort,

life is good for everybody," he added.

While the membership is free, service members will be responsible for the hiring and payment of caregivers, officials said.



With Sittercity people can find local babysitters, nannies, elder care providers, dog walkers, housekeepers and tutors.

Service members, families gain access to free, online tutoring

BY ELAINE WILSON

American Forces Press Service

WASHINGTON — The Defense Department has launched a free, online tutoring service for service members and their families, Jan. 26.

The site - www.tutor.com/military - offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more.

Marine Corps and Army families have had access to the program for more than a year. Seeing the value, Defense Department officials decided to expand the service to encompass all service members and their families, officials said.

"Providing 24/7 academic and career support for military families during a time when so



The free for service members and their families Web site, [tutor.com](http://www.tutor.com), can help with studying, homework, test preparation and even resume writing. One on one help is available for kids from kindergarten to 12th grade at any time.

many parents have a deployed

Marine Corps and Army families," said Tommy T. Thomas, deputy undersecretary of defense for

military community and family policy.

"We are pleased to expand this program to all U.S. military families and provide peace of mind that their children are never alone when it comes to learning - there is always a certified, professional tutor available to help," he said.

Active-duty service members, National Guard and reserve personnel on active duty in a deployed status, Defense Department civilians in a deployed status and their dependents are eligible to participate, officials said. Along with test preparation, the site is open to students of any age - from kindergartners to high school seniors - for one-on-one help in math, science, social studies and English.

Many of these students, officials

said, are making the most of the live, one-on-one help. "Thanks for having this service when our family is separated at this time due to deployments and training," a 6th grader of a Marine commented. "My father is unable to help one-on-one."

"I really appreciate this," another program participant, a 9th grader, said. "It really helps me understand my schoolwork. It's going to really help me ace my exams coming up! I am definitely going to use this very often."

Tutor.com's network includes more than 1,800 professional tutors and career specialists who have delivered more than 5 million one-on-one tutoring sessions since 2001, officials said. Each tutor is certified through the site, and all sessions are recorded for quality control.

Navy surgeon general discusses support for wounded warriors

PRESS RELEASE

Bureau of Medicine and Surgery
Public Affairs

ALEXANDRIA — Navy Surgeon General discussed support available to Wounded Warriors Feb. 2 at the first Wounded Warrior Hiring and Support Conference held in the National Capital Region.

Vice Adm. Adam Robinson, the surgeon general, spoke at the conference which was hosted by Navy Sea Systems Command at the Hilton Alexandria Mark Center.

The conference focused on federal employment opportunities for disabled veterans.

Speaking to an audience of approximately 400 people, Robinson emphasized the Navy's commitment to providing medical care for military personnel and their families.

"The Navy has a long history of taking care of its own and our commitment to our injured Sailors, Marines and their families do not end with their arrival at a medical unit or hospital. It continues through their entire road to recovery," said Robinson. "When our people who are in the fight are hurt, we apply all on our training and resources to provide rapid care in partnership with our sister services."

The goal of the conference was to improve the Department of the Navy's overall approach and effectiveness in hiring wounded warriors. The conference presentations explored best practices and policies for helping injured veterans find employment, as well as exploring barriers to hiring them while also discussing ways to overcome them.

According to the Department of Veterans Affairs, several federal authorities apply to 30 percent or more disabled, yet unemployment is double the national average for Wounded Warriors. Career employment is the final step in re-integration into society.

"We work hard to find post military service employment opportunities and help employers understand that they need to recognize that there may be physical, as well as, cognitive limitations if an employee has moderate to severe TBI (traumatic brain injury)," said Robinson. "Generally people who sustain a concussion will recover with time but that limited work hours and other accommodations may be necessary."

Robinson emphasized that while employers may have to make some accommodations, their return on investment would be high.

"As long as you invest in them, they will do their jobs," said Robinson. "All around the world, our men and women in the military guarantee their work with their lives. They won't quit because that is who they are."

Robinson provided an overview of significant health challenges associated with returning wounded warriors including standard

and innovative treatments for TBI and post traumatic stress disorder (PTSD) and what the Navy is doing to assist them throughout their healing process and transition into civilian life.

"We've been exploring all options to help treat PTSD," said Robinson. "One very successful program we've implemented at Naval Medical Center San Diego is a virtual reality simulator that adds a technological twist to a common PTSD treatment called prolonged-exposure therapy in which patients recall in graphic detail the traumatic events that set off their illness. For many sufferers, retelling and discussing the bad memories with a therapist can take away the sting."

Navy Surgeon General also shared his views on the long-term care that will be needed for many wounded veterans and emphasized the Navy's commitment to work with numerous partners to ensure they receive enduring care.

"Care doesn't stop when the war stops," said Robinson. "Care for our wounded warriors today will continue for the better part of this century, but we won't be able to do it alone. We have to blend a set of care across multiple federal and civilian agencies to provide the best care for those who have sacrificed so much for this great nation."

For more news from Navy Medicine, visit www.navy.mil/local/mednews/.



Photo by MC1 Tiffini Jones-Vanderwyst

Chief of Naval Operations (CNO) Adm. Gary Roughead signs a banner at the wounded warrior hiring and support conference.

A Boomer's Perspective: From Cold War to War on Terrorism

BY LINDA D. KOZARYN
American Forces Press Service

LONDON — Born a 1950s baby boomer, I grew up during the Cold War with the threat of nuclear holocaust looming on the horizon. As a little girl, I had dreams in which Russian troops swarmed over the hill in our back yard.

Maybe that's what propelled me to serve in the Army for nine years and work as a Defense Department civilian for another 17 years.

No complaints, though. I've had an incredibly fortunate career with the military. I've enjoyed the fun, travel and adventure those old recruiting ads always offered.

I've also seen the world change in a way I never would have imagined possible. I've witnessed the end of the Cold War and visited Soviet-bloc nations as they emerged from behind the Iron Curtain. I've walked in Moscow's Red Square and toured the Kremlin.

I've also witnessed the emergence and felt the impact of terrorism.

When I began traveling the world with the U.S. defense secretary as an American Forces Press Service reporter in 1995, terrorists existed only in the shadowy, foreign world of spy novels. No one hurt Americans. We were the white-hatted good guys whom everybody loved.

Granted, there was the 1983 bombing of the U.S. barracks in Beirut. But the attack occurred during Lebanon's civil war, and it happened in the Middle East. Trouble always was brewing there.

Less than 10 years later, in 1993, terrorists bombed New York's World Trade Center. The attack on American soil had to be an anomaly, or so we thought.

In 1995, Timothy McVeigh detonated a Ryder truck full of explosives in front of the government building in Oklahoma City. This wasn't really "terrorism." How could it be? McVeigh and



Linda Kozaryn, director Armed Forces Press Service and part of the baby boomer generation, remembers the end of the cold war and the rise of asymmetric warfare.

his accomplice, Terry Nichols, were homegrown Americans – disgruntled wackos, perhaps, but still Americans.

But then in 1996, terrorists detonated a truck bomb near a complex in Khobar, Saudi Arabia, that housed U.S. service members. Apparently, the idea of using "nontraditional" means to strike U.S. targets was catching on.

In 1998, terrorists bombed the U.S. embassies in Kenya and Tanzania. Osama Bin Laden, head of a terrorist group, was the main suspect behind the bombings. Suddenly, terrorism had a face.

The tall, thin, bearded Saudi Arabian religious extremist would henceforth haunt our dreams. We began to hear of terrorist training camps in places like Libya and Afghanistan, and we learned of "jihad" and vows to kill all Americans.

In 2000, in the port of Aden, Yemen, a small group of suicide bombers used a skiff to pull alongside the USS Cole destroyer and detonate a bomb. It now was clear that our nation faced a new enemy that had emerged from the shadows.

This enemy couldn't take on the strength of our armed forces, but it could inflict harm in its own way, in its own time. The terrorists were organized and determined. The name "al-Qaida" gradually wormed its way into our lives.

On Sept. 11, 2001, the reach

and horror of this new reality overwhelmed our nation when two hijacked planes crashed into New York's Twin Towers and another slammed into the Pentagon. A fourth hijacked plane en route to the White House crashed in Pennsylvania thanks to the heroic passengers aboard.

The 9/11 attack traumatized, and united, the American people. Then-President George W. Bush launched the global war on terrorism, and U.S. forces went into Afghanistan to wipe out al-Qaida training camps. A year later, Bush gave the order to invade Iraq.

The die was cast, but not just in America. Terrorist groups struck the Philippines, Tokyo, London, and Madrid. Security heightened at airports around the world. Travelers on planes, trains, subways and cruise ships now faced the threat of terrorism, as did everyday citizens in everyday places.

Throughout these years, AFPS has covered the spread of terrorism and its impact on the U.S. military. I somehow rose through the ranks to become the director of the press service and the Defense Department's home page. I foolishly traded globe-trotting for management.

This week, however, we were stretched pretty thin when word came down that the deputy defense secretary wanted an AFPS reporter on his next trip. Since we already had reporters covering the Pentagon, relief operations in

Haiti, aboard the USNS Comfort, and on the road with Defense Secretary Robert M. Gates, I volunteered to take my first official trip in several years.

I accompanied Deputy Defense Secretary William J. Lynn III's official party to London, where he met with top government leaders and addressed two European security groups. He said his overall goal for the trip was to encourage defense cooperation.

Lynn's message to members of Parliament, European military officers and the media was simple and direct: new threats require new capabilities. Developing these capabilities requires cooperation and collaboration by the militaries and defense industries of the United States and its allies. It boils down to an effort to save time and money in putting the right tools and equipment into warfighters' hands.

The old days when two opposing armies faced each other on the front lines are long gone. A need still exists for conventional forces and weapons – troops, tanks, ships, artillery and air power – but as we've all seen, the nation's new enemy fights in new ways.

Terrorist groups employ car, truck and shoe bombs. The latest thwarted attack involved powdered explosives in a man's underwear. Kidnappings and beheadings are another means of causing fear and mayhem. Homemade bombs and biologi-

cal weapons such as anthrax and Sarin gas cause death and destruction.

In Iraq, U.S. and NATO troops first had to deal with homemade bombs known as IEDs – improvised explosive devices. As we worked to deploy better armor to protect our troops, the enemy developed armor-piercing bombs.

Suicide bombings have been the rage among terrorist groups for years now. It's not easy to detect and deter walking bombs. Everyone becomes a possible threat.

Defense officials dub these methods "unconventional, non-traditional and asymmetric." For the life of me, I've never been able to get a handle on "asymmetric." But I think I've got the general idea – terrorists will use any means to strike their target.

That's what makes it so hard. This enemy wears no uniform and has no allegiance to a particular nation. Troops never know who they're fighting, or how, when or what the enemy will attack. Consequently, U.S. defense officials are working to change how they train, equip and structure the nation's armed forces.

They're institutionalizing the military's ability to counter terrorism by upgrading special operations forces and strengthening the battlefield "enablers" for "irregular" operations – helicopter lift, mine-resistant vehicles and intelligence, surveillance and reconnaissance platforms. They're expanding the use of unmanned aerial vehicles. Like the grim reaper, no one knows when an MQ-9 will strike.

The U.S. military is changing rapidly to meet the world's emerging security threats of today and tomorrow. Let's hope Lynn's message is heard far and wide among our allies, and that they'll work together to protect our troops, our people and our homelands.

As for me – I'm thinking about retiring to a little farm in the country, to sit back with my cats and quietly watch the next couple of decades go by.

Distinguished Sailors honored with commemorative stamp

BY MC2 (EXW/AW)

JESSE B. AWALT

Naval District Washington
Public Affairs

WASHINGTON — U.S. Navy and United States Postal Service (USPS) officials gathered at the U.S. Navy Memorial Feb. 4 for a first-day-of-issue stamp dedication ceremony of the Distinguished Sailors Stamps.

The free public event that drew more than 250 people honored four Sailors, who appear on 44-cent commemorative first-class stamps.

USPS officials say they hope the Distinguished Sailors Stamps will help to immortalize William S. Sims, Arleigh A. Burke, John McCloy and Doris “Dorie” Miller, who served with bravery and distinction during the 20th century.

“I am pleased to honor these four great Sailors who impacted our nation and world,” said John E. Potter, USPS postmaster general. “These brave individuals represent the U.S. Navy’s proud legacy of service to this nation. Their example is an inspiration to every American.”

Juan Garcia, assistant secretary of the Navy for Manpower and Reserve Affairs, reflected on the diversity of the Sailors featured on the new stamps.

“This wildly diverse group is tied together by their love of country and their fearless courage under fire,” said Garcia. “It’s a diversity reflected in today’s Navy mission itself.”

In addition to stamp collectors and naval historians, relatives of the Sailors being honored came to Washington from various parts of the country to attend the event. For some relatives of these Sailors, the stamp series has inspired new interest in their family history.

“I was of course very pleased at the news of the stamp. I am glad that younger generations will perhaps get to know these four distinguished sailors,” said Anne Hopkins, granddaughter of William Sims.

“Although I grew up knowing of my grandfather mostly as a World War I leader..., I have only come to appreciate this in the past couple of years, and through the discussions related to the stamp,” Hopkins said of her grandfather, who died in 1936 when she was six years old.

Although the honored Sailors are not alive, they were still remembered as shipmates.

“They are our shipmates; we still think of them that way,” said Vice Admiral Sam J. Locklear III, director, Navy Staff.

“These Sailors in their own way, and in their own time, all exemplified in every way the basic core values of our Navy, which are honor, courage and commitment,” said Locklear. “I like to imagine that while we are having this ceremony today they are somewhere all looking down on this event.”

Locklear said the Sailors would probably all be surprised that their faces were showing up on U.S. stamps.

“I can only imagine the conversation they would likely be having between themselves,” said Locklear. “They are probably all amused.”

Customers have 60 days to obtain the first-day-of-issue postmark by mail and may purchase new stamps at their local post office, at The Postal Store at www.usps.com/shop or by calling 800-STAMP-24.

For more news from Naval District Washington, visit www.navy.mil/local/ndw/.



Photo by MCC John Li

David A. Rosenberg, a naval historian, provides a brief history of the four Sailors featured on the Distinguished Sailors commemorative stamps during a first-day-of-issue ceremony at the U.S. Navy Memorial. The stamps commemorate four Sailors who served with bravery and distinction during the 20th century: William S. Sims, Adm. Arleigh A. Burke, Lt. Cmdr. John McCloy and Officer’s Cook 3rd Class Doris Miller.



All photos by Harry Gerwien/Military Newspapers of Virginia

Once the whistle blew the polar plungers wasted no time in their race to the waves. The 2010 Polar Plunge® Winter Festival took place on Feb. 6 at the Virginia Beach oceanfront.

Polar Plunge 2010 was full of superheroes

VIRGINIA BEACH — For the 18th Annual Polar Plunge® Winter Festival benefiting Special Olympics Virginia fans proved that not even the weather could stop their support of the event. 2,636 thrill-seekers took the icy dip this year, despite snow, rain, sleet and 30+mph wind, raising \$861,000 (and counting) for Special Olympics Virginia. “We have the great-



est group of volunteers and law enforcement partners in the world,” said Rick Jeffrey, president of Special Olympics Virginia. “This year’s Polar Plunge® was a very challenging event to pull off considering Saturday’s weather conditions, but we managed to do it in a safe fashion.” “Still, the challenge that our plungers faced on Saturday, though extreme, was small when compared with the challenges our Special Olympics athletes and their family members face every day,” Jeffrey added. “By overcoming the challenge, though, these plungers will help our athletes meet their challenge of a lifetime.” While this year’s weather made for the coldest and most

extreme Plunge on record for Special Olympics Virginia, many groups helped take the Plunge to new heights. Gold level Polar Plunge® sponsors included Hardee’s, Booz Allen Hamilton, GEICO, the Virginia Beach Convention and Visitor’s Bureau and Admobile. Be sure to mark your calendar for the 19th Annual Polar Plunge, set for Feb. 5, 2011. Photos of the 2010 Polar Plunge will be posted on www.polarplunge.com. *Editor’s note: A special thank you goes out to Harry Gerwien of Military Newspapers of Virginia for braving the elements to photograph the Polar Plunge® this year. The Flagship appreciates your dedication.*



Polar Plunge® attendees provided great viewing with their variety of costumes.



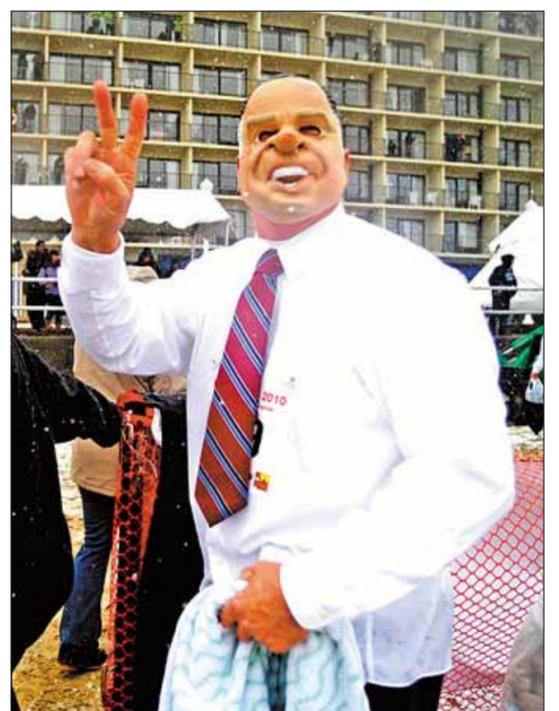
Waldo’s Warriors from Chesapeake get ready for the plunge.



This man’s penguin suit provided a temporary shelter from the cold freezing wind and snow. Other participants braved the storm in attire for a summer dip.



After many long minutes of waiting in the cold and freezing rain the plungers ran to the surf.



Richard Nixon of the Presidential Plungers of Chesapeake gives a presidential victory sign on his completion of this year’s very cold Polar Plunge®.



Safety was a prime concern for polar plungers. Here, safety personnel members of the U.S. Coast Guard are pre positioned in the surf for the event. Their survival wet suits kept them warm for the event.



Munchkins, Tin Man, Dorothy and the good witch of the West were part of the Wizard of Oz cast that took part in this year’s Polar Plunge®. The Oz group were all from Alcoa Howmet Hampton Plant in Hampton.

Special pay defined for service members in Haiti operations

Sailors serving in support of Operation Unified Response may be able to collect hardship duty, imminent danger pays

PRESS RELEASE

Chief of Naval Personnel Public Affairs

WASHINGTON — The Navy has clarified eligibility for Imminent Danger Pay (IDP) and Hardship Duty Pay-Location (HDP-L) for Sailors serving in support of Operation Unified Response providing humanitarian operations for Haitians following a 7.0 magnitude earthquake that struck just outside of Port au

Prince on Jan. 12.

“Navy staffs have been collaborating on providing this guidance to ensure we are getting it right for our Sailors who are performing this vital lifesaving mission,” said Jeri Busch, head of the military pay and compensation policy branch for the Chief of Naval Personnel. “The goal is to ensure that all commanding officers are using the

same legal interpretation to determine the eligibility of their crews.”

The land area of Haiti has been designated for payment of IDP at \$225 per month, and will not be prorated for a partial month. The land area includes internal waters and waters landward of the baseline, in accordance with international law.

The guidance memorandum

provided by Busch’s office further clarifies that for purposes of IDP entitlements involving operations in Haiti, the term ‘internal waters’ is defined as any waters landward of the low-water line. Waters landward of the outermost harbor works are also considered internal waters.

Only those Sailors on temporary duty to the land area of Haiti for 30 or more consecutive

days will be eligible for HDP-L. Those who work intermittently on land would not be eligible. For example, flight crews or corpsmen who are frequently on land, but routinely return to the ship are not eligible. Those who are eligible will receive \$100 per month.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

Navy Twitter account @NavyNews finalist in Shorty Awards

PRESS RELEASE

From Defense Media Activity Anacostia

WASHINGTON — The Navy's official Twitter account, @NavyNews, has been named one of six finalists in the "2010 Shorty Awards" among more than 250 nominations in the government category.

The other government finalists include NASA, Gov. Corey Booker (Newark, New Jersey mayor), Virginia State Parks, the Marine Corps, and Israel Los Angeles.

Recognized as the "Oscars of Twitter," the second annual Shorty Awards has gained international notoriety. Twitter users vote by sending a 'tweet,' which is a post of 140 characters or fewer. Votes for finalists will be accepted from Feb. 1-5. Winners will be determined by a combination of the popular vote and by an evaluation by the members of the new Real-Time Academy of Short Form Arts & Sciences www.rtacademy.org. An awards ceremony, complete with 140-character

acceptance speeches, will be held in March in New York City.

Capt. Dave Werner, who was the commanding officer of the former Naval Media Center and led its merge into Defense Media Activity, launched @NavyNews last year to further share the Navy's story in the emerging media network. It currently has more than 8,270 followers, made up chiefly of Sailors, veterans, family members and supporters. He's sent out more than 6,000 tweets, many including links to stories, images and content made available on Navy.mil.

"It's really about the work Sailors are doing around the globe - effectively sharing that it in Twitter is really the easy part," Werner said. "I think it's also an extension of the groundbreaking work by Navy in the social media space led by MCPON West, Naval Air Forces and others who are intelligently exploring, innovating and pushing the envelope."

Those interested in learning

about the Navy via Twitter can check out @NavyNews by visiting <http://twitter.com/navynews>.

Twitter users can vote by sending a tweet like this: I nominate @NavyNews for a Shorty Award in #government because (reason). Voting closes out Feb.5.

Twitter users number in the tens of millions according to multiple estimates. Its to-the-point approach has become a favorite source for news, especially during breaking stories or crisis like the earthquake in Haiti. Its short, text feeds are also mobile friendly, making it popular with those on the go.

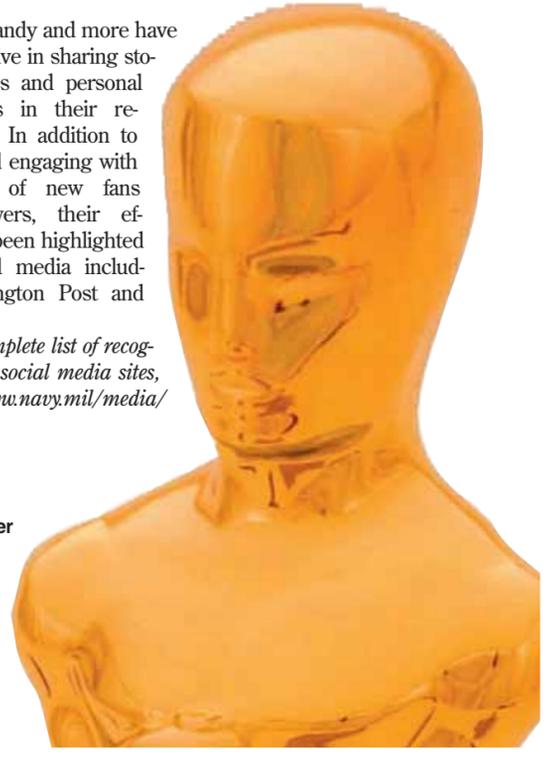
As more people turn to social media sites like Twitter, Facebook, YouTube and Flickr to understand and share the world around them, the Navy has continued to build its presence there.

Multiple ships responding to Haiti turned to social media to engage interested audiences on the Navy's efforts there. USS Carl Vinson, USS Bataan, USNS Comfort,

USS Normandy and more have been effective in sharing stories, images and personal experiences in their relief efforts. In addition to gaining and engaging with thousands of new fans and followers, their efforts have been highlighted by national media including Washington Post and CNN.

For a complete list of recognized Navy social media sites, visit www.navy.mil/media/smd.asp.

The Navy's official twitter account has been named a finalist in the "Oscars of Twitter" the Shorty Awards.



Defending against social networking threats

- Feb. 23 – NAS Oceana Base Theater
- Feb. 24 – Naval Station Norfolk building C-9
- Feb. 25 – JEB Little Creek base theater 9 a.m., 1 p.m. and 6:30 p.m.

All DoD and family members welcome

Nearly two thirds (60 percent) of businesses believe social network Facebook poses the biggest threat to security, says Sophos.

Research by the security firm Sophos for its Security Threat 2010 report revealed that MySpace was voted second with 18 percent, closely followed by Twitter with 17 percent of votes.

Only 4 percent named LinkedIn as a security threat.

Facebook is by far the largest social network – and you'll find more bad apples in the biggest orchard said Graham Cluely from Sophos in a blog.

When Facebook rolled-out its new recommended privacy settings late last year, it was a backwards step, encouraging many users to share their information with everybody on the internet.

While LinkedIn is considered to be the lest threatening social network, it still provides hackers with a sizeable pool of information.



U.S. Navy photo by LS1 Kelly Chastain

HAITI: CSG 2 Sailors in unique position to render assistance to the earthquake relief efforts

Continued from page A1

Haiti and ships operating off the coast.

Most of the staff departed Cuba for Haiti Jan. 28 to support the Carrier Strike Group Commander, Rear Adm. Dave Thomas, as he assumed command of Task Force 41 (CIF 41), the U.S. Navy's sea-based element supporting JTF-Haiti. Thomas took command Feb. 1st, after USS CARL VINSON (CVN 70) and its Carrier Strike Group staff and leadership departed the area. Thomas is embarked aboard the task force's new flagship, the amphibious assault ship USS Bataan (LHD 5), but a majority of the staff stayed behind in Haiti to remain coordinated with the rest of the JTF on the ground.

"I am so very proud of each and every member of

my team," said Rear Adm. Thomas. "Helping the people of Haiti in their hour of need has required everyone to live and work outside of their normal comfort zone. Like everyone involved in this mission, they've quickly and enthusiastically adapted to the unique circumstances and performed magnificently to help save lives."

Living in tents and working in a makeshift command center amidst the rubble and devastation in Haiti is indeed new ground for the staff, which normally resides on board an Aircraft Carrier.

"It is absolutely amazing," said Information Systems Technician (IT) Seaman Apprentice Andrea Frank, the Strike Group's most junior sailor. "I thought I'd be sleeping on a ship when I joined the Navy, not outside in a tent. But it feels so good to

be a part of this kind of team and get the opportunity to help people."

The Strike Group staff manning is currently augmented by 84 personnel from Navy Construction Battalion Maintenance Unit 202. A small number of personnel remained in Cuba, and 13 personnel are on board BATAAN providing support to Rear Adm. Thomas. For the rest of the staff living and working outside of the embassy, they are getting an up-close perspective on how much the relief effort is making a difference for the people of Haiti.

"You hear about the Navy's Global Force for Good slogan," said Capt. Jeff Austin, the Strike Group's Operations Officer. "Well, we are living it right now. It makes me so proud to be in the United States Navy."

DOD: President Obama sent Congress a proposed defense budget of \$708 billion for 2011

Continued from page A1

"To make sure we have the resources needed to support our troops deploying to the Afghanistan theater, I will be asking the Congress to enact the supplemental by spring 2010," said Gates.

Key highlights of the

proposed DoD budget are outlined in the attached summary and charts. For more information and to view the entire fiscal 2011 budget proposal, please visit www.budget.mil and download the "FY 2011 Budget Request Overview

Book."

The 2010 QDR and BMDR are available online at www.defense.gov/DefenseReviews.

Transcripts from applicable budget and strategic defense review briefings can also be viewed at www.defense.gov/transcripts.

MURTHA: Rep. John Murtha died from complications of a recent surgery, Feb. 1

Continued from page A1

standing up against U.S. military involvement in Iraq. But in Congress itself, he also symbolized an old-school generation going back to Tip O'Neill and the Democratic heyday of the '70s, when the House was less divided by partisan ideology than by often regional interests.

Chief of Naval Operations Adm. Gary Roughead said the Navy has lost a huge supporter.

"Our Navy is saddened by the passing of Chairman Murtha. He cared deeply for the men and women of our Navy and their families. Since 1974, Sailors and their families have known they have had a tireless advocate working on their behalf, and he will be missed. Our thoughts and prayers are with the Murtha family during this

most difficult time," said Roughead.

"I was deeply saddened to hear of the passing of Jack Murtha," wrote Sec-

retary of Defense Robert Gates in a recent statement. "America has lost a true patriot who served his country faithfully first

in uniform as a decorated combat Marine, and then as an elected representative."

"I've known Jack and worked with him for more than two decades, starting back in the Reagan administration when I was at CIA," Gates continued. "I will always remember and be grateful for Congressman Murtha's personal efforts on behalf of the Afghan resistance fighting the Soviets - efforts that helped bring about the end of the Cold War."

Gates concluded by writing, "In our dealings over the years, Jack and I did not always agree, but I always respected his candor, and knew that he cared deeply about the men and women of America's military and intelligence community. My condolences to Joyce and the rest of the Murtha family."

Murtha a Marine veteran of the Vietnam War, the 77-year-old Democrat won national fame for standing up against U.S. military involvement in Iraq.

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

February 11, 2010

The Art of the Deal:

FFSC teaches Sailors the ins and outs of buying a vehicle

BY MC1 (AW) TIMOTHY COMERFORD
The Flagship Staff

NORFOLK — The Fleet and Family Support Center (FFSC) Hampton Roads holds a free-car buying seminar each month at each of their offices or they can hold a class at individual commands when requested. But the class can teach anyone who is going out to make that big vehicle purchase; they don't have to be on four wheels.

"Even though it is called car buying it can be used for other things," said Pam Gamble, Financial Educator for FFSC Norfolk. "If you are going to buy a truck or motorcycle, you will be doing the same thing."

The information offered is useful for making

any big purchase. The hour and a half car-buying class is one of the FFSCs most attended classes and offers many kinds of information to Sailors. The class answers questions about buying or leasing a vehicle, purchasing new or used and fitting payments into a budget. It also teaches the Sailors about the three parts of buying.

"There are three deals in car buying — keep each one separate — the purchase, the finance and the trade-in," said Pam Gamble, Financial Education Services at FFSC Norfolk.

"We have them make a budget — either one on

one at FFSC or back at their command through a Command Financial Specialist. We talk about the options that Sailors have when buying or leasing vehicles."

Then there is financing. "There are people that have gone out to dealerships and were financed through the dealership and are paying 84 percent interest. One young lady, an E-4 bought an inexpensive car and she was paying \$900 a month — she couldn't make her first payment," Gamble said.

They use these scenarios to help Sailors understand the consequences of bad financing.

Yes they will have the car repossessed if they fail to make payments, Gamble explained, but the car payment doesn't go away just because the car does.

"You will still have to pay and now you no longer have a vehicle," Gamble said.

Gamble says the class also explains the subjects dealers don't mention when you go to the dealership, like vehicle insurance and gas consumption that should be taken into consideration when figuring out a budget.

"Sometimes — especially for younger Sailors — insurance payments can be more than

See ART OF THE DEAL, B11

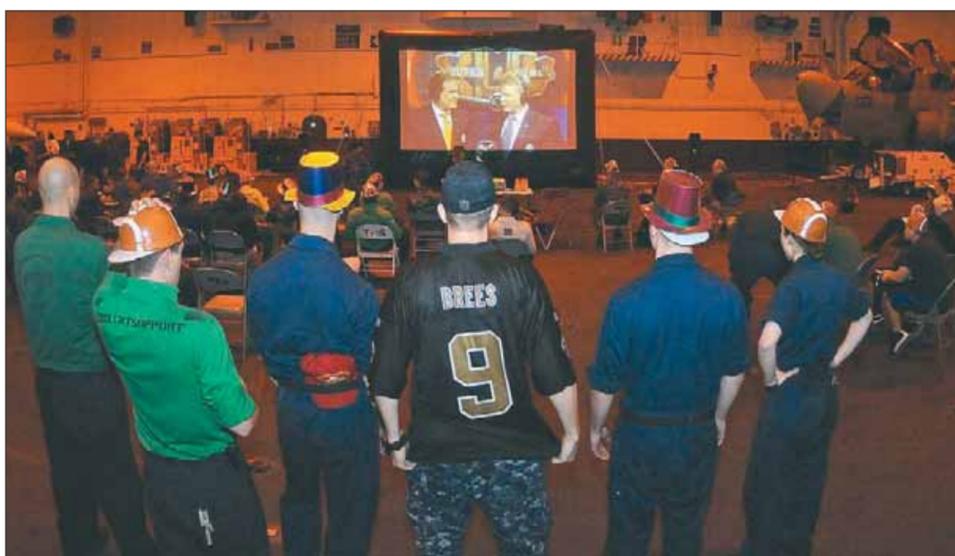


Photo by MC3 Chad R. Erdmann

Sailors wait for the big game to begin during an early morning Super Bowl XLIV party in the hangar bay of the Nimitz-Class aircraft carrier USS Dwight D. Eisenhower (CVN 69).

Eisenhower Sailors cheer on the big game in style

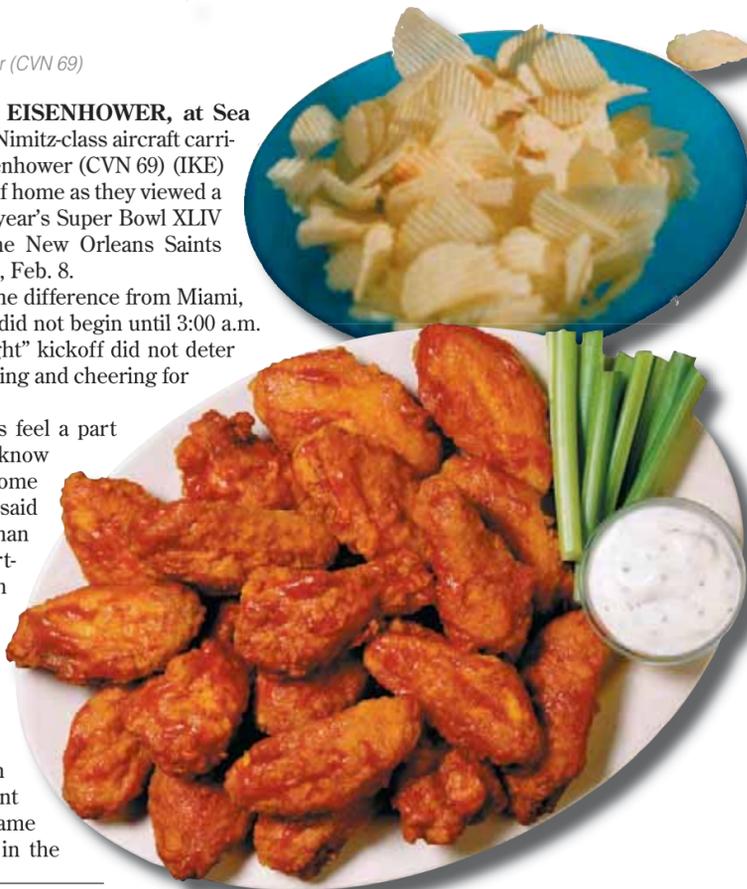
BY MC2 ADAM PRINCE
USS Dwight D. Eisenhower (CVN 69)

USS DWIGHT D. EISENHOWER, at Sea — Sailors aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) enjoyed a little touch of home as they viewed a live broadcast of this year's Super Bowl XLIV match up between the New Orleans Saints and Indianapolis Colts, Feb. 8.

With a nine-hour time difference from Miami, the Super Bowl party did not begin until 3:00 a.m. However, the "late-night" kickoff did not deter IKE Sailors from relaxing and cheering for their teams.

"I think it makes us feel a part of society again. We know our families are at home watching the game," said Airman Denny Hockman from the Air Department. "Even though we may lose a little sleep, it is definitely worth it to feel a little piece of home out here at sea."

IKE's Morale, Welfare and Recreation (MWR) hosted the event which included the game on the movie screen in the



See BIG GAME, B11

VFA-32 celebrates its 65th Anniversary

BY MCSN KAYLA JO GUTHRIE
USS Harry S. Truman Public Affairs

USS HARRY S. TRUMAN — The squadron has protected national interests and security by providing tactical air support since Feb. 1, 1945.

The Swordsmen were originally known as VBF-3 and were the first Navy carrier-based pilots to strike the homeland of the Japanese Empire during World War II.

Through the history of the squadron, pilots have flown a wide variety of planes and set the standard for other squadrons to follow. The planes the squadron have flown include the F6F-5 "Hellcat," F8F-1 "Bearcat," F4U-4 "Corsair," F9F-6 "Cougar," F8U-1 "Crusader," F-4B "Phantom" and F-14 "Tomcat."

The squadron has been a part of the USS Harry S. Truman Strike Group since 2004. When the Swordsmen transitioned to the FA-18F Super Hornet in May 2005 they changed their squadron name to VFA-32.

The squadron's great legacy could not be accomplished without the crew of officers and enlisted members.

"The squadron consists of approximately 250 personnel, including 35 officers and 215 enlisted members working together to complete the overall mission," said Lt. j.g. Bryan Geiger.

"The enlisted personnel consist of information systems technicians, aviation ordnancemen, aviation structural mechanics, aircrew survival equipmentmen, aviation electronics technicians, aviation structural mechanic safety equipmentmen, aviation maintenance administrationmen, and a line shack," said Aviation Maintenance Ad-

ministrationman 1st Class (AW) Edison Mercer.

With the wide variety of enlisted personnel and officers, the Swordsmen have a broad range of capabilities they can perform.

The squadron is the first line of defense for strike fighting. Their assets include 12 F/A-18F Super Hornets that provide strike fighter support, in-flight refueling, and reconnaissance, said Mercer.

"VFA-32 sets a standard for other platforms," explained Lt. Amy Gabriel. "We are the only squadron with a two-seat aircraft that has a pilot and a WSO (Weapons System Officer). We provide

air-to-ground support missions that support to troops and personnel on land. The squadron also uses their jets known as 'tankers' to perform in-flight refueling."

In order to achieve the highest level of mission accomplishment it is important to have strong camaraderie and unit cohesiveness.

Mercer said that it is his first time being part of a squadron and his favorite part is being part of the tight-knit community.

Both Gabriel and Geiger agree the unit camaraderie is what they enjoy most about VFA-32.

"The squadron works together as a team. We all share responsibilities and work well with each other. I enjoy seeing the pieces come together and knowing that if I ever have a question I will always have an expert to help me out," said Gabriel.

In celebration of their 65th anniversary, the squadron is designing a new mascot emblem similar to the old one and is having a celebration dinner, Mercer added.

For more news from USS Harry S. Truman (CVN 75), visit www.navy.mil/local/cvn75/.



SPOUSE SPEAK!



The perfect Valentine's Day gift

BY CASEY SPURR

Navy wife and Blue Star Families Chapter Director

I'm a hopeless romantic and I freely admit this. I enjoy candlelit dinners, good old-fashioned love letters and spontaneous expressions of affection. Despite my romantic nature, I think Valentine's Day has become far too commercialized. I believe in the idea of Valentine's Day – I just don't believe one should have to spend a small fortune on expensive gifts to express his or her love. Call me crazy, but \$75+ dropped on the delivery of a dozen roses and then an hour or more waiting for a table at a trendy restaurant doesn't exactly exude romance.

I feel like we are almost guilted into expensive Valentine's Day traditions because we don't want our beloved to think we don't care enough to participate. It has become more or less a "put a check in the box" kind of thing. Each year I stress over the perfect gift for my husband. He doesn't really want anything, but how could I let a holiday dedicated to the very celebration of love and romance pass without acknowledging my one true love? There is a lot of pressure surrounding this little day.

This year I decided to reinvent the holiday. I asked my husband to not send roses because I don't want him to spend the money just because the calendar says he should. I'm sure he thought this was just a test to see if he'd send them anyway. I think a lot of women would agree that being surprised with flowers any other day of the year "just because I love you" is far better than a dozen roses delivered "just because it's Valentine's Day." I'm not suggesting we should merely ignore the holiday altogether, I just think there needs to be a better way to acknowledge and celebrate a couple's love for one another.

I've decided to consider Valentine's Day as New Year's Day in our marriage. It will be a day to commit to new resolutions and show my love and commitment to my husband. I happen to adore him, but I realize that in the rush of our daily lives I may not exactly go out of my way to show that all the time. I think we need a day each year to remind us of the importance of what we have and get back to celebrating our love.

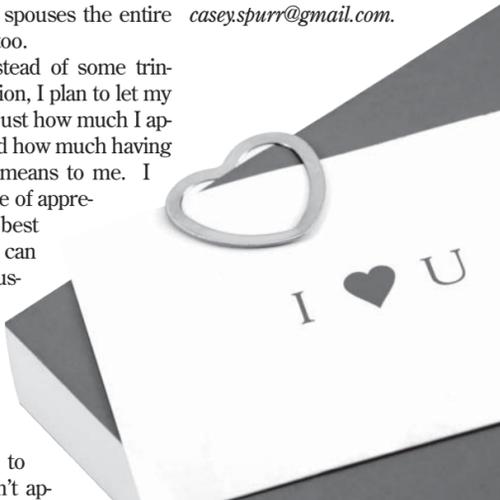
It's no secret that military marriages aren't easy. Our marriages face unique challenges and sometimes we get too caught up in devoting attention to the challenges we face – forgetting to nurture our relationship with our spouse. In the 2009 fiscal year that ended Sept. 30, there were an estimated 27,312 divorces among the nearly 765,000 married members of the active-duty Army, Air Force, Navy and Marine Corps, according to figures provided by the Pentagon. With alarming numbers like this, perhaps all of us could use this special holiday to recommit ourselves to the things that keep our marriages happy. The relationship between a husband and a wife is, after all, the most important in a household. When we are truly happy with our spouses the entire family benefits too.

This year instead of some trinket of my affection, I plan to let my husband know just how much I appreciate him and how much having him in my life means to me. I believe an ounce of appreciation is the best gift any of us can give our spouses. Too often we begin to take for granted the little things they do to make us happy. That's not to say that we don't ap-

preciate what they are doing, but a genuine expression of that gratitude is a gift beyond measure. The real gift is not just expressing gratitude on Valentine's Day, but remembering how far a simple "thank you" goes every day of the year ... even when we get so caught up in our daily routines that we forget to say it.

As for the actual celebration of Valentine's Day, I think I'll pass on dinner in a fancy restaurant. I'd rather start a new tradition of spending the day alone with my husband – just the two of us. I can think of no better day than lunch at the humble little restaurant where we had our first date, visiting a museum or some other local spot and then spending the evening curled up on the couch with a good movie and our favorite home cooked meal. That is much more of a celebration of us and certainly my idea of the perfect Valentine's Day.

Casey Spurr is a Navy spouse who is actively involved in Blue Star Families and serves on her congressman's Military Family Affairs Committee. She lives in Virginia Beach with her husband and their 2-year-old son. To contact Casey, send an e-mail to caseyspurr@gmail.com.



Show the earth some eco-friendly love this Valentine's Day

BY JACQUELINE BODNAR

CinCHouse.com

While every day of the year is a good time to be environmentally friendly, holidays are especially important. People tend to celebrate them in ways that take a lot of resources to create, and that leave a lot of waste to dispose of. From avoiding pesticides to using recycled paper, there are many ways for your family to be more eco-friendly, this Valentine's Day. You don't have to give up the good tastes or the fun to keep it green.

25 pounds of candy per year. During 2004 alone, around \$14 billion worth of chocolate goods were sold, with an additional \$5.7 billion spent on non-chocolate candy. For the eco-minded person, it comes as no surprise that much of the cacao used in today's candies is produced with the help of damaging pesticides, not to mention child labor. The good news is that organic and Fair Trade chocolates are available that address both of these issues. Check out your local health-food store for options.

SMELLING THE ROSES

Nearly \$400 million worth of cut flowers are produced in the country, each year. The downside is that most are grown using a lot of pesticides, which are damaging to the environment. Those pesticides may also linger and end up being brought into your home. Certain stores, like Whole Foods Market, carry organic flowers that come with all the good and leave out the bad. You can also check your local farmer's market for fresh-cut flowers grown without harsh chemicals.

Any steps you take this Valentine's Day to make it more environmentally friendly are ones in the right direction. It's a win-win situation for all. You get a chance to teach your child how to respect their home and make conscious choices to live green. At the same time, the person on the receiving end of the gift learns about the issues, and the planet benefits from less pollution.

Jacqueline Bodnar is a freelance writer that lives in Port Orange, Fla. with her husband and two children.

CARDS AROUND

One of the mainstays of Valentine's Day for children is the exchange of little holiday cards. Your child goes to school with a box full and comes home with just as many. Sure, they're fun for the moment, but they're soon forgotten and trashed. A lot of resources go into making the millions of small greetings that are doled out each year. When possible, opt for cards made out of recycled paper or, better yet, let your children get creative and make their own cards out of recycled materials. And, when all is said and done, be sure to recycle as much of the material and cards as possible, once the holiday is over.

THAT SWEET TOOTH

You can't help but notice all the brightly colored heart-shaped boxes of the sweet stuff that stock the shelves, this time of year. We Americans love our candy, especially chocolate. In fact, the U.S. Census Bureau reports that the average Americans consumes about



College money, Aisle 3

It is a struggle finding money to pay for your children's college tuition. Any little bit can help. So here is something you may not have known. The commissary gives scholarships. Now, the deadline is right around the corner so as I give you a little more info, start gathering your thoughts.

The applications are available in commissaries worldwide and online. Since the program was started in 2000, over \$7.3 million has been awarded. The scholarships are for \$1,500 each. To qualify the applicant must be a dependent, unmarried, younger than 21 child of active duty personnel, Reserve, Guard and retired military members, survivors of service members who died while on active duty or survivors of someone who died while receiving retired pay from the military.

There is an essay involved on this topic: "You can travel back in time; however, you cannot change events. What point in history would you visit and why?"

Interested? Head to www.militaryscholar.org. Good Luck!!



MARRIED to the Military

The proudest moments

BY BIANCA MARTINEZ



and Sailors from across the country right now are the finest of examples of what it means.

It is always so hard to be left at home base. It's hard when your spouse gets spun up in a matter of days, heck hours, to go and answer their call of duty. However, for so many this time was different. In the light of the tragedy in Haiti, our challenge of being left to hold down the fort seems so small.

The country of Haiti is in shambles. Children are living in tents and some can not even find their parents. Their luxuries are what we consider our necessities. I can not imagine the loneliness the country and its people must have felt immediately after the earthquake. Although they have a long and tough road ahead of

them, I am proud to see that the men and women of the United States military came to stand beside them.

In our newsroom we received a flood of press releases about the activations of different ships rushing to the assistance of the tiny Caribbean country. It gave me goose bumps to know that our community would have a direct affect on how many lives could be saved from the crumbled buildings and lost homes.

And then more press releases came in the following week. They were filled with stories of hope and faith. It sent chills up my spine to know that my neighbor was getting food and water to those that need it most. It brought tears to my eyes to know that someone I worked with on one of my Do My Military Jobs was caring for so many of the children now left without parents. It did my heart good when I heard about the two ships that reunited a new mom and her baby left in a box outside the rubble.

Months ago the new slogan of the U.S. Navy was announced. "A Global Force For Good" and now it is the essence of who these proud sailors are.



Reach out to NewsChannel 3's Bianca Martinez at bianca.martinez@wtkr.com.

Be sure to check out "Do My Military Job" every Wednesday at 11 p.m. on NewsChannel 3!



You can catch Bianca Martinez anchoring the 6 p.m. and 11 p.m. newscasts with Kurt Williams during the work week. You can also follow her laughter, stress and tears as a military wife in her blog, "Married to the Military," weekly in the Flagship.

Personal Finance Seminar offers new ideas to Oceana Sailors

STORY AND PHOTO BY
MC2 KRISTAN ROBERTSON
NAS Oceana Public Affairs

VIRGINIA BEACH — The second part of the annual “Military Saves” campaign, the Personal Finance Seminar, was held at the Naval Air Station (NAS) Oceana base theater Feb. 4.

Author, speaker and consultant Peter Beilagus, known as Young America’s Financial Coach, was a guest speaker, along with Kelvin Boston, host of PBS’s “Moneywise” series.

Beilagus opened with the widely used excuse that so much financial trouble starts with the attitude that it is never “a good time” to start saving money.

“If nothing from this seminar sinks in, please remember this,” he said. “Start saving before you need to start.” He went on to explain that there will always be something in the way, but it is a matter of organizing personal goals and having the desire and initiative to achieve financial freedom.

Beilagus speaks to military installations, colleges, high schools and even corporations all over the country using a mix of personal experiences, humor and emotion



Peter Beilagus, “Young America’s Financial Coach”, takes time to talk to Oceana Sailors and answer questions after the Personal Finance Seminar held at the base theater Feb. 4. The seminar was the second of three parts of the Military Saves Program sponsored by NAS Oceana Fleet and Family Support Center in efforts to get military members on the path to financial freedom.

to motivate people to take control.

He offered tips on how to organize goals and improve personal credit scores by first fixing mistakes on credit reports, paying off debts and establishing good payment history.

“A common misconception is that you should pay a little each month on loans and credit cards to improve credit, but in actuality, you should pay off debt as soon as you can, or pay an extra bit each month until it’s paid off,” Beilagus said. Also, you shouldn’t

close credit card accounts, but let the accounts close due to inactivity, he added.

From personal experience, Beilagus also pointed out the stigma of buying things to impress other people.

“Don’t get caught in the cycle of trying to change your emotional state,” he said. “I could fill a book with all the things I don’t have... but there are moments that I forget about what I don’t have, like the moment I received an e-mail with an ultrasound of my niece; I

felt like the luckiest uncle alive. It’s important to look at the wonderful stuff around us to create those feelings of fulfillment for free.”

During the second half of the seminar, Kelvin Boston took over to compare pursuing financial success to playing a game, one he called “Who’s Afraid to Be a Millionaire?,” the title of one of his books to help master financial and emotional stress.

“You may decide not to play,” Boston said, “but it will play you.” Boston noted that many people

fail at financial success because of fear. “We live in an age of financial anxiety. You need to face your fears and protect your dreams in this recession.”

With that fear comes “second hand stress” he added, which includes other family members or close friends influencing your ability to get past your own fears with their fears as well.

“Make a list of any and all of your anxieties.” Boston suggested. “Then go through and find the things you can fix and fix them. Find the ones that you need help with and get the help you need. As for the ones you can’t do anything about, pray and move on.”

The seminar closed with both speakers meeting Sailors to answer questions about personal situations. They also invited everyone to find out more and take charge of their finances by contacting Fleet and Family Support Center for programs and resources to start taking control immediately.

The NAS Oceana FFSC can be reached at 433-2912. To find out more about Peter Beilagus and Kelvin Boston and their products, helpful hints and resources, visit www.peterspeaks.com and www.moneywise.tv, respectively.

Naval Officer enlists wife into Air Force Reserve force

BY LT. PATRICK EVANS
Public Affairs Officer
Submarine Group Two

GROTON, Conn. — Lt. Cmdr. Shane Guilford, Submarine Group Two Supply Officer, enlisted his wife, Amy, into the Air Force Reserves on Jan. 13. Mrs. Guilford will be attached to the 439th Aerospace Medicine Squadron as a Medical Laboratory Apprentice at Westover Air Force Base (AFB) in Springfield, Mass.

“My wife has sacrificed for me for many years while I was away,” said Shane. “It’s my turn to support her. I was very proud and honored to be able to enlist her.”

That pride continued to shine, even though Shane, who has been in the Navy nearly 22 years, tried to convince Amy to chose Navy blue over Air Force blue.

“Of course. That was my first choice,” he said. “However, the education and training benefits the Air Force offered her outweighed her loyalty to the Navy.”

“I would have joined the Navy,” said Amy, “but the need for, and what interested, me was not available. I chose the Air Force because they had the Medical Lab Tech job available and their program worked with

my husband’s career. We would love to be dual career-oriented until he retires. I would like to retire from the service and acquire a retirement as well.”

This is a new beginning for Amy, who said she “felt honored to have the man who I love and who is so accomplished to be able to help me on my journey to start my career again.”

“My wife is a strong, smart, independent person,” said Shane, 40, a graduate from Eastern Connecticut State University and the Naval Postgraduate School. “I know she can handle whatever challenges the Air

Force offers her.”

Shane and Amy were not alone in this decision. The couple, who will celebrate their 18th wedding anniversary in June, have two girls: Sydney, 16; and, Michaela, 12.

“They are a little worried about it, as they should be,” said Shane. “Amy is taking a big step. That said, the girls are also very proud of her for taking this on ‘at her age.’ Their words, not mine,” laughed Shane.

“The girls know the risk, and they know the security of the service,” remarked Amy, 39. “I have explained that there are great benefits

to serving your county.”

According to Amy, military service was an easy decision. “I love the military,” she said. “It has afforded me and my family the opportunity for a wonderful life. Even with all the sacrifices, I would choose this life again.”

As she embarks on this latest course along her life, Amy is setting long-term goals for herself and her family. She wants to get a Master’s degree in Bio-environmental Management. Currently, she is a junior at Eastern Connecticut State University.

“This path will afford me

the opportunity to finish my education with military assisting me,” she said. “My goal is to become an officer like my husband. I am showing that it is never too late to accomplish your dream.

“They both love me and support what I am doing. They have had all my attention for the last 17 years, and, I must say, I have raised wonderful, well-adjusted, strong girls. I hope that they can go into the world and see that they can accomplish anything they desire. I hope to, one day, enlist one of them, so they can have the benefits and the pride of serving their country,” she said.

Local service times

LDS PROGRAMS

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

NAVAL STATION NORFOLK

ROMAN CATHOLIC

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

PROTESTANT

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

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

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

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

JEB LITTLE CREEK CHAPEL

ROMAN CATHOLIC

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

Confessions:
3:30 - 4:30 p.m. — Sat.

PROTESTANT

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

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

Latter Day Saints
11:30 a.m. — Sun.

Coffeehouse
6 p.m. — Sun.

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

CHAPLAIN'S CORNER

Seven Deadly Sins: Greed

BY CMDR. JOHN HANNIGAN
*H&S Battalion Chaplain,
MCB Quantico*

The misconception about the list of seven "deadly" sins is that they are sins that God will not forgive. The Bible is clear that the only sin God will not forgive is that of continued unbelief, because it rejects the only means to obtain forgiveness — Jesus Christ and his substitutionary death on the cross.

Is the idea of seven deadly sins found in the Bible? Yes and no.

Proverbs 6:16-19 declares, "There are six things the Lord hates, seven that are detestable to him:

1. *Haughty eyes*
2. *A lying tongue*
3. *Hands that shed innocent blood*
4. *A heart that devises wicked schemes*
5. *Feet that are quick to rush into evil*
6. *A false witness who pours out lies*
7. *A man who stirs up dissension among brothers*

However, this list is not what most people understand as the seven deadly sins.

According to Pope Gregory the Great in the 6th century, the seven deadly sins are: Pride, envy, gluttony, lust, anger, greed and sloth.

Although these are undeniably sins, they are never given the description of "the seven deadly sins" in the Bible. The traditional list of seven deadly sins can function as a good way to categorize the many different sins that

exist. Nearly every kind of sin could be placed under one of the seven categories. With that said, let's begin.

GREED

Greed is one of the seven capital sins. It is the excessive love for, and seeking after, wealth and other worldly possessions. Greed is also called covetousness and avarice.

A greedy person strives for more riches than he requires, and is never content, however much he already possesses. From greed arise hard-heartedness towards the poor, lying, cheating, usury, defrauding laborers of wages, and other sins.

"Those who seek to become rich fall into temptation and a snare; for covetousness is the root of all evils." (1 Timothy 6:9-10) Greed destroys faith, for the avaricious are so absorbed in money getting that they have no time for their spiritual welfare.

To provide for one's future and that of one's family is praiseworthy. To avoid waste and extravagance is a virtue.

We meet with greedy persons among both rich and poor. Often among the rich there is money without avarice, and among the poor, avarice without money.

Liberality, which disposes us rightly to use worldly goods, is opposed to greed.

The greedy person is very foolish. He works hard all his life and becomes hated by men. His money is left to heirs who most probably ridicule his miserliness. "For when he (the greedy person) dies, he shall take none of it;

his wealth shall not follow him down." (Psalm 42:18) It was a sin of Judas Iscariot who loved money so much that he even betrayed Jesus for 30 pieces of silver.

This is about more than money. The virtue against which greed sins is generosity which means letting others get the credit or praise. It is giving without having expectations of the other person. Greed wants to get its "fair share"

or a bit more.

Greed is one of the ugliest of sins.

Editor's Note: This is the first of a seven-part series on the "Seven Deadly Sins." These particular seven are a list originally used in early Christian teachings to educate and instruct followers concerning fallen man's tendency to sin. Several of the Chaplains aboard MCB Quantico have collaborated on this series.

Catholic Mass aboard guided-missile cruiser USS Hue City

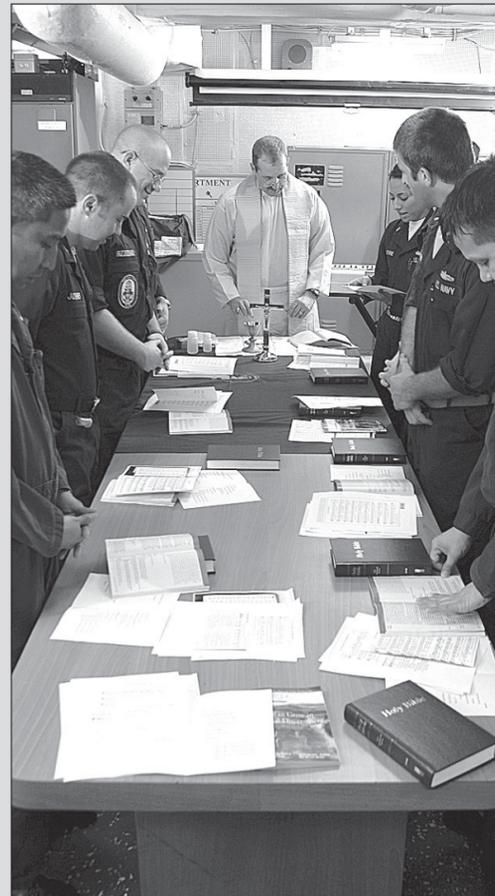


Photo by MC3 Matthew Bookwalter

Cmdr. Jon Brzek, a chaplain aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69), conducts Catholic Mass during a visit to the guided-missile cruiser USS Hue City (CG 66). Hue City is deployed with the Eisenhower Carrier Strike Group as part of an on-going rotation of forward-deployed forces.

CPPD hosts educational planning, counseling conference

PRESS RELEASE

From Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH — The Center for Personal and Professional Development's (CPPD) Navy College Office (NCO) hosted an Educational Services Officer (ESO)/Command Career Counselor (CCC) Conference Jan. 27-29 in Norfolk, Va.

Topics presented at the conference included educational planning and counseling, veterans education benefits, the Troops to Teachers program, Navy College Program Afloat College Education and improving Armed Services Vocational Aptitude Battery scores.

"There is no more important thing you can do for your chain of command than to advise them of their Sailors' career advancement opportunities," said Kathy Nelson, director of the Navy/Marine Corps Relief Society (NMCRS) in Norfolk.

Nelson, a former commanding officer, stressed the importance of military education programs to the audience.

"Much like the NCO's programs, the mission of the NMCRS's education program is to help eligible Navy and Marine Corps service members and families pursue their academic goals by providing a source of education financing," said Nelson.

The conference provided opportunities for attendees to meet with college representatives to ask questions and to hear what Sailors need to do to get started on their educational goals.

"Even with many of our ships deployed to support the operations in Haiti, we were thrilled with the large audience turnout this week," said Maria Rowe, director of the Norfolk NCO.

Sailors from over 20 different commands attended the three-day conference.

"Every one of these attendees serves as a 'force multiplier' for CPPD and our Navy College Offices, taking important information back to their commands to assist their chain of command and their Sailors," said Rowe.

"I'm sure we'll have a number of new students visiting our

local Navy College Offices for the first time as a result of this week's event," Rowe said. "I look forward to helping them all establish their education plan and start their journey."

ESO/CCC conferences in Norfolk are conducted quarterly to ensure all commands have the most up-to-date information on military education programs. The next Norfolk-based conference will be held April 21-23.

The Hampton Roads area NCOs will also be hosting region-wide Navy College Program Distance Learning Partnership education fairs the week of April 26-30 to provide Sailors and their families with direct access to partner colleges that support the local area.

For more information about the programs and support offered by the 52 worldwide NCOs, visit www.navycollege.navy.mil.

For more information about CPPD, visit <https://www.netc.navy.mil/centers/cppd/>.

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



Photo by MC1 Charlemagne Obana

Topics presented at the conference included educational planning and counseling, veterans education benefits, the Troops to Teachers program, Navy College Program Afloat College Education and improving Armed Services Vocational Aptitude Battery scores.

CNE teaches valve maintenance to ensure fleet readiness

PRESS RELEASE

Training Support Center Hampton Roads and Naval Education and Training Command Public Affairs

NORFOLK — The Center for Naval Engineering (CNE) now offers courses on valve maintenance to East Coast-based Sailors at their learning facility in Norfolk to ensure fleet readiness.

CNE will also offer the course to West Coast-based Sailors at their learning facility in San Diego by mid-March.

The course is part of CNE's newest addition to its curriculum called A+ Training. The course will help ensure Sailors

maintain their skillset after initial training at "A" School. In the future, A+ Training will also include water-tight door maintenance, pump maintenance and electrical control device maintenance.

"A+ Training came about after analyzing inspection reports and receiving feedback from the fleet," said Master Chief Hull Technician Ronnie Merriman, CNE leading chief petty officer. "We're doing our part to ensure fleet readiness by providing training that's current and up-to-date."

"The course is designed to build on existing skills and abilities, and provide



Photo by MC3 Peter Merrill

Center for Naval Engineering (CNE) now offers courses on valve maintenance to East Coast-based Sailors at their learning facility in Norfolk as part of CNE's newest addition to its curriculum called A+ Training.

'by the book' procedural System Technician Patrick Wesley. "Sailors need Senior Chief Gas Turbine to identify discrepancies,

conduct preventative and corrective maintenance and valve replacement." The course is also an alternative for ships to save money on replacement, and repair by civilian contractor costs.

"Instead of purchasing new valves Sailors will be able to repair valves instead of having their ship valve replacement," said Wesley. "Our intent is to have Sailors who complete the course to report back to their ship's more confident and competent in their maintenance abilities."

"We make the training as real as possible so

that when the student reports back to their ship they have the knowledge and ability to do their job,"

said Machinist's Mate 2nd Class Mark Shayaye, valve maintenance course instructor. "The positive response to the training has been overwhelming."

CNE will also offer the course to West Coast-based Sailors at their learning facility in San Diego by mid-March.

To learn more about Center for Naval Engineering visit <https://www.netc.navy.mil/centers/cne/>.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

Normandy provides helping hand to La Gonave

BY ENSIGN ADAM R. COLE
USS Normandy Public Affairs

LA GONAVE, Haiti — Sailors from guided missile cruiser USS Normandy (CG 60) delivered humanitarian assistance to the population in the Haitian island of La Gonave Feb. 2 in support of Operation Unified Response.

La Gonave lies about 20 miles off the coast of Haiti, and the island itself is more than 30 miles long. The area that Normandy has primarily been responsible for providing relief is on the southwestern edge.

“While we know that much of the heavy lifting is being done in Port-au-Prince,” said Normandy Commanding Officer Jeffrey T. Griffin. “We know we are making a significant impact to the people of La Gonave, especially the internally displaced people that fled there after the earthquake.”

Normandy has been delivering humanitarian rations, provided by a U.S.-based non-profit humanitarian food-aid organization called “Kids Against Hunger.” More than 70,000 portions of those rations, which is essentially a nutria-grain mix with the calories of a full meal, medical supplies and about 700 gallons of water have been delivered to the coastal towns of Boden, Pointe des Latanier and Pointe a Perrot. Three separate visits were made to Boden and two to Pointe des Latanier.

Normandy initially visited Petit de Nippes on Haiti’s southern peninsula region, and MEDEVAC an 11-year-old girl with yellow fever, as well as gave them 20 gallons of fuel for the town generator to provide power to the town for a number of days.

“It’s a humbling and rewarding experience,” said Griffin. “This is certainly a different type of mission than what we train for, but we’re more than happy to do it. I was able to personally go ashore when we sent aid to Pointe des Latanier, and I was able to see



Photo by Lt. j.g. Heather Heyob

Haitians and Sailors assigned to the guided-missile cruiser USS Normandy (CG 60) carry humanitarian rations toward a humanitarian aid distribution center. Normandy is deployed supporting Operation Unified Response.

firsthand the gratitude from the people we were helping.”

Normandy’s embarked helicopter detachment, the Mayport, Fla.-based Helicopter Anti-submarine Squadron Light (HSL) 46, Detachment 3, has been crucial in the assessment and assistance process. Helicopters have been taking pallets of the “Kids Against Hunger” boxes and delivering them to designated landing zones near or inside the towns.

“It feels good to be helping the people of Haiti in this manner,” Lt. j.g. Matthew Headley, a pilot with HSL 46, Det 3, who went with the Normandy crew to Pointe a Perrot. “We so often take for granted all that we have, as Americans. [Here] We were delivering basic essentials, food, water, and medical supplies that are commonplace to us, but is something they desperately need. I can’t get enough of this mission.”

For each assessment and assistance mission, Normandy launched rigid hull inflatable

boats (RHIB) to survey along the coast of La Gonave. If piers were not available, Normandy Sailors were ferried ashore with the assistance from local fisherman. The shore party, a 25-man team, would then coordinate with local leadership to set up a distribution center. If possible, a helicopter landing zone would be set up to further receive humanitarian aid supplies via air delivery.

Boatswain’s Mate 3rd Class (Surface Warfare) Maxy Baskin, a native of Haiti, has been a crucial link by acting as the shore party’s translator for each visit.

“This is amazing to be able to help my [native] country like this,” said Baskin. “It is just great to be able to give aid in this manner, to touch people’s lives directly, to know that you are giving them something they truly need.”

Nearly every Sailor on Normandy has had the opportunity to go ashore and participate in the mission.

Lt. Cmdr. Michael Faust, Normandy’s chief engineer, was the officer-in-charge on Normandy’s second visit into Pointe des Latanier. He observed a “resilient community,” one that was grateful for the help and that was very much about helping each other, even giving some of their aid to a nearby settlement.

“The children were priceless with endless smiles,” said Faust.

All those that go say they have been touched by what they have witnessed in the severity of conditions, including the joy of the people, particularly the children and their good cheer. The kids play games such as “kick the can”, “telephone” and “tag” with great glee.

“The kids don’t have much, but what they do have, they make the most of,” said Fire Controlman 2nd Class (SW) Melanie Chesonis, who enjoyed dancing with the kids and playing their games. “It’s not us helping them, but them helping us in giving a different perspective of the world.”

Normandy deployed Jan. 13, from Norfolk to support Operation Unified Response, the U.S. Southern Command-led effort to provide humanitarian assistance and disaster relief to Haiti in the wake of a 7.0-magnitude earthquake that occurred on Jan. 12.

As the Navy component command of U.S. Southern Command, NAVSO’s mission is to direct U.S. naval forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment. In support of Operation Unified Response, C4F is tasked to coordinate the U.S. Navy’s response to disaster relief in Haiti following a 7.0 magnitude earthquake Jan. 12. The focus of Operation Unified Response is to alleviate the suffering of survivors and support humanitarian relief efforts.

For more news from Commander, U.S. Naval Forces Southern Command, visit www.navy.mil/local/cusns/.

Beachmaster unit clears the way for relief in Haiti

BY MC3 SAMANTHA ROBINETT

USS Bataan Public Affairs

GRAND GOAVE, Haiti — Beachmaster Unit Two (BMU-2) embarked aboard the multipurpose amphibious assault ship USS Bataan (LHD 5) has been working the beaches of Grand Goave, Haiti, to keep disaster relief supplies packed aboard air cushion landing craft (LCAC) moving between shore and ship and into the hands of the Haitian people who need them most.

BMU-2's mission is to provide tactical components in support of the Bataan Amphibious Relief Mission. They also assist with the evacuation of casualties, and facilitate the movement of troops, equipment and supplies over the beach.

"We transfer a lot of personnel everyday," said Gunner's Mate 2nd Class Calvin Booker, a member of BMU-2. He said the Beachmasters bring out Navy volunteers working at a local missionary, along with food, water and supplies to continue supporting the people of Haiti and non-governmental organizations in the relief effort.

A Beach Party Team consists of traffic control and salvage, and communications units. The traf-



Photo by MC2 Gabriel S. Weber

Beachmaster Unit Two (BMU-2) embarked aboard the multipurpose amphibious assault ship USS Bataan (LHD 5) works the beaches of Grand Goave, Haiti, keeping disaster relief supplies packed aboard air cushion landing craft (LCAC) moving into the hands of the Haitian people who need them most.

fic control section directs boat traffic in the surf zone; including beaching and retracting the landing craft, and directing the smooth and efficient flow of personnel and material over the beach. The communications section establishes visual and radio

communications with Bataan and enters prescribed radio nets.

BMU-2 has spent a great deal of time ashore in Haiti, and resilient and good natured tend to enter the conversation when describing their hosts.

"The Haitians are very friend-

ly," said Booker. "I was expecting devastated people and a lot of chaos, but we haven't seen that. In fact, they have tried to learn English and tried to teach us Creole."

Booker said the locals have been very friendly, offering the

Beachmasters food and other goods out of gratitude for their extensive help in the area.

"They offer us many different things to show their gratitude," said Booker. "They even ask us to play basketball and soccer with them. It is really fun to be out here with these kids on a day-to-day basis and see how happy they remained in the face of chaos. It makes me even happier that we can be out here helping them."

Beachmasters go ashore everyday to ensure that all the craft coming ashore are in proper working order to fulfill their duties and responsibilities to best serve the needs of the Haitian population affected by the recent earthquake Jan. 12.

USS Bataan (LHD 5) along with the dock landing ships USS Fort McHenry (LSD 43), USS Carter Hall (LSD 50) and USS Gunston Hall (LHD 44) are deployed as part of the Bataan Amphibious Relief Mission, supporting Operation Unified Response to provide military support capabilities to civil authorities and to help stabilize and improve the situation in the wake of this disaster.

For more news from USS Bataan (LHD 5), visit www.navy.mil/local/lhd5/.

Comfort MEDEVACS Haitian patients to U.S. for further care

BY MC3 TIMOTHY WILSON

USNS Comfort Public Affairs

PORT-AU-PRINCE, Haiti — Five Haitians and one American travelled to North Carolina for advanced medical treatment Feb. 2 as a result of a joint U.S. military effort.

The patients were evacuated from Port-au-Prince after being released from the hospital ship USNS Comfort (T-AH 20) due to their injuries exceeding the capabilities of medical resources available in Haiti.

Lt. Cmdr. Eric Sherck, medical liaison officer aboard Comfort, regularly helps to coordinate transportation of patients like those sent to North Carolina who require advanced medical care.

"It's a daily process we constantly re-evaluate and

it seems to be working," Sherck said. "The patients we are sending may require some length of care, but the cases we are picking are individuals that will be able to return to Haiti as fully functioning individuals in their society."

Before any decision is made to convey Haitians to the United States, doctors aboard Comfort review each case and determine the best location for treatment. If possible, medical treatment is provided on board Comfort. If not, there are a number of medical care centers waiting to lend a helping hand.

"Medical facilities in the U.S. are volunteering services after seeing patients on the news," Sherck said.

The amount of peo-

ple who require care is massive and Haiti needs additional help, said Air Force Lt. Col. Christle Shavers, chief of patient movement team at the Port-au-Prince airport. She added that the U.S. military is here to help facilitate the process of healing.

With the numbers of patients requiring advanced care, facilitating them remains a task requiring a great deal of detailed planning and concentration.

"(Recently) we did not have patient movement for two days because we were trying to find different locations to receive the patients," Shavers said. "The commitment the United States has pro-

vided has not changed; they are looking into more resources so we can care for these patients."

The most predominant injuries resulting from the earthquake and requiring care are complex orthopedic cases related to people being trapped in rubble. In addition, spinal fracture, burn and pediatric patients often require extensive follow-up treatment to complete the care process.

"We are giving the same level of care that we are providing to our Soldiers and Sailors when they are in a combat zone," said Navy Lt. Eric Hardy, a staff nurse on board Comfort.

The United States and

more than 30 multinational partners have banded together in Operation Unified Response to provide disaster relief to Haiti. Current estimates by Haitian officials indicate that more than 200,000 Haitians died in the 7.0 earthquake that struck Jan. 12, and another 300,000 were left injured in the wake of the devastation. In addition to medical care already provided by various agencies within the Caribbean nation, more than 2,000,000 water bottles and daily food rations have been provided to help ease the suffering of the Haitian people.

For more news about the relief efforts in Haiti, visit www.navy.mil/haiti/index.html.

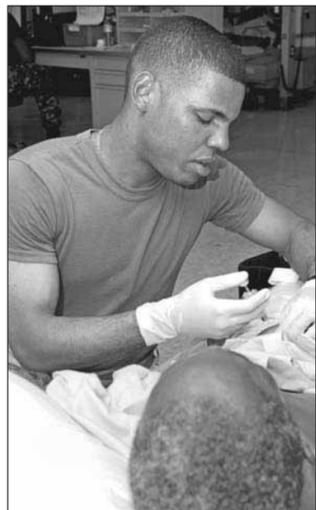


Photo by MC2 Shannon Warner

Hospitalman Christopher R. Brossard, assigned to the Military Sealift Command hospital ship USNS Comfort (T-AH 20), gives a patient aboard Comfort a shot to prevent blood clotting. Five Haitians were evacuated to a North Carolina Medical Facility for treatment beyond the scope of the ship.

Truman Strike Group participates in sustainment exercise

BY MC3 DAVID R. FINLEY

USS Harry S. Truman
Public Affairs

USS HARRY S. TRUMAN — The USS Harry S. Truman (CVN 75) and key elements of its carrier strike group (CSG) recently completed a successful sustainment training exercise (SUSTAINEX) in preparation for its next deployment.

The carrier, Carrier Air Wing 3 and destroyers were at sea from Jan. 20 - Feb. 1 to take part in the exercise which serves as a key training element for keeping the strike group trained and ready.

“After Joint Task Force Exercise (JTFEX) in September, we were completely trained up and ready to go on cruise,” said Cmdr. Chris Rankin, air operations officer. “When the deployment date slid we had to figure out a way to maintain our readiness.”

“We ran it like a mini



Photo by MC2 Kilho Par

The aircraft carrier Harry S. Truman (CVN 75) kept trained by recertifying their capabilities as they wait for deployment.

JTFEX,” said Cmdr. Joe Gadwill, strike operations officer. “We worked with other ships within our own strike group as a coalition. It’s called SUSTAINEX, because we are sustaining our readiness.”

SUSTAINEX is a recertification evolution designed to test the capabilities of the carrier strike group. It evaluates how ships work

together in a variety of tactical situations and ensures the strike group and its crew are ready for deployment.

“One of the main reasons we are out here is to get our COE [Combat Operations Efficiency] recertification,” said Gadwill.

“What COE means is the carrier and air wing are proficient enough to

operate without being in range of a divert field,” said Rankin. “A lot of the time on deployment, we are either in the middle of an ocean where a divert field is too far away or we are off the coast of a hostile land where divert fields are not available.”

The exercise calls for HST CSG to deal with real-life combat situations and

fight off simulated attacks.

“The other ships are playing simulated bad guys,” said Rankin. “They have a plan to come out and attack HST CSG. We have to engage them and actually demonstrate we can protect the ship in that kind of environment.”

Plenty of Sailors were glad to be back out to sea and felt the SUSTAINEX evolution was a great success, including Capt. Nelson Castro, chief of staff for Carrier Strike Group 10.

“First, after spending the last few years in the joint community, it’s great to be back at sea,” Castro said. “With respect to the SUSTAINEX, I was just inspired by the strike group Sailors and Marines and their efficiency, professionalism and discipline throughout the exercise.”

With the completion of SUSTAINEX, HST CSG remains fully trained and ready to deploy anywhere

in the world when called upon.

The HST CSG is comprised of the aircraft carrier USS Harry S. Truman (CVN 75), with its embarked air wing, Carrier Air Wing (CVW) 3, Commander, Strike Group 10, and embarked Destroyer Squadron 26 staff, guided missile cruiser USS Normandy (CG 60); guided missile destroyers USS Ross (DDG 71), USS Oscar Austin (DDG 79) and USS Winston S. Churchill (DDG 81).

CVW-3 consists of Strike Fighter Squadrons VFA-32, VFA-37, VFA-105 and VMFA-312; Tactical Electronics Warfare Squadron VAQ-130; Carrier Airborne Early Warning Squadron VAW-126; and Helicopter Anti-Submarine Squadron HS-7.

For more news from USS Harry S. Truman (CVN 75), visit www.navy.mil/local/cvn75/.

Gunslingers get temporarily snowed in during Nevada training



U.S. Navy photo

Members of the Gunslingers VFA-105 brush snow off a F-18E super hornet in Fallon Nevada. The Gunslingers were detached for training with Carrier Air Wing Three to increase their combat readiness.

PRESS RELEASE

Carrier Air Wing Three
Public Affairs

The Gunslingers of VFA-105 recently returned from a two week detachment to NAS Fallon with Carrier Air Wing THREE (CVW-3). Looking to refine their skills and further increase their combat readiness, the Gunslingers were met with a December snowstorm in the high desert of Nevada.

The six inches of fresh powder and single digit temperatures made flying sorties difficult during the first week, so pilots attended lectures at the Naval Strike and Air Warfare Center (NSAWC) to learn the latest tactics from the Navy’s experts.

Field personnel and VFA-105’s maintenance department worked around the clock to ensure that aircraft could be launched as soon as Mother Nature decided to cooperate.

“Despite the snow, cold weather, and freezing fog, the Gunslinger maintenance department was able to provide high quality jets for all events... which provided crucial current theater training for the pilots,” said Lt. Cmdr Greg “Dingo” Provencher, VFA-105 Maintenance Officer.

As a warm front blew through the Fallon area bringing balmy temperatures in the mid-30s, the pilots of VFA-105 took to

the skies.

The Gunslingers trained for the many missions which a Strike Fighter pilot must be proficient including Close Air Support (CAS), Air Warfare, and Large Force Exercises that integrate assets from the entire Air Wing.

The hard work and dedication of the Gunslinger ordnance division, led by Chief Warrant Officer Robert Campbell, enabled pilots to successfully

drop 61,000 pounds of ordnance on the Fallon Range Complex.

Sailors battled the cold and icy conditions while loading jets with 500, 1,000, and 2,000 pound bombs. These efforts provided the Gunslinger pilots unparalleled training opportunities to drop GPS-guided bombs, laser-guided bombs, and conventional bombs.

“The positive attitude displayed by the entire squadron while overcoming harsh conditions allowed the Gunslingers to continue to set the pace,” said Commander Max “Toto” Shuman, VFA-105 Commanding Officer.

The maintenance department’s tireless efforts enabled the Gunslingers to fly key training sorties as they continue their work-up cycle. The detachment increased the squadron’s lethality and will pay innumerable dividends as VFA-105 prepares to deploy.



USS Nassau Amphibious Ready Group, 24th MEU Depart Haiti

PRESS RELEASE

From U.S. Naval Forces
Southern Command

ABOARD USS NASSAU, at Sea — The USS Nassau Amphibious Ready Group (ARG) with embarked 24th Marine Expeditionary Unit (MEU) departed Haiti Feb. 7, continuing on its originally scheduled deployment to the U.S. Central Command (CENTCOM) area of responsibility (AOR).

The Nassau ARG includes ships from Amphibious Squadron (PHIBRON) 8: the multipurpose amphibious assault ship USS Nassau (LHA 4), the amphibious transport dock ship USS Mesa Verde (LPD 19) and the amphibious dock landing ship USS Ashland (LSD 48).

The three ships and nearly 2,000 Sailors departed Virginia Jan. 18 on a deployment to the CENTCOM AOR, but were diverted to Haiti to provide assistance to the victims of the earthquake that struck the country Jan. 12, after on-loading more than 2,300 Marines of the 24th MEU.

Air Force Gen. Douglas Fraser, commander of U.S. Southern Command (SOUTHCOM), released the ARG/MEU from the mission after assessments made from leadership of the multinational interagency effort indicated that ground-based relief efforts had drastically improved.

“Thanks to the expeditionary capabilities of the Nassau ARG with embarked 24th MEU, we were able to help the government of Haiti, UN and international relief workers mitigate the immediate impact of the earthquake on communities both near and further away from the epicenter,” Fraser said. “The ongoing contributions of U.S. and international relief organizations with extensive experience and expertise in helping nations recover from disasters has lessened the need for units with capabilities like those of the Nassau ARG and the 24th MEU, so I have released them from this mission with our utmost gratitude for their timely support to this important human-



Photo by MC2 Patrick Gordon

A landing craft air cushion (LCAC) operates next to the amphibious assault ship USS Nassau (LHA 4) off the coast of Haiti. Nassau is conducting humanitarian and disaster relief operations as part of Operation Unified Response, Feb. 4. Nassau departed Haiti on Jan. 7 to return to its scheduled deployment.

itarian mission.”

While on the ground in Haiti, the Marines of the 24th MEU were instrumental in assisting the World Food Program (WFP) in Carrefour and Maison Lecrai. WFP is conducting a targeted and systematic food distribution to the Haitian people at 16 distribution sites around Haiti.

The 24th MEU also assisted Joint Task Force (JTF) Haiti with the construction of a 250-bed interim aftercare medical facility in Port-au-Prince that will be turned over to the U.S. Agency for International Development (USAID) to provide follow-on care for convalescent patients recovering from surgeries.

Medical and dental personnel from the 24th MEU treated more than 100 Haitians on the island of Gonave. Additionally, medi-

cal personnel aboard Nassau and Mesa Verde treated 16 Haitian earthquake victims aboard shipboard medical facilities.

“I’m very grateful and blessed that I could help make a really big difference in a time of need,” said Hospital Corpsman 3rd Class Laketta Thomas of Nassau. “It means so much to me to know that I have provided care, support and understanding to those that needed help.”

Lance Cpl. Brian O. Melendez echoed similar thoughts.

“The satisfaction of being able to help here means a lot,” he said. “The Haitian people needed our help, and we were able to do a lot for them.”

The Nassau ARG/24th MEU are en route the U.S. 5th Fleet AOR to conduct theater security cooperation missions and serve

as 5th Fleet’s Theater Reserve, relieving the USS Bonhomme Richard ARG and 11th MEU.

On Saturday, two other Navy ships, USS Normandy (CG 60) and USS Underwood (FFG 36), also completed operations in Haiti. On station for a total of 21 days, Normandy and its crew delivered meals donated by the not-for-profit organization “Kids Against Hunger, over 1,000 gallons of water, and other food stuffs to towns on the Haitian island of La Gonave.

Underwood and its attached Helicopter Anti-submarine Squadron Light (HSL) 60, Detachment 1, arrived in Haiti Jan. 16 and immediately began providing support to the Naval Oceanographic Center’s critical survey, making it possible for relief ships to navigate safely in and

out of the Port-au-Prince harbor. Underwood quickly became a lifeline for relief efforts, delivering hundreds of boxes including food and water, conducting 82 lifesaving medical evacuations and transporting approximately 600 personnel.

While these humanitarian assistance assets departed the theatre, another joined the mission, as SOUTHCOM deployed a team of logistics specialists from Army installations nationwide. The Joint Logistics Command (JLC) comprises 2,000 troops that will support the movement of relief supplies from ports of entry to distribution points with landing craft, cargo handling equipment and transport vehicles.

For more news from Operation Unified Response visit www.navy.mil/haiti

BIG GAME: Sailors feel closer to home while watching game

Continued from page B1

hangar bay, games, prizes and a feast of food and drinks.

"I think it is important that the Sailors get to see things live, and I think it is important to celebrate an event like the Super Bowl, even if it's 3:30 in the morning," explained Sara Dowell, IKE's MWR director. "It is things like this that helps the crew feel closer to home."

IKE's Supply Department helped keep the tradition of Super Bowl Sunday going strong by providing buffet-style service for all the hungry fans. The mess decks were filled with a wide array of snacks including hot wings, chips, chicken nuggets and cookies.

"Setting up an MWR event like this takes a lot of coordination," said Dowell. "So many Sailors pitched in to make tonight a success. I

think everyone is ready to have a good time and enjoy the day."

Even hours before kickoff, IKE's hangar bay began filling up with Sailors who were ready to enjoy the game and take a brief respite from the long work day.

"This helps keep our spirits up while we're out to sea. It's great to be able to relax and take some time off to enjoy the game," said Logistics Specialist Seaman Matthew Morgan from the Supply Department.

As the game wound down close to 7 a.m., with the Saints topping the Colts, 31-17, for their first Super Bowl win, IKE Sailor's reported to morning quarters to share highlights of the game.

IKE is currently on a regularly scheduled deployment in support of Maritime Security Operation in the U.S. 5th Fleet area of responsibility.

MWR has two grand openings at Norfolk



Photo by DC2 Letitia M. McKelvey



Photo by MC2 Travis C. Moore

Above: FC3 (SW) Jacob Shimmin, USS Mitscher, plays a computer game at the newly opened Combat Zone located at C-9, Naval Station Norfolk. The facility is equipped with 35 state of the art head to head gaming computers with some of the newest games out there such as; Call of Duty, Fallout 3, Command & Conquer: Red Alert 3 and many more. For more information call 444-5588.

Left: The Crafttech Hobby shop has now moved to the back of Bldg. C-9 at Naval Station Norfolk. The new phone number is 445-0351. The Wood Shop (still located in bldg. P-4) is open Wednesday & Thursday noon to 8 p.m. and Saturday 10 a.m. to 5 p.m.

THE ART OF THE DEAL: FFSC teaches Sailors the costs of vehicle ownership

Continued from page B1

a car payment," She added.

The class teaches Sailors about loans and how it is a good idea to shop around for the lowest annual percentage rates, and about warranties and what to watch out for.

"If you are buying a new vehicle you already have a warranty, you won't need the extended warranty. Ford automatically offers three years, 36 month warranties, a lot of the time you can negotiate for a longer warranty."

The class also presents Sailors with the inside information on dealing with salesmen.

"You know how they go back and forth with their manager and say, 'oh, you are getting the best deal we can give you, he won't go any lower than this,'" Gamble said. "If you have done your research and know what the car

is worth you can negotiate. Remember that there is what is on the sticker and then there is what the dealership paid for it. You should only pay about one percent over what that dealership paid."

The class offers tips for getting that kind of price.

"There are Web sites that tell you what you need to know," said Gamble. "If you show up with a folder full of paperwork that you have done your homework the salesman is less likely to haggle with you."

Gamble recommends taking your time when purchasing an auto. Don't spend more than an hour at a dealership, always have a second choice for a car and be willing to walk away if the deal doesn't sound good enough.

For information on the FFSCs of Hampton Roads classes or to find a class schedule visit www.nffsp.org or call 444-6289.

It's always time for good hygiene

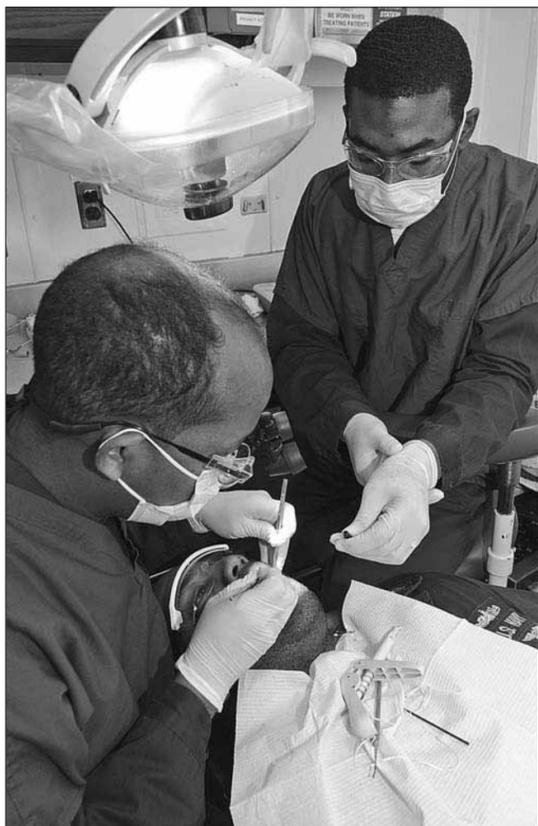


Photo by MC2 Jason R. Zalasky

Lieutenant Kasey Farah of Fairfax, Va. assisted by Hospital Corpsman Richard Williams of Avon Park, Fla. perform dental work on Interior Communications Electrician 1st Class Jason Richardson of Buffalo, NY aboard the amphibious dock landing ship, USS Ashland (LSD 48). USS Ashland deployed as part of the Nassau Amphibious Ready Group/24th Marine Expeditionary Unit (NAS ARG/24MEU) in support of Maritime Security Operations (MSO) and Theater Security Cooperation (TSC) efforts in the U.S. 5th and 6th Fleet areas of responsibility.