



New drugs, same Navy policy – **ZERO TOLERANCE**

PRESS RELEASE
U.S. Fleet Forces Public Affairs

NORFOLK — With the emerging popularity of designer drugs, the Navy has underscored its zero tolerance drug abuse policy by establishing new guidelines in NAVADMIN 108/10, released March 25.

The NAVADMIN signed by the Chief of Naval Operations, reminds service members that the Navy's drug abuse policy is unwavering and states any member who is found to be unlawfully using, possessing, promoting, manufacturing or distributing drugs and/or drug abuse paraphernalia shall be disciplined, as appropriate, and processed for administrative separation.

"Drug abuse puts lives and missions at risk and undercuts unit readiness and morale," said Adm. John Harvey, Commander, U.S. Fleet Forces Command. "Our Sailors are given tremendous responsibility and operate some of the most technologically advanced

"This is drug abuse, just like smoking marijuana or using cocaine, and Sailors know our zero tolerance policy."

— Fleet Master Chief Tom Howard

equipment and weapons systems in the world. People with those responsibilities cannot abuse drugs."

"Deterring drug abuse is every Sailor's responsibility, requiring proactive leadership, continuous education, a rigorous detection program, and accountability for those who choose to abuse drugs," continued Harvey.

During fiscal year (FY) 2009, the Navy separated more than 1,300 Sailors for drug abuse and more than 300 Sailors have been separated since the beginning of FY 2010.

See **ZERO TOLERANCE**, A11



Spice is a brand name for a mixture of herbs that is sold primarily as an incense, but often marketed as an herbal smoking blend. The manufacturer of the product officially warns against human ingestion.



Photo by MC1 Crystal Brooks

To deter drug abuse, commands must eliminate any perception among potential drug users that their use may go undetected. This will require a rigorous urinalysis program with frequent, random, observed and unannounced urinalysis tests. Random tests are required at least four times a month.



Photo by MC2 Nicholas Kontodiakos

The Navy's newest littoral combat ship USS Independence (LCS 2) arrives at Mole Pier at Naval Air Station Key West. Independence is on the way to Norfolk, for commencement of initial testing and evaluation of the aluminum vessel before sailing to its homeport in San Diego. Independence is a fast, agile, mission-focused ship specifically designed to defeat "anti-access" threats in shallow, coastal water regions, including surface craft, diesel submarines and mines.

USS Independence begins maiden voyage

PRESS RELEASE
From Surface Forces Public Affairs

MOBILE, Ala. — The Navy's newest littoral combat ship, USS Independence (LCS 2), sailed away from Mobile, Ala. for the first time March 26.

The milestone marks the commencement of initial testing and evaluation of the aluminum vessel.

"We are excited to set sail, and remain grateful for the incredible support offered

by the city of Mobile in helping us reach this milestone," said Cmdr. Curt Renshaw, Independence Blue Crew commanding officer. "This transit will allow us to gain valuable operational experience and is another large step toward bringing our unique and versatile capabilities to the fleet."

Independence's maiden voyage will include stops

See **INDEPENDENCE**, A11

VA Secretary Shinseki cheers on disabled vets at Winter Sports Clinic



Veterans Affairs Secretary Eric K. Shinseki poses with Gene Hodge, a former Army staff sergeant participating in the National Disabled Veterans Winter Sports Clinic at Snowmass Village, Colo., March 29. "Thank you for all the work you are doing for veterans," Hodge told the secretary.

STORY AND PHOTO BY DONNA MILES
American Forces Press Service

SNOWMASS VILLAGE, Colo. — Walking among skiers preparing to hit the slopes here during the first day of the National Disabled American Veterans Winter Sports Clinic, Veterans Affairs Secretary Eric K. Shinseki noticed a long row of lonely wheelchairs just beyond the staging area.

"Look!" he told photographers capturing the event. "There's your picture — all those abandoned wheelchairs. That's what shows what's taking place here is all about."

Their owners were all out enjoying a crystal-clear Colorado morning on Snowmass Mountain, the secretary noted, with any thoughts of disability abandoned along with their wheelchairs.

Anticipation filled the air as they assembled at the base of the mountain, scores of volunteer ski instructors ad-

justing their adaptive skis and offering tips, and in some cases, reassurance.

"When I walk around the first-timers, I can tell they are as anxious as all get-out," Shinseki told American Forces Press Service. "They don't say they are, but it is in their voices."

"And I have stood in a lot of assembly areas where people are getting ready to go on an operation," he continued, recalling his 38-year Army career that culminated with service as Army chief of staff.

"I know what an anxious voice sounds like," the secretary said, "so I tell them, 'Don't think about it. Do it. At no other time in your life are you going to fall ... and have everybody on the slope running over to help pick you up. This week is about making you feel good about yourself, so do it all.'"

See **VETERAN AFFAIRS**, A11

INSIDE:

COMMISSIONING CEREMONY A5

Submarine New Mexico joins Fleet
USS New Mexico (SSN 779) commissioned at Naval Station Norfolk, March 27.



TRAINING SUPPORT CENTER HAMPTON ROADS B5

Chaplain shares his love of God, the water with Sailors
Lt. Hammen provides pastoral care and guidance in ways in which junior Sailors can relate.



OFF DUTY C1

Up for a challenge? Register for Wilderness Challenge
Registration is open for the 10th annual All-Military Wilderness Challenge.



Commander Navy Region
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Rear Adm. Mark S. Boensel

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Spring to mark the start of the NSPS to GS transition

BY ELAINE WILSON
American Forces Press Service

WASHINGTON — The Defense Department is on track to transition the majority of its more than 220,000 civilian employees out of the National Security Personnel System by Sept. 30, more than a year ahead of deadline, the official heading up that transition said today.

The 2010 National Defense Authorization Act called for the termination of NSPS by January 2012, bringing an end to a controversial personnel system that's been operational for less than four years.

The majority of employees will transition – starting this spring – back to the decades-old General Schedule system, but with an assurance in regard to pay.

“I am committed to ensure, as directed in the National Defense Authorization Act, that employees experience no loss of, or decrease in, pay upon conversion,” said John James, Jr., director of the Pentagon's NSPS transition office. “The department believes in that and believes it is the right thing to do.”

This preservation of pay encompasses all employees. For instance, NSPS employees who are paid a salary that exceeds Step 10 – the highest step under the GS system – of their pay grade will retain their pay upon conversion, James explained.

An employee's grade upon conversion will be determined by classification specialists using the same criteria in use for GS employees, James said.

“An employee's position will be evaluated under the General Schedule system and classified,” he said. “If that position classifies out as a GS-13, then that employee will become a 13 when they transition.”

While the Defense Department has a goal for transition completion, James noted that each organization and component will make a determination on a timeline based on four factors:

- No undue interruption to mission or hardship to employees;
- Established processes to classify NSPS positions into the appropriate non-NSPS system;
- Existence of a legacy performance management system; and
- An information technology system capable of handling the transition.

As officials work to ensure a smooth transition, they also are turning an eye to the road ahead. Along with terminating NSPS, the act gives the Defense Department new authorities to look at developing a successor performance management system that



A training module called **General Schedule 101** is available online at www.cpms.osd.mil/nsps/.

incorporates the best practices of NSPS and GS.

“One of the best advantages under NSPS that we saw was the clear alignment between employees and the organization about what their contribution means to the priorities and the direction of the organization,” James said. “As we develop the new authorities and transition employees to the GS system, in most cases, we plan to reinforce that directive and that effort to ensure the employees are aligned with the organization.”

Officials also will examine the law's requirements for hiring flexibility and a personnel performance fund that rewards employees or teams for their performance, he said.

These processes will continue to be open and transparent, James vowed. “I envision the transition and development and use of the new authorities to be a collaborative effort with supervisors, management, leadership, union partners, labor partners, the Office of Personnel Management and other stakeholders. I see this as being an entirely inclusive process.”

James emphasized the importance of communication throughout the transition process and future personnel system modifications. “You can't over communicate a change,” he said.

To that end, the NSPS Web site, www.cpms.osd.mil/nsps/, now includes transition updates and a training module called GS 101, he said.

“Employees who have never been in the GS system, and there are a few, can go in and walk through that,” James said. “It really is informative and tells them how the GS system works.” It's also of value to employees who were in the system before, he added.

James encouraged employees to continue to ask questions. “Employees should feel free to ask their chain of command about how that process is being implemented,” he said. “GS is very prescriptive in how the process works. They will be informed how their job will be classified and transitioned.”

THE FLAGSHIP'S LEEWARD SHOUT

What are you doing to prepare for the Spring Physical Readiness Test (PRT)?



Ensign
Timothy Downs
PCD Jason Dunham

“I will be sitting this PRT out. I tore ligaments in my ankle while playing basketball at PT.”



LN2 (AW)
Jeremy Smith
Naval Legal Service Mid-Atlantic Region

“I work out three to four times a week. I do the elliptical for an hour and I might run on the treadmill for about 30 minutes. I feel I'm ready for it.”



AME2 (AW/SW)
Simon Bertholf
TPU staff

“I run and lift weights. I try to do the run in less than 10 minutes and I don't have a problem with doing the sit-ups and push-ups.”



AZ2
Laquetta Rucker
HSC 9

“I ride the stationary bike for the PRT, so I practice on that at the gym. For the sit-ups and push-ups, I just do as many as I can in a two-minute time period.”



IT2
Latisha Nelson
COMSUB 4

“I do at least 30 minutes of cardio and calisthenics. For cardio, I run on the treadmill at 6 mph and an incline of 5, so I'm running up hill. For cals, I rotate between jumping jacks, sit-ups and things like that.”



EN3
Jonathan Lavoie
USS Bataan (LHD 5)

“I'm not right now, but when I start I'll start with fast pace walking and free-weight lifting. Once I get comfortable I'll start to push myself to the 11-minute mark for the run.”

Photos by MC2 Mandy Hunsucker

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
78	79	76	76	75	70	65
49	52	55	54	54	51	50

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DoN brings awareness to new SAPR program

BY MC1 (SW) RACHAEL L. LESLIE
Navy Public Affairs Support Element East

NEW ORLEANS — Top leaders within the Department of the Navy (DoN) met to bring awareness to the new Sexual Assault Prevention and Response (SAPR) program at the first Sexual Assault Response Coordinator (SARC) Summit in New Orleans, March 22-26.

To align with the DoN's newly established SAPR Office, the former Sexual Assault Victim Intervention (SAVI) program was officially renamed the SAPR program in Nov. 2009.

"It's really a prevention and response program so we've changed the name to more adequately describe it," said Jill Loftus, director of the DoN's SAPR Office. "There's really no difference in the program itself. We're trying to emphasize that it's prevention and response, not just victim intervention."

Rear Adm. Michael Browne, director of personal readiness and community support, said there are many reasons to bring awareness to this program and the issues it's designed to address.

"This program is critically important to the Navy and Marine Corps team, ultimately because it's a mission readiness issue for our forces, but more importantly a personal issue," said Browne. "First of all sexual assault is a crime, and secondly it's completely contrary to our core values of honor, courage and commitment."

Loftus agrees about the importance of this program to the future of the Navy and Marine Corps and its personnel.

"I'm very passionate about the care of victims and I think that the more we're aware that this happens every day, it happens two, three, four times a day reported, and we know it's the most under reported crime not only in the Navy, but also in the country," she said. "I think anything we can do to help prevent somebody from becoming a victim, and somebody from becoming a perpetrator, is only going to make the Navy stronger."

The goals of the SAPR program are to promote sensitive, coordinated, and effective management of sexual assault cases, to reduce the incidence of sexual assault through awareness and prevention education, and to standardize reporting of sexual assaults.



Photos by MC1 Jennifer A. Villalovos

Master Chief Petty Officer of the Navy (MCPON) Rick West answers questions during a leadership panel at the first Department of the Navy Sexual Assault Response Coordinator Summit. West joins the panel with Rear Adm. Daniel Holloway, Director of Manpower, Personnel, Training and Education; Gen. James Amos, Assistant Commandant of the Marine Corps; Sgt. Major Michael Timmerman, Personnel and Family Readiness Sergeant Major; and Lt. General Richard Zilmer, Deputy Commandant, Manpower and Reserve Affairs. The week long summit began with presentations from senior leaders and will continue with training and open discussions.



Assistant Commandant of the Marine Corps Gen. James Amos delivers remarks during the first Department of the Navy Sexual Assault Response Coordinator Summit. The week long summit began with presentations from senior leaders and will continue with training and open discussions.

Loftus said she hopes in the future that the focus of the program will become more on prevention and less on response.

"Hopefully as we move down through a change in culture, the victims will become fewer in numbers and our prevention efforts will increase," said Loftus. "If the SARCs can help us with training

potential victims, and training potential perpetrators to stop this crime then my hope is we'll have less victims."

There are many training opportunities available within the SAPR program. They include; Sexual Assault Prevention and Awareness General Military Training, a 30-hour SAPR Victim Advocate training, a four-hour SAPR Point of

Contact training, and eight-hour SAPR Command Liaison training, a two-hour SAPR Data Collection Coordinator training, and SAPR Victim Advocate monthly meetings, designed to provide policy updates and continuing education for victim advocates.

"It's a privilege and an honor to support the Navy organization in the role of director of personal readiness in this important mission area of sexual assault and suicide prevention," said Browne. "There's such good work going on today by the many professionals across the Navy in so many different areas that are paying attention to the needs of sexual assault victims, and the training that has to be in place to prevent this crime."

During the next few days of the summit, more than 200 personnel from around the world, including SARCs and supporting personnel from the Navy and Marine Corps medical, legal and chaplain communities will participate in specialized SAPR training and group discussions, and attend informational lectures. For more information on the SAPR program and how to enroll in a training program, contact your local SAPR representative.

For more news, visit www.navy.mil.

NMCB 74 Seabees build leadership and character through martial arts

BY MC2 MICHAEL LINDSEY
Naval Mobile Construction
Battalion 74 Public Affairs

HELMAND PROVINCE, Afghanistan — Naval Mobile Construction Battalion (NMCB) 74 awarded Marine Corps Martial Arts Program (MCMAP) tan belts to its second class of graduates while deployed to Afghanistan March 21.

The accomplishment was possible due to battalion Seabees who qualified as MCMAP instructors.

MCMAP is a combat system developed by the Marine Corps that teaches hand-to-hand and close-quarters combat techniques. The program focuses on mental and character development, the responsible use of force, leadership and teamwork.

Engineering Aide 2nd Class Erik Kennerson, one of two MCMAP instructors assigned to NMCB 74, completed three months of accelerated training to earn his green belt with instructor tab.

"I first got involved in the MCMAP program in last year's homeport because I was interested in anything to do with combat and weapons," said Kennerson. "The command was looking for some motivated Seabees to go to MCMAP instructor training so I threw my name in the hat."

Originally, five Seabees were sent to instructor training during homeport in 2009. Only two met graduation requirements due to physical injuries.

"It wasn't easy," Kennerson explained. "We were at such a fast pace that the only thing on anyone's mind was making it through to the next day! For us it is an excellent small leadership training program. It's great for team building and developing a warrior's



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 participate in the Marine Corps Martial Arts Program.

mentality, physical abilities and character."

Kennerson is currently running the MCMAP program for NMCB 74 at the main body site on Camp Krutke. He hopes to award at least 18 tan belts before rotating to his next command this summer.

According to Marine Corp Order 1500.54, which defines the MCMAP, the tan belt is the first level of achievement that signifies the basic understanding of the mental, physical, and character disciplines and a basic understanding of fighting techniques.

"The tan belt is the root of the program which all the other belts stem from," explained Kennerson. "It covers punches, upper body strikes, bayonet techniques, lower body strikes, throws, chokes, weapons of opportunity, and knife and bayonet techniques, all of which will all reappear at higher belt levels."

NMCB 74's MCMAP classes muster at the end of

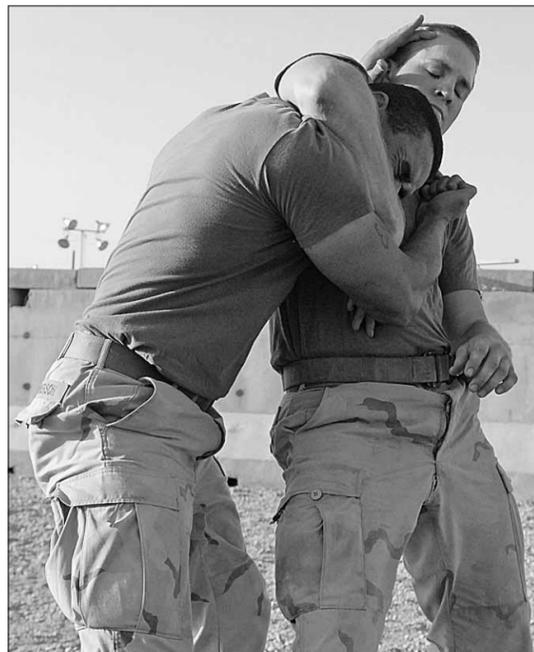
the work day. They begin by stretching and doing various exercises. They train techniques for two hours a day, four days a week for a total of 27.5 hours of instruction.

"We start with some PT (physical training) and then get into some various techniques that are associated with the tan belt syllabus, including the history and the responsibilities that come with being a practitioner of the martial arts," Kennerson explained. "We don't want to just take people in undisciplined and have them leave undisciplined. These techniques, lethal and non-lethal, are reserved for the battlefield."

NMCB 74's Military Advisor Gunnery Sgt. Jason Neale, helps Kennerson with the training as an assistant. Although he isn't an instructor, he has much experience and advice to offer. Neale currently has a brown MCMAP belt at the student level.

"Gunny has been an invaluable resource for me," said

Kennerson. "He was a mentor to me in the past, and has helped in the implementation and overall program for our Seabees."



Engineering Aide 2nd Class Erik Kennerson (left), assigned to Naval Mobile Construction Battalion (NMCB) 74, Engineering Dept. and the battalion's Marine Corps Martial Arts Program (MCMAP) instructor, demonstrates a counter to a rear headlock following through with a hammer-fist strike on Construction Mechanic Constructionman Apprentice Gregory Allam, assigned to NMCB 74's Alfa Company.



Steelworker 3rd Class Casto Tanner (left), assigned to Naval Mobile Construction Battalion (NMCB) 74, Alfa Company, executes a counter to a rear choke against Construction Electrician Constructionman Apprentice Patricia Escobar, assigned to NMCB 74's Charlie Company, during a Marine Corps Martial Arts Program (MCMAP) exercise. Casto and Escobar have elected to participate in the MCMAP to further develop their character, and mental and physical abilities.



Equipment Operator 2nd Class Christopher McAvoy fireman-carries Construction Mechanic Construction Recruit Morgan Pierce while participating in the Marine Corps Martial Arts Program. McAvoy and Pierce are assigned to Naval Mobile Construction Battalion (NMCB) 74.

All photos by MC2 Michael Lindsey



Photo by Lt. Patrick Evans

With USS George H. W. Bush (CVN 77) in the background, Sailors man the Virginia-class attack submarine USS New Mexico (SSN 779) after “bringing her to life” during a commissioning ceremony. New Mexico joins five other submarines of her class.

Submarine New Mexico joins Fleet

BY MC3 KLEYNIA MCKNIGHT

Navy Public Affairs Support Element - East

NORFOLK — With the traditional first order “man our ship and bring her to life,” Sailors assigned to USS New Mexico (SSN 779) boarded the Virginia-class attack submarine during a commissioning ceremony at Naval Station Norfolk March 27.

New Mexico is named in recognition of the people of the “Land of Enchantment.” The battleship New Mexico (BB-40) (1918-1946), the only other ship named after the 47th state, earned six battle stars for World War II service, which included providing shore bombardment support for landings in the Gilbert and Marshall Islands, Guam, Tinian, Saipan, the Philippines, and Okinawa.

Adm. Kirkland Donald, director, Naval Nuclear Propulsion, who delivered the ceremony’s principal address, recognized the Northrop Grumman Corporation, distinguished guests, former battleship New Mexico veterans, ship’s crew, family and friends stating, “Defendemos Nuestra Tierra’ - we defend our land - is the ship’s motto, which will start the harmonious tone to the operation of this ship.

“It’s been a marvel to see the team come together and deliver this operation so well. At the end of the day, this mission-ready ship has been delivered in the shortest time of all other Virginia-class submarines.”

New Mexico Sponsor, Cindy Giambastiani, wife of former Vice Chairman of the Joint Chiefs of Staff retired Adm. Edmund Giambastiani, congratulated Cmdr. Mark Prokopius, officers and crew members. “Your courage and patriotism will reflect on the life of the ship.”

Prokopius, New Mexico’s commanding

officer, will lead the crew of approximately 134 officers and enlisted personnel.

“I am proud and humbled to be part of the crew and their commanding officer. I am truly grateful for the dedication that the crew has given to this ship,” said Prokopius.

Northrop Grumman Corporation delivered the sixth submarine of the Virginia class to the U.S. Navy in December, four months ahead of schedule. New Mexico’s 70-month construction period represents the shortest overall construction time to date of any Virginia-class submarine.

New Mexico is built to excel in anti-submarine warfare; anti-ship warfare; strike warfare; special operations; intelligence, surveillance, and reconnaissance; irregular warfare; battle group support; and mine warfare missions. By doing so, New Mexico will directly enable five of the six Navy Maritime Strategy Core Capabilities - sea control, power projection, forward presence, maritime security, and deterrence.

The 7,800-ton New Mexico was built under a unique teaming arrangement between Northrop Grumman Shipbuilding and General Dynamics Electric Boat. She is 377-feet long, has a 34-foot beam, and will be able to dive to depths of greater than 800 feet and operate at speeds in excess of 25 knots submerged. New Mexico is designed with a reactor plant that will not require refueling during the planned life of the ship – reducing life-cycle costs while increasing underway time.

The keel for New Mexico was authenticated April 12, 2008, and the ship was christened on Dec. 13, 2008. New Mexico is the most modern and sophisticated attack submarine in the world, providing undersea supremacy well into the 21st century.



Photo by MCSN Scott Pittman

During a commissioning ceremony, Sailors man the boat and officially bring the newest Virginia-class nuclear attack submarine USS New Mexico to life aboard Naval Station Norfolk. New Mexico is the sixth Virginia-class submarine to be commissioned and will be homeported in New London Submarine Base Subbase, Groton, Conn.



Photo by MCSN Scott Pittman

Adm. Kirkland H. Donald, director, Naval Nuclear Propulsion, speaks to crew members and guests at the commissioning ceremony for the Virginia-class nuclear attack submarine USS New Mexico (SSN-779) at Naval Station Norfolk March 27.

Navy's voluntary education programs change

PRESS RELEASE

From Chief of Naval Personnel Public Affairs

WASHINGTON — The chief of Naval Personnel released NAVADMIN 105/10 March 23 which reflects several changes to Navy education priorities, including guidance for the management of off-duty voluntary education programs.

Among the primary changes outlined are the requirement for individual education plans prior to enrollment in courses funded by Tuition Assistance (TA) or the Navy College Program for Afloat College Education (NCPACE), the elimination of funding for courses expressed in clock hours and the restriction of TA and NCPACE usage for new accession Sailors during their first permanent duty station.

"Navy leadership is committed to providing opportunities and financial assistance to Sailors as they pursue their educational goals," said Vice Adm. Mark Ferguson, chief of naval personnel. "Our highest priority is to reward Sailors who are responsible, plan ahead and who are good financial stewards of Navy's education funds."

Individual education plans will be required by all Sailors who plan to use TA. These plans serve as an essential guide for Sailors as they pursue their education goals, listing courses, American Council on Education (ACE) credits and Defense Activity for Non-Traditional Education Support (DANTES) academic testing applicable to completing select degree programs.

Education plans will also help Sailors identify which courses are best achieved within the allotted 16 semester hour cap, and must be on file with the Navy College Office (NCO) prior to enrollment in college courses funded with TA or through NCPACE. Students will no longer be able to complete five courses prior to completion of the education plan.

"It's important to remember that as Sailors train, they can also earn credits toward college degrees," said Navy's Voluntary Education Director, Dr. Mary Redd-Clary. "Our Navy College counselors review these credits against Sailors' education plans and degree programs. This helps minimize the time a Sailor spends attending courses, while sensibly managing Navy education funds," said Redd-Clary.

DANTES tests for college credit and ACE recommended credits ensure Sailors are able to complete degree requirements in a timely manner. Currently, Sailors both ashore and afloat, can enroll in rating related dis-

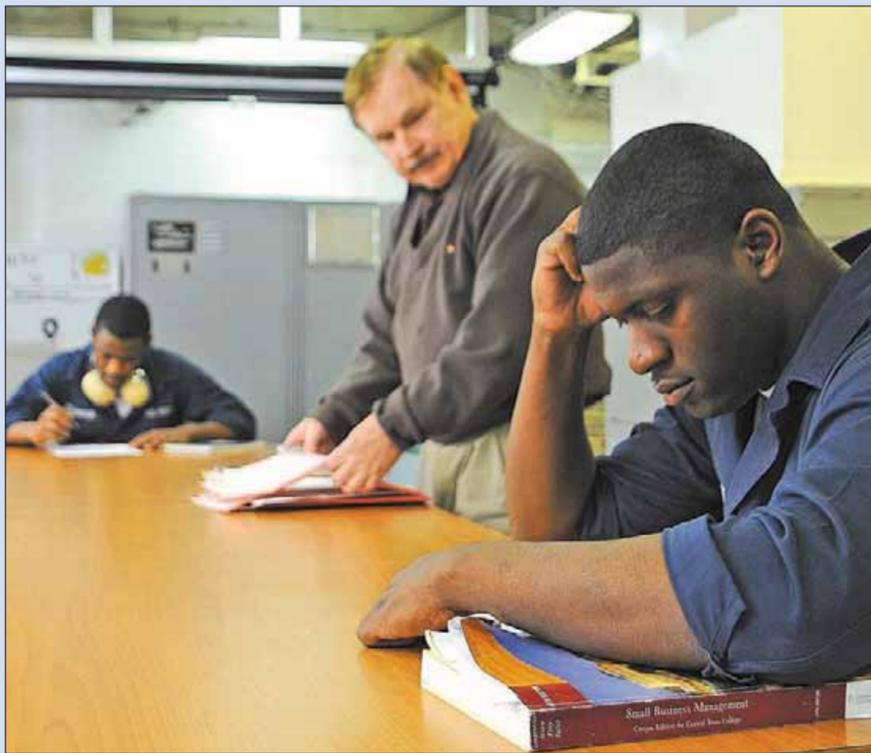


Photo by MC3 Matthew Bookwalter

Logistics Specialist Seaman William Selmon takes his final exam for a Programs Afloat College Education (PACE) course aboard the guided-missile cruiser USS Hue City (CG 66). PACE provides Sailors the opportunity to take college classes for credit toward a degree while forward deployed.

tance learning degrees offered by any one of 34 Navy College Program Distance Learning Partnership (NCPDLP) schools.

Additionally, the NAVADMIN announces TA and NCPACE funding will only be authorized for academic courses expressed in semester or quarter hours and lead to technical, associates, bachelors, masters or doctorate degree. These courses are readily available at accredited colleges and universities world-wide and priced within the current DoD cap of \$250 per semester hour or \$166.67 per quarter hour. Funding of courses expressed in clock hours is no longer authorized.

To provide Sailors with adequate time to become familiar with the command, their job requirements and progress towards warfare qualifications, officer and enlisted new accessions are now required to have one year onboard their first permanent duty station before TA or NCPACE funds will be authorized. Sailors currently enrolled in TA or NCPACE and have served less than a year at their first PDS are exempt from this requirement as long as they remain eligible for program benefits.

According to Redd-Clary, there are many factors that must be considered in order for Sailors to successfully complete their degree requirements. That is why it's so important for Sailors to seek the guidance of Navy College counselors at their local NCO.

"I can not emphasize enough the value of discussing your goals with an education counselor," said Redd-Clary. "Once you've established this plan you can track your progress under the MyEducation tab on the Navy College Web site."

The Center for Personal and Professional Development (CPPD) manages all 50 of the Navy College Offices located worldwide.

To read the NAVADMIN, visit www.npc.navy.mil/NR/rdonlyres/E8692AF5-13E3-4C7C-9414-3677C064A49E/0/NAV10105.txt.

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

For more information about the Navy College Office, visit <https://www.navycollege.navy.mil/ncp/findnco.cfm>.

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

Stellar quarter for Navy's fuel savings

PRESS RELEASE

From Naval Sea Systems Command Public Affairs

WASHINGTON — Naval Sea Systems Command's (NAVSEA) Incentivized Energy Conservation (i-ENCON) initiative announced March 18 that Navy ships realized 354,000 barrels of fuel avoidance during the first quarter fiscal year 2010.

The savings represent an increase of 4.9 percent from the previous quarter.

"These efforts increase fleet readiness by enabling Sailors at sea to train or deploy longer while spending the same amount of money on fuel," said Hasan Pehlivan, i-ENCON program manager.

These savings also increase fleet readiness by providing enough fuel to support six Arleigh Burke-class destroyers (at an average of 2,500 underway hours) per year.

The i-ENCON program is a 'Meet-the-Fleet' initiative spearheaded by NAVSEA to reduce ships' energy consumption. Program sponsors conduct routine meetings with ship operators to review specific fuel-saving procedures and recommend quarterly awards for ships with the most fuel-efficient operations.

One of the ways NAVSEA's i-ENCON measures fuel usage and cost avoidance is through underburn, the reported fuel rate for the quarter that is below the ship class' average burn rate. For the first quarter of fiscal year 2010, 106 ships reported an underburn.

"The cumulative underburn was 16.35 percent of fuel consumption for first quarter fiscal year 2010, which exceeded the i-ENCON goal of eight percent by a wide margin," said Pehlivan. "This underburn translates into a net fuel cost avoidance, including ships that overburn, of \$41 million, based on fuel costing \$116.34 barrel."

The performance may be attributable to fuel-conserving ships receiving \$2 million in cash awards distributed in the fourth quarter of each fiscal year by Commander, Naval Surface Forces, according to Pehlivan.

i-ENCON rewards leading fuel conservers among underway surface ships with special recognitions and cash incentives. Award money is routed to each commanding officer's discretionary funds that are often used to buy items like damage control gear or to augment the ship's welfare and recreation programs.

"These incentives are very important to i-ENCON's success," Pehlivan added. "It's a voluntary program that requires real commitment from ships' commanding officers, chief engineers and main propulsion assistants. I receive calls and E-mails from ships every day wanting to know how they can participate and improve their fuel performance."

Additionally, to increase fuel conservation awareness, the i-ENCON curriculum has been extended to prospective commanding officers at the Navy's Surface Warfare Officers School in Newport, R.I.

"The i-ENCON curriculum represents an extension of the professional education Surface Warfare Officers School instructors offer to prospective commanding officers in order for them to succeed at their new commands," said Capt. Neil R. Parrott, the school's commanding officer.

Navy establishes Expeditionary Training Group

BY MC2 (SCW)

PAUL D. WILLIAMS

Navy Expeditionary Combat Command Public Affairs

VIRGINIA BEACH — Expeditionary Training Group (ETG) held an establishment ceremony March 19 on

board Joint Expeditionary Base Little Creek-Ft. Story.

ETG's mission is to provide training to Navy Expeditionary Combat Command's (NECC) Echelon IV and V commands as they complete the inte-

grated phase of the Fleet Readiness Training Plan. From there, ETG recommends Maritime Security Surge or Maritime Security Operations-Ready certifications.

"We concentrate on the headquarters elements of deploying NECC units and provide them the integrated and advanced training they will need on deployment," said Capt. Michael Napolitano, commanding

officer of ETG. "ETG puts the finishing touches on the units that deploy within our community."

For the commands of NECC this means ETG fills a training need that no other command can provide to these deploying expeditionary forces.

"We started from the ground up to fill a known gap in training," said Napolitano.

According to Napolitano, NECC forces are on the cutting edge of fighting today's war against non-traditional threats. He said having an asset like ETG within the expeditionary community will ensure that NECC forces are not only well-equipped, but also that the Sailor is trained in the latest warfighter skills.

"Training is paramount," said Chief Operations Specialist (SW/AW) John Boglin, senior enlisted advisor of ETG. "My gut feeling is the Navy is really pushing forth with brown water operations. ETG is making sure Sailors get the training they need prior to deploying."

NECC serves as the single functional command for the Navy's expeditionary forces and as central management for the readiness, resources, manning, training and equipping of those forces. Expeditionary forces are organized to accomplish specific objectives in other countries.

For more news from Navy Expeditionary Combat Command, visit www.navy.mil/local/necc/.

Navy healthcare provider saves lives in Paktika, Afghanistan

BY U.S. AIR FORCE 2ND LT. MARK LAZANE
Paktika Provincial
Reconstruction Team Public Affairs

SHARANA, Afghanistan — The Paktika Provincial Reconstruction Team (PRT) in Afghanistan continues to assist in the stabilization and security of Paktika, a large province located on the eastern Afghan border near the Pakistan tribal areas.

“The PRT mission is difficult at times and there are definitely obstacles to overcome,” said U.S. Navy Lt. J.G. Vincent “Doc” Lopez, a physician assistant from Phoenix and Paktika PRT medical officer. “But with help from the dedicated Afghan people, little by little, we can provide them with stability and improve their quality of life.”

However, rather than going out and actively combating insurgent activity, the PRT focuses on other causes of instability: healthcare, infrastructure development, governance and agriculture initiatives.

The PRT is a collection of military and interagency partners who help provide the government of the Islamic Republic of Afghanistan with the tools necessary to provide for the long-term needs of the provincial population.

Lopez’s first role is to administer medical care to almost 100 military and civilian members of PRT Paktika and ensure they are mission capable every day.

To perform those duties,



Photos by Air Force Master Sgt. Demetrius Leste

U.S. Navy Lt. J.G. Vince Lopez, Provincial Reconstruction Team medical officer, looks at a medical chart for a sick child with Dr. Ahmad Baseer, public health advisor for Paktika province. Lopez was given a tour of the Sharana hospital to view completed projects and receive an update regarding future hospital plans as well as schedule staff training for new equipment. Paktika PRT is a joint team whose mission is to help legitimize the government of Afghanistan through development, governance and agricultural initiatives. Lopez is deployed from Naval Health Clinic, Patuxent River, Md.

Lopez relies on his medical training and a team of Navy hospital corpsmen to ensure the Sailors, Soldiers and Airmen on the PRT team are healthy and mission-ready.

Lopez’s second role with the PRT is to assist the Afghan government in improving the quality and quantity of healthcare for the citizens of Paktika province. Under his watch, the medical directors in the

young provincial government are mentored and guided to eventually become expert public health directors. For Lopez, this tasking is nothing new.

Lopez spent several years as an active-duty enlisted Sailor. He attended Hospital Corpsman “A” school at Great Lakes, Ill. and Field Medical Service school at Marine Corps Base Camp Lejeune, N.C.

Five years later, Lopez

accepted an honorable discharge from the military to pursue his dream of becoming a physician’s assistant. He attended Stanford University, earning a physician assistant’s degree and a degree in business administration. Following graduation, he moved back to his hometown of Phoenix and started working as a physician’s assistant in an orthopedic surgery clinic.

Lopez worked as a civilian physician’s assistant for five years, but felt his training and expertise in providing medical care could be put to even greater use. Lopez then sought to realize yet another dream and some 10 years after leaving the military as an enlisted Sailor, Lopez began his second career as a naval officer.

“I wanted to be a Navy officer,” said Lopez. “That’s why I signed up, I knew there were people I’d be able to help and I wanted to help them. I knew I’d deploy and I wanted to come to Afghanistan.”

Less than two years after returning to the Navy, Lopez was given his current assignment in Paktika province. With medical facilities and equipment often in short supply in the province, basic medical care for citizens can be problematic.

“We have good healthcare for the facilities and equipment we have [here],” said

Dr. Ahmad Baseer, public health adviser for Paktika province and a surgeon by trade.

“The problem is we lack a lot of the specialty services that hospitals in Kabul and other places have. With the limited facilities and equipment, as well as the lower wages, it’s difficult to recruit doctors, especially specialists, to come practice here.”

It’s the sort of situation that can frustrate even the most optimistic volunteer, but not Lopez.

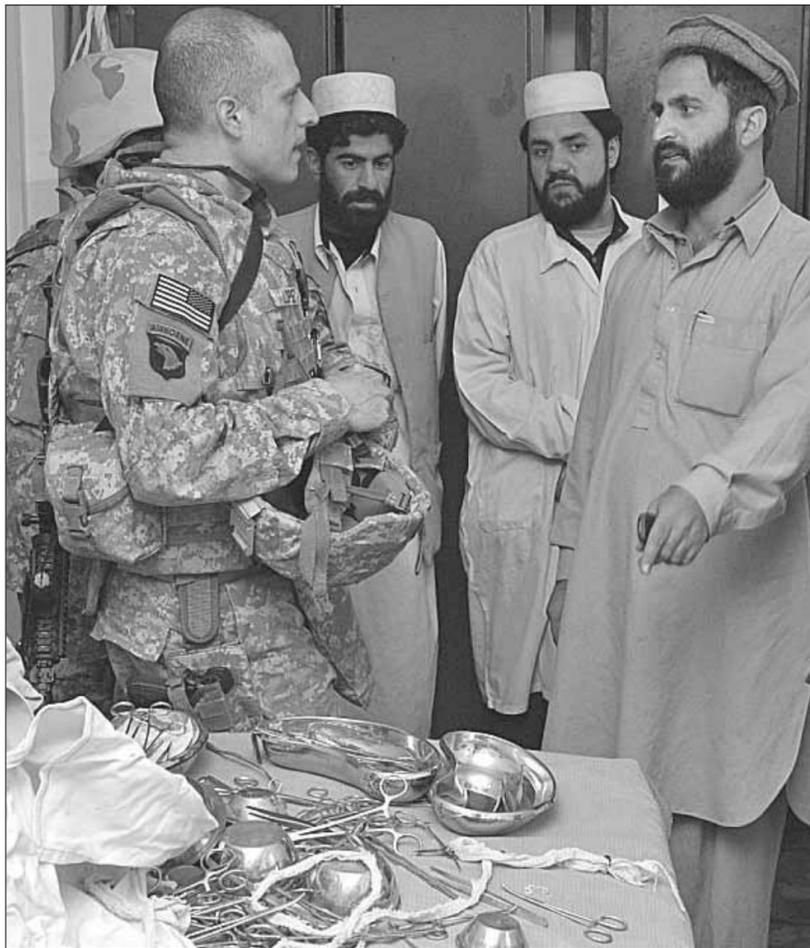
“The medical situation in this province is actually coming along quite nicely,” Lopez said.

“If we can increase the amount of healthcare work-

ers in the province, provide increased medical facilities and increase the amount medical providers are paid, we can significantly help the healthcare system of this province,” he added.

“Measuring success can be difficult to do here,” said Lopez. “I measure my success directly from comments from my troops, as well as comments from medical providers around the province. If they feel more capable of performing their job, then I know I am doing mine correctly.”

For more news from Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet, visit www.navy.mil/local/cusnc/.



U.S. Navy Lt. J.G. Vince Lopez, Provincial Reconstruction Team medical officer, speaks with Dr. Ahmad Baseer, public health advisor for Paktika province, regarding the quantity and quality of medical supplies in Sharana Hospital.



A Marine with a sucking chest wound is transported to an ambulance after a simulated terrorist attack on Naval Medical Center Portsmouth, March 25, during Exercise Solid Curtain/Citadel Shield.



Role player yells for help after being shot in the arm by terrorist during a simulated terrorist attack at Naval Medical Center Portsmouth (NMCP) during Exercise Solid Curtain/Citadel Shield. Role players included NMCP personnel and Marines staying at the hospital's Wounded Warrior Patriots' Inn.

Exercise Solid Curtain/Citadel Shield tests NMCP security responses

BY MC2 RIZA CAPARROS

Naval Medical Center Portsmouth Public Affairs

Naval Medical Center Portsmouth — The corridors of Building 1 at Naval Medical Center Portsmouth echoed with screams from the “wounded” March 25 when the medical center participated in the primary event of Exercise Solid Curtain/Citadel Shield 2010. NMCP’s anti-terrorism exercise was one of more than 250 individual training events that took place across the country during the annual training exercise from March 22 - 26.

Each drill tested different regional Antiterrorism/Force Protection operations, forming the largest AT/FP exercise in the country. The goal is

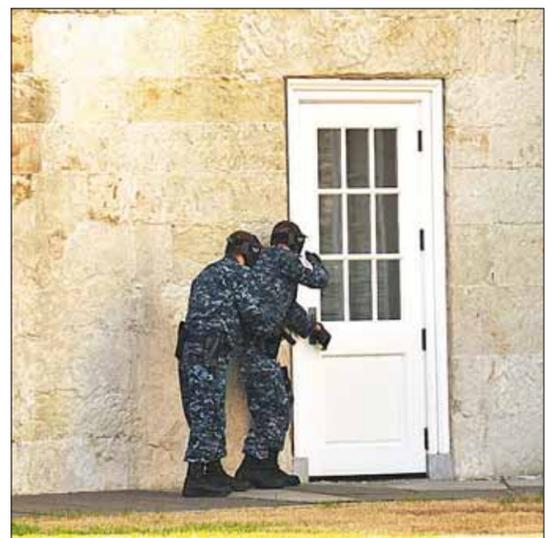
to enhance the training and readiness of Navy security personnel, increasing their ability to respond to threats to installations and units. Scenarios ranged from recognizing and countering base surveillance operations to higher-tempo and active simulated emergencies, such as small boat attacks on waterfront bases and cyber attacks on installations.

NMCP’s exercise began with increasing levels of Force Protection conditions, with a simulated attempt by unauthorized personnel to gain access to the base. During the drill, two medical center personnel portrayed gunmen who had infiltrated the base, while other staff members portrayed people injured

See EXERCISE, A10



Paramedics tend to a Marine with a sucking chest wound and other victims of a simulated terrorist attack at Naval Medical Center Portsmouth during Exercise Solid Curtain/Citadel shield.



Naval Medical Center Portsmouth security team members secure an entrance to the hospital after a simulated terrorist attack, March 25, during Exercise Solid Curtain/Citadel Shield.



Naval Medical Center Portsmouth security team secure an entrance to the hospital after a simulated terrorist attack during Exercise Solid Curtain/Citadel Shield.



A simulated gunshot wound to the hand during Exercise Solid Curtain/Citadel Shield.



A Paramedic bandages a gunshot wound after a simulated terrorist attack on Naval Medical Center Portsmouth during Exercise Solid Curtain/Citadel Shield.

Navy Special Forces support Cold Response 2010

BY MC2 ASHLEY MYERS
SEAL Team 18 Public Affairs

ARCTIC CIRCLE, Norway — Active duty and Reserve military forces from around the world convened in Northern Norway to participate in Cold Response 2010 Feb. 17 to March 4.

With more than 8,500 military personnel, approximately 1,000 special operations members, and 14 nations represented, it is one of the largest military exercises in Norway.

The U.S. Navy forces present were Naval Special Warfare Unit Two, SEAL Team 18, and Special Boat Team 20, along with key personnel from Special Operations Com-

mand Europe.

Cold weather training exercises have been held in Norway for years. The first Cold Response exercise was held in 2005 and has been held every year since.

Due to budget limitations in 2008 the exercise was much smaller and named Frozen Tundra 2008. Cold Response resumed in 2009 and will only be held on even numbered years in the future with Frozen Tundra filling in the odd numbered years.

Collaborating with the German Kommando Spezialkräfte (known as the 'KSK') and the Long Range Reconnaissance Patrol (LRRPs, pro-

nounced 'lurps'), SEAL Team 18, a Reserve SEAL Team from Little Creek, completed both reconnaissance and direct action missions.

SEAL Team 18 expeditionary support element completed expeditionary warfare (EXW) training and several people were awarded their EXW pin.

By participating in multinational exercises, U.S. forces are able to develop and improve valuable relationships with their key allies. These relationships are critical to the ability to conduct combined operations globally in response to crisis situations.

For more news from *Naval Special Warfare*, visit www.navy.mil/local/nsu/.



Photo by MC2 Matt Daniels

U.S. Navy SEALs and German forces freefall parachute onto a frozen lake in Northern Norway during Exercise Cold Response 2010. Cold Response is a Norwegian-sponsored multinational invitational exercise, with more than 9,000 military personnel from 14 countries focused on cold weather maritime and amphibious operations.

USS New York completes CSSQT

PRESS RELEASE

From Team Ships Public Affairs

WASHINGTON — USS New York (LPD 21) successfully completed Combat Systems Ship Qualifications Trials, March 22 after spending 15 days at sea conducting tests of the ship's weapons systems.

The ship departed Norfolk, March 3, en route to Mayport, Fla. While at sea, the ship's crew engaged in various training exercises to ensure the ship's weapon systems had been properly installed, function correctly and can be operated safely.

"The successful completion of these trials validates the design and integration of the weapon systems aboard LPD 21," said Jay Stefany, LPD 17 program manager within the Navy's Program Executive Office (PEO) Ships. "The exercises went as planned, and, like the previous ships of the class, USS New York and her crew proved they are a valuable fleet asset."

New York's MK 46 Mod 2 30mm gun and MK 31 RAM Guided Missile Weapon System were both successfully demonstrated during the live-fire phase of the trials.

Also tested were the ship's communication and coordination capabilities, radar

systems, and decoy systems.

New York is the fifth ship of the class developed and acquired by PEO Ships. The principal mission of LPD 17 class amphibious transport dock ships is to transport and deploy the necessary combat and support elements

of Marine Expeditionary Units and Brigades. The ships carry approximately 720 troops and have the capability of transporting and debarking

air cushion or conventional landing craft and expeditionary fighting vehicles, augmented by helicopters or vertical take-off and landing aircraft.

PEO Ships is responsible for the development and acquisition of U.S. Navy surface ships, and is currently managing the design and construction of a wide range of ship classes and small boats and craft. These platforms range from major warships such as frontline surface combatants and amphibious assault ships to air-cushioned landing craft, oceanographic research ships and special warfare craft. PEO Ships has delivered 38 major warships and hundreds of small boats and craft from more than 30 shipyards and boat builders across the United States.



EXERCISE: NMCP's anti-terrorism exercise tested security responses

Continued from page A8

or killed in the "attack". Coordinated by NMCP security assets, the drill tested the responses of base security, first responders and fire and rescue teams.

Shannon Marquez, NMCP's emergency management officer, said the exercise was meant to test the hospital's ability to flex homeland defense capabilities.

"Today's event shows that we can continue to maintain the security and safety of our staff and patients while helping our folks to understand that this can happen in a hospital, just like at any military base," Marquez said.

The firefighting/paramedic crew from Norfolk Naval Shipyard in Ports-

mouth, which is also responsible for responding to medical center emergencies, was among the first to arrive on the scene.

"The event was a good training exercise not only for the Navy, but the local first response teams as well," said Brian Shaver, the crew's lead medic. "Even though it was a training exercise, we performed as though it was the real deal, evaluating victims using the triage system and transporting from there."

Shaver said the security forces who met them at the scene worked well with his team, allowing fluid action from both sides.

"This was a very high-energy and manpower-intensive drill situation for the police and fire teams," said

NMCP Police Operations Officer Maj. Thomas McGuinness. "Every member involved did an exceptional job and the evolution was handled cleanly and as a team effort."

During the exercise, assessors collected information and relayed that data to decision makers to improve Antiterrorism/Force Protection practices and procedures in the future.

"Our mission here today was to increase awareness that terrorism is a real world threat and make us better prepared for those types of events," continued Marquez. "If we have a safe exercise, and people learn new techniques, new information and a better way to handle an event of this type, then I think it will have been a success."



Photos by MC2 Mandy Hunsucker

An explosive ordnance smelling canine unit checks out a vehicle at a gate on Naval Station Norfolk during Exercise Solid Curtain/Citadel Shield.



Mid-Atlantic Regional Operations Center during Exercise Solid Curtain/Citadel Shield.



Naval Station Norfolk base security stands by with his explosive ordnance sniffing dog at his side during Exercise Solid Curtain/Citadel Shield.



Photo by Donna Miles

Veterans Affairs Secretary Eric K. Shinseki calls an abandoned row of wheelchairs at the National Disabled Americans Winter Sports Clinic a testament to the clinic's success.

VETERAN AFFAIRS: National Disabled American Veterans Winter Sports Clinic held in Colorado

Continued from page A1

Watching it unfold slopeside this morning, Shinseki posed for photos with participants and thanked volunteers for their support.

He helped William Fry, among the first wave of skiers to hit the slopes on a monoski, to fasten his ski bib bearing the number 186. A former Air Force technical sergeant who suffers from multiple sclerosis and memory loss, Fry returned this year for his third winter sports clinic.

What keeps bringing him back, he said, is the sheer fun of whizzing down the slopes, wind in his face. "When you're out here, speed is everything," he said.

But Fry said he's also struck by the support participants receive at every

level – from the Veterans Affairs secretary himself, to the VA Department staff to the hundreds of volunteers who return to the clinic again and again every year.

"It doesn't matter if you were officer or enlisted, where you're from or what service you were in," he said. "Everybody is out here together, having fun."

That fun is rehabilitative, Shinseki said, and a vital part of the care VA provides disabled veterans.

As the clinic encourages participants to focus on what they can do rather than what they can't, Shinseki said, it helps set them on a path to live life to its fullest. He called that a critical step in VA's aggressive effort to prevent a downward spiral that leads too many veterans to depression, suicide

and homelessness.

"This is so important," the secretary said of the clinic, now in its 24th year. "If we don't do this, I can see that 400 lives are not going to be quite the same."

Sandy Trombetta, the clinic's founder and director, called it a positive way to bring veterans – particularly about 150 veterans of Iraq and Afghanistan, many just learning to live with their disabilities – into the broader network of VA services available to support them.

"The sooner we can get these men and women engaged in quality-of-life, self-actualizing activities, the better," he said. "It sets the tone for the future so they realize that they can raise a family, volunteer, get a job. They can do anything they want to do."

ZERO TOLERANCE: Navy reemphasizes guidelines in new NAVADMIN 108/10 underscoring its zero tolerance policy

Continued from page A1

Nationally, designer drugs, which are created in the likeness of known narcotics such as heroin and cocaine but have not acquired the same notoriety, are gaining more attention. The Navy message informs Sailors of the dangers associated with such substances with a strong reminder that the service's drug abuse policy not only applies to illicit drugs but to any substance unlawfully used with the intention to induce intoxication, ex-

"Drug abuse puts lives and missions at risk and undercuts unit readiness and morale."

— Adm. John Harvey, Commander, U.S. Fleet Forces Command

citement or stupefaction of the central nervous system.

"In recent years we

have seen cases of Sailors using substances such as designer drugs, Spice, chemicals used as inhalants, substances found in nature, and prescription drugs to get high," said Fleet Master Chief Tom Howard. "This is drug abuse, just like smoking marijuana or using cocaine, and Sailors know our zero tolerance policy. The vast majority of our Sailors continue to do the right thing. However, a very small percentage forget why they joined the service."

INDEPENDENCE: Navy's newest littoral combat ship sailed for the first time

Continued from page A1

in Key West and Mayport, Fla., before pulling into Naval Station Norfolk, for additional testing and specialized crew training.

"This is an exciting time for all of us," said Fire Controlman 1st Class Jeffrey Gibson. "To be a part of bringing the Navy's newest, most advanced ship to the Fleet is something we all take a great deal of pride in."

The littoral combat ship (LCS) is a fast, agile, mission-focused ship that demonstrates the latest in naval technology. The ship is specifically designed to defeat "anti-access" threats in shallow, coastal water regions, including surface craft, diesel submarines and mines. LCS features an interchangeable modular design that allows the ship to be reconfigured to meet mission requirements.

Independence, the Navy's second LCS ship and the first Independence



Photo by Lt. Zachary Harrell

Lt. Cmdr. Adam Cheatham observes operations from the bridge of the littoral combat ship USS Independence (LCS 2) as she transits the Gulf of Mexico. Independence is underway on her maiden voyage.

Class LCS, was commissioned Jan. 16 in Mobile, Ala. It spans 419 feet, has a displacement of 2,800 metric tons and can operate in water less than 20 feet deep. Propelled by four water jets, along with two diesel and two gas turbine engines, Independence is capable of speeds in excess of 45 knots and boasts a range of over 3,500 nautical miles.

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

April 1, 2010

Sexual assault has more than one victim

Everyone at the workplace from co-worker to senior leadership can be effected by a person being assaulted

BY MC2 MANDY HUSUCKER
The Flagship Staff

April is Sexual Assault Awareness month and the Fleet and Family Support Centers (FFSC) of Hampton Roads would like to highlight their Sexual Assault Prevention and Response (SAPR) program, formerly known as the SAVI program.

According to Tanya Rogers, FFSC, the name change better aligns the name of the program with its mission, which is prevention and response.

"The 2009 Navy Sexual Assault Study reflects one in five female and one in 12 male Sailors have been victims of sexual assault during their time in service," said Rogers. "Sexual assault victims need care and support, but they are often hesitant to seek help for many reasons such as fear, shame, guilt,

embarrassment, confusion, etc. As a result, many sexual assaults go unreported, and worse, many victims suffer in silence. This program allows the victim to receive much needed services to deal with the trauma of the event."

Rogers said Navy installations and commands have an obligation to ensure that all members of the Navy community are aware of the potential for sexual assault, are provided physical safety on the installation, and are provided with both Navy and community support in dealing with sexual assault.

"The Navy SAPR Program is designed to promote a Navy culture exhibiting appropriate sexual assault prevention and response capability. Sexual assault is a criminal act incompatible with the Department

See **SEXUAL ASSAULT, B8**



The 2009 Navy Sexual Assault Study reflects one in five female and one in 12 male Sailors have been victims of sexual assault during their time in service

twilight Stars of the second Twilight series movie visit Oceana Navy Exchange

BY MC2 KRISTAN ROBERTSON

NAS Oceana Public Affairs

VIRGINIA BEACH — The NAS Oceana Navy Exchange was full of some 2,650 eager "Twilight" fans March 24 to see three of the cast members from the second movie of the series, "New Moon" present to promote the DVD release and take time with the military community.

Alex Meraz, Daniel Cudmore and Christian Serratos who respectively play Paul, a fiery spirited member of the werewolf pack; Felix, a member of the "vampire police" Volturi coven; and Angela Weber, school-mate and human friend to main character Bella; posed for pictures with 300 lucky fans who were pre-selected from a drawing at the



Photo by MC3 Ash Severe

Cast members from the Twilight movie saga: New Moon visit with fans at Naval Air Station Oceana Navy Exchange. Alex Meraz (Paul), Christian Serratos (Angela), and Daniel Cudmore (Felix) pose for photos with two fans.

Navy Exchange on March 20.

The NEX had held a midnight release party for

the movie on March 19, opening at 11 p.m. More than 200 patrons attended the event to watch "New

Moon" shown in the food court, compete for the "best costume," and participate in drawings for

additional prizes such as a hard-back copy of the book signed by the author.

The celebration contin-

ued when the three cast members appeared a couple days later.

"We're here for the DVD release party, meeting some fans," said Meraz. "This is my first promotion at a base and... knowing what [service members] sacrifice, I'm really excited to be here."

The event at the NEX lasted from noon to 2 p.m. after the fans, ranging from small toddlers in "Team Edward" shirts to moms and dads alike, waited in line as early as two to three hours prior. Sales of the movie on the day of the event totaled \$10,200 and merchandise brought in \$3,500.

"I read all the books and really love the movies," said Keeghan Loeback, 12-year-old fan. "I can't be-

See **TWILIGHT, B8**

USS McFaul Sailors rescue stranded Somali mariners



Photo by Sonar Technician 3rd Class Cory Phelps

The guided-missile destroyer USS McFaul (DDG 74) conducts a rescue operation for 29 Somali men and women on a drifting skiff during a routine patrol. McFaul is on a seven-month deployment in the Gulf of Aden.

BY ENSIGN COLLEEN M. FLYNN

Combined Maritime Forces Public Affairs

MANAMA, Bahrain — The crew of a U.S. Navy ship saved 30 men, women and children off the coast of Somalia March 25.

USS McFaul (DDG 74), an Arleigh Burke-class destroyer on a seven-month deployment in the Gulf of Aden, was conducting a routine patrol about 100 miles off Somalia's north coast in support of counter-piracy operations when the crew spotted a small skiff.

The 30 people on board had been stranded with no food and very little water for nearly four days since departing the Somali coast. The skiff had suffered engine failures in both outboard motors.

"Once we recognized there was no threat, noticeable engine failure and lack

of food and water, it was evident they desperately needed our help," said McFaul's boarding officer.

An embarked translator facilitated communication between the Somali mariners and the boarding team.

The McFaul crew immediately took the Somali mariners on board and prepared to return them to their homeland, offering them a place to sleep, blankets, water and food to make them feel as comfortable as possible for the two-and-a-half-day journey back to Somalia.

Abdulrahman Ali Barhaaye, one of the elders rescued from the skiff, offered thanks.

"We gave up hope until we saw you," said Barhaaye. "We are alive, hopeful and glad to be here."

See **MARINERS, B8**

SPOUSE SPEAK!

Kitchen confessional

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

I have to confess: when duty calls my husband away, I put in a leave chit from the kitchen. And I approve it. But before you report me to the authorities, my children do eat regularly.

Even if my husband doesn't darken our doorstep on a regular basis, healthy food does make an appearance for dinner. It's just food that also happens to be convenient, like apples, cheese,

yogurt, baby carrots and anything resembling breakfast. If it doesn't require a stove or silverware, that's just an added bonus.

I have pizza delivery on speed dial and love that the new Little Caesar's has \$5 large pies ready and waiting when I need dinner to go. Pizza counts for dairy, grain, vegetable and protein, right?! When a burner does get lit, it's usually under a pot of noodles that get simply served with a shaker of Parmesan and a side of grapes. Chicken nuggets from the oven are another household favorite which I justify as being so much healthier than the ones from the drive-thru.

But the last time I was scrambling eggs and popping waffles into the toaster for supper, much to my kids' delight by the way, I noticed a little doubt sneaking in with the syrup. My children were healthy, happy and didn't seem to mind. But I wondered if I was turning into a slacker because there wasn't another adult in the house to hold

me accountable. I considered blaming the lack of motivation on the loneliness of being a single parent yet again and robbing me of the energy to plan, shop, prepare, chop, cook, serve, eat, clean up, eat leftovers and repeat. I even thought about letting myself off the hook with the excuse of being just too overwhelmed and busy to complete another task on the never-ending to-do list.

Since talking to myself wasn't eliciting any good answers, I turned to Facebook as soon as the ketchup was squirted. I quickly learned that the topic was universal – in a totally unscientific and unsubstantiated study sort of way – and that my friends from all service branches, living on and off base in Hampton Roads and overseas admitted to being AWOL from kitchen duty during deployments.

Not only were my feelings validated by the military spouse sisterhood, but I got some good ideas as well. Here's a sample of what I found:

I met my friend Kelley my junior year of high school in upstate New York, but now she's an Air Force wife living in the South. She says it's their schedule that dictates her quiet kitchen. "We're so busy, but it's pretty much the same thing when he's home too," she said. "It's take-out on karate and Cub Scout nights, quick and easy-to-fix meals on the rest of the weeknights with good meals on weekends."

My neighbor Christy, a Navy



wife with two sons, has a menu her kids love. "Lots of kid-friendly foods," she explained, "spaghetti, burgers, pizza, mac 'n' cheese, hot dogs, bagged meals with the fixin's all inside, tacos, homemade Frito chili pie, breakfast items for dinner, chicken and rice, rotisserie chicken from the store, all fixed with some veggies and fruit on the side, of course!"

Another friend from high school I reconnected with online, Jennifer, is a Marine's wife enduring a long deployment. She vacillates between time consuming and easy dinners, "It is either one or the other. Sometimes it is steak, potatoes, corn and bread; and other times chicken nuggets and French fries."

Catherine is a soldier's wife I know from church and she has found the silver lining of cooking for minus one: "I use deployments and travel separations to make all my favorite foods that he does not love like my Mom's tuna noodle casserole and pot roast slow cooked all day long." She admits to doing easy sometimes, but "when

I'm motivated, I try to do some meals ahead and freeze them in portions: spaghetti and meatballs, taco meat and chicken pot pie filling. This lets them graze from reasonable choices. We grab fast food more during deployments, so I try to make the food at home healthy."

My Navy friend Heather relies on her slow cooker for quick and easy meals. Another sailor's wife, Angela, spoils her son's palate when Daddy's away. "Anything, we eat whatever (my child) wants – cereal, eat out, frozen meals. I don't cook full meals that often, that is for sure."

I got a great idea from my friend Laura, a Navy wife from a military spouse support group I attend. Not only that, but her son gave me a great laugh with a priceless "out of the mouth of babes" comment I could so sadly relate to. She suggested: "I usually end up taking turns cooking dinner with a friend or two that are in the same boat. We alternate eating at one another's homes. That way we still have nice meals and adult company as well. It takes a

village! Once during a long deployment, my 4-year-old son did tell me that 'the fish stick ringer was going off.'"

Well now I feel so much better. I hope you do too. Now that all my fears have been normalized, I'm OK with the fact that the closest I'm going to get to gourmet is the Food Network until he comes home. Therefore I resolve to continue filling my cart with bags of frozen meatballs, English muffin pizza ingredients, sub sandwich fillings, cans of ravioli, plenty of produce and cases of noodles without any guilt.

And instead of feeling shame when I get funny looks in the commissary check out line, I'll just proudly pat my homefront kitchen club membership card and head home to nuke us some dinner.

Michelle Galvez is a Navy wife, mother of three, ombudsman and journalist. She was selected as the 2009 Heroes at Home Military Spouse of the Year. Send your deployment recipes to michellegalvez@hotmail.com.

Spring has sprung and there are deals to be done

BY BIANCA MARTINEZ

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!



One of the amazing perks of being a military family ... once in a while big business wants to say thank you! There are so many fabulous deals out there right now for military families, I am seriously giddy about it! We know how to do things on a budget, do them without complaint, and enjoy the rewards! My fellow families who sacrifice so much, behold the joys of military discounts!

Spring is definitely in the air. Moms and Dads across Hampton Roads' bases are re-

joicing at the fact that we get to get the kids outside into the fresh air, run them up and down hills, get them on bikes and just plain wear them out. However, as we venture out into the backyard for some rest and relaxation the harsh effects of winter creep in all around us. You know what I am talking about. The deck storage box somehow split down the middle under the weight of the snow. Those lovely yellow spots are totally obvious again now that the lawn is starting to come in... thank you 9-year-old boxer dog. The colors are green and brown. Time to spruce things up and Lowe's and Home Depot are both out to help you! The Depot has a 10 percent military dis-



count to all active duty, reservists, retired or disabled vets and their families. You need to request the discount and show your military identification. Same thing goes for Lowe's. There are some exceptions of course but don't let that stop you from making a backyard paradise for the summer.

After all of that family bonding and hard work for your curb appeal, you need to reward yourselves with some good 'ole family fun! It is not going to cost you a dime if you head up north on 64. Busch Gardens is giving your family a salute with their "Here's to the Heroes" program. It doesn't get much better than this deal, folks. Any active duty, activated or drilling reservist or National Guardsman gets in FREE! Think that is great? Get this. It's your hero and as many as three direct dependents! All that savings means you might as well head on up for the weekend and get a hotel room to add to the

fun. You have to head to their Web site to register and then show ID at the entrance plaza to start making spring memories!

Think you need to brighten up the family summer wardrobe for the mini vacay? Old Navy is taking care of you! They should see you as Navy is in the name! The first of every month, you might as well go on a spree for the kids. Get the shorts, the shirts, the flip-flops! They will take an extra 10 percent off at the register to active and veteran military ID card holders!

My mom always told me, "It never hurts to ask." That has been my motto for the past year. Anywhere I go, I ask if they offer a military discount. Just when you see something to make you think nobody appreciates the sacrifices military families make, the cash register tells you otherwise. And I myself, am not too shy to take them up on their offer!



You can catch Bianca Martinez anchoring the 4 p.m., 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.

Third Annual First Class Petty Officer Leadership Symposium



PRESS RELEASE

Naval Station Norfolk's First Class Petty Officer Association will host the Third Annual Hampton Roads Area First Class Petty Officer Leadership Symposium April 21-22, at Naval Station Norfolk's Building C-9 Auditorium. The symposium is free and the uniform is service uniform. No meals are provided with this conference but Bellissimo Espresso Cafe will be open during the symposium.

The goal of the symposium is to use experts on the topics to talk to FCPOs about important changes in today's Navy, including electronic service records, career information and policies, and Individual Augmentee assignments and many more.

This year's theme is "First Class Leadership at the First Class Level."

The following organizations are also participating in this event: Hampton Roads Naval Museum, Fleet and Family Support Center, Naval Safety Center, Navy and Marine Corps Relief Society, Surface Navy Association, Navy League, Navy Federal Credit Union, and Navy College.

All sea and shore commands are encouraged to participate in this highly educational symposium.

For more information, contact the FCPOA members:

OS1 Erica Andrews Wilson, 445-0208. E-mail: erica.n.wilson@navy.mil

BM1 Cynthia Van Horn, 444-3158. E-mail: cynthia.daniels@navy.mil

SK1 Vanessa Flowers, 322-2888. E-mail: vanessa.flowers@navy.mil

Leadership Symposium Schedule



April 21

7 - 7:45 a.m. Meet and greet
7:45 - 0800 a.m. Welcome and introductions
8 - 8:30 a.m. Individual augmentation
8:30 - 9 a.m. Safety
9 - 9:55 a.m. Electronic service records
9:55 - 10:55 a.m. Chief Warrant Officer board
10:55 - 11:55 a.m. Limited Duty Officer board
11:55 a.m. - 1 p.m. Lunch
1 - 3 p.m. Community Relations projects

April 22

7 - 7:45 a.m. Meet and greet
7:45 - 8 a.m. SAPR brief
8 - 9 a.m. Chief petty officer selection board/continuation board
9 - 9:15 a.m. Navy League
9:15 - 9:45 a.m. Exceptional family member program
9:45 - 11 a.m. Uniform polices and changes
11 - 11:30 a.m. Closing remarks
11:30 a.m. - 3 p.m. First class petty officer social event

New fitness, nutrition program introduced at annual health seminar

BY MC2 KIM WILLIAMS
Navy Public Affairs Support
Element East

HAMPTON — The U.S. Navy, partnered with Athletes' Performance Institute (API), introduced the Navy Operational Fitness and Fueling Series (NOFFS) at the 49th annual Navy and Marine Corps Public Health Conference, March 25, in Hampton.

The program is aimed at building operational performance in the fleet and includes tools for Sailors to improve their physical fitness and overall nutrition. Built on five pillar preps of eat clean, eat often, hydrate, recover and mind-set, NOFFS allows those once stumped at the notion of building effective eating habits and exercise routines the ability to jump-start their performance by selecting foods and exercises that will help them meet the daily demands of their operational duties.



Photo by MC2 Sharay Bennett

Chief Cryptologic Technician (Technical) David Ronuskeo, assigned to Navy Information Operations Command, participates in a Tae Bo fitness class at the Waterfront Athletic Complex in building Q-80 at Naval Station Norfolk.

"NOFFS is a complete workout and nutritional program that will eliminate the guess work for Sailors so they can go about their daily fitness routines without having to seek someone out to help them," said Lisa Sexauer, program manager of fitness and injury prevention for Commander, Navy

Installations Command.

The Navy will roll the program and its resources out to the fleet in June 2010 and it will become part of the command fitness leader course in 2011.

"The program will take us into a whole new realm of physical readiness in the Navy," said Sexauer. "It's cer-

tainly a departure from what has become familiar within our general population; it's far more contemporary and will accentuate our ability to perform at a higher level operationally with greater durability and less risk for injury."

The Navy and Athletes' Performance have

been working together for eight years to improve physical readiness throughout the fleet.

"We have taken a comprehensive approach working with the Navy including looking at the strength program, warm-up and cardiovascular fitness demands of a Sailor," said Paul Cauldwell, performance specialist, API. "We also looked at the nutritional needs a Sailor has both abroad and while they are deployed. We wanted to ensure that the training we developed fits their lives just like we do for professional athletes."

Cauldwell added that the overall goal of the Navy and API is to decrease injury to Sailors based on a sedentary lifestyle.

"We noticed a lack of consistency across the board in our research," said Cauldwell. We want to bring that to the fleet. Ultimately, we want to take care of the Navy's biggest

asset, its Sailors."

Once the program hits the fleet, Sailors will have menus, nutrition rules and food or "fuel" information at their fingertips. After conducting several focus groups on various platforms in the fleet, officials determined that enclosing the science of proper exercise and nutrition in a handy booklet was the best way to go to ensure that Sailors can understand and apply the fundamentals of a healthy diet and exercise to their lives easily.

The Navy will host a demonstration of the exercises it developed along with Athletes' Performance during a workshop in April at Naval Air Station Oceana.

For more information about the NOFFS program, visit www.nmcpbc.med.navy.mil/Healthy_Living/Physical_Fitness/NOFFS.aspx.

For more news, visit www.navy.mil.

Local service times

LDS PROGRAMS

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

NAVAL STATION NORFOLK

ROMAN CATHOLIC	PROTESTANT
<i>Our Lady of Victory Chapel</i>	<i>David Adams Memorial Chapel</i>
<i>Mass Schedule:</i>	<i>Chapel Worship Services:</i>
11:45 a.m.— Wed.	10:30 a.m.— Sun.
10 a.m.— Sun..	<i>Worship</i>

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

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

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

JEB LITTLE CREEK CHAPEL

ROMAN CATHOLIC	<i>Confessions:</i>
<i>Mass Schedule:</i>	3:30 - 4:30 p.m. — Sat.
5 p.m.— Sat.	PROTESTANT
<i>(fulfills Sunday obligation)</i>	9 a.m. — Sun. School
9 a.m. & 12:15 p.m. — Sun.	(4 years-Adult)
11:30 a.m. — Tues. - Fri.	10:30 a.m. — Sun.
<i>(except holidays)</i>	Divine Worship, Children's Church (Ages 4-10)

PWOC: Bible Study at the Chapel Annex Every Wed.
Fellowship: 9:30 a.m. Bible Study: 10 a.m. - noon
PWOC: Evening Bible Study Every Mon.: 7 p.m.
Latter Day Saints Coffeehouse
11:30 a.m. — Sun. 6 p.m. — Sun.

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

CHAPLAIN'S CORNER

Seven Deadly Sins: Laziness

BY LT. CMDR. PAUL HYDER
*Basic School Chaplain,
MCB Quantico*

This article is the last in a series that the chaplains here at MCB Quantico have written on what are commonly called "The Seven Deadly Sins." Perhaps it is ironic that I was the last one to write my article and the subject of the article is laziness. However, it wasn't so much that I procrastinated as that I made other things a priority.

Science has a lot to say about laziness. Newton's first law of motion states that an object in motion tends to remain in motion, and an object at rest tends to remain at rest. While some are naturally driven to complete projects, others are apathetic, requiring motivation to overcome inertia.

The Bible has a lot to say about laziness as well. And since from the beginning (Genesis 2:15) God ordained work for man and laziness is sin.

Proverbs is especially filled with wisdom concerning laziness and warnings to the lazy person. Proverbs tells us that a lazy person hates work: "The sluggard's craving will be the death of him, because his hands refuse to work" (21:25). He loves sleep: "As a door turns on its hinges, so a sluggard turns on his bed" (26:14). He gives excuses: "The sluggard says, 'There is a lion in the road, a fierce lion roaming the streets'" (26:13). He wastes time and energy: "He who is slothful in his work is a brother to him who is a great waster" (18:9 KJV). He believes he is wise, but is a fool: "The sluggard is wiser in his own eyes than seven men who answer discreetly" (26:16).

Proverbs also tells us the end in store for the lazy: A

lazy person becomes a servant (or debtor). "Diligent hands will rule, but laziness ends in slave labor" (12:24). His future is bleak: "A sluggard does not plow in season; so at harvest time he looks but finds nothing" (20:4). He may come to poverty: "The soul of the lazy man desires and has nothing; but the soul of the diligent shall be made rich" (13:4 KJV).

There is no room for laziness in the life of a Marine or sailor. There is no room for laziness in the life of a Christian either. A new believer is truthfully taught that "... it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast" (Ephesians 2:8-9). But a believer can become idle if he falsely believes God expects no fruit from his or her new life. "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to

do" (Ephesians 2:10).

God's people are not saved by works, but they do show their faith by their works (James 2:18, 26). Slothfulness violates God's purpose—good works. The Lord, however, empowers His people to overcome the flesh's propensity to laziness by giving us a new nature (2 Corinthians 5:17).

In our new nature, we are motivated to diligence and productiveness out of a love for our Savior who redeemed us. Our old propensity toward laziness (as well as all other sin) has been replaced by a desire to live godly lives: "He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need" (Ephesians 4:28).

We are convicted of our need to provide for our families through our labors: "If anyone does not provide for his relatives, and especial-

ly for his immediate family, he has denied the faith and is worse than an unbeliever" (1 Timothy 5:8); and for others.

The consequences of laziness are cumulative and long lasting. We snowball into a lifestyle that is both physically unhealthy, as well as unproductive. Spiritually and mentally we can also snowball into a habitual life of laziness that keeps us from being our best for God.

Laziness (of both the body and the mind) if we are not careful can become a lifestyle that is detrimental to our well being. Laziness is overcome by identifying its causes and having an awareness of its consequences. The best way to overcome our bent towards laziness to it is to have oneself occupied all the time with some meaningful work (with of course, appropriate times of rest mixed in.)

It is true as the saying goes; "an idle mind is the devil's workshop."

Guitar Hero: Fukuoka Children's Hospital



Photo by MC3 Brian Goodwin

Lt. Ryan Bareng, a chaplain assigned to the 11th Marine Expeditionary Unit (11th MEU) embarked aboard the amphibious dock landing ship USS Rushmore (LSD 47), plays guitar while dancing the Hokey-Pokey with a patient at Fukuoka Children's Hospital, Fukuoka, Japan.



Photo by Lt. Eric Hammen

Training Support Center Hampton Roads staff and students pictured at a kayak expedition on Back Bay coordinated by Lt. Eric Hammen and Mr. Rob Lindauer.

Navy lieutenant shares his love of God, the water with TSCHR Sailors

BY ROBIN HOLLAND

Training Support Center Hampton Roads Public Affairs

While a chaplain's role is to be a constant reminder of the love of God, Lt. Eric Hammen, Training Support Center Hampton Roads (TSCHR) Chaplain provides pastoral care and guidance in ways in which junior Sailors can relate.

Not only does Lt. Eric Hammen run an outstanding religious program he seeks every opportunity to build relationships with TSCHR Sailors teaching them unique ways to grow their souls on the water. Hammen who has been stationed at TSCHR for a little over two years has made a huge impact on the junior sailors in Hampton Roads. "Chaplain Hammen really cares about our junior Sailors. He has made great strides by coordinating positive activities for our staff and students to enjoy," said Chief Machinist Mate Kenneth Crowley, TSCHR Drug and Alcohol Program Advisor.

During his tenure, Hammen has made it his primary mission to get to know the Sailors at TSCHR by the way of coordinating fun, healthy activities such as surf camps and kayak expeditions. "I make it a point to show our Sailors there's more to the Hampton Roads area than just clubbing," said Hammen. Together with the help of his friends at the Surf & Adventure Co. located near Sandbridge Beach, Hammen has coordinated 12 kayak trips and several surf clinics. Rob Lindauer, Shop-Owner, Surf and Adventurer Co., has been key in helping Hammen show the Sailors at TSCHR how to have a great time without drinking. When it



Photo by Robin Holland

Lt. Eric Hammen pictured on a stand up paddle surf board. Hammen paddled alongside TSCHR staff and students while on a recent kayak expedition, Back Bay in Virginia Beach.

comes to helping out people and community involvement Lindauer has always been a huge advocate. With every kayak expedition and surf clinic Hammen has coordinated, Lindauer has graciously given the TSCHR Sailors deep discounts so that they too can experience the great outdoors while getting plenty of exercise and just having clean healthy fun. "Giving back to the community by getting involved is just who I am," said Lindauer a former lifeguard. "I feel when you are socially responsible, it's always a win-win."

Hammen is scheduled to transfer from TSCHR to Marine Corps Air Station, Cherry Point, NC, in early April. "Chaplain Hammen and the numerous contributions he has made to TSC will be greatly missed," said Crowley.



Photo by Robin Holland

GMSA Emily Rimer and GMSA Malisha Eley pictured on Back Bay during a recent kayak expedition coordinated by Lt. Eric Hammen and Rob Lindauer.



Chief of Naval Operations (CNO) Adm. Gary Roughead speaks to Sailors in the Religious Program Specialist program at the Navy Chaplaincy School at Fort Jackson, S.C.

CNO visits Naval Chaplaincy School, IA in training at Ft. Jackson

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

FORT JACKSON, S.C. — Chief of Naval Operations (CNO) Adm. Gary Roughead visited both the Naval Chaplaincy School and Center (NCSC) and Individual Augmentees in training, while at Fort Jackson, S.C., March 23.

NCSC is the training facility for Navy, Army, and Air Force chaplains and is where the Religious Program Specialist (RP) A-School is facilitated.

CNO said naval chaplains and RP's play a crucial role in the Navy's overall mission.

"I think in this time of war, the role of our chaplains and the roles of our RP's are even more important as our men and women are in combat (and) as we are deploying at a pace that is quite busy," said Roughead.

CNO said the facility at NCSC will help provide the highest standard of training with a great emphasis on collaboration.

"I think having the chaplains from all the services together allows us to better understand each of the services," said Roughead. "It allows for there to be a better exchange for ideas and perhaps methods."

Roughead talked about the positive impact the new co-located educational environment will have on the Navy and other military services.

"I think the Navy and the other services will be able to put together better programs, they'll be able to understand the drivers that are in each

of the services so that should a Navy chaplain be called upon to minister to someone from another service, there is a great understanding of that service's ethos, that service's culture and some of the issues that families face in the different services," said Roughead.

On his visit to Fort Jackson, CNO also had the opportunity to speak with Sailors who were attending the Individual

Augmentee training conducted on base.

"I really just wanted to stop by and thank you for what you are about to do," said Roughead. "It's an experience that you won't forget, it's an experience that I think you will look back on very favorably in the future, and it's an experience that will make a difference."

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/.

Holy Week and Easter schedule

Roman Catholic Easter Schedule

Holy Thursday.....April 1, 7 p.m.
Mass of the Lord's Supper
Good Friday.....April 2, 7 p.m.
Celebration of the Lord's passion
Easter Sunday.....April 4, 10 a.m.
Mass of the Resurrection (No Confessions)

Protestant Easter Schedule

Easter Worship Service.....April 4, 10:30 a.m.

83rd annual Easter Sunrise Service

VIRGINIA BEACH — Joint Expeditionary Base Little Creek-Fort Story will host its 83rd annual Easter Sunrise Service at 6:30 a.m. on Sunday, April 4 at the Cape Henry Memorial Cross on JEB East (former Fort Story). This will be the first year that the service has been held as a joint base.

The guest speaker for this year's service will be Navy Capt. Dale Parker, Regional Chaplain.

Our site for the service is a historically rich site with a four hundred year history of our first settlers who landed at First Landing (Cape Henry) on April 26, 1607. The memorial cross was erected in 1935 by the Daughters of the American Colonists to commemorate the raising of a cross by the settlers who first landed in America in 1607. The Cape Henry Memorial Cross is a part of the Colonial National Historical Park administered by the National Park Service.

This event is open to the public. For more information please call the JEBLCFS Chapel at 462-7427.

Bataan, 22nd MEU complete Operation Unified Response support

PRESS RELEASE

From USS Bataan Public Affairs

NORFOLK — Multipurpose amphibious assault ship USS Bataan (LHD 5) and embarked Marines from the 22nd Marine Expeditionary Unit (MEU) completed support to Operation Unified Response and departed Haiti March 24 after 10 weeks on-station.

Bataan surged from her homeport of Norfolk, just 48 hours after a 7.0 magnitude earthquake devastated Haiti, and arrived on-station off the coast of the island nation Jan. 18.

Within two days, 23 patients had been brought to the ship either by helicopter or landing craft air cushion (LCAC.)

Multipurpose amphibious assault ships like Bataan have a unique design: a 844-foot flight deck for air operations and a well deck to launch and recover amphibious craft. Those inherent capabilities – along with a medical facility second only to the Military Sealift Command hospital ships USNS Comfort and Mercy – made the platform ideal for the mission in Haiti.

“These ships are made to be flexible. As the mission evolved, our tasks changed frequently, but we were able to meet every requirement,” said Capt. Steve Koehler, Bataan’s commanding officer. “Add that to the work of a dedicated crew that never said no, and I was inspired every day we were on station.”

Helicopters and LCACs operating from Bataan transported nearly 1,000 pallets of relief supplies, medically evacuated 97 patients to Bataan and provided transport for another 524 Haitian patients to and from USNS Comfort, USS Carl Vinson (CVN 70) and hospitals throughout Port-au-Prince.

“The Sailors and Marines aboard Bataan gave unselfishly of themselves for more than two months, and made a life-changing impact on the people of Haiti,” said Capt. Tom Negus, commander of the Bataan Amphibious Ready



Photo by MCC Tony Sisti

An MH-60S Sea Hawk helicopter from Helicopter Sea Combat Squadron (HSC) 22 delivers pallets of supplies to the multipurpose amphibious assault ship USS Bataan (LHD 5) as the amphibious dock landing ship USS Carter Hall (LSD 50) breaks away during a vertical replenishment involving Carter Hall, Bataan and the Military Sealift Command dry cargo and ammunition ship USNS Sacagawea (T-AKE 2). Carter Hall and Bataan are supporting Operation Unified Response off the coast of Haiti after a 7.0 magnitude earthquake Jan. 12.

Group.

“It’s one thing to be told you’re making a difference, it’s another to look into the eyes of a life you’ve changed forever,” said Senior Chief Hospital Corpsman (SW/AW) Huben Phillips, an independent duty corpsman who treated patients ashore by day and returned to Bataan to treat more patients at night.

Bataan collectively looked into those eyes when 8 lb., 3 oz. Theo Joe, a baby boy, was born healthy Jan. 30 in the ship’s hospital. His mother had been medically evacuated to the ship by LCAC from Grand Goave.

The Bataan crew unofficially adopted the child’s hometown, conducting 22 “Sailors Ashore Missions” (SAM),

ultimately removing 150 tons of rubble, building 65 shelters for 130 families and distributing more than 500,000 meals.

“I was on the very first SAM, and I remember the streets being empty, and rubble and ruin everywhere,” said Aviation Ordnanceman (AW/SW) Howard King, from Charleston, S.C. “By the last SAM, there was a huge difference; the streets were full of people, stores were open, and life was rejuvenated in Grand Goave.”

The Navy and Marine team worked with various U.S. and partner government organizations, numerous independent aid organizations operating in the area, and local Haitian leaders delivering aid, and helping the communities prepare for long-term reconstruction.

The Department of the Navy has become increasingly involved with other U.S. government agencies and non-governmental organizations (NGOs) since it adopted a new Maritime Strategy in 2007 that elevated stability missions to the same priority as combat operations and committed itself to working more closely with its civilian partners.

For more news from USS Bataan visit www.navy.mil/local/lhd5.

USS Bush Sailors return from 8-month Nimitz deployment

BY MCSN

J. SCOTT ST. CLAIR

USS George H.W. Bush
(CVN 77) Public Affairs

NORFOLK — More than 70 USS George H.W. Bush (CVN 77) Sailors returned to Norfolk, March 22, after an eight-month deployment with USS Nimitz (CVN 68).

The Sailors were sent from the Navy’s tenth and final Nimitz-class aircraft carrier, to the first Nimitz-class aircraft carrier to receive training, qualifications, and to aid Nimitz in her routine deployment to the Western Pacific in support of the maritime strategy.

The Sailors arrived at Naval Station Norfolk’s Air Mobility Command terminal where they were welcomed home by family, friends and their Bush shipmates.

“Our Sailors did marvelous work,” said Capt. “Chip” Miller, Bush’s commanding officer. “It’s only fitting to give them a great homecoming.”

Sailors from Bush’s Air, Supply, Weapons, Reactor, Operations, and Aircraft Intermediate Maintenance departments detached from the aircraft carrier July 29, for what was originally scheduled to be a six-month deployment. The deployment was extended for an additional two months.

“The extra two months were worth it,” said Aviation Support Equipment Technician 2nd Class (AW) Matthew I. Brandvold. “It gave us more time to accom-

plish goals like qualifications and certifications. I feel that the knowledge and experience I acquired out there is something I can bring back with me.”

According to Miller, the Nimitz’ commanding officer had nothing but positive feedback about the Sailors’ performance.

“I’m so proud of our Sailors,” said Miller. “They had the opportunity to gain so much experience that they can now bring back to benefit us. It really adds depth to our team when we have Sailors that have been through a full deployment.”

Of the six departments that provided volunteer augmentees, Air Department personnel made up the overwhelming majority with 56 members. Bush’s Air Boss Cmdr. Matthew G. Westfall expressed his gratitude to have many of his Sailors back and to work with them for the first time.

“I’m meeting 42 of my Sailors for the first time tonight,” he said, “and they’re showing up with qualifications and experience. They’re bringing a lot to an already solid team.”

Westfall also said he has high hopes for the returning Sailors and for the future.

“We have everybody home for the first time,” he said. “This marks the end of our Air Department training abroad. Now the tables have turned, now we can begin qualifying Sailors from other commands. We’re paying back our debt to the fleet.”

Motorcycle safety awareness at Naval Station Norfolk

COMPILED BY FLAGSHIP STAFF

All military personnel who operate a motorcycle on or off base, and all Department of Defense (DoD) civilian personnel who operate a motorcycle on base are required to complete a Commander Naval Safety Center (COMNAVSAFECEN) approved motorcycle rider safety course prior to operating these vehicles aboard the Naval Station. The training is provided, on base, by the Sewell's Point safety office, free of charge. To obtain class schedules go to www.navymotorcyclerrider.com or for more information on motorcycle safety training offered at Naval Station Norfolk, contact the Sewells Point Safety Office (SPSO) at 322-2917/28.

Motorcycle safety remains a key concern aboard Naval Station Norfolk. Each day hundreds of Sailors and/or DoD civilians navigate Naval Station on motorcycles and our desire is to ensure every motorcycle rider is safe.

Unfortunately, the number of safety infractions seen on a daily basis is reason for concern, especially in the area of Personal Protective Equipment (PPE).

In Accordance With (IAW) Ref. A (OPNAV 5100.12H CH-1 dated June 25, 2008), all motorcycle operators accessing Department of the Navy installations must be formally trained and possess a valid motorcycle driver license, vehicle registration and required insurance. In an effort to help curb some of the most notable safety infractions Naval Station Norfolk security personnel will refuse access to any person not wearing all the required and approved PPE. IAW Ref. A, the required PPE is:

A. Helmet meeting department of transportation (DoT), Snell memorial foundation certification shall be worn and properly fastened under the chin. Fake or novelty helmets are strictly prohibited.

B. Protective eye devices designed for motorcycle operators (impact or shatter resistant safety glasses, goggles, wrap around glasses sealing the eye, or face shield properly attached to the helmet) shall be properly worn. A windshield, standard sunglasses or standard eyewear alone, are not proper eye protection.

C. Sturdy, over the ankle footwear that affords protection for the feet and ankles shall be worn.

D. Riders and passengers shall wear a long sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens



File photo

If a Sailor wants to ride a motorcycle on Naval Station Norfolk, they need to have the proper personal protective equipment, such as DOT/Snell certified helmet, long trousers, protective eye device and sturdy over the ankle footwear, among other things. A Sailor is also required to complete an approved motorcycle rider safety course prior to riding on Naval Station Norfolk.

designed for use on a motorcycle. Motorcycle jackets constructed of abrasion resistant materials such as leather, Kevlar, and/or Cordura and containing impact absorbing padding are highly recommended.

To enhance safety, garments constructed of brightly colored and reflective materials are highly recommended during daylight hours. Reflective outer garments or vest must be worn during hours of darkness and must not be obstructed by backpacks (unless the backpack itself is made of reflective material).

All required motorcycle training is available on base. Courses include the Basic Rider Course (BRC), Experienced Rider Course (ERC), the Military Sport bike Rider Course (MSRC) and basic rider course with training motorcycles (250cc) for potential motorcycle riders.

SPAO has 250cc sport bikes for Sailors to complete training prior to purchasing motorcycles. If the BRC training is completed on one of these 250cc trainer motorcycles and the course graduate plans to operate a motorcycle greater than

500cc, the MSF Experienced Rider Course (ERC) or MSF Military Sport bike Rider Course (MSRC), as appropriate, shall be taken on the privately-owned motorcycle as soon as possible, ideally, no later than 60 days after completion of the BRC. Every week the instructors work tirelessly to train every registered Sailor and their greatest source of frustration remains no-shows. All courses are valid for three years.

If a rider is unable to attend a class for which they've received a quota, it is important they contact SPSO and cancel their attendance so another Sailor may be enrolled. Commands will continue to be notified of no shows. Failure to cancel course reservations in a timely manner results in empty seats that may have otherwise been filled with other deserving riders.

Naval Station Norfolk is dedicated to enforcing all motorcycle safety measures and requests all tenant command leadership to help enforce all Navy standards. Riders who fail to comply with PPE will be refused access to the Naval Station and failure to comply with licensing and motorcycle training may result in denial of access to the installation, department of defense traffic citations, revocation of driving privileges and disciplinary/administrative actions. Naval Station Norfolk will strictly enforce compliance with requirements at all access control points and designated monitoring areas, and random checks will be conducted to ensure riders have all necessary licensing and registration paperwork, as well as DoD decals. Command involvement with PPE and training compliance is required.

"Motorcycle Safety continues to be a huge concern. My attention is directed toward our Entry Control Points and making sure all Sailors entering the Naval Station wear all the proper personal protective equipment," said Naval Station Norfolk, Command Master Chief Gregg Snaza. "If a person tries to access the base with anything less than 100 percent correct PPE, he or she is refused access. This policy appears to be working, because I have seen far less safety infractions this year than I did a year ago."



File photo

Sailors practice looking back during the Basic Riders Course (BRC) on Naval Station Norfolk. The BRC is available to all active duty service members free of charge.

TWILIGHT: Fans flock to greet cast notables

Continued from page B1

lieve they're here. I'm not sure who's more excited, me or my mom!"

At the NEX, the cast mem-

bers first met with 10 local members of the Wounded Warriors Project, next met their fans, then went on base for a flight simulation and to Strike Fighter Squad-

ron (VFA) 31 for an F/A-18 flight demonstration where they met pilots and learned what Oceana squadron operations are all about.

At the flight simulation,

6-foot, 7-inch tall actor Cudmore found out it was best to stick to an acting career since he couldn't fit into the cockpit of a jet correctly. All three actors were extremely personable to anyone who approached and they were interested in learning about the jets.

As for the explosion in popularity of the movies and the traveling of the cast for promotions, Serratos explained about the off-set relationship, "It's like being a part of a family; we're all on the same page and continuously get closer as we work together. I look at them like my big brothers and sisters, it's excellent."

Each of the three members received a personalized command ball cap and flight jacket from the Oceana NEX as part of their visit to Oceana.

MARINERS:

Somalis thankful for helping hands

Continued from page B1

Helping the Somali mariners became a shipwide event, whether repairing the skiff's engines or supplying the rescued mariners with food, water, shelter, life jackets and blankets.

"This was a rewarding experience," said one of the boarding team members. "They appreciated our efforts and were very thankful."

McFaul returned the 30 Somali mariners safely ashore March 27 with their repaired skiff at the small fishing village of Ceelaaya, Somalia.

McFaul is assigned to Combined Task Force 151, which is a 24-nation task force, which was established in January 2009, to conduct counterpiracy operations.

For more news, visit www.navy.mil.

SEXUAL ASSAULT:

Navy has 'zero tolerance'

Continued from page B1

Navy's core values and ethos, said Rogers. "The Secretary of the Navy's vision of the program is to have a culturally-aware and educated total force environment that is intolerant of sexual assault that is supported by a well-defined prevention, reporting, investigation, military justice, and victim advocacy program. The SAPR program is important because it provides victims with advocacy and intervention services; promotion of a sensitive, coordinated, and effective management of sexual assault cases."

The Navy's goal of establishing and maintaining a "zero tolerance" policy of sexual assault is reflected in the SECNAVINST 1752.4A, OPNAVINST 1752.1B, and COMNAVREGMIDLANT 1752.1A, according to Rogers.

Rogers said as of June 2005, there are two ways a victim can report sexual assault.

"Victims can choose a restricted reporting option or an unrestricted reporting option. Restricted reporting allows the victim to obtain medical treatment, advocacy, and supportive services without identifying them to the command or notifying law enforcement of the incident. It gives a victim of sexual assault the option of obtaining services without triggering an investigation. The victim can disclose the incident of sexual assault to certain specified individuals to obtain advocacy, medical, counseling and/or supportive services," said Rogers. "Unrestricted Reporting gives a victim who desires medical treatment, counseling, advocacy services, possible command assistance regarding safety or assignment, and allows the investigative process to proceed."

"It is important for victims to understand that the restricted reporting option can only be guaranteed if the sexual assault victim talks to a sexual assault response coordinator (SARC) or SAPR Victim Advocate before speaking to anyone else, including a friend or a family member," continued Rogers.

Rogers said the SAPR program incorporates a coordinated systems approach inclusive of medical, legal, security, Chaplains, Fleet and Family Support personnel, trained command SAPR personnel, and civilian resources.

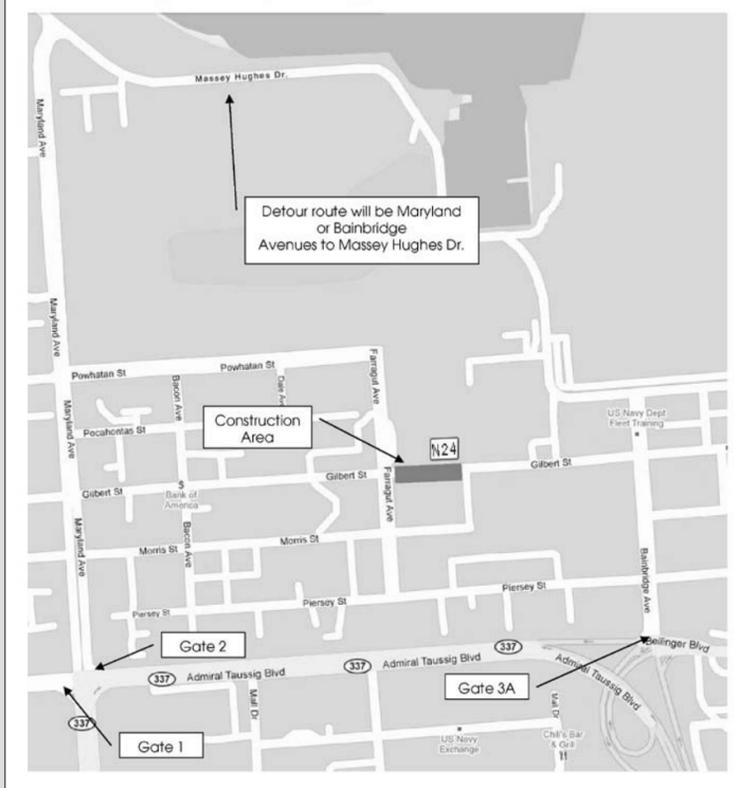
"The SARCs train and oversee SAPR Victim Advocates, SAPR Points of Contact, SAPR Data Collection Coordinators, and SAPR command liaisons. The SAPR Victim Advocates are first responders for victims of sexual assault. The Navy provides 24/7 response capability for sexual assaults on or off the installation and during deployment through trained SAPR Victim Advocates," said Rogers. "SAPR Victim Advocates meet with the victims, provide information about the restricted and unrestricted reporting options, and provide support to the victim in addition to the medical, investigative, counseling, and legal services provided to the victim. The SARCs will provide case management support and review the case monthly at the installation Sexual Assault Case Management Group (SACMG) until conclusion of case."

SAPR Conference

Fleet And Family Support and SAPR Program Installation SARCs have organized a Sexual Assault Prevention and Response (SAPR) Victim Advocate Conference to be conducted on April 7, 8 a.m. - noon at JEB Little Creek-Fort Story Gator Theater.

The conference will provide an opportunity for Command SAPR Personnel to receive advanced and refresher training, education and prevention tools to incorporate into their current sexual assault prevention and response programs, and will allow Victim Advocates to further enhance their victim response and service delivery skills. It will also provide command leadership with information on resources and assistance available for implementing a comprehensive command SAPR program. Guest speakers include Sexual Assault Prevention and Response experts, EEO, JAG, and community resource providers. All levels of command leadership are being encouraged to attend." Registration for the conference is required. To register for classes, individuals should contact their Installation SARC: Norfolk/Portsmouth SARC 444-2230, DSN 564-2230; Oceana SARC 433-2912, DSN 433-2912; JEB Little Creek SARC 462-7563, DSN 253-7563; Yorktown/Newport News/Sugar Grove SARC 688-6289.

Gilbert Street will be closed to thru traffic from April 2 at 6 p.m., April 11 at 6 p.m., to upgrade central steam lines.



Naval Station Norfolk temporarily closes Gilbert Street

Naval Station Norfolk will temporarily close a major east-west thoroughfare aboard the installation. Gilbert Street will be closed to thru traffic from 6 p.m., April 2 until 6 p.m., April 11 to upgrade central steam lines. The specific closure location will be from the intersection at Farragut Street to the N-24 (Gym) pedestrian crosswalk.

Recommended access to the air side of the base (east of Bainbridge Ave/Gate 3A) is via Gates 4, 10 or 22 on Granby Street and/or Ridgewell Ave. Access to the water side of the base (west of Bainbridge Ave./Gate 3A) is via Gates 1, 2, 5 or 6 on Hampton Blvd. and/or Admiral Taussig Blvd. Detour route will be Maryland or Bainbridge Avenues to Massey Hughes Drive.

For more information about the Gilbert Street closure, contact Terri Davis, Public Affairs Officer, Naval Station Norfolk, 322-2576, cell 438-4245.

Naval Station Norfolk relocates Gate 10

In an effort to create a more pedestrian friendly road along "A" Street and to prepare for the demolition of the Mason Creek Bridge in late 2010, Naval Station Norfolk has relocated Gate 10 one block south to "B" Street and Ridgewell Ave.

The new gate will be open beginning Monday, Mar. 29 at 5 a.m.

For more information about the gate, contact Terri Davis, Public Affairs Officer, Naval Station Norfolk, 322-2576, cell 438-4245.



Photo by MC1 Martine Cuaron

Italian navy Lt. Federico Panconi, left, from Rome, assigned to Africa Partnership Station (APS) West, embarked aboard the amphibious dock landing ship USS Gunston Hall (LSD 44), shows an example of an accurate fishing log entry to Ghanaian navy 2nd Lt. Kwadwo Ansong, right, from Sekondi, an APS student, as part of a fisheries workshop aboard a Ghanaian fishing boat in Albert Busomtwi-Sam Fishing Harbor. APS is a multinational initiative developed by Commander, U.S. Naval Forces Europe and U.S. Naval Forces Africa to work with U.S. and international partners to enhance maritime safety and security on the continent of Africa.

APS Gunston Hall holds small-boat operations training for African sailors

BY MC1 (SW/AW) MARTIN CUARON

USS Gunston Hall Public Affairs

SEKONDI, Ghana — Sailors from Nigeria, Benin, and Ghana participated in basic small-boat operations training as part of Africa Partnership Station (APS) West aboard Whidbey Island-class amphibious dock-landing ship USS Gunston Hall (LSD 44), while the ship was in Sekondi, Ghana, March 11-19.

A training team from the U.S. Coast Guard's International Training Division held a series of courses on a variety of topics from boat-handling to man-overboard recovery drills.

"Maritime safety and security is a very broad umbrella, and part of any Coast Guard maritime operation is going to include boats but more specifically small-boat operations," said Coast Guard Chief Warrant Officer Earl Schlemmer, from Ellwood City, Pa. "Particularly for a nation or nations that have limited resources, small-boats operation is a good step in securing ports and patrolling territorial waters, no matter what part of the world you're in."

A mixture of classroom lectures and hands-on training scenarios took the sailors off the shores of Sekondi Naval Base aboard 11- and 7-meter ridged-hull inflatable boats (RHIB) to provide a more practical environment.

"As an instructor, you learn that there are several different ways that people learn and take in the information," said Schlemmer. "So we try and mix in many different teaching techniques and methods to try

reaching each student."

"The instructors were able to break down the training material so we could better understand it," said Nigerian Navy Petty Officer Obalaja Ademola, from Lagos, Nigeria. "I very much appreciate the training APS has provided me."

"It's very good, I am learning a lot of different things, some things I knew already and things I didn't know," said Ghanaian Navy Able Seaman 1st Class Edward Lamptey, from Sekondi. "So the things I didn't know I'll be able to apply to my day-to-day job, and because of the training I received, I'll be more prepared."

The training also helped these sailors establish friendships and build camaraderie.

"I wish I could be together with my classmates for the rest of my life," said Lamptey. "We are already exchanging contact information and I plan to forever keep in touch with them."

The sailors also learned about maritime law enforcement and coastal search-and-rescue operations. Once completed, they can return to their respective countries with additional knowledge on maritime know-how.

"APS is all about providing maritime security off the coast of Africa, and I am proud to be a part of it," he said.

APS is an international security cooperation initiative aimed at building and strengthening long-term relationships and global maritime partnerships through training and other collaborative activities, to improve maritime safety and security.

USS Truman holds NCPACE orientation for Spring semester

BY MC2 DAVID WYSCAVER

USS Harry S. Truman Public Affairs

USS HARRY S. TRUMAN, At sea — Navy College Program for Afloat College Education (NCPACE) course orientation was hosted by USS Harry S. Truman (CVN 75) Navy College Office advisors March 15-19 for Sailors interested in earning college credits towards an academic degree.

The orientation was designed to offer an overview of the NCPACE and Distance Learning programs. Topics covered included prerequisites for enrollment, Asset testing (required for participation in Math and English courses), and one-on-one counseling to discuss degree plans.

"We do a lot of counseling to help assist Sailors with career goals both personally and professionally," said Jim Schermerhorn, Navy College Office Norfolk education advisor. "We help set Sailors up for success and provide them with the tools they need to achieve their educational goals."

Open registration for the upcoming semester is March 23-30. Actual classroom instruction will begin May 3 and conclude on June 26. Students are expected to attend class six days a week, Monday through Saturday.

For Truman Sailors interested in obtaining college credit, the following courses are scheduled for instruction for the upcoming semester: English 1301: Composition I, English 1302 Composition II, History 1301 United States History I, History 1302 United States History II, History 2311 Western Civilization I, Psychology 2301 General Psychology, Psychology 2308 Child Psychology, PSYCH 2314 Life Span Growth and Development and DSMA 0307 Intermediate Algebra.

Many advantages exist personally and professionally for Sailors who are interested in earning

college credit towards a degree.

"The Navy offers two points towards advancement test scores for those Sailors who have an associate's degree," said Laura Page, Navy College Office Norfolk education advisor. "Obtaining a degree helps those who are looking to compete in the civilian job market because it shows a core base of knowledge, critical thinking skills and initiative."

For more information regarding the upcoming NCPACE semester and other educational topics visit the Education Services officer or the Navy College Office.

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

Did You Know?

Remembering Navy-Marine Corps Relief Society in your will (or living trust) is one of the easiest and best ways to ensure that the Society's crucial work will continue for generations to come?

Including the Society as a beneficiary of your will can be as simple as adding an amendment (or codicil) to your existing document. NMCRS can provide sample bequest wording and a codicil form.

Please contact the Society for further information! Let them know how they can be of assistance.

Contact your local NMCRS Office today!
NMCRS: Your First Resource
www.nmcrcs.org