

# The Flagship

Serving the Hampton Roads Navy Family



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## Military Olympians: XXI Winter Olympics Vancouver 2010

BY AIR FORCE LT. COL. ELLEN KRENKE  
Special to American Forces Press Service

ARLINGTON, Va. — A Utah National Guard soldier today posted the best American finish ever in the biathlon at the Winter Olympics.

Army Sgt. Jeremy Teela, a three-time Olympian, finished ninth in the men's 10-kilometer sprint on the first day of competition in the biathlon in Whistler, British Columbia, Canada.

The previous best finish was recorded by Teela's teammate, Jay Hakkinen, who was 10th in the Torino Olympics in 2006.

Despite missing two targets, Teela's strong skiing pushed him five seconds ahead of one of Russia's top skiers.

"That's good for the ski form of Jeremy Teela," said Chad Salmela, a commentator for NBC Sports.

With this finish, Teela will start ninth in the men's 12.5-kilometer pursuit Feb. 16. He also will compete in the 20-kilometer event Feb. 18, the 15-kilometer mass start Feb. 21, and the 4x7 five-kilometer relay Feb. 26.

Earlier this season, Teela finished third in the men's 20-kilometer event in the World Cup, also held in Whistler. He was the first American biathlete to win a World Cup medal since 1992.

His U.S. teammates include Tim Burke, who finished 47th today, but medaled twice on the 2009-2010 World Cup circuit; four-time Olympian Hakkinen, 32, of Kasilof, Alaska, who finished 54th today; Lowell

Bailey, 28, of Lake Placid, N.Y., who was 36th today; and first-timer Wynn Roberts, 21, of Battle Creek, Mich.

The biathlon is a combination of cross-country skiing and rifle shooting.



U.S. Army photo by Tim Hips

Army World Class Athlete Program biathlete Sgt. Jeremy Teela of the Utah National Guard at Whistler Olympic Park in Callaghan Valley, British Columbia, Canada.



Photo by MC2 Kilho Park

An SH-60F Sea Hawk helicopter assigned to the Dusty Dogs of Helicopter Anti-Submarine Squadron Seven (HS) 7 patrols the waterways around the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75).

## Truman wins second consecutive Battle 'E'

PRESS RELEASE

USS Harry S. Truman Public Affairs

NORFOLK — Crew members aboard USS Harry S. Truman (CVN 75) were awarded a second consecutive Battle Efficiency Award Feb. 10.

Vice Adm. Thomas Kilcline, commander, Naval Air Forces (CNAF), announced the East and West Coast award winners.

One of the most coveted awards in the fleet, the Battle Efficiency Award, more commonly known as the Battle 'E,' recognizes sustained superior performance in an operational environment.

"I am proud of our Sailors each and every day," said Capt. Joe Clarkson, Truman's commanding officer. "This prestigious award reflects the commitment, dedication, and sustained pursuit of excellence of ev-

ery Sailor on board. I cannot think of a better way to recognize their battle-readiness as we prepare for our upcoming deployment."

The Battle 'E' Award is one of the few awards given in the Navy that isn't earned by one individual. Rather, it is awarded based on a point system that evaluates the performance of 14 different departments and more than 4,000 Sailors.

This marks the fifth year the Truman has won the award. The ship was also a recipient in 2003, 2004, 2005, and 2008.

The competitive cycle for the award is from Jan. 1 to Dec. 31.

"This is a monumental achievement for the ship," said Lt. Cmdr. Cheryl D. Andrea, Truman's training

See BATTLE 'E', A10



Photo by Hyunsoo Leo Kim/The Virginian-Pilot

U.S. Rep. Glenn Nye, left, meets with Navy Capt. Anthony Califano as others wait to meet Nye, who spoke at a seminar at Old Dominion University on the Post-9/11 GI Bill.

## GI Bill process can be improved, U.S. Rep. Glenn Nye says

BY PHILIP WALZER

The Virginian-Pilot

NORFOLK — The Post-9/11 GI Bill was deployed in the fall to help veterans and their relatives retool for new careers.

Yet some waited months for their federal payments and sank deeper in debt. That's got to change, U.S. Rep. Glenn Nye said.

"The program should be ready to go when the service person is ready to go to college," Nye said at a forum at Old Dominion University, Feb. 5, about the GI Bill. "It's important that we do an even better job in providing this service."

The U.S. Department of Veterans Affairs, which administers the program, must work harder to expedite payments and overcome other hurdles, such as outdated technology, Nye said.

Yet a speaker from the Navy said most glitches were the fault not of the government, but of the students or schools. Officials of local colleges said the process has caused relatively few problems and seems to be running more smoothly this semester.

The Post-9/11 GI Bill, championed by Sen. Jim Webb, D-Va., covers all tuition and fees for some recent veterans at public and some private col-

leges. In some cases, it may be used by a veteran's spouse or child. Recipients might also get stipends for books and housing.

Nye, D-2nd District, said he fielded complaints from 20 constituents, who waited several months for the housing payments.

In a letter Wednesday to U.S. Secretary of Veterans Affairs Eric Shinseki, Nye wrote: "Because the program is still not organized, veterans are being forced to apply for student loans and to accrue large amounts of personal debt as they wait for the funding to become available."

At the forum, Ann Hunter, the Navy's chief of voluntary education, said she believed hundreds of Navy personnel are still awaiting stipends from the fall. In 90 percent of the cases, she said, the problem is that the applicant has not filled out a form properly or a school has not certified the applicant's enrollment.

Hunter advised college officials to "go online to study all of the tools the VA has given you to make this work better." She told students to think twice about colleges whose counselors have a "deer-in-the-headlights" reaction to the GI Bill.

See GI BILL, A10

## Capt. Johnson presented Distinguished Sailors' Stamp portrait

Jacob Cheeks, Richmond District Manager Postal Service, presents Naval Station Norfolk's Commanding Officer Captain K.J. Johnson with a Distinguished Sailors' Stamp portrait, Feb. 12 at the C-9 Post Office. The 44-cent stamps show four sailors who served with honor and courage during the 20th Century: William S. Sims, Arleigh A. Burke, John McCloy and Doris "Dorie" Miller.



Photo by MC2 Travis C. Moore

### INSIDE:

#### MOTORCYCLE SAFETY

Oceana adds motorcycles, new course to riding program NAS Oceana makes it easier, safer for new riders to "try before they buy" a motorcycle.



A6

#### FRONT & CENTER

#### Wounded Warrior Patriots' Inn Dedicated at NMCP

The new \$5.2 million Wounded Warrior Patriots' Inn officially opened Feb. 12.



B1

#### OFF DUTY

2010 Military Spouse of the Year will be chosen from nominees across all branches of the military throughout Hampton Roads.



C1

Commander Navy Region  
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Rear Adm. Mark S. Boensel

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# Tax Assistance Centers (TAC) give Sailors free tax help

COMPILED BY FLAGSHIP STAFF

**NORFOLK** — The Tax Assistance Centers (TAC) located on Naval Station Norfolk and Oceana Naval Air Station provide free tax preparation services to service members, their dependents, retired service members and any reservists on active duty for more than 29 days.

Service members will get help from Sailors who have been given rigorous training in tax preparation and most service members who use the TAC will receive their tax refunds in as little as seven to 10 business days from the time they file.

"We do most everything, from basic interest to home buyer's credit," said Operations Specialist 3rd Class Hannah McClarin, tax preparation specialists at the TAC.

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

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

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

Service members who are deployed during the regular tax season, which runs from January to April, are given automatic extensions on filing and can go to the TACs to file their taxes upon their return home.

According to the IRS, this is what you need to bring to Volunteer Income Tax Assistance Program sites:

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

inal Social Security cards for all who use the TAC.

- Commanding officer's, executive commanding officers and command master chiefs are allowed to make an appointment and will have head-of-the-line privileges as a walk-in customer. All other service members and their dependents are served as walk-in customers only at the TAC on Naval Station Norfolk, which is located on the corner of Gilbert Street and Maryland Avenue at 1776 Gilbert St., Building B-30. It is open from 8 a.m. - 6 p.m. Monday through Friday during tax season. After tax season, they're open until 2 p.m. Monday through Friday. The TAC on Naval Air Station Oceana accepts customers by appointment only and can be reached by calling 433-2252.

While there are TACs in many parts of the country, the center located on Naval Station Norfolk is the largest on the east coast and is capable of serving thousands of service members. Because of its central location, it is ideally situated to serve all the naval bases in the Hampton Roads area.

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## THE FLAGSHIP'S LEEWARD SHOUT

# What do you plan to do with your 2009 tax refund?



OS3  
Nick Higginbotham  
USS James E. Williams

"I'm going to pay off my car and because I don't need to spend it right now, I'm going to put the rest in savings."



AZ2  
Janet Collins  
VAW 124

"I'm paying off my credit card and putting the rest into savings for a couple of vacations I want to take. I want to go to Las Vegas and Guatemala to meet my boyfriend's parents for the first time."



Ensign  
Maelina Sakaio  
USS Leyte Gulf

"I've already received my refund and I put it in savings. I'm saving to buy a house that I will hopefully buy within five years."



OS3  
Lisa Harrod  
NNSY

"I'm saving it. Later on I want to take a trip back home to St. Louis, and I'm going to use it then."



ABH3 (AW)  
Daniel Parker  
USS Kearsarge

"I'm using part of my tax refund to put a lift kit on my truck and I'm just going to have fun with the rest."



OSSR  
Alonte Williams  
USS Oscar Austin (DDG 79)

"I'm going to use my tax refund to pay off some bills like my cell phone and some car payments."

Photos by MC2 Mandy Hunsucker

## VIPIR PLANNING FORECAST



Brought to you by



# Military collaborates with Jenkins-Penn Haitian Relief Organization

BY AIR FORCE 2ND LT.  
VICTORIA BRAYTON  
JFSOCC Public Affairs

**PORT-AU-PRINCE, Haiti**  
— The combined efforts of the Joint Forces Special Operations Component Command, the Navy HM-14 squadron from Norfolk, Va., the Jenkins-Penn Haitian Relief Organization and the Salvation Army resulted in the delivery of 1000 pounds of supplies to Cap Haitien Feb. 7.

The delivery to the northern city included much-needed food, water and medical supplies such as casting materials, crutches and medicines. The Salvation Army donated approximately 600 pounds of rice and beans and the J/P HRO donated bags of rice and boxes of medical supplies to reach a total of 1000 pounds delivered.

The mission started to come together Feb. 6. Recognizing the supplies available from the J/P HRO, American actor Sean Penn's relief organization, members of the 82<sup>nd</sup> Airborne Division who are currently co-located with the J/P HRO at Petionville, Haiti, put the organization in contact with the JFSOCC. The JFSOCC members then coordinated with



Photo by MCC Robert J. Fluegel

**Hollywood actor Sean Penn helps unload medical and food supplies donated by the Jenkins-Penn Haitian Relief Organization and the Salvation Army for the city of Cap Hatien. Members of the Joint Forces Special Operations Component Command and the crew of a Navy MH-53E Sea Dragon collaborated with the J/P HRO to deliver the supplies to the northern city.**

the HM-14 squadron to facilitate the transportation of the supplies to Cap Haitien.

Although it may seem unusual for the U.S. military to work so closely with a celebrity's orga-

nization, their desire to provide humanitarian assistance and the timeline matched perfectly. The

JFSOCC had already planned a supply mission for Feb. 7, so it was easy to add in the contributions from the Salvation Army and J/P HRO.

"It's important for us to work with any organization that has the ability to meet a need," said Col. Barrett Lowe, JFSOCC-Forward deputy commander. "By working with the J/P HRO, I think we were able to show the U.S. military's flexibility in our relief operations. As a result, we were able to meet the specific supply needs for one hospital and deliver hundreds of pounds of food and water at the same time."

Members of the U.S. military were also impressed with how Penn took a direct role in this mission, working side-by-side with the rest of the unit.

"He helped load and unload the supplies with us just as if he was part of our team," Lowe said. "He actively participated and even shared part of an MRE with me."

Penn also said he enjoyed the chance to collaborate with the U.S. military to get the supplies out, adding that this experience was typical of the military support his organization has had.

"The JFSOCC efforts were stellar," Penn said.



Photo by MCC Robert J. Fluegel

**Medical and food supplies donated by the Jenkins-Penn Haitian Relief Organization and the Salvation Army are unloaded for Cap Hatien.**



Photo by 2nd Lt. Victoria Brayton

**Haitians help unload medical supplies donated by the Jenkins-Penn Haitian Relief Organization and the Salvation Army.**

# Chief earns Bronze Star for IA service in Iraq

BY AT2 MATTHEW STROUP

Fleet Readiness Center  
Mid-Atlantic Public Affairs

**VIRGINIA BEACH** — A Chief Aviation Electronics Technician (AW) John Ficke from Fleet Readiness Center Mid-Atlantic (FRCMA) Site Oceana, who served with the Joint Counter Radio Controlled Improvised Explosive Device (IED) Electronic Warfare Composite Squadron 1 (JCCS-1), Multi-National Corps-Iraq, was awarded the Bronze Star Medal Feb. 3 at Fleet Readiness Center Mid-Atlantic Site Oceana.

Supporting Operation Iraqi Freedom, Chief Ficke served an Individual Augmentee (IA) tour as the field site lead at Forward Operating Base (FOB) Kalsu, approximately 40 miles south of Baghdad, from March 14 to Dec. 19, 2009.

Prior to arriving in Iraq, Ficke had his own preconceived notions about what he might be doing as a part of his assignment. "My true passion lies in working hands-on with electronics and I really thought that I would have an opportunity to dig into the technical side of CREW (Counter Radio Controlled IED Electronic Warfare) equipment. As it was, I took on a role as a supervisor of a one-and-a-half acre maintenance facility that installed, removed and maintained CREW equipment on Army combat vehicles," Ficke explained.

Despite the intense conditions of in-theater operations, Ficke also pursued another passion of his during his down time- amateur radio. "I knew that I was going to Iraq, so before I left I petitioned the Iraqi government to be a licensed radio operator. It took about four months for them to give me a call sign, but I was eventually given one the month after I arrived in country," explained Ficke.

Under the call sign "YI9TM," he made more than 3,500 contacts in 132 countries, communicating with other amateur radio operators in places like Antarctica, Greenland, China and right back home in the United States.



Photo by Lt. Eric Quarles

After returning to Fleet Readiness Center Mid-Atlantic Site Oceana, Chief Ficke is presented the Bronze Star by Fleet Readiness Center Mid-Atlantic Commanding Officer Capt. William Bransom on Feb. 3.

"Hams," as amateur radio operators are often called, verify their contacts through the trade of QSL cards that denote information including the call signs of the stations, the date and time of contact, the mode of transmission and the radio frequency. Through the American Radio Relay League (ARRL), a nationally recognized amateur radio organization, Ficke will soon qualify for the DX Century Club (DXCC) award, for verifying contact with more than 100 "entities" around the globe. "So far I have about 90 confirmed contacts from my time in Iraq, and it is really only a matter of time as to when I hit the century mark. I can't verify the numbers but I'm quite certain that if I'm not the only American radio operator in Iraq to earn DXCC status, I'm one of a very small group of people who are," said Ficke.

It goes without saying that the



Courtesy photo

ATC (AW) John Ficke from FRCMA Site Oceana in a Humvee during his IA tour with the Joint Counter Radio Controlled Improvised Explosive Device (IED) Electronic Warfare Composite Squadron 1 (JCCS-1), Multi-National Corps-Iraq. Ficke was stationed at Forward Operating Base (FOB) Kalsu, nearly 40 miles south of Baghdad, from March 14 to Dec. 19, 2009.

mission came first during his time at FOB Kalsu, and Ficke's team of seven civilian field service representatives sustained and employed 1,500 systems at a cost of \$75 mil-

lion, installed 520 CREW systems and performed more than 2,000 periodic checks and corrective actions. In addition, Ficke took it upon himself to "enhance" the sup-

ply chain. "It took anywhere from three weeks to three months to get some of the parts that we needed in order to complete our jobs. I was qualified as a vehicle tactical commander, so I took a seat on weekly supply runs to get parts. This saved us a lot of time in getting our work done, plus it kept my mind occupied and engaged during my time in Iraq," he said.

And stay engaged he did. His award narrative notes that while, "Continuously exposed to significant risk of hostile action, he logged more than 2,500 miles during 56 Combat Logistics Patrols to expedite the fielding of systems and parts to more remote repair sites ... Chief Petty Officer Ficke fully integrated into the 172nd Infantry Brigade Combat Team Support Battalion's weekly logistical missions and performed Electronic Warfare Officer functions in a tactical setting."

Commanding Officer, Fleet Readiness Center Mid-Atlantic, Capt. William Bransom presented Ficke the Bronze Star on behalf of Commanding General, Multi-national Force - Iraq, Lt. Gen. Charles Jacoby, Jr. "It was a tremendous honor for me to present the Bronze Star to Chief Ficke, especially since it is the first time in my career that I've had an opportunity to present such a prestigious award. I feel very strongly about recognizing the achievements and sacrifices made by our IA's and GSA's around the world, and Chief Ficke's service is a shining example of the impact one person can make in such arduous conditions," said Bransom.

The presentation of Ficke's Bronze Star comes 66 years to the day that Gen. George C. Marshall petitioned President Franklin Roosevelt to authorize the Bronze Star which was authorized by Executive Order 9419 only one day later on February 4, 1944. To be eligible for the Bronze Star, a person must distinguish themselves by heroic or meritorious achievement or service in connection with military operations against an armed enemy.

# Religious Program Specialists celebrate 31 years

BY CAT DEBINDER  
National Naval Medical Center  
Public Affairs

BETHESDA, Md. — National Naval Medical Center's Pastoral Care Department celebrated the 31st birthday of the religious program (RP) specialist rating the last week of January in Bethesda.

"There has been some form of chaplain assistant since chaplains first started serving in the Continental Navy," said Chief Religious Program Specialist Jason Arsenault, leading chief petty officer of the pastoral Care Department, during his opening remarks. "The first assistants were required to have degrees in music and be skilled in choir direction."

Arsenault said over the course of time, the role of



Photo by MC1 Tiffini Jones-Vanderwyst

Finalists of the Chief of Naval Operations Shore Activities Sailor of the Year, Store Keeper 1st Class Kesha McKibben and Religious Program Specialist 1st Class Chasity M. Morales, are introduced to the official party during the announcement ceremony at the Pentagon.

a chaplains assistant has changed dramatically. During the Vietnam War, the

Marine Corps created a security for chaplains in military occupational specialty (MOS) for personal

combat. "In January 1979, the

Department of the Navy established the religious program specialist rating. Since then, RPs have served alongside chaplains at sea and ashore providing administrative and logistical support and in combat as personal security for the Chaplain Corps," he said. "Today, the Navy has nearly 900 active duty RPs stationed throughout the globe."

Capt. Roosevelt Brown, head chaplain, Pastoral Care Department, said he deeply appreciates and relies on the assistance he gets from his RPs.

"If there weren't RPs, I'm not sure I'd be a Navy chaplain," said Brown. "I don't know what chaplains did before RPs."

NNMC's Deputy Commander Capt. Daniel Zinder spoke of the many services

the RPs provide in the combat setting.

"They are so much more than a body guard to the chaplains in combat," he said.

Religious Program Specialist 1st Class Myesha Booker, who works in the Pastoral Care Department, read a letter written by the Chief of Chaplains Rear Adm. Robert Burt.

"The ministry of the Chaplain Corps could not be done without you. Your commitment, dedication and professionalism whether on board ship, on the battlefield, or ashore, have made you an invaluable member of the Religious Ministry team," Booker read.

For more news from National Naval Medical Center, visit [www.navy.mil/local/nmmc/](http://www.navy.mil/local/nmmc/).



Photo by MC3 Matthew Patton



Photo by Marine Sgt. Brian A. Tuthill

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

Left: Seaman Aria Roberson, assigned to the Religious Ministries Department aboard the aircraft carrier USS Nimitz (CVN 68), prepares a Roman Catholic Mass.

# NAS Oceana adds **MOTORCYCLES,** new course to riding program

BY CATHY HEIMER  
*Jet Observer*

With the addition of a new motorcycle course and five “loaner bikes,” the Safety Department at NAS Oceana has made it much easier for new riders to “try before they buy” a motorcycle and complete the required Basic Riders Course in the process.

Oceana was one of four bases in the Navy Region Mid-Atlantic to obtain funding for the motorcycles for use by novice riders during the new combination class, “Learn to Ride/Basic Riders Course,” added before Thanksgiving at Oceana. Also purchasing the trainer bikes were Naval Station Norfolk with 12; Naval Weapons Station Yorktown with two and Joint Expeditionary Base Little Creek – Fort Story with five.

The bikes are also available for use during the Basic Rider Course, which is mandatory for all active duty riders and has been offered at Oceana since its inception. Oceana has also been offering the Military Sport Bike Course since the opening of the new training range a year ago, located behind building 531.

The new motorcycles at Oceana include four sport bikes and a cruiser — all 250cc Hyosungs. Sport bikes put riders in a more aggressive, forward-leaning stance, making their center of gravity lower to the bike and giving them more motorcycle control at higher speeds. Cruiser riders sit in a more comfortable, upright position, better for longer distance riding.

“These bikes help riders get through the course the right way. If you’re just learning or you’re not sure if you want to learn ... these bikes will integrate riders into the system,” said Traffic Safety Trainer Kristen Montejo from Cape Fox Professional Services, the company contracted to teach the motorcycle safety courses

**Kia Sligh, a rider in the Learn to Ride/Basic Rider Course completes one of the drills on the Hyosung 250cc bikes she borrowed to complete the course.**



Photos by Harry Gerwien/Military Newspapers of Virginia

**Riders in the Learn to Ride/Basic Rider Course wait for directions on their “loaner bikes” during the Jan. 29. The NAS Oceana Safety Office has added five new training Hyosung 250cc bikes and the new course to their schedule in order for potential riders to “try before they buy,” a motorcycle.**

throughout the Navy Mid-Atlantic Region.

“Having the bikes and this course is mishap prevention,” explained Oceana’s Safety and Occupational Health Manager Debbie VanBuskirk.

“I would prefer that someone learn to ride and see if they can actually handle a bike before they go and buy something and get into an accident,” she said.

During the winter months, the combination course is offered once a month but both VanBuskirk and Montejo expect as the weather warms up, demand for the class will increase and it will be offered more often.

But the cold weather hasn’t stopped riders from signing up for the course, with the most recent one concluding Jan. 29. While class size normally is about half of what is expected during the spring and summer, riders still braved cold temperatures and biting winds for the opportunity to complete the course.

As riders went through the various drills around the training range on Jan. 29, which included looking right, looking left, cornering and braking, the loaner bikes provided them with a feel for what they will experience when they do purchase their own motorcycles.

IT1 (EXW/SW) Terrence Robinson was one of three riders on loaner bikes during the most recent class at Oceana. He was one of six riders in the class, which could accommodate 12 riders maximum. Wanting to gain more knowledge about riding, he

took the course using the Hyosung before purchasing his own bike, which possibly could be a sport bike. Although he rode many years ago, it’s been such a long time ago that he sees himself as a brand new rider.

Learning about turning, braking, speed and downshifting on the trainer bike was beneficial to Robinson. “The military provides [a bike] and that way you’re not going out and buying a new bike without understanding what you’re doing,” Robinson explained.

Another benefit to Robinson was that “if you drop this bike, you’ve already got the instruction on what to do if you drop your own bike.”

But attendees in the combination course don’t have to be novice riders. AWRCS (AW/SW/NAC) Scott Montejo, Kristen’s husband, took the class on his 1999 Harley-Davidson Road King to re-qualify to become an instructor for the state of Virginia. Riding for 20 years, the senior chief, stationed at the Center for Surface Combat Systems Dam Neck, feels it’s always good to get a refresher on the basic skills.

The senior chief recommends either the combination course or the BRC for everyone, including those more senior in rank, who may have been riding for a long time. “They should go to the course to hone their skills,” he strongly suggested.

In order to become an instructor, he’s required to take the course as a student, teach the course under supervision and maintain the qualifications by teaching at least one class per quarter. He will be eligible to teach courses at community colleges or for any adult education programs.

While he enjoys teaching new riders because “I want to pass my skills, knowledge on,” the senior chief admits to another reason for becoming an instructor. “I call ‘self-preservation.’ If you can ride better, the road’s safer for me.”

# USS Ronald Reagan Sailors honor namesake's birthday

BY MC3 ALEXANDER TIDD  
 USS Ronald Reagan (CVN 76)  
 Public Affairs

**SIMI VALLEY, Calif.** — Fifty Sailors from USS Ronald Reagan (CVN 76) attended the celebration of former President Ronald Reagan's 99th birthday Feb. 6 at the Ronald Reagan Presidential Library and Museum in Simi Valley, Calif.

The ceremony paid tribute to the life and accomplishments of the late president with a 21-gun salute by the Marine Corps Honor Guard from Camp Pendleton and a wreath laying by Capt. K.J. Norton, Ronald Reagan's commanding officer, and Ship's Serviceman 1st Class (SW/AW) Angel Escribano, Ronald Reagan's Sailor of the year.

"All of us on board USS Ronald Reagan take immense pride in being part of the president's living legacy," said Norton. "We're all honored to be here today to celebrate his memory."

"He gave me the image of the model of all that a leader could be," remarked former U.S. Senator Elizabeth Dole, the secretary of transportation under Reagan. "He was determined and kind in that very American combination. He had a spine of steel and a heart of gold and we loved him for both."

Ronald Reagan Sailors felt honored to participate in the birthday ceremony of their ship's namesake.

"Being able to lay the wreath on Ronald Reagan's tomb was a surreal moment for me," said Escribano. "He was a great man who accomplished so much. Strong leaders are few and far between, and it's only fitting we pay tribute to him."

Melissa Giller, Ronald Reagan Presidential Library director of communications, said it was a fitting tribute having Sailors from Reagan's namesake ship present at the ceremony.

"It meant a lot to the library foundation to have Sailors from USS Ronald Reagan present at this ceremony," said Giller. "They exemplify 'Peace Through Strength.'"

The motto "Peace Through Strength" was a recurring theme throughout President Reagan's presidency.

"Ronald Reagan commissioned more aircraft carriers than any other president," said Escribano. "He made a larger contribution to America's fighting force and global

presence than perhaps any of his predecessors. Our Navy owes him a debt of gratitude, and we're happy to live up to that."

At the culmination of the ceremony, Norton and Escribano laid a wreath on President Reagan's tomb. Escribano said there was a positive undertone to that somber moment as he thought of the life and presidency of America's 40th president.

"Ronald Reagan's life and achievements shouldn't fall by the wayside," said Escribano. "It's our duty to help preserve his memory any way we can."

*For more news from USS Ronald Reagan (CVN 76) – Ronald Reagan Strike Group, visit [www.navy.mil/local/cvn76/](http://www.navy.mil/local/cvn76/).*



Photo by MC3 Briana C. Brotzman

USS Ronald Reagan Sailors honored the former president and ship's namesake by attending a birthday celebration at the Ronald Reagan Library and Museum.



Photo by MC1 Geronimo Aquino

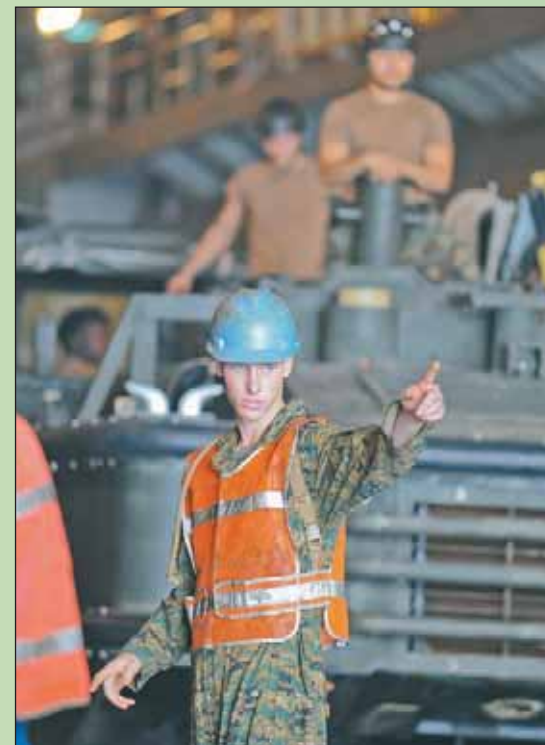


Photo by MC3 Taurean Alexander

Seaman Kevin Harris, from Drew Miss., counts Marines as they board a landing craft utility from the well deck of the forward-deployed amphibious assault ship USS Essex (LHD 2) during Cobra Gold 2010. Cobra Gold is a joint and coalition multinational exercise held annually by the Kingdom of Thailand.



BY MC2 (SW) MATTHEW A. EBARR  
USS Essex Public Affairs

**GULF OF THAILAND** — The forward-deployed amphibious assault ship USS Essex (LHD 2) arrived off the coast of Thailand Feb. 1 to take part in exercise Cobra Gold 2010 (CG 10).

Cobra Gold is an annual, multinational exercise co-sponsored by the United States and the Kingdom of Thailand. This is the 29th iteration in the series and marks the 177th anniversary of U.S.-Thai relations.

"I'm looking forward to working with the Royal Thai Navy and Marines. They're one of our longest-standing allies in Asia, and this is a great chance to exchange ideas and examine other ways of doing business," said Capt. Don Schmieley, Commander, Amphibious Squadron Eleven (PHIBRON 11). "Through conducting operations together, we get to know one another. When you're called upon and you know who you're working with, it makes it that much easier to come together to get the job done."

Essex has the 31st Marine Expeditionary Unit embarked and is operating with the amphibious transport dock ship USS Denver (LPD 9), dock landing ship USS Harpers Ferry (LSD 49) and the guided-missile cruiser USS Shiloh (CG 67). The group is operating with military personnel from Thailand, Singapore and the Republic of Korea. The exercise aims to demonstrate the ability to rapidly deploy a joint task force to conduct combined operations at sea and ashore, and will feature a field training exercise.

"This exercise will help the entire amphibious ready group team to continue to refine our skills, not just with ourselves, but also the Thai forces," said Capt. Troy

Hart, Essex's commanding officer. "We have Thai officers aboard Essex working with our staff, and the Marines will operate with their Thai counterparts ashore during this exercise. This is an excellent training opportunity in every respect."

During the exercise, Essex will conduct naval maneuvers and training evolutions with the Royal Thai Navy and a Republic of Korea ship. One such event will be a non-combatant evacuation operation (NEO), which is designed to improve Essex's ability to combine with partner nations to evacuate large numbers of civilians from threatening conditions due to a natural disaster or other catastrophe.

Additionally, multinational forces will collaborate in a full-scale, simulated amphibious assault. U.S. and Thai Sailors and Marines will conduct multi-phase operations in unison, demonstrating amphibious interoperability. For one Essex Sailor, the evolution will provide a chance to play a vital role with his countrymen.

"In addition to my duties as a watch supervisor in combat, I'm going to serve as a translator," said Operations Specialist 2nd Class (SW) Warachard Warakanbancha, a native of Bangkok. "I like helping in any way that I can, and for me, this is going to be a very personal thing since I will be able to help out both nations. The United States and Thailand have a lot to offer one another, and I'm glad to be a part of something that demonstrates that."

The Essex Amphibious Ready Group reports to Commander, Amphibious Force Seventh Fleet, Rear Adm. Richard Landolt, and is headquartered in Okinawa, Japan.

For more news from USS Essex (LHD 2), visit [www.navy.mil/local/lhd2/](http://www.navy.mil/local/lhd2/).



Photo by Lt. Cmdr. Denver Applehans

Republic of Korea amphibious assault vehicles release a smoke screen before hitting the beach during a Cobra Gold 2010 amphibious landing demonstration at Hat Yao Beach.



Photo by Lt. Cmdr. Denver Applehans

Simulated evacuees board a CH-46E Sea Knight helicopter during a Cobra Gold 2010 non-combatant evacuation demonstration.



Photo by MC1 Geronimo Aquino

The amphibious assault ship USS Essex (LHD 2) leads U.S., Thai and Korean ships in formation during Cobra Gold (CG) 2010.



Photo by MC2 Greg Johnson

Royal Thai Marine Corps Sgt. Beom Kim stands watch as U.S. Marines assigned to the 31st Marine Expeditionary Unit (31st MEU) and Republic of Korea Marines review a map during a simulated amphibious assault during Cobra Gold 2010.



# Navy COOL recognized for credentialing initiatives

BY GARY NICHOLS

Center for Information Dominance Public Affairs

**PENSACOLA, Fla.** — Navy Credentialing Opportunities On-Line (COOL) is one of several Navy wide programs that helped launch the Navy into a lofty 17th place ranking in Training Magazine's prestigious "Training Top 125" list for 2010 during an awards ceremony Feb. 1 at the San Diego Convention Center.

The "Training Top 125" is an annual list, which honors corporations and organizations that offer outstanding employer-sponsored workforce training and development.

This is the ninth time Training Magazine has produced its "Training Top 125" and the first time the Navy applied for and made the cut. In fact, this is the first time any military service has been included on the list.

"We get a significant number of newcomers that apply each year," Training Magazine Editor-in-Chief Lorri Freifeld said, "but it's unusual for an organization come in that high on the list."

That recognition helped the Navy join the ranks of prestigious, well-known and highly successful corporations that include Microsoft, Verizon, Best Buy, MasterCard, McDonald's, Delta Airlines UPS and Home Depot.

"The Navy had really great training programs," Freifeld said.

One of those programs is Navy COOL, which stood up at the Center for Information Dominance (CID) Corry Station in Pensacola, Fla., in 2006 and has become a widely sought-after program for both Sailors and civilians who are thinking of becoming Sailors.

Navy COOL is a centralized, Web-based hub that consolidates information from numerous sources at the federal, state and local levels on certifications, licenses, apprenticeships and growth opportunities that correspond with each Navy rating, job and occupation.

Navy COOL provides funding for Navy enlisted personnel to obtain civilian licenses and certifications that are closely aligned to Navy jobs or ratings.

"Credentialing within the Dept. of Navy is a relatively new concept but is paying huge dividends for our Sailors who have used the program," said Navy COOL Program Supervisor Sam Kelley.

"I am extremely proud of the outstanding work performed by our Navy COOL team," CID Corry Station Commanding Officer Capt. Gary Edwards said. "They have done an abso-



Navy COOL was recognized by Training Magazine in their 'Training Top 125' honoring corporations or organizations that offer exceptional workforce training and development.

lutely great job of ensuring that each and every Sailor in the Navy can improve personally and professionally by having an opportunity to earn certifications."

Kelley said his team cross-linked every Navy specialty or rating with Department of Labor equivalent and ensured the Navy offered at least one civilian certification to each job within the Navy.

The end result of the pursuit of a civilian certification is that the Sailor's individual professional knowledge and skill-set usually increases due to the extra preparation time required for certification examinations and ongoing maintenance of that certification.

"These additional skills may not necessarily be performed or taught in the Navy's formal training pipeline," Kelley said, "but are skills performed by the Sailors' civilian counterparts. The real benefit to the Navy is having a Sailor with increased individual proficiency as a result of gaining and maintaining additional industry-recognized skills."

"We looked at a lot of factors both quantitatively and qualitatively," Freifeld added. "The training the Navy conducts wasn't just for fun or because it was nice to have. The training really helps the Navy strategically and it has demonstrable results."

For example, Navy COOL reports more than 2,800 Sailors have reenlisted, which have been directly attributed to them taking advantage of Navy COOL. According to Kelley, the return on investment or "cost avoidance," since the Navy kept these Sailors instead of losing them to the civilian sector, to date has exceeded \$280 million.

Perhaps just as impressive is the high pass rate of 96 to 98 percent for voluntary licenses and certifications among Sailors, compared to the national average pass

rate of 75 to 80 percent.

"This tells us the program is exceeding all expectations," Kelley added. "This program is a definite win for the Sailor, the Navy and the civilian Department of Labor workforce."

With a staff of more than 700 military, civilian and contracted staff members, CID Corry Station oversees the development and administration of more than 225 courses at 17 learning sites throughout the United States and in Japan. CID Corry Station provides training for more than 16,000 members of the United States Armed Services and allied forces each year.

For more information visit the official Navy COOL Web site at <https://www.cool.navy.mil>.



## Military Saves event

**VIRGINIA BEACH** — As part of Military Saves Week, the Joint Expeditionary Base Little Creek – Fort Story Fleet & Family Support Center will host Financial Flurry, Make it Rain liberty event. The event will be held at the Foc'sle on JEB Little Creek on Feb. 23 from 11 a.m. - 1 p.m. Corrine Vaughan from the Virginia Attorney Generals Office will speak about identity theft, consumer scams and other computer crime related topics that affect Virginians.

The Military Saves Campaign is an ongoing campaign promoting wealth building messages for military, DoD and family members to set savings goals, increase debt payments and participate in financial education programs including ID theft prevention that will enable them to become and remain financially fit throughout their lives.

The event will include a free lunch, a chance to win a \$25 saving account, and a visit from the Shred-It Truck. The Shred-it Truck will be available to destroy documents such as old mail, tax forms, and personal documents that should not be thrown in the trash.

The chance to win \$25 savings account is part of a Scavenger Hunt. Forms for the scavenger hunt can be picked up at the FFSC in building 3129. They will need to be returned by 3 p.m. on Feb. 22. The winner will be announced at noon during the event.

To get started on your journey to Build Wealth, Not Debt, visit [www.militarysaves.org](http://www.militarysaves.org) and take the saver pledge. For more information about the event call 462-7563.

# BATTLE 'E': Truman Sailors awarded 2nd consecutive Battle Efficiency Award

*Continued from page A1*

officer. "Twelve out of the 14 departments on board Truman earned their respective departmental awards."

The better each individual department scores with regards to their qualifications, the higher the marks they receive. The higher the departmental score, the better the overall average score for the ship. The ship's score is computed and compared to other operational carriers on the east coast and the vessel with the best score wins the prestigious honor of calling themselves a Battle 'E' recipient.

Boatswain's Mate 2nd Class Kevin P. Neatrou, aboard Truman for both 2008 and 2009 Battle 'E' awards, expressed his personal satisfaction.

"Having the awards placed on prominent display on 0-10 level of the aircraft's "island" means a lot to us," said Neatrou.

"Anyone walking the pier on the way to work only has to look up at the island – it is a daily reminder of what we are capable of."

As Truman prepares for deployment later this year, Sailors expressed their confidence in their ability to accomplish whatever mission Truman is assigned. "It feels great to join a ship that has such a strong reputation," said Seaman Jason S. Kowalski, who joined Truman's deck department in Dec. 2009. "It gives me the motivation to keep this tradition going."

Rear Adm. Patrick Driscoll, commander, Carrier Strike Group 10, offered congratulations to the crew.

"The skill and determination of every Sailor aboard Harry S. Truman has made a direct contribution to the success of the Carrier Strike Group 10 team and ensured we are ready to deploy when ordered," said Driscoll.



Photo by Cherie Cullen

**Defense Secretary Robert M. Gates speaks with Greta Van Susteren, host of the Fox News program "On the Record with Greta Van Susteren," during an interview in Rome.**

## 'Don't Ask, Don't Tell' repeal demands study, Gates says

**BY DONNA MILES**  
*American Forces Press Service*

**WASHINGTON** — The Defense Department's review of the "Don't Ask, Don't Tell" law, which bans gays from serving openly in the military, will help to ensure readiness and unit cohesion remain intact if Congress repeals it, Defense Secretary Robert M. Gates said in an interview aired last night.

Gates also discussed the close cooperation he and Secretary of State Hillary Rodham Clinton have forged between their two departments during an interview with Fox News Channel's Greta Van Susteren, conducted last week as he visited Rome.

Expressing his personal support for a repeal of the "Don't Ask, Don't Tell" law – support shared by Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen – Gates emphasized the need for a full review to ensure it's done right if it happens.

"This is a force that's been under stress for eight years, been at war for eight years," he said. "And I don't want to do anything that makes the situation more difficult for those men and women in the fight."

Gates conceded that some consider the review a stalling tactic, but he called it critical to the process.

"The review that I am launching is to help inform the legislative process of some facts about the attitudes of our men and women in uniform, what they think about a change in the law, [and] what their families think," he said. "The truth is, we don't have any facts."

The ramifications go beyond the level of acceptance within units, the secretary explained. "We need to understand all of the different things that have to be dealt with in terms of housing and

benefits, and regulations and fraternization rules, and conduct and training, and so on," he said.

This way, if Congress does change the law, "we can inform that process and offer some suggestions on mitigation if there are going to be negative consequences so we can figure out how to mitigate those consequences," he said.

"And if the law is passed," he added, "then we're in a much better position to be able to go forward and implement those changes in a way that doesn't undermine unit cohesion and readiness."

Gates emphasized the need for a careful, deliberate process.

"The military culture is a very strong one. It's a very different culture than a civilian culture," he said. "These people do not have choices about who they associate with. They can't just up and walk off the job if they don't like somebody that they're working with. And so we have to take all that into account."

Turning the discussion to enhanced Defense-State cooperation, Gates said the tone he and Clinton are setting at the top will affect both agencies so they're better able to partner to address challenges and threats.

The goal, he said, is to use all elements of the inter-agency process to prevent conflicts from happening in the first place so U.S. troops don't have to take action.

"So building the capabilities, both civilian and military, of governments around the world who are our friends and partners, is key," he said. "And we've got to cooperate to do that."

Gates pointed to the way former U.S. Ambassador to Iraq Ryan C. Crocker and Army Gen. David H. Petraeus, when he was commander of Multinational Force Iraq, worked together toward shared goals in Iraq.

"I think Ph.D. dissertations should be written about the relationship between Ambassador Ryan Crocker and General David Petraeus, because it is a model of a relationship between the senior civilian and the senior military officer," Gates said.

# GI BILL: U.S. Rep. Glenn Nye says Post-9/11 GI Bill process can be improved

*Continued from page A1*

Officials at ODU, Tidewater Community College and ECPI College of Technology, which enrolled hundreds of beneficiaries, said in interviews that students were not penalized

by the delays.

TCC did not receive some tuition payments until the end of the fall semester, but "we allowed them to be enrolled, knowing the moneys would come in eventually," said Phyllis Milloy, the vice president for finance.

The housing stipends go directly to students. Andrea Dance, an assistant registrar at ODU, said some students told her that they received those before the university got the tuition payments.

Both said the VA de-

partment was processing requests more quickly this year. "Everything was new last semester," Dance said. "This semester they really have made a lot of effort to try to make things better."

The department's Web site said it had processed claims for 141,580 students for the spring, as of Thursday.

A department official had been scheduled to speak, but the storm prevented him from coming, said Lawrence Dotolo, president of the Virginia Tidewater Consortium for Higher Education, the forum's sponsor. A call to the department's media office in Washington was not returned Friday.

For more information, go to [www.gibill.va.gov](http://www.gibill.va.gov).

*Editor's note: This story originally ran in The Virginian-Pilot on Feb. 6. You may contact the writer, Philip Walzer, at 222-3864 or by e-mail at [phil.walzer@pilotonline.com](mailto:phil.walzer@pilotonline.com).*

# FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

February 18, 2010

## The online, offline predators

### FFSC teaches Sailors how to make themselves more identity theft-proof



BY MC1 (AW) TIM COMERFORD  
Staff writer

**VIRGINIA BEACH** — Fleet and Family Support Centers (FFSC) want Sailors to know the predators that can steal identities aren't always on the internet, in fact, they can be much closer. That is why the FFSC offers Identity Theft Protection classes to Sailors and their families each quarter.

Sailors should be concerned with Identity Theft. A report by Javelin Strategy and Research shows that in 2009 the reports of identity fraud rose to more than 11 million.

"Identity theft is really rampant. A lot of times people think identity theft is done by someone you don't even know. A lot of cases where there has been identity theft, it has been from people who know them," said Lisa Clark, Financial Educator Joint Expeditionary Base Little Creek FFSC. "I had a case one time where a service member came in — they had gotten a copy of their credit report and there was information on there that they had no knowledge of. They started making phone calls and they found out that it was when they were going to high school. It ended up being their mom. Mom had taken his identity because she didn't have good credit and she couldn't get anything in her name so she used his name to get a credit card."

Protecting your identity can be as easy as keeping track.



"We teach service members to verify their transactions when they receive statements. Make sure everything is okay with their accounts, save their receipts and keep good records," Clark said. "We also recommend that they get their free credit report. Each of the credit report agencies allow one free credit report. A service member can get a credit report from Equifax, then three months later get one from Experian and then three months later get one from Trans Union so you are getting one every quarter. By the time you get the third one, you are ready to get your Equifax one again."

Some simple things assumed to be harmless can be ways for an identity to be stolen.

See THIEVES, B7

## Wounded Warrior Patriots' Inn dedicated at NMCP

BY REBECCA A. PERRON  
NMCP Public Affairs

After a dedication ceremony in Naval Medical Center Portsmouth's Chapel and a cake and ribbon cutting, the new \$5.2 million Wounded Warrior Patriots' Inn officially opened Feb. 12. The inn's proximity to the medical center will ease Wounded Warriors' transition to outpatient care following their stay in the hospital.

The new facility includes a transitional living area of 13 private rooms with queen-sized beds designed like hotel rooms rather than hospital rooms. Each room features a wheelchair-accessible private bath, a desk with a computer connected to the Internet and a flat-panel television. Each room is accessed by a plastic key card, just like in a hotel.



Photo by MC2 (SW/AW) William Heimbuch

Lance Cpl. Bronson Bell, Gunnery Sgt. Ernest Aguayo, Deputy Surgeon General and former NMCP Commander Rear Adm. Thomas R. Cullison and NMCP's Deputy Commander Capt. Craig Bonnema cut the cake dedicating the Wounded Warrior Patriots' Inn with a Marine Corps sword. Bell and Aguayo are recovering from war injuries at the medical center and are members of the Wounded Warrior Battalion there.

The inn includes sustainable furnishings and finishes such as bamboo floors and products made with recycled content. The draperies, linens, art and wall colors are coordinated to provide a

soothing, restful atmosphere.

It is a place for care, comfort and support for Wounded Warriors of any branch of service.

"Today we have opened the Patriots' Inn so our Wounded Warriors have a place to stay for extensive outpatient care," said Deputy Surgeon General and former NMCP Commander Rear Adm. Thomas R. Cullison during the dedication ceremony. "It is extremely important to take care of our patients and their families. With this center, we can do so much better than before."

The complex occupies the entire 7th floor of Building 3. On one side, the inn occupies more than 5,200 square feet, and includes a lounge, small kitchen and a laundry area. The other side houses administrative spaces occupying more than 13,200 square feet.

This is where service members have access to all of their benefits: Administrative spaces house fleet liaison offices, disability counselors, Veterans Affairs representatives, Navy Safe Harbor members, Naval Legal Service Office representatives, medical board personnel and exam rooms. With everything centrally located near the living area, service members will have the support they need to transition from inpatient to outpatient care as they prepare to return to active service or separate from the military.

"We realized that while some of these service members have debilitating, life-changing injuries, those Marines staying at the inn would best be served by Marine leadership as they have access to

See WOUNDED, B7

## SOY embodies role model, mentor



Photo by MC2 Mandy Hunsucker

Commander Navy Region Mid-Atlantic (CNRMA), Rear Adm. Mark S. Boensel emphasizes his appreciation of Sailor of the Year, Yeoman 1st Class Elise Jewett's work while she has been stationed at CNRMA Headquarters.

BY MC1 (AW) TIM COMERFORD  
Staff writer

Yeoman 1st Class Elise Jewett does not tower over people. She doesn't draw every eye with her overpowering presence as she walks into the room. She can't recite the Bluejacket's Manual forward and backward from memory. She sees herself as a normal Sailor except for two qualities. She has an ex-

ceptional work ethic and she is a constant state of challenging herself.

She grew up in Massachusetts and knew what she wanted to do before graduating high school.

"I was in the DEP (Delayed Entry Program) before I graduated," Jewett said with her soft Boston accent. "I didn't know what I wanted to do with my

See JEWETT, B7

## Admiral Harvey administers Boy Scout Oath and Law

BY MC1 (SW/AW) BLEU MOORE  
U.S. Fleet Forces Command  
Public Affairs

**NORFOLK** — The commander of U.S. Fleet Forces Command (USFF), administered the Scout Oath and Law to assembled Scouts and Scouters during Boy Scout Troop 24's celebration of the Centennial of Boy Scouts of America (BSA) at Larchmont United Methodist Church on Feb. 9.

Adm. J.C. Harvey Jr. was a fitting choice for the ceremony as he is an Eagle Scout. He said he gained interest and dedication from his father, who was also an Eagle Scout. Harvey was a member of Troop 35 in Baltimore.

"It's all about the team - this is all about how you achieve the collective goal, not the individual," said Harvey. "Look to your left and your right and see how you can help your Scoutmasters and your troop achieve the goals they have set for themselves."

Troop 24 was chartered by Larchmont United Methodist Church in April, 1917. It is the oldest continuously active Scout troop in the Tidewater Council, which includes 200 troops in South Roads and parts of North Carolina. There are more than 840,000 Boy Scouts in 41,600 Troops across America.

"This is both an honor and a challenge," said Robert Paul, the Troop's Senior Patrol Leader. "It's great to me that people recognize that I have the ability to lead people, but there is also an expectation that I will always do my best to do that."

"To have Admiral Harvey, who is an Eagle Scout and a high ranking Navy officer, come here tonight was pretty neat," said Chris Melhuish, Scoutmaster of Troop 24. "He followed in his father's Scouting footsteps. To take the time out of his busy schedule to be with America's future leaders has made a huge impression on

See SCOUTS, B7

# SPOUSE SPEAK! TIP of the week

## What mode are you in?

BY LINDA PORT

Continuum of Resource Education  
CMC Spouse Committee member

Along with the unique challenges that military life presents to us, we deal with many of the same issues that are handled by every other American family except that we face some of them more often or unexpectedly.

The word 'issue' has a couple of meanings for those in the service. Of course 'government issue' or 'standard issue' refers to the gear that is issued, or provided, to our Sailors to safely and properly do their jobs. However, if you look the word up in a dictionary, one of its descriptions is listed as 'A situation that presents difficulty, uncertainty, or complication'. Essentially, an issue can sometimes be described as a problem to be faced or solved. How ironic that many of our issues are issued to us by the Navy.

In some ways we may be more fortunate than civilian families. The nature of the military community as a whole has the tendency to reach out when they can to help others along their journey with a bond of compassion and empathy. The Navy has programs and instructions in place to assure that necessary information and assistance is available for nearly every issue we face that is a result of or directly caused by our Sailors military orders or service. When you find yourself in unfamiliar territory, other military families skip a lot of the preliminary getting to know you stages and often dive right into asking

what you need or telling you what they can do to help.

My mind stashes issues I am presented with into their own little categories, each with its own specific mode of attack for a solution or plan of action. Kind of like my 'mode of operation'. I personally have three different modes most things fall into; Speculation, Planning and Execution.

It seems we are always anticipating something. Maybe it's time for your Sailor to be considering a new set of orders. Perhaps their ship is in the work up stage before a deployment or the Squadron is on a detachment and you are counting down to homecoming. More imminent might be a PCS in the coming weeks or days or a due date to prepare for.

I find Speculation to be the most frustrating mode to be in. Oh, it can be fun at first. It is filled with the big picture 'what if's and dreams of where you might go and hoping for what jobs or new experiences might be ahead. I tend to get a little carried away and sometimes forget that I might set myself up for disappointment when my best case scenario might not pan out. I find it tough to turn off the wondering, and yes, I will admit to sometimes becoming obsessed with my hopes and all the little tangents that branch out from them. Eventually I become exhausted by the process and just wish for the orders or the answer to what ultimately will be so that I can just move on to planning.

Planning is so much more tan-

gible to me. I am not just sitting at point 'A' wondering where point 'B' is. Now I know where I am going or what will happen and can plan for the journey and what I need to do to get there or get through a deployment or transition. Lists can be made and information can be gathered to prepare my family and myself for the changes and events to come. It is very satisfying to get all of your ducks in a row and know that you have tied up the loose ends and prepared for what will happen.

Execution of the plan is my favorite mode. Finally, whatever the issue was and whatever challenges you had to face, you have now dotted the I's, and crossed the T's and checked all the boxes. One way or another you complete the task. Your Sailor may have returned, you have finally sold the house, or maybe the garage is finally clean. Whatever your issue was, for better or worse, it is finally over and done.

No worries though, not all issues are problems, and not all problems are bad. Difficulty, uncertainty and complication often are all overcome. Life is just a string of issues. What mode are you in?

*Linda Port is a Navy Wife of 23 years. She currently volunteers with COMPASS, C.O.R.E. and her base Chapel. She was the 2007 Hampton Roads Heroes at Home Spouse of the Year and was personally awarded the Presidential Call to Service Award by President George W. Bush.*

## Tax tips for military members

COURTESY OF USAA

Life in the military can demand sacrifices – some personal, some financial. But in many cases, Uncle Sam recognizes those hardships and offers special privileges to compensate. When it comes to paying taxes, for example, military members can claim a host of tax advantages that aren't available to civilians. Here are a few to keep in mind:

### Combat pay perks:

**Tax Freedom** - If you serve in a combat zone as an enlisted person or as a warrant officer for any part of a month, all of your income received during that time is exempt from federal taxes. For officers, the monthly exclusion is capped at the highest rate of enlisted pay, plus any hostile fire or imminent danger pay received. Iraq, Afghanistan and Kosovo all qualify as combat zones.

**Savings Potential** - Tax-free pay can provide a great opportunity to save extra money or reduce debt. In fact, IRS rules allow tax-free combat pay to be used for contributions to an Individual Retirement Account (IRA). Since your IRA can grow tax deferred until you withdraw the money, the larger contributions today can provide a real savings boost over the years. You can make a 2009 IRA contribution and a spousal IRA contribution until the April 15, 2010, tax filing deadline, plus any applicable extensions.

### Exceptions to the rules:

**Extra Time** - When you're defending our country, your tax return is probably the last thing on your mind. You can't put off filing taxes forever, but you and your spouse may qualify for a deadline extension of up to 180 days after you've returned from a combat zone, hazardous duty area or certain other deployments. *Extensions apply to several actions, including:*

- Filing returns
- Paying taxes
- Making claims for refunds
- Contributing to IRA's

**Filing Remotely** - Generally, joint returns must be signed by both spouses. However, if your duties keep you away from home, your spouse can use a power of attorney to file a joint return on your behalf.

### Moving deductions:

Moving every few years gets expensive for active duty members. But if your move is a required permanent change of station, the IRS allows you to deduct the "reasonable unreimbursed expenses" of relocating yourself and your family.

### Separation assistance:

If you're transitioning back to civilian life, you may be able to deduct some costs you incur while looking for a new job. *Expenses may include:*

- Travel
- Resume preparation fees
- Outplacement agency fees

Moving expenses may be deductible if your move is closely related to the start of work at a new job location and if you meet certain tests.

### Breaks for Guard & Reserve:

**Travel Deductions** - If you're called more than 100 miles away from home to perform your reserve duties, you can deduct any unreimbursed travel expenses.

**Uniform Deductions** - If you are prohibited from wearing certain uniforms when off duty (a rule that usually applies to reservists), you can deduct the cost to buy and maintain those uniforms. But you must reduce your expenses by the amount of any uniform allowance or reimbursement you receive.

**Waived Penalties** - A call to active duty sometimes creates financial hardship for reservists whose military income is much lower than their civilian pay. If a cash crunch causes you to take money from your IRA, 401(k) or certain other retirement plans, the IRS may waive the 10% penalty tax normally applied for withdrawals before age 59 1/2. You'll still be subject to pay income tax on the distribution, but without the extra sting of the penalty.

## Just when you think you have it tough



BY BIANCA MARTINEZ

A lot of times when I am out and about I get funny looks. It was no different when I was shopping at the Naval Air Station Oceana Exchange the other day. A gentleman kept looking at me and really I thought I had something hanging out of my nose. It's just

that sometimes, people can't figure out why it is that I look so familiar to them.

I kept to my shopping, pushing my Sophia in her stroller and telling my Lucas to stop touching things. After about five minutes, the gentleman approached me and said, "You're the news lady, Bianca." I gave him a smile and told him he was right. He asked if I had a moment to talk. Lucas was swinging a golf club at this point, but I could tell there was something he really wanted to tell me so I said, "Of course."

He told me that his name was Bill and that he served 20 plus years in the Navy and now, he too is a spouse.

His wife is a senior chief, which I thought that was pretty neat and told him so. Then he said, "I am so tired of hearing the young kids complain." Sure it seems a common complaint by anyone that has lived a full life before us, but he went on. He told me how we needed to remember that

there was a time that spouses would deploy and that the family at home would be lucky if they got a letter each month. It is definitely easy for us to get spoiled with all of the modern conveniences of E-mail and Skype and instant messaging. I guess we shouldn't whine when we compare.

He continued to tell me about a time when there were no child care programs, no support groups and no counselors to get you through a tough time. We have an amazing Fleet and Family support program. We have an Ombudsman program that always keeps us in as much of the loop as possible. What would it be like without that?

Who knew – in that moment – as Sophie was screaming her brains out and Lucas had managed to put 10 boxes of golf balls in my cart, that there would be a reality check. A request from a man who had given his time to his country and now to his family, made me realize how easy I actually have it. What I have not told you about Bill until now is, he knows more about sacrifice and commitment and love than your average veteran or spouse. He has done all this while taking care of his special needs child. Message received!

When you are mad, angry, frustrated, stressed – by all means – vent and let it out. Then try to think back. Could you have done what the generations before us have done? I bet you could have, but let's be thankful we don't have to. More importantly, let's honor Bill's request and take the time to thank the ones that did with a smile.

*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!*

## MARRIED to the Military

### Why military kids rock!

As parents we are always so concerned about how our kids are going to react to their Mom or Dad deploying. We even get worried if it is a short training trip. One thing I have learned, these kids are fabulous and we need to give a lot more credit. My son is only 4, but what an amazing little guy he is. Sure he can be a challenge when Dad leaves, but who can blame him. I am not so pleasant for a bit either!

#### SO HERE ARE THE TOP 3 REASONS MILITARY KIDS ROCK:

1 They are some of the most flexible kids I know. Not many young bucks can go with the flow, handle changes to their schedules and their lifestyles. Military kids have no choice and after a little time they do it with style and grace.

2 They learn the lifestyle and they learn it quickly. Now, I know my daughter is only 18 months, but her vocabulary is through the roof these days. I swear she said the other day, "Where Daddy go?" Her Dad is on a trip. I am not even kidding! Okay so maybe I am just being a crazy mom, but it's true. Our kids learn that with a Mom or Dad serving our country, they need to pick up the slack and take some responsibility. My son loves helping with the dogs and he loves to help me cook. It's just simply cool.

3 They live this life with pride. Sure they get frustrated and sometimes angry. They feel left behind and sometimes can't always understand the sacrifice their parent is making, but most of the time they will tell anyone how cool their Mom or Dad is. Lucas tells everyone that his Daddy is catching bad guys. It makes my heart smile. Then I giggle when he adds, "Yeah, he is putting them on the naughty step for a long time."

You gotta love a military kid. No really, you gotta give them that all important love.



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.

# 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: Lust

BY LT. CMDR. FRIZZELL

Reserve Chaplain

MCB Quantico

Several of the Chaplains aboard MCB Quantico have collaborated to write a series of articles on what are commonly known as “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.

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 unde-

niably 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.

## LUST

Wikipedia, the free online encyclopedia, defines lust as “a craving for sexual intercourse, sometimes to the point of assuming a self-indulgent or violent character.”

Renowned luminaries throughout history have waxed eloquently on this issue. William Shakespeare says, “This is the monstrosity in love, lady, that the will is infinite and the execution confined; that the desire is boundless, and the act a slave to limit.” In other words, we have difficulty satisfying our sexual desires.

In 1976 President Jimmy Carter was ridiculed for his remarks in a Playboy interview. He said, “I’ve looked on a lot of women with lust. I’ve committed adultery in my heart many times.”

When it comes to rap music, you might agree with one critic who declares, “DJ Lust on a mixtape is like milk on cereal ... it just works!” Like these commentators, the Jewish, Christian and Islamic faiths also address lust.

Proverbs 6:25 cautions, “Do not lust in your heart after her beauty or let her captivate you with her eyes.” Matthew 5:27-28 expands upon the seventh commandment: “You have heard that it was said, ‘You shall not

commit adultery.’ But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart.” The Prophet says, “Staring is one of the arrows of Satan.” Elsewhere, he explained, “You are allowed to have the first accidental look (which is unintentional), but do not continue to stare.”

These references remind me of my own foibles. On one occasion, while admiring beautiful, scantily-clad nymphs and commenting on their virtues, a devout friend recommended that I practice chastity of the eyes rather than the eyeball liberty that consumed me. This brings us to best-practices that will assist us in overcoming the temptation to lust.

Chastity of the eyes describes the practice of diverting your attention elsewhere. Stop staring. Modesty in dress is essential, out of concern for our neighbor. Ladies, low-cut jeans, with a peak-a-boo tat and exposed thong, attracts roving eyes. Men, six pack abs and bulging biceps can cause another to burn with desire. Don’t cause others to stumble.

TV programming and any movie rated other than “G” is often sexually explicit. Monitor your consumption. Pornography, in print or online, is a minefield that destroys lives. Men and women will not fall victim to this multi-billion dollar industry if there are no consumers. Avoid pornography. Boundaries are important. Our sexuality is to be exercised within appropriate limits, for the good of our neighbor.

In 1989, when then First Lady of Arkansas Hillary Clinton invited the famous

evangelist, Billy Graham, to lunch, Graham declined and said, “I don’t eat with beautiful women alone” and met her in a hotel dining room instead. He was primarily concerned about his public image; however, he did not place himself in situations that could lead to infidelity.

Married couples, protect the sanctity of your marriage. Sociologists study hooking-up and other trends in the sexual revolution, while doctors combat sexually transmitted diseases.

Singles, abstinence is worth a try. All of these best practices help us to not abuse our freedom.

God has given us many good things that, when abused, become our downfall. We are free to focus on the created instead of the Creator. In other words, our craving for sex can become our god. That’s idolatry. Sex is good within appropriate limits. Desire is a necessary part of the equation if we are to continue the species. But, a self-indulgent and/or violent craving for sex is not what God desires for us. Jimmy Carter said, “I’ve committed adultery in my heart many times.... This is something that God recognizes, that I will do and have done, and God forgives me for it.” Will we fall short? I know I have. Thankfully God forgives and assists us to live better lives.

*Editor’s Note: This is the second 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.*

# Comfort assists UNICEF in finding hope for Haitian youth

BY MC2 CHELSEA KENNEDY  
USNS Comfort Public Affairs

**USNS COMFORT, at Anchor** — The director of the Institute of Social Welfare in Haiti visited the Military Sealift Command hospital ship USNS Comfort (T-AH 20) Feb. 8 to evaluate the needs of displaced Haitian children on board.

Jeanne Bernard Pierre brought a team of representatives from the United Nations Children's Fund (UNICEF) and social workers to help victims of the devastating Jan. 12 earthquake find loved ones, or in cases where entire families were lost, a new home.

"The first goal of the visit is to say thank you to the U.S. government who provided health care for Haitian children," Pierre said. "We are here to protect the children and to find out if they have parents so they can track down families, and if their parents are gone, find other options like foster families."

Comfort is working closely with members of UNICEF, Red Cross and the Haitian Institute of Social Welfare to ensure that the children do not get lost in the aftermath of this tragedy.

"There have been success stories through both the Red Cross and UNICEF finding patients' families,"



Photo by MC1 James R. Stillep

A Haitian boy plays in the water with the Military Sealift Command hospital ship USNS Comfort (T-AH 20) visible off the coast.

said Lt. Andrea Hernandez, a pediatric nurse aboard Comfort. "We are making arrangements with transfer facilities to reunite patients with their families once they have been identified."

Patient discharge coordinator Capt. Colleen Gallagher met with Pierre during her visit to facilitate interviews with children aboard the hospital ship

who are still unidentified.

"I think that if the Comfort wasn't here those children probably would have died," Pierre said. "After a disaster like this, the United States has come and helped, but the Haitian government needs others to help as well to rebuild Haiti and create sustainability."

For their part, the U.S.

government is working with 90 nations and numerous nongovernmental organizations to provide food and water where needed, in addition to assisting with the establishment of after care

facilities throughout Haiti. This, coupled with the efforts to help children find their loved ones or a new home, marks the growing pathway toward Haiti's eventual recovery.

*For more news about the relief efforts in Haiti, visit [www.navy.mil/haiti/index.asp](http://www.navy.mil/haiti/index.asp).*

*For more news about USNS Comfort, visit [www.navy.mil/local/tah20/](http://www.navy.mil/local/tah20/).*

# Carrier Air Wing 3 changes hands onboard Truman

BY MCC (SW/AW)

ABIGAIL LEHTINE

USS Harry S. Truman (CVN 75)  
Public Affairs

**NORFOLK** — Carrier Air Wing 3 (CVW-3) held a change of command ceremony in the hangar bay aboard USS Harry S. Truman (CVN 75), Feb. 5.

Capt. James Bynum relieved Capt. Andrew Lewis as commanding officer of CVW-3.

Lewis is scheduled to transfer to U.S. Naval Forces Central Command, U.S. 5th Fleet in Bahrain.

“This ship and air wing are far and away the most visible sign of America’s might and resolve throughout the world and will be so far into the future,” said Lewis.

During the ceremony, guest speaker Rear Adm. Patrick Driscoll, commander, Carrier Strike Group 10 (CSG-10), presented Lewis with the Legion of Merit, gold star in lieu of a third award, for exceptional meritorious conduct while



Photo by MC2 Kilho Park

Naval Air Crewman 3rd Class Mark Bellon conducts a visual patrol out of an SH-60F Sea Hawk helicopter assigned to the Dusty Dogs of Helicopter Anti-Submarine Squadron Seven (HS 7), embarked aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) as part of Carrier Air Wing Three (CVW-3). Seven squadrons make up the wing that changed command, Feb. 5.

serving as commander, CVW-3 from August 2008 to February 2010.

Under Lewis’ leadership, squadrons in CVW-3 were awarded three Battle “Effi-

ciency” Awards, two Safety “S” Awards, the Arleigh Burke Award for leadership and the Estocin Award for meritorious achievement.

According to Driscoll,

Lewis was hand selected by Vice Adm. Bill Gortney, commander, U.S. 5th Fleet, to run the Fleet Maritime Operations Center in the Middle East.

Driscoll stressed the importance of the global role the Truman Strike Group will face in the near future and the part both Lewis and Bynum will continue to play in that mission.

“For this strike group, in addition to the mission of countering the ongoing threat posed by Al Qaeda in the Middle East, there is the need to help protect our friends in the region,” explained Driscoll. “Both Capt. Lewis and Capt. Bynum have led multiple combat missions during several deployments and they will continue to provide leadership.”

Bynum will now oversee CVW-3 in support of the strike group’s mission, and Lewis will play an integral role in the wing’s operations in the 5th Fleet region.

Lewis stated he had complete confidence that Bynum was up to the task. Bynum, who assumed command of CVW-3 after serving as the deputy commander for more than a year, thanked all the guests and stated his goals for the future of CVW-3.

“We’ll continue to put the mission first. Together we have an opportunity as we go forward, and that’s to raise the bar of performance. It won’t always be easy, but nothing worthwhile ever is,” said Bynum.

“I am exactly where I want to be, doing exactly what I want to do, and I hope you all are too.”

Bynum is a native of Waco, Texas, and graduated from the University of Oklahoma. He was commissioned in May 1985 and earned his wings in 1986. His personal awards include the Legion of Merit, Defense and Meritorious Service Medals, the Air Medal, the Defense, Navy and Air Force Commendation Medals and various other individual, campaign and unit awards.

CSG-10 is made up of the aircraft carrier Harry S. Truman, with its embarked air wing, CVW-3 and embarked Destroyer Squadron 26 (DESRON-26) staff, guided missile cruiser USS Normandy (CG 60), guided missile destroyers USS Carney (DDG 64), 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/](http://www.navy.mil/local/cvn75/).

# WOUNDED: Facility increases morale

*Continued from page B1*

Navy Medicine,” Cullison said. “So the assistance of the Wounded Warrior Battalion will ease the transition after inpatient and outpatient care is complete.”

“I can’t say enough what this new facility does for morale,” said Lance Cpl. Joe Reiss, a member of the Wounded Warrior Battalion who recently stayed in the former Patriots’ Inn, which was a ward in the hospital. “The rooms are not just like being in a hotel – they are like being in a really nice hotel. It’s amazing to have all of the administrative offices in one place as well. Running around is harder than your think, especially for the injured. This way, it will be easier, even for those not living here. We won’t have to search around the hospital.”

The medical center’s focus on providing the highest quality of care to its beneficiaries is evident in the Patriots’ Inn attention to detail.

“We think this was a wonderful idea to have this facility,” said Cathy Wilson, executive director of the Virginia Wounded Warrior Program. “It goes a long way to helping the men, the women and their family members as they are re-integrating into the community.”

The Wounded Warrior Patriots’ Inn is one of the last projects in Building 3’s renovation and took about a year and a half to complete. Building 3 served as the primary hospital from 1959 to 1999 when the Charette Healthcare Center (Building 2) opened as the primary hospital. The Patriots’ Inn was formerly located on the 5<sup>th</sup> floor of Building 2. That area will now resume serving as regular hospital rooms.

# JEWETT: IA ‘challenging’

*Continued from page B1*

life, I just knew I didn’t want to do the small jobs that I saw other people doing.”

Though becoming a yeoman wasn’t her first choice (the corpsman rating was full when she enlisted) she embraced it.

“I like the yeoman rating it allows me to constantly learn,” Jewett, the Leading Petty officer for the CNRMA Administration Department, said.

And that is one of the things she sees as a reason for becoming the Navy Region Mid-Atlantic’s Sailor of the Year.

“I am constantly challenging myself to do more,” Jewett said. She becomes a better Sailor, professionally and personally, by taking on work and college classes.

One of the other reasons for her nomination was her deployment to Iraq as an Individual Augmentee.

“It was one of the most challenging tours I have had,” Jewett said about her time as Non-commissioned officer in charge of J1 division for combined Joint Special Operations Air Component. “It was very different working with all the services and learning all the ranks and everything.”

And she sees the reason that she was nominated as something different than what is on her awards package.

“I look out for my Sailors,” Jewett said. “I try to help out my junior Sailors and guide them and for the senior Sailors I try and look out for them.”

After she came back from deployment she was surprised by her command. They had her in the running for Sailor of the year.

“I just got back the week before, and they told me to show up in my blues when I was on leave,” Jewett said.

It was a good thing that she did. She won Sailor of the year for her command and then on Jan. 28 at Naval Weapon Station Earle in Colts Neck she came away with the regional Sailor of the Year award.

“I am humbled by them choosing me, but it has some perks, it makes you feel good that you are chosen,” Jewett said.

Personnel Officer Chief Warrant Officer 5 Samuela McMoore Jr. is not surprised by her accomplishment.

“She has all the abilities of role-model and mentor – dedication, superior performance and leadership,” McMoore said.

Jewett keeps her goals in mind – sometimes even looking over her shoulder.

“I have an anchor that is on the wall of my office to remind me where I want to go,” Jewett said.

Even though she wasn’t selected as the Commander Navy Installations Command SOY she is content.

“I never expected to get so far, so I’m happy with what I achieved,” Jewett said.

And once she retires she wants to do something different.

“Maybe I’ll finally get to work in the medical field,” Jewett said.

# THIEVES: Repairing damage isn’t easy

*Continued from page B1*

“Junk mail – if you don’t want junk mail, take yourself off the solicitation list. If your mailbox is on your street anyone can easily steal your mail and open up a credit card.” Clark said.

Those in the military service may be at more of a disadvantage than their civilian counterparts.

“Service members are extremely susceptible to identity theft because their social security numbers are attached to just about everything,” Clark said. “It’s on their ID cards, it’s on their medical records and it’s on their military records. Not only does the military service record have their social security number but their spouses also.”

Credit card statements can give a thief access to accounts.

“If Sailors stop receiving statements they should contact their creditor to find out why they are not receiving them any more. Stealing mail is one of the ways thieves can take an identity. They will call the creditor and change the address and then they will be the one receiving the information and then they can start getting the money.”

The educators also teach service members what can be done if they find they have become a victim.

“First thing they should do is file a police report, then they should go onto FTC.gov, the Federal Trade Commissions Web

site. They have a section specifically for identity theft. There is a form that needs to be filled out and people can do it online, it’s real quick and easy. It will put alerts on their credit report so if somebody does try to use their identity, it will alert them that someone is trying to access their credit,” Clark said. “Once the alert is on their credit report it will stay indefinitely making the user safer.”

Identity theft can have a career impact especially to those who need to maintain a security clearance, so documentation is critical.

“Documentation is key. Keep records. If security clearance comes into jeopardy because of identity theft, it’s important to show the work that has been done. The police report, a consumer statement on their credit report – every consumer has the right to put a 100 word statement on their credit report – and contacting the FTC to get the alert placed on their account.”

And once an identity has been stolen, fixing it can be tough.

“Unfortunately it takes a lot of time. Anything you have to dispute takes 30 days for a response, it will take time to do the research and verify that the person truly is a victim of identity theft.

*For military families the FTC has set up a special part of their site with information [www.ftc.gov](http://www.ftc.gov).*

*For information on the FFSCs of Hampton Roads classes or to find a class schedule visit [www.nffsp.org](http://www.nffsp.org) or call 444-6289.*

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# SCOUTS: A heritage of greatness

*Continued from page B1*

these young men.”

Today, there are more than 40 active Scouts in the Troop, and they meet in the church each week. Monthly camping trips, service projects, and summer camp continue to be important parts of the Troop’s Scouting program.

Distinguished Eagle Scouts include for-

mer President Gerald R. Ford, former Chiefs of Naval Operations Adm. Jay L. Johnson, Adm. Carlisle Trost and Adm. Elmo Zumwalt, Jr.; astronauts and naval aviators Neil Armstrong and Capt. James Lovell and Secretaries of Defense Robert Gates and Donald Rumsfeld.

*For more news from U.S. Fleet Forces Command, visit [www.navy.mil/local/clf/](http://www.navy.mil/local/clf/).*



# TRIAL BY WATER: Special Warfare Combatant Crewmen push themselves to the edge for real world scenarios during Para-egress Course at Joint Expeditionary Base Little Creek

PHOTOS AND STORY  
BY MC2 TIM MILLER  
Naval Special Warfare  
Group 4 Public Affairs

**VIRGINIA BEACH** — U.S. Navy Special Warfare Combatant-craft Crewmen (SWCC) from Special Boat Team (SBT) 20 tested their stamina and water proficiency after the one-week Parachute Egress (Para-Egress) course at Joint Expeditionary Base Little Creek Feb. 5.

“The evolution we did today is the water competency evaluation; it’s a compilation of everything we’ve taught the students throughout the week,” said Senior Chief Special Warfare Boat Operator Jeff Smith, Para-Egress course instructor for SBT-20. “It’s designed to be challenging, to test guys in the worst possible controlled environment that we can replicate, testing their physical and mental aptitude to be able to handle themselves in any situation that they may find themselves in.”

The beginning of the course consists of a one-mile open ocean swim along with a basic physical assessment. This is done to ensure the students are physically ready before putting them in any kind of dangerous scenario.

“We give these guys real world survival skills including disentanglement procedures in parachutes, and buddy towing with full gear on,” said Smith. “We push them to their limits, both



**A Special Warfare Combatant-craft Crewman (SWCC) jumps into the water before being engulfed by parachutes during the Parachute Egress Course. The course teaches SWCC the procedures for getting out of a parachute harness during the worst possible scenario of being entangled in two parachutes underwater. This particular course was for the newest detachment that will be trained to conduct the Maritime Craft Aerial Delivery System, which involves launching an 11-meter Naval Special Warfare rigid-hulled inflatable boat from a C-17 or C-130, which the SWCC parachute after.**

their physical and mental ability to help them deal with challenges that occur during a water drop and how to successfully get out of those situations without anxiety or panic.”

Next, they perform single disentanglement exercises. They test out two to three times, swimming below a single parachute and feeling their way out from underneath using a seam as a guide.

They repeat the exercise blindfolded, simulating coming up under a parachute at night. The next day the course gets harder, simulating falling into one parachute with another falling over them. They have to remove the chute below them, unhitch their gear and find their way out.

Chief Special Warfare Boat Operator Benjamin Spoon, Para-Egress safety instructor at SBT-20, has seen firsthand situations where this type of training is essential.

“The worst case scenario is being entangled in two parachutes under water while trying to remove your parachute harness. Our challenge as instructors is to teach these guys to remain calm in these situations,” said Spoon.

Part of the water proficiency test is the buddy tow, where they have to overcome the men-

tal challenge of exhaustion along with keeping their buddy alive.

“The goal is to have these students learn the technique for real world scenarios. The buddy tow simulates finding another operator in the water and towing him to safety while keeping his head above the waterline,” said Spoon.

When they leave this course, these SWCC will ultimately go to Maritime Craft Aerial Delivery System (MCADS) training. The system deploys an 11-meter Rigid-Hulled Inflatable Boat (RIB) rigged with four large

parachutes from the back of a C-130 or C-17 at approximately 3,500-feet, with the SWCC parachuting immediately afterwards. The MCADS capability enables Naval Special Warfare SWCCs to rapidly deploy anywhere in the world in a maritime environment.



Photo by MC2 Tim Miller

**A Special Warfare Combatant-craft Crewman (SWCC) acting as a safety swimmer conducts a Parachute Egress Course.**