



## President remarks on Navy's biofuel program

BY LT. PAUL MACAPAGAL  
Navy Office of Information

WASHINGTON — President Barack Obama announced his administration's future plans on energy security to include the Department of Navy's (DoN) biofuel program inside Hangar 3 at Joint Base Andrews, Md., March 31.

These plans include strategic efforts by the Department of Defense to enhance energy production and promote clean energy innovation. As part of the Navy's Energy Strategy, the Navy is developing the critical protocols needed to certify alternative fuels for use in Naval Tactical systems.

During the president's announcement, an F/A-18 'Green' Hornet and a Marine Corps Light Armored Vehicle (LAV), which are a part of the DoN's biofuel program, were in the background demonstrating progress toward the current administration's energy goals.

"Our military leaders recognize the security imperative of increasing the use of alternative fuels, decreasing energy

use, reducing our reliance on imported oil, making ourselves more energy-efficient," said President Obama. "That's why the Navy, led by Secretary of the Navy Ray Mabus, who's here today, has set a goal of using 50 percent alternative fuels in all planes, vehicles, and ships in the next 10 years."

Using alternative fuels and being energy efficient is primary piece of Mabus' energy reform targets for the DoN.

"One of the reasons we are trying to become energy independent, to the maximum extent possible, is to make us better warfighters," said Mabus.

As an environmental and energy concept, the 'Green' Hornet encompasses efforts ranging from operational and policy through technology research and development. The Navy will demonstrate an F/A-18 Super Hornet powered by a 50/50 biofuel blend on Earth Day, April 22, at Naval Air Station Patuxent River, Md. as part of its biofuel certifications.

For more news, visit [www.navy.mil](http://www.navy.mil).

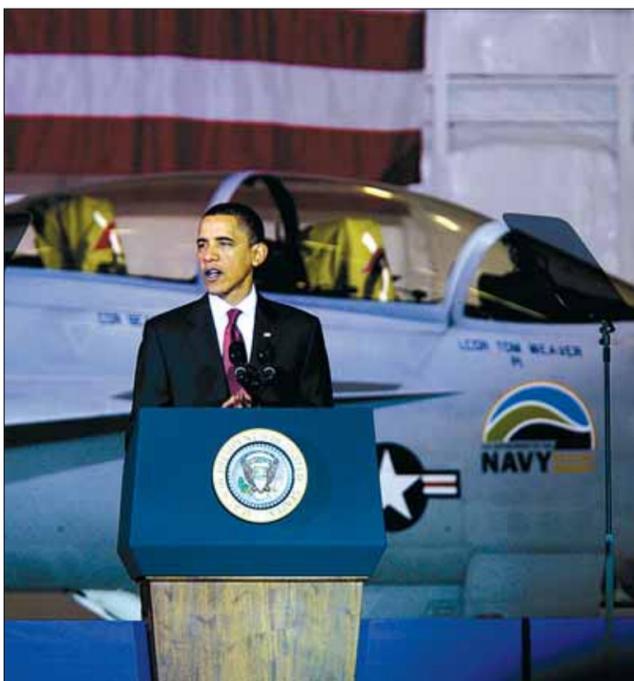


Photo by MC2 Kevin S. O'Brien

President Barack Obama, with the Navy's F/A-18 Green Hornet, announces today addition measures to boost domestic energy production for the Nation to include strategic efforts by Department of Defense to enhance energy security. The Green Hornet biofuel program is the first Navy aviation test program to evaluate the performance of a 50/50 biofuel blend. The Navy's goal is to develop the certification standards for alternative fuel sources derived from renewable sources that are positive or environmentally neutral and improve availability and price stability.

## 2010 Census reaches milestone of Census day

PRESS RELEASE

Chief of Naval Personnel  
Public Affairs

WASHINGTON — The federal government designated April 1 as the official day of the population count in the United States. Sailors and their families should use this day as the point of reference for answering Census questions.

"When completing the Census, answers should represent a snapshot in time — they should paint a broad picture of your household on a single day, April 1," said Chief Warrant Officer Melanie Kinchen, of Navy's Personal Readiness and Community Support Branch and the lead for coordinating Navy's overall Census efforts. "Sailors, Navy civilians and their families should use this date no matter what day the form is actually completed."

All of the information disclosed on the Census to include race, gender and age are used to ensure accurate representation of the population to federal agencies which target funds, resources and policies toward age-based, civil rights-based and gender-based services.

"The government needs to know what services each community needs. For example a community which houses mostly single working adults will require different services than a community which houses an abundance of children or retired adults," said Kinchen. "In order to provide the right services to the right communities, the Census asks questions such as age and gender."

Once the Census form is completed and returned, it will ultimately be compiled with the input of the nation and forwarded to the White House for apportionment of House seats and to help determine the distribution of approximately \$400 billion per year in federal funding for neighborhood schools, hospitals, senior citizen centers and emergency services.

For those who have not completed and returned their Census forms, the Census Bureau will begin to assign and dispatch Census workers to conduct interviews in order to compile the required data.

Navy personnel stationed onboard vessels April 1 will receive the Shipboard Census report; those assigned to group quarters will receive a Military Census Report; and those who maintain a stateside residence will receive the standard Census questionnaire at their home. All forms have 10 or less questions and take less than 10 minutes to complete.

Members stationed overseas will be counted using personnel records from the Defense Manpower Data Center.

To hear more information about the 2010 Census, listen to the podcast at [www.navy.mil/media/audio/cnp/CNP%20Census%20Podcast.mp3](http://www.navy.mil/media/audio/cnp/CNP%20Census%20Podcast.mp3).

## New DVD helps children deal with deployment

BY ELAINE WILSON  
American Forces Press Service

WASHINGTON — Department of Defense and United Service Organizations (USO) officials joined military families at the U.S. Navy Memorial in Washington, D.C., March 31 to celebrate the launch of a new DVD created to help military children cope with a parent's deployment.

"With You All The Way" — a joint effort by the Defense Department, USO and the Trevor Romain Co. — offers school-age children help with preparing for and dealing with all stages of deployment, from pre-deployment to separation to reintegration.

"We are grateful for the dedication and creativity of people like Trevor Romain and the generosity of groups like the USO," said Barbara Thompson, director of the Pentagon's office of family policy and children and youth. "With (their) support, we are better able to help bridge the gap that results from



USO photo by Mike Theiler

Trevor Romain, award-winning author and illustrator of children's books, jokes with kids after a USO-sponsored film screening of his DVD "With You All The Way," for military children who have parents serving in the armed forces, in Washington, DC, March 30. The DVD helps kids understand how to prepare for their parent's deployment, stay connected during their separation and plan for the transition of reintegration.

See DVD, A11



Photo by MC2 Gabriel S. Weber

A live production of The Sesame Street Experience is performed for families in the Benny Decker Theater at Fleet Activities Yokosuka, Japan.

## USO announces Sesame Workshop tour dates

PRESS RELEASE  
American Forces Press Service

WASHINGTON — The Sesame Street/United Service Organizations (USO) Experience for Military Families, a free traveling USO show based on Sesame Workshop's award winning "Talk, Listen, Connect" initiative and produced in partnership with Vee, is back in the United States after an around-the-

world tour.

The show, which is exclusively for military families, kicks off its second swing through the United States April 17 at Fort Knox, Ky.

Audiences will experience a 25-minute character performance and receive promotional items and

See SESAME, A11

## Navy ends search for missing aviator

PRESS RELEASE  
U.S. 5th Fleet  
Public Affairs

M A N A -  
MA, Bahrain

— After an extensive search by military units, the Navy suspended its search and rescue efforts at 6 p.m. (Zulu +4) April 2 for the fourth crew member from the E-2C Hawkeye that crashed March 31.

The missing pilot has been declared deceased.

Lt. Steven Zilberman, 31, was born in Ukraine and considered Columbus, Ohio his hometown. He served in the Navy for nearly eight years.

"This is a heart-wrenching loss for the Zilberman family and the 'Bluetail' family," said Cmdr. Joseph F. Finn, Carrier Airborne Early Warning Squadron (VAW) 121's commanding



Lt. Steven Zilberman, 31

officer. "It is our exceptional people that are the strength of our community and our Navy. Steven was one such individual. He bravely and willingly accepted the risks of an inherently dangerous job. He was a fine aviator and we are better people for having him in our lives. I extend my deepest sympathy to Steven's family and friends. He will not be forgotten."

The E-2C Hawkeye from VAW 121, the "Bluetails," stationed aboard USS Dwight D. Eisenhower (CVN 69), impacted the water approximately five miles from the ship.

Several ships and aircraft, including Dwight D. Eisenhower, USS Carney (DDG 64), USNS Supply (T-AOE 6) and other U.S. Central Command Navy and Air Force aircraft searched more than 5,300 square miles

See AVIATOR, A11

### INSIDE:

#### CPO GOATLOCKER CHALLENGE A8

CPO's turn out in droves for CPO Goatlocker Challenge. CPO's honor the anniversary of the U.S. Navy Chief Petty Officer rank with Goatlocker Challenge.



#### CHANGE OF COMMAND B1

JEB Little Creek - Fort Story changes command. Capt. Crow was relieved by Capt. Stuppard in a change of command ceremony.



#### OFF DUTY C1

Celebrate the arts at annual festival. Virginia Arts Festival will bring performances to Hampton Roads, April 15 - May 30.



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Regional program manager for Commander Navy Region Mid-Atlantic is

**Public Affairs Director**  
Beth Baker

**Editorial Staff**  
**Managing Editor**  
Micheal Mink

**Deputy Managing Editor**  
MC1 (AW) Tim Comerford

**Editorial Assistant**  
MC2 Mandy Hunsucker

**Graphic Designer**  
David Todd

**Off Duty Editor / Designer**  
Tim Rafalski

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**General Manager**  
Laura Baxter, 222-3964

**Creative Director**  
Tricia Lieurance, 222-3968

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## Tools for Sailors to maintain their personnel records online

### PRESS RELEASE

From Navy Personnel Command Public Affairs

**MILLINGTON, Tenn.** — The Navy is planning to phase out enlisted field service records, and Sailors, who are ultimately responsible for maintaining their service records, need to access their records online.

Tools currently available, such as the self-service Electronic Service Record (ESR) and Web-Enabled Record Review (WERR), help Sailors review their records to determine if anything is missing or out-of-date.

ESR and WERR are two separate tools with differing functions. Some of the differences are illustrated below in order to clarify confusion between the two.

ESR is an online version of the service record and replaces the paper service record used in the past. Sailors review and update their personal emergency contact information and other service record items through their ESR self-service account. Service members with a Common Access Card access their accounts through the Navy Standard Integrated Personnel System (NSIPS) Web site at <https://nsips.nmci.navy.mil>. Sailors afloat access their ESR self-service account through the ship's NSIPS server.

ESR was implemented in 2006 via NAVADMIN 292/06. The more recent NAVADMIN 043/09 directs all Navy commands to use NSIPS/ESR as the single data entry point at the field level for all Sailors. "This means that clerks and supervisors working in the personnel office, as well as individual Sailors accessing their ESR, have this one place to enter personnel transactions, including those personnel transactions that affect pay," said Art Tate, NSIPS/ESR/CIMS implementation manager. "Sailors should review their ESR data and pages and then work with their personnel support office to ensure their data accurately reflects their personal and professional achievements."

It's helpful to remember that ESR is used to track a service member's status while serving. But once retired or separated from service that Sailor's ESR is turned off. ESR is simply an electronic version of the service record, not a permanent account like the Official Military Personnel File (OMPF), which Sailors view when using WERR.

Sailors use WERR online to review documents in their OMPF, commonly known as the "microfiche." WERR, available through the BUPERS Online Web site, <https://www.bol.navy>.



Photo by MCC Maria R. Escamilla

**(L) Chief Hull Technician Alicia L. Hutton, verifies field service records pulled for elimination by Seaman Lynette M. Sessoms (R). Hutton and Sessoms are assisting NOSC Fort Worth personnel department to purge nearly 1,000 reserve component field service records as the Navy transitions to electronic service records.**

mil, displays individual scanned service record pages. Service members use WERR to view, download and print Page 13s, performance evaluations and other service record items.

Sailors should review their WERR to determine if any items are missing from their records. This is especially important, because the information in WERR is what selection boards review when considering candidates for advancement and special programs.

"Sailors should do a periodic validation of their records. Missing 'evals,' training documentation, etcetera, can cause a lot of problems—such as missing a promotion," said Chief Personnel Specialist (AW) Catherine Diaz, customer support leading chief petty officer at Navy Operational Support Center Fort Worth. "This doesn't have to happen."

When the paper records close out, scanned copies will be submitted for documentation in the OMPF and the original paper record will be given to the Sailor for historical retention. The Sailor should then ensure the self-service ESR account established, with the ESR data verified.

If service members find any discrepancies in either system, Diaz advises members to seek assistance with their servicing personnel office for correction.

*To learn more about the differences between ESR and WERR and other tools used to validate personnel records information, see the Sailor Career Toolbox posted on the Navy Personnel Command Web site at [www.npc.navy.mil/CareerInfo/StayNavyTools/CareerTools/](http://www.npc.navy.mil/CareerInfo/StayNavyTools/CareerTools/).*

*For more news from Navy Personnel Command, visit [www.news.navy.mil/local/npc/](http://www.news.navy.mil/local/npc/).*

## THE FLAGSHIP'S LEEWARD SHOUT

### Would you consider doing an IA duty assignment during your time in the Navy?



"It wouldn't be my first choice because I'm retiring in two years and I just had a baby. I don't want to miss anything with my family right now."

MC1  
Susie Caraballo  
CNRMA



"No. I just had a baby and I plan on separating from the Navy next year."

GM2  
Malissia Campbell  
NAVSTA Norfolk



"Yes. Personally, I'd do an IA assignment for advancement. I think it would really help me pick up Chief."

BM1  
Kai Harmon  
NAVSTA Norfolk



"Yes, I would. I joined the Navy to support our mission and get the job done, whatever that may be."

MA2 (SW/AW)  
Carrie Cellilo  
Sewells Point Precinct



"I would absolutely consider doing an IA duty assignment. It's part of my job. Actually, I'm leaving for one in a few months."

MA2  
Ada Bren  
Sewells Point Precinct

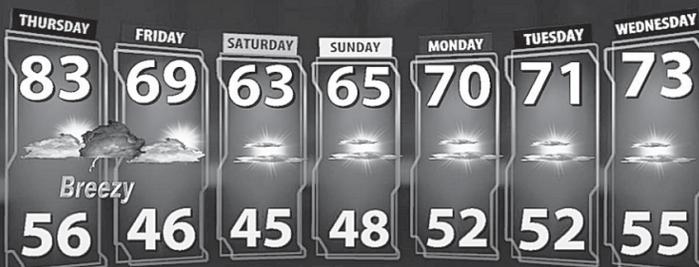


"Yes. I would do an IA assignment because it would help further my career in the Navy and it would help accomplish the Navy's overall mission."

MA2  
Darren Javines  
Sewells Point Precinct

Photos by MC2 Mandy Hunsucker

### VIPIR PLANNING FORECAST



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Sailors assigned to the U.S. ceremonial guard stand at attention during a ceremony celebrating the 117th birthday of the chief petty officer rank at the U.S. Navy Memorial. Secretary of the Navy (SECNAV) the Honorable Ray Mabus, Chief of Naval Operations (CNO) Adm. Gary Roughead and Master Chief Petty Officer of the Navy (MCPON) Rick West delivered remarks honoring the chief's mess.

# CPO's celebrate 117 years

BY MC1 (EXW) JENNIFER A. VILLALOVOS  
Master Chief Petty Officer of the Navy Public Affairs

WASHINGTON — The master chief petty officer of the Navy (MCPON) and the United States Navy Memorial held a commemoration ceremony for the 117th anniversary of the establishment of the rank of chief Petty Officer on April 1 including a wreath-laying at the Lone Sailor statue.

“Our wreath-laying ceremony here in Washington D.C. serves as the cornerstone for many similar ceremonies throughout our Navy, as chiefs’ around the world celebrate their contributions to our nation and fellow countrymen and women by renewing their dedication to the principles of honor, courage and commitment,” said retired Fleet Master Chief (AW/SS/SW/PJ) Mike McCalip, master of ceremonies.

More than 400 chief petty officers gathered at the Navy Memorial in their khaki uniforms and combination covers to show their pride and honor and celebrate the proud tradition of the chiefs mess.

“We’re celebrating the pride we should feel every time we overhear one of our Sailors say, ‘Ask the chief.’ Above all, we’re celebrating the chief petty officers tremendously proud heritage that we’ve spent 117 years building,” said MCPON (SS/SW) Rick D. West.

Joining MCPON to celebrate the birthday of the chief petty officers were Secretary of the Navy Ray Mabus, Chief of Naval Operations Adm. Gary Roughead, retired Rear Adm. Edward K. Walker Jr., president and CEO of the Navy Memorial Foundation and Deputy Chief of Chaplains Rear Adm. Mark Tidd, and former MCPON (SS/SW/AW) Jim Herdt.

“I was inducted as an honorary Chief at the Naval Academy last month and in addition to it being one of the highest honors of my life, I am thankful I am now allowed to say happy anniversary to my fellow chief petty officers as one of you,” said Mabus.

CNO spoke of the importance of the chiefs’ leadership and the difference they are making in the lives of



Photos by MC2 Kevin S. O'Brien

Secretary of the Navy (SECNAV) the Honorable Ray Mabus delivers remarks during a ceremony celebrating the 117th birthday of the chief petty officer rank.

our great Sailors.

“I will never forget my first chief and I know I am not alone in that sentiment,” said Roughead. “Like so many Sailors, I too can say that a chief not only showed me the ropes at sea, a chief changed my life.”

After the ceremony, West stopped by Arlington National Cemetery to pay respects to the first MCPON Delbert Black. Black served in the Navy from 1941 to 1971 and became the first MCPON on Jan. 13, 1967. Black died March 5, 2000, at 77 years old.

“MCPON Black took care of Sailors at a time when our Navy had no idea what or who a MCPON was, and I couldn’t think of a better way to celebrate the anniversary of the chief petty officer with spending time with my fellow chiefs and paying tribute to the first master chief petty officer of the Navy,” said West.

For more news from Master Chief Petty Officer of the Navy, visit [www.navy.mil/local/mcpn/](http://www.navy.mil/local/mcpn/).



U.S. Navy file photo

## MCPON's CPO Birthday Message: HOOYAH Navy Chiefs!

BY MCPON (SS/SW)  
RICK D. WEST  
Master Chief Petty Officer  
of the Navy Public Affairs

WASHINGTON — On the occasion of the chief petty officers’ 117th birthday, Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West sent the following birthday message April 1.

“On 1 April, our entire Mess will pause to celebrate 117 years of the United States Chief Petty Officer, our honored Mess traditions and heritage, and look to our future.

Our Navy is the best it has ever been; we have advanced equipment and technology,

but we are only as good as our people. Since 1893, Chiefs have been charged with the duties and responsibilities of ensuring our Sailors are the best trained, ready to carry out our Navy’s missions. The strong legacy of deck-plate leadership that

our Mess was founded on is more relevant today in order to continually meet the demands of our expanded Navy environment and increased mission requirements. Thank You Chiefs!

Through your leadership of our Sailors, you continue to keep our heritage alive and our Navy strong. Continue to make a positive impact on your command, your Sailors, yourself and our Mess. Remember those who have gone before us and those who have paid the ultimate sacrifice in service to our great nation.

Happy birthday Ship-mates! I truly appreciate your leadership and the hard work you do every day.

Anchor Up and HOOYAH Navy Chiefs!

For more news from Master Chief Petty Officer of the Navy, visit [www.navy.mil/local/mcpn/](http://www.navy.mil/local/mcpn/).

# Joint Warrior exercise provides training to junior Sailors

BY MC2 NIKKI SMITH

Destroyer Squadron 24 Public Affairs

**USS Laboon (DDG 58)** — Sailors aboard guided missile destroyer USS Laboon (DDG 58) are preparing for Joint Warrior 10-1 off the coast of Scotland, where they will receive invaluable, hands-on training to conduct combined operations.

Joint Warrior is a United Kingdom-led, real-world training exercise that provides Sailors with a variety of training scenarios that explore real-world challenges on a strategic, operational, and tactical level while working hand-in-hand with allied partner navies.

Master-at-Arms First Class (SW/AW) Joseph Lucy, Laboon's Command Master-at-Arms, is in charge of anti-terrorism force protection and making sure Sailors in the command are trained and ready for any situation.

He trains Laboon's crew on how to handle threats, from hostage situations to bomb threats, and says that the Joint Warrior exercise is a fantastic learning tool, especially for newer Sailors.

"The more realistic it is, the better," said Lucy. "If Sailors have more real-world experience



Photos by MC1 Darius O. Jackson

**Rig crewmen disconnect fuel lines after an underway replenishment between the guided missile destroyer USS Laboon (DDG 58) and the fleet replenishment oiler USNS Leroy Grumman (T-AO 195). Laboon and Grumman are participating in Joint Warrior, a semi-annual event that encompasses multi-national and multi-warfare exercises designed to improve interoperability between allied navies, and prepares participating crews to conduct combined operations during deployment.**

they will be much better trained for deployment."

Lucy said that although the

ship conducts regular training, the hands-on, realistic scenario-based training that Joint Warrior offers provides a new perspective and appreciation for each situation.

Laboon is also taking advantage of the transit time to the exercise to train Sailors. Lucy and Gunner's Mate First Class (SW) Toby Hendricks, assistant command Master-at-Arms and Weapons Department Leading Petty Officer, are running drills, holding live fire exercises and training Sailors on proper watchstanding.

While underway, Sailors will run force protection drills and receive small arms training. Hendricks stressed the importance of Joint Warrior for younger Sailors.

"Joint Warrior is highly useful for our newer Sailors because it

gives them time to see the exercises and get the training they need for future deployments," he said.

Gunner's Mate Seaman Lauren Calvert reported to Laboon in September, and she said she is excited for the learning opportunities Joint Warrior offers her and other junior Sailors.

Joint Warrior also offers the ships of Destroyer Squadron (DESRON) 24, commanded by Capt. Aaron C. Jacobs, Commodore of DESRON 24, the unique experience of working with the navies of other countries. DESRON 24 ships will team with allies in the effort of executing joint training scenarios that enable Sailors to participate in realistic training while working alongside coalition partners to enhance maritime domain capabilities.

"You can learn from other countries' navies. They have different ways of coming at things, and you can look back and say, 'Oh, maybe we could do it that way,'" said Lucy.

The exercise, scheduled for April 10 - 23, promotes Commander, U.S. Second Fleet's three focus areas: conducting safe and effective fleet operations to achieve mission, providing ready maritime forces for global assignment and teaming with allies and partners in execution of the maritime strategy.

The exercise serves as a certifying event for ships that will deploy with coalition forces in the future. Nations participating are Belgium, Brazil, France, Germany, Italy, Netherlands, New Zealand, United Kingdom and United States.



**Engineman Fireman Apprentice Adam Holze tests bromine levels in the potable water aboard the guided missile destroyer USS Laboon (DDG 58).**

# Sailor takes on new challenges

BY ELAINE WILSON  
American Forces Press Service

WASHINGTON — Ensign Kara Sartain has risen in the ranks and in her career through a combination of hard work and sheer determination.

In less than five years, she earned a college degree, went from enlisted Sailor to Naval officer and tackled a new job that was a 180-degree shift from before.

Her drive, she said, comes from a desire to excel. “I always feel like I could be doing more, giving more,” she said. “I don’t want to ever peak.”

Sartain joined the Navy in 2001, seeking to expand her horizons beyond her small hometown of Woodstock, Conn. She walked into the recruiter’s office knowing exactly what she wanted to do in the Navy.

“I told the recruiter, ‘Give me something medical,’” she said. Her father had died of cancer when she was 12, sparking her interest in the career field.

“Since I couldn’t help my father, my situation, I wanted to help others,” Sartain said. “Plus, there’s something selfless about serving others.”

Sartain was 17 at the time and still in high school. After a year in the delayed enlistment program, she entered the Navy and served as a corpsman at the National Naval Medical Center in Bethesda, Md., for several years, serving in intensive care units.

“I liked the job a lot,” she said. “It seemed to come natural for me. I couldn’t get enough.”

While working in a cardiac intensive care unit, she was selected to serve on the medical team that cares for the president when he comes to Bethesda. “I felt like I got lucky,” she said.

She rose in the ranks to petty

officer 3rd class, but felt she had stalled at that point and “wanted something more.” Then one day she saw some midshipmen in “funny” outfits and found out they were cadets in the U.S. Naval Academy in Annapolis, Md. “I decided I wanted to go there,” she said.

Sartain worked on her application package for more than a year. Her SAT scores resulted in her application being turned down, but she didn’t take no for an answer. “I took them over and over, and they were finally high enough,” she said.

The Navy first sent her to a prep school in Rhode Island to brush up on her academics. She then attended the academy from 2004 to 2008.

“I had to work super hard,” Sartain said. “I was surrounded by super smart kids. I worked weekends and nights, and I passed.”

Through it all, Sartain found time to fall in love with an enlisted Sailor who also went on to become an officer. They married a week after she graduated from the academy.

Unable to gain entry into the academically challenging medical officer career field, Sartain graduated as a surface warfare officer and asked to be stationed on the USS Bainbridge to stay close to her husband. She oversaw a division of 18 Sailors who were in charge of boat handling, anchoring and the flight deck. “Here I was, a little blonde girl from Connecticut, in charge of a rowdy group,” she said. “But they were awesome.”

She next moved on to become an auxiliaries officer, overseeing a division of seven. “We own all of the auxiliary systems on board – the air conditioning unit, refrigeration systems, galley equipment – anything with a mo-



Ensign Kara Sartain, an auxiliaries officer aboard the USS Bainbridge, oversees a division of seven Sailors. Sartain attended the U.S. Naval Academy to become an officer and switched careers in a quest to keep challenging herself in her career.

tor,” she explained.

The key to success, she said, is “being flexible. It’s a fast-paced mission.”

Last year, Sartain participated in the highly publicized rescue of Capt. Richard Phillips after Somali pirates attempted to hijack the ship Maersk Alabama.

Always up for new challenges, Sartain said she and her husband would like to be stationed overseas, and she hasn’t given up on her quest to enter the medical field.

“I’m working on a package to serve in the medical service corps,” she explained, noting that, this time around, she would be serving in administration.

“It’s all gone by so fast,” she said. “I’ve been to four or five countries already and work with some awesome people. It sure got me out of my small hometown.”



Ensign Kara Sartain and her husband, Lt. j.g. Brandon Sartain, married a week after Kara graduated from the U.S. Naval Academy. Both went from enlisted Sailor to Naval officer.

Courtesy photos

# Recognizing the symptoms of Autism

BY MC1 (SW)

ARDELLE L. PURCELL

National Naval Medical Center  
Public Affairs

**BETHESDA, Md.** — The National Naval Medical Center (NNMC) is increasing its efforts to educate parents on the signs and symptoms of autism, a medical diagnosis presently on the rise in children throughout the U.S.

“Autism is a complex neurodevelopmental disability that typically appears during the first two years of life and affects the ability to communicate and interact with others,” said Carin Yavorcik, a spokesperson for the Autism Society.

In a recent report released by the Centers for Disease Control and Prevention (CDC) Autism and Developmental Disabilities Monitoring Network, researchers found an average of one in 110 U.S. children have been diagnosed with the Autism Spectrum Disorder (ASD). That statistic breaks down to 1-in-70 boys and 1-in-315 girls – a 60 percent increase for boys and 48 percent increase for girls from previous reports.

The CDC states most children with ASD have been properly identified by age 8 and the estimates are based on health and educational records from participating communities, which includes eight percent of the U.S. population of 8-year old children.

The Autism Society defines ASD as a group of developmental disabilities caused by a problem within the brain. Thought processes and learning capabilities of someone with ASD can range from gifted to severely challenged – this may impact their social, emotional, communication and behavioral skills.

While there are no definite causes for autism, common characteristics are: resistance to change, lack of or delay in spoken language, difficulty in expressing needs, repeating words or phrases in place of

normal, responsive language, laughing/crying for no apparent reason, preference of being alone, little or no eye contact, tantrums, spinning objects and non-responsiveness to verbal cues.

For parents with concerns about their child’s development, Yavorcik said the earlier the diagnosis, the better.

“There are no medical tests for diagnosing autism. An accurate diagnosis must be based on observation of the individuals’ communication,

behavior and developmental levels,” she said. “Research indicates that early identification is associated with dramatically better outcomes for individuals with autism. The earlier a child is diagnosed, the earlier the child can begin benefiting from one of the many specialized intervention approaches to treatment and education.”

Yavorcik also said the American Academy of Pediatrics recommends that all children be screened for autism twice by the age of 2 - at 18 months and again at 24 months.

Col. Edward J. Coll, Walter Reed Army Medical Center’s director of Integrated Developmental Pediatrics, said an autism diagnosis is generally made after a developmental pediatrician, a psychiatrist or

psychologist observes and performs specific tests.

Although autism can’t be outgrown with proper therapy, some children can grow to live normally.

“Certain individuals with autism can lead successful lives due to improvements in education, therapy and community support. Most individuals can have a good quality of

life,” said Coll. “Obviously, certain things will be difficult for them. There are three things that can somewhat predict how the individual will do: individual intelligence, whether the child develops the ability to have a conversation at all and the last factor is how well the child can deal with being in different social situations.”

Studies have proven with appropriate services, support, training and information, children with ASD can still grow, learn and flourish, even if at a different developmental rate than others. Intervention and therapeutic services may help lessen disruptive behaviors, and education can teach self-help skills that allow for greater independence. But just as there is no one symptom or behavior that identifies

individuals with ASD, there is no single treatment that will be effective for all people in the spectrum.

There are a number of options for treating autism and the optimal treatment option depends on the individual in question. Most treatment options can be grouped into the following categories: educational (applied behavioral analysis); biological (e.g., special diets; medications); speech-language therapy; communication; intensive autism services (e.g., treatment provided by a team of individuals in the home, classroom, or community); and sensory therapies.

After an autism diagnosis, for some it may seem like it’s the end of the world. However, the NNMC Exceptional Family Member Program (EFMP) helps service members and their dependents with services and tools needed to live successfully with the diagnosis.

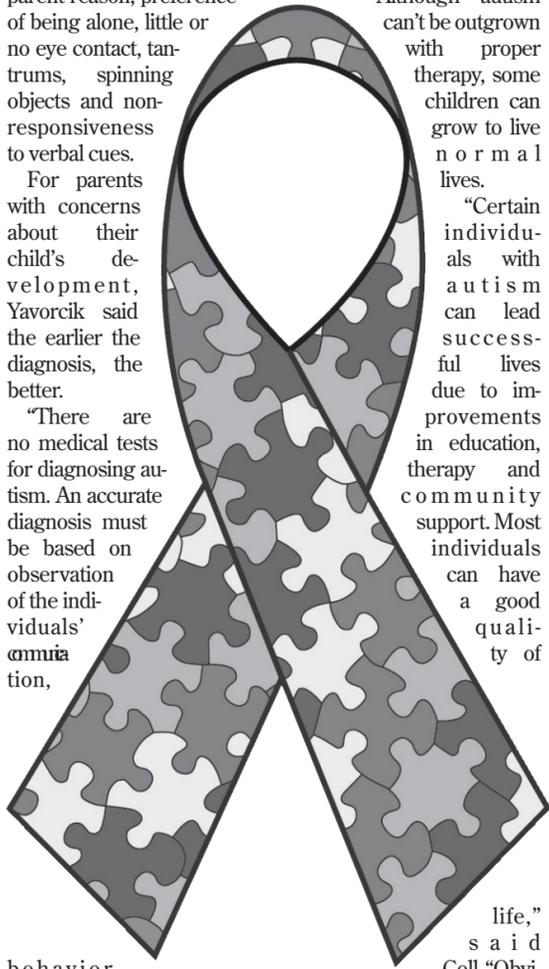
“When a parent finds out their child is autistic, the EFMP office helps with their [exceptional family member] package and lets the family know of different programs available, such as ECHO (Extended Care Health Option) or respite care,” said NNMC EFMP’s Hospital Corpsman 3rd Class Guadalupe Gutierrez.

One program and resource available to families in the D.C. and Maryland area is the Easter Seals Greater Washington-Baltimore region. It offers several services for children with special needs and disabilities, including those with ASD.

According to Brooke Jones, a respite outreach specialist, Easter Seals offers not only training and free services, but they also have a special relief program for active-duty service members.

“Our Navy respite program is designed for active duty Navy families with a child or children in category IV or V,” said Jones. “Respite care is a wonderful service that enables parents or primary caregivers to receive a much needed break. It enables them to have time for themselves, spend time with other children in the home, go out for an evening, get household chores completed, run errands or simply take a nap. Eligible families receive 40 hours of free respite care per month.”

For more information regarding autism, parents should contact their primary care manager and for more information about the Navy respite program, contact Brooke Jones at 301-920-9719 or via E-mail at [bjones@eseal.org](mailto:bjones@eseal.org).



## April Is National Autism Awareness Month

**Text, bounce, connect and more with the Autism Society in April**

BY CARIN YAVORCIK

Autism Society, Bethesda, Md.

Want to get involved with the autism community this April? Show your support this month by joining the Autism Society in wearing the ribbon, bouncing for autism, texting, and more!

**Put on the Puzzle** — The Autism Awareness Puzzle Ribbon is the most recognized symbol of the autism community in the world. Autism prevalence is now one in every 110 children in America - that’s 13 million families and growing who live with autism today. Show your support for people with autism by wearing the Autism Awareness Puzzle Ribbon this month – as a pin on your shirt, a magnet on your car, a badge on your blog, or even your Facebook profile picture - and educate folks on the potential of people with autism! For suggestions and resources, visit [www.autism-society.org/ribbon](http://www.autism-society.org/ribbon).

**Spread the word** — Helping the autism community can be as easy as updating your Facebook or Twitter status! On April 1, the Autism Society is asking supporters to change their status on Facebook and/or Twitter to “Autism affects 1 in 110. Text “AUTISM” to 50555 to donate \$10 to the Autism Society. Help spread the word: <http://bit.ly/bUAVRf>.” For the first time ever, supporters can now simply text “AUTISM” to 50555 to donate \$10 to the Autism Society. 100% of your donations will go to support the Autism Society’s mission of improving the lives of all affected by autism.

**Make a difference** — There are several important bills moving through Congress that will have important effects on the autism community – safer educational settings (Keeping All Students Safe Act), better autism services (Autism Treatment Acceleration Act), greater financial independence (Achieving a Better Life Experience Act), better protection against toxic chemicals (Toxic Substances Control Act Reform, introduction anticipated soon), and more. For more information about this legislation and to take action to support it, visit [www.vote4autism.org](http://www.vote4autism.org).

**Connect with your neighborhood** — The Autism Society and inflatable playground franchise Pump It Up are bouncing again with “Bounce for Autism” – over 100 community-based fundraising events that combine family fun with raising awareness and support for autism in locations nationwide that welcome children on the autism spectrum. Many Autism Society local chapters also put on events in the community through the month of April. But if you can’t find an event that suits you just right, create your own! 1Power4Autism is an online tool that makes it easy to mobilize friends and family and help make a difference.

- *Bounce for Autism:* [www.bounceforautism.org](http://www.bounceforautism.org)
- *Autism Society chapters:* [www.autism-society.org/chapters](http://www.autism-society.org/chapters)
- *1Power4Autism:* [www.1power4autism.org](http://www.1power4autism.org)

**Watch a movie** — Did you know that something that seems as simple as going to the movies is not an option for many families affected by autism? The Autism Society is working with AMC entertainment to bring special-needs families “Sensory Friendly Films” every month. Our special showing of How to Train Your Dragon is coming to a theatre near you on April 10. Or, you could see a movie about autism itself - the Autism Society is partnering with the Independent Television Service (ITVS) to support 70 community screenings of the new movie The Horse Boy, based on the memoir of the same name. In the film, Rupert Isaacson shares the inspiring story of how he and his wife learned to think of their son’s autism as an adventure rather than a curse, a beginning rather than an end. Find participating locations for both events at:

- *Sensory Friendly Films:* [www.autism-society.org/sensory-films](http://www.autism-society.org/sensory-films)
- *The Horse Boy:* [www.pbs.org/independentlens/horse-boy/](http://www.pbs.org/independentlens/horse-boy/)

# It's 'The Claw'

## Improved Spork resembles something from 'Transformers'

**PRESS RELEASE**  
*Marine Corps Systems  
 Command Public Affairs*

Commonly referred to as "The Claw," a new component officially known as the "Improved Spork" resembles something straight out of the movie "Transformers." Its purpose is to augment the capabilities of the existing Mine Resistant Ambush Protected (MRAP) Buffalo articulating arm and provide it with new abilities.

"The ability to grasp objects and rotate them during route clearance missions is a significant improvement to the Buffalo platform," said Timothy Barrons, MRAP Buffalo Project Officer. "The improved controller is very intuitive, and Marines are able to become proficient with The Claw in a very short time."

"These critical improvements allow for more robust interrogation," added Jim Batton, MRAP Joint Program Office's Assistant Program Manager (APM) for the Buffalo.

Based on a requirement from operating forces, The Claw was fully developed by APM Buffalo through Advanced Design and Manufacturing (ADM), a rapid prototyping division of the Edgewood Chemical Biological Center (ECBC) Engineering Directorate. According to APM Buffalo officials, ADM was selected to help develop this solution from the ground up.

The project began in September 2008, and the team conducted an initial fielding for Limited User Evaluation in October and November 2009. The Claw was installed on Buffalos at the Engineer Center of Excellence (ECO) and several Combat Engineer Battalions (CEBs). According to the APM Buffalo office, initial feedback was favorable.

"The new Claw controls simplify the use of the Buffalo arm," said Gunnery Sergeant Richard Deay of 3rd CEB. "The time to train a new user is reduced, and the ability to step down on power allows for more precise arm manipulations. This is one of the best upgrades to the arm I have seen since the Buffalo was introduced."

"The Claw is a vast improvement to the Buffalo," added Nick Naquin,

an ECOE training specialist. "The new controller is much more user friendly. In short, this modification will increase the success of route clearance missions, in turn, saving many lives."

Fielding of The Claw is expected to begin in June or July.



A Buffalo with "The Claw" undergoes Limited User Evaluation at Marine Corps Air Ground Combat Center, Twentynine Palms, CA.

Contributed photo

## 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**

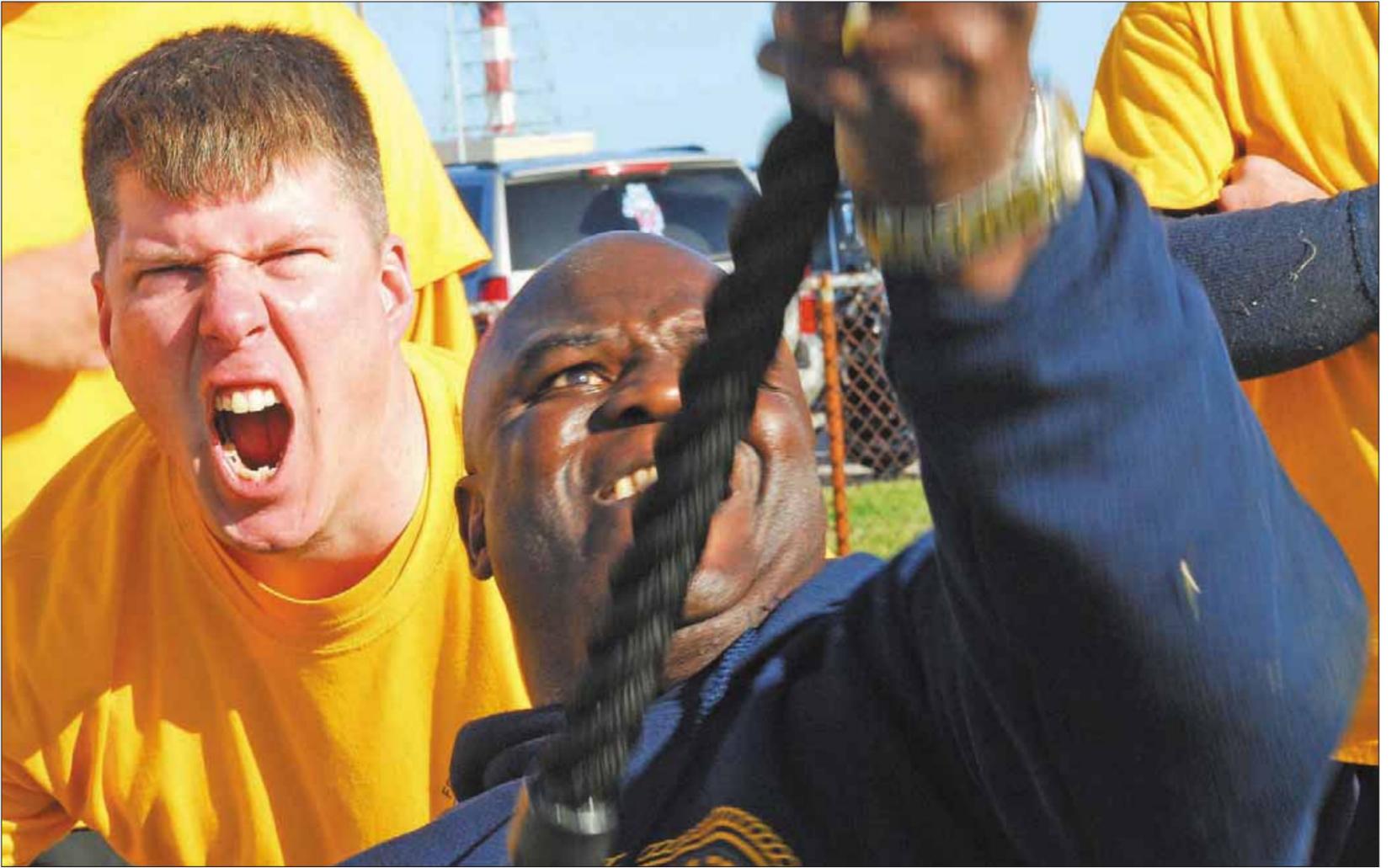
[www.nmcrs.org](http://www.nmcrs.org)



Chief Yeoman Clarence Johnson from the Commander Navy Region Mid-Atlantic team pulls himself along a rope anchored by two of his team mates during the Goatlocker Challenge held on Naval Station Norfolk March 31.



Team "Big E" starts the potato sack race. The teams were scored based on how many times they could round a cone and make it back to the starting in point three minutes.



Chiefs from Fleet Readiness Center Mid Atlantic try their luck at the Viper pull. The event has chiefs pulling rope as fast and as hard as they can for 45 seconds each, teams racked up points based on how many feet of rope were pulled at the end of five minutes.



During the Tricycle Race event chiefs hearken back to their childhoods the Naval Station Norfolk team rounds the third set of cones.

## Chiefs call it fun Chief petty officer's turn out in droves for the CPO Goatlocker Challenge

STORY AND PHOTOS BY MC1 (AW) TIM COMERFORD  
*The Flagship Staff*

**NORFOLK** — The chief petty officers from the bases around Hampton Roads Virginia spent a bright, sunny morning sweating and laughing, March 31, in order to honor the anniversary of the U.S. Navy chief petty officer rank. Straining their muscles and their memories the chiefs took on the Goatlocker Challenge, 22 physical and trivia events designed to promote teamwork through the Chief Petty Officer Mess.

"The biggest thing that the mess achieves in this is esprit de corps and teamwork," said CMDCM Gregg Snaza, Naval Station Norfolk command master chief. "Yeah it's a competition, somebody's going to be named number one of 25 teams and there is a lot of bragging rights you get with that, but frankly every chief that comes out here and participates is a winner. No single individual will win this for a team it takes teamwork to win."

Story Continued on A10



At the Goatlocker Challenge event Chief Electronics Technician Traci Singh from Center for Surface Combat Systems crawls through netting.



Chiefs from the Norfolk Naval Shipyard team test their balance on "beams" during the Goatlocker Challenge event. Teams must make it across without touching the ground or they are sent back to the beginning to try again.

# Professional athletes score with visit to Nassau

BY MCSN CHRIS WILLIAMSON  
USS Nassau Public Affairs

**USS NASSAU, At Sea** — Three NFL players visited Sailors and Marines onboard USS Nassau (LHA 4) as part of the United Service Organizations (USO) 2010 tour.

New Orleans Saints quarterback Drew Brees, New Orleans Saints tight end Billy Miller and free agent linebacker Donnie Edwards arrived on a SH-60 Knighthawk and were greeted by Nassau Commanding Officer Capt. Ronald Reis, Amphibious Squadron Eight (CPR-8) Deputy Commander, Capt. Mark Scovill and 24th Marine Expeditionary Unit (24 MEU) Commanding Officer Col. Peter Petronzio.

After a brief visit to the Captain's In port Cabin for refreshments, they visited various locations around the ship including the bridge, combat systems, medical, and main control.

Brees, a Dallas native, said that he's always been a fan of the military and visiting service members is something he's always felt strongly about.

"I enjoy giving the men and women overseas a little taste of home," said Brees. "We're able to talk with them, shake hands, take pictures, sign autographs, and let them know how much we care about them, and that we always think about them."

The players had dinner with the crew on the Mess Deck, then participated in a football throwing contest and signed autographs in the Hangar Bay.

Logistics Specialist 2nd Class (SW) Ravinesh Prasad from Coosbay, Ore., said that the players' visit was a great way to raise the crew's morale.

"Their visit definitely brightened up my day," said Prasad. "The football throwing contest was the best part of the evening because the crew got to see a pro in action. The more events we have like this, the merrier, especially since we haven't stopped at any ports yet."

When night fell, the athletes enjoyed watching AV-8B Harriers launch from the flight deck, prior to taking turns firing a .50-caliber mounted machine gun under the supervision of Nassau's Gunner's Mates.

Gunner's Mate 1st Class (SW) Michael Braun from Syracuse, N.Y., the safety brief coordinator for the gun shoot, said he enjoyed the football players' company.

"It was a chance of a lifetime to meet a star in person," said Braun. "It was also nice to break free from the everyday monotony and have some fun on the gun mount."

Braun also said that the athletes shot surprisingly well for their first time.

To finish off the evening, the athletes played a few rounds of spades in the Chiefs' Mess before turning in.

Brees said that his stay aboard Nassau was unbelievable and his first time spending the night aboard a ship was definitely a great thing to experience.

As the sun came up, the players were treated to a hearty breakfast in the Wardroom and received souvenirs from Nassau, CPR-8 and 24 MEU.

Before departing, Brees, Miller and Edwards signed a few more autographs for the crew and thanked Reis for a wonderful visit.

"The reception and hospitality made our visit aboard Nassau one we'll remember forever," said Brees.

The Nassau Amphibious Ready Group (NAS ARG)/ 24th Marine Expeditionary Unit (MEU) is currently supporting Maritime Security Operations (MSO) and Theater Security Cooperation (TSC) Operations in the 5th Fleet area of responsibility.

NAS ARG is comprised of ships from Amphibious Squadron Eight (PHIBRON 8) including the Tarawa-class multipurpose amphibious assault ship USS Nassau (LHA 4), the San Antonio-class amphibious transport dock USS Mesa Verde (LPD 19) and the Whidbey Island-class amphibious dock landing ship USS Ashland (LSD 48). Marines from the 24th Marine Expeditionary Unit (24 MEU) complete the group.



Photo by MC2 Patrick Gordon

**New Orleans Saints quarterback Drew Brees participates in a football throwing competition in the hangar bay of USS Nassau (LHA 4). Brees, along with New Orleans Saints tight end Billy Miller and retired Kansas City Chiefs linebacker Donnie Edwards visited Nassau as part of a United Service Organizations (USO) Turkey, United Arab Emirates, Djibouti, March 2010 tour.**



Photo by MC2 Coleman Thompson

**New Orleans Saints tight end Billy Miller, Kansas City Chiefs linebacker Donnie Edwards, and New Orleans Saints quarterback Drew Brees listen as USS Nassau's (LHA 4) Commanding Officer Captain Ronald Reis describes the ship's capabilities during the USO NFL Tour 2010.**



Photo by MC2 Patrick Gordon

**Retired Kansas City Chiefs linebacker Donnie Edwards shakes hands with MMC (SW) Jose Torres of Brooklyn, N.Y., during an autograph signing in the hangar bay of USS Nassau (LHA 4). Edwards, along with New Orleans Saints quarterback Drew Brees and New Orleans Saints tight end Billy Miller and retired Kansas City Chiefs linebacker Donnie Edwards visited Nassau as part of a United Service Organizations (USO) Turkey, United Arab Emirates, Djibouti, March 2010 tour. Nassau is the command platform for the Nassau Amphibious Ready Group and 24th Marine Expeditionary Unit, currently supporting Maritime Security Operations (MSO) and Theater Security Cooperation (TSC) Operations in the U.S. 5th Fleet area of responsibility.**



At the Order of Precedence event chiefs look at ribbons as they attempt to put awards in ranking order from highest to lowest.

*Continued from page A8*

Snaza feels that an added bonus is that chiefs get to lead the way in the Navy's culture of fitness, showing that there is fun to be had at a physical event. This is only the second time the Goatlocker Challenge has been held.

"This is the second year we have done this," said Snaza. He expressed that prior to the inaugural event a planning committee decided that the CPOs were going to get together to do something special to commemorate the chief's birthday. "It was dreamed up by ATG (Afloat Training Group) they thought it would be kind of neat to do a physical challenge. Last year it was so fun that everyone decided that we needed to make it an annual event."

Last year 14 teams competed in the challenge but this year the turnout was even larger.

"We have 25 teams that signed up - about 250 chiefs that are out here to compete head to head for the title "Most fit mess" in the Hampton Roads area," Snaza said. "I am very excited about the turnout."

According to Snaza, all around the Navy chief's messes try to find creative ways to publicly show pride in being a chief petty officer and the sense of heritage that goes along with the rank during the week of the Chief's birthday. The Goatlocker Challenge is definitely showy, but it's not an easy task to put together 22 events which use eclectic gear from potato sacks to tricycles.

"We have been planning this for about two weeks," Jodi Byrckett from Naval Station Norfolk's Waterfront Fitness. "We have been here since about 5:15 this morning setting up. It takes a lot of preparation and time to plan this and make it a good event for all the individuals. We have about 25 to 30 volunteers - it takes a lot of volunteers to make this happen. We depend on the chiefs' community to help make it happen."

Morale, Welfare and Recreation's Waterfront Fitness prepares events that somewhat are similar to the Goatlocker Challenge every day. The fitness specialists jobs are to lay out equipment and directing Sailors for large commands to PT. They are competent

in handling commands of up to 1,000 participants in a single physical training session. Something like the Goatlocker Challenge sells their product.

"PT is fun and should be viewed as fun. We want to make sure we offer Sailors the opportunity to stay fit in



During the Gear Carry event Commander Navy Region Mid Atlantic's team carries a heavy load. Helmets, medicine balls, ammunitions cans and a PVC pole filled with water all have to be carried by the team around a set of cones with each lap earning them a point.

a way that they are not used to," Bryckett said.

The Chiefs appreciated the effort put out by MWR and the volunteers and put out a lot of effort themselves.

"It's fun and exciting and for some very painful," said Chief Yeoman

Clarence Johnson, Commander Navy Region Mid Atlantic (CNRMA) Personnel Department Leading Chief Petty Officer. The CNRMA Team took 3rd place at the challenge. "I have been looking forward to this all year I wanted to bring the golden anchor to

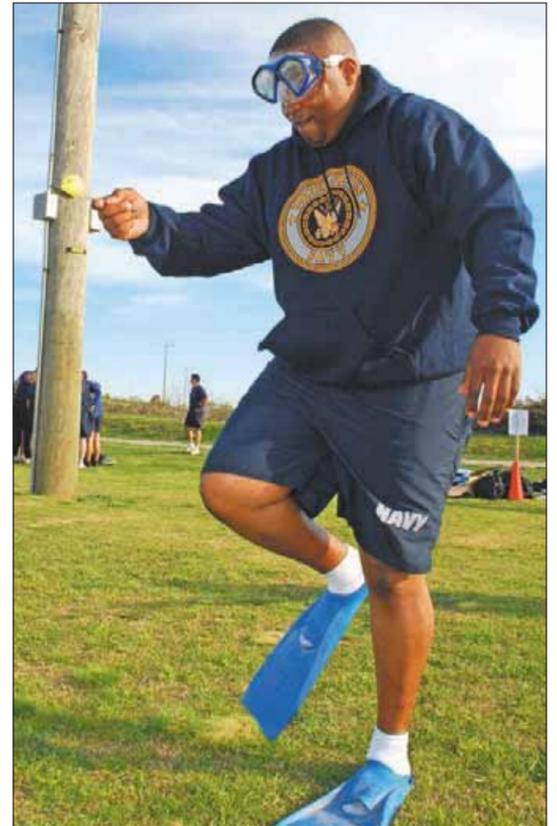
commander Navy Region Mid-Atlantic."

"I am definitely going to do it again next year," Johnson said.

First place at the Goatlocker Challenge was awarded to the ATG "Gold team" followed by Team "Big E."



During the Harness Pull event taking a ride is easy for some chiefs as their team mates pull them. The event had chiefs switching off as they donned harnesses and pulled each other.



A chief from the USS Ponce team makes his way to finish line carrying a golf ball in a spoon. The seemingly easy task was made harder by flippers and a mask obscuring vision and manual dexterity.



USO photo by Mike Theiler

Barbara Thompson, the Pentagon's director of the Office of Family Policy/Children and Youth, makes remarks at a USO-sponsored film screening of the DVD "With You All The Way," for military children who have parents serving in the armed forces, in Washington, DC, March 30. The DVD helps kids understand how to prepare for their parent's deployment, stay connected during their separation and plan for the transition of reintegration.

## DVD: Helping military children cope with a parent's deployment

Continued from page A1

months and miles of separation between children and their parents. This is no small feat and the worthiest of missions."

The free DVD is slated to be distributed through USO centers and Military OneSource in May 2010 as part of a children's deployment kit that also contains a stuffed bear called Cuzzie, postcards, a journal and a set of dog tags inscribed "With You All The Way."

"The USO is devoted to supporting the military family, especially military children who aren't able to choose their situations," said Sloan Gibson, USO president. "Our partnership with Trevor Romain allows us to bring unique programming to these individuals, giving them resources to handle some of the tough circumstances and sacrifices that come with being a military child."

Thompson echoed his remarks, calling the DVD a "fantastic resource."

"The DVD helps to let (military children) know that even though it may feel like they are alone, we are with them all the way," said Thompson.

The DVD follows main characters Jack and Skye as they help their friends

Darrell, Pablo and Brittany deal with different aspects of deployment. Darrell's brother is preparing to deploy, Pablo's mother has deployed again and Brittany is adjusting to having her father back home. It also includes interviews with military families who discuss how they work to stay connected. Noted children's author and motivational speaker Trevor Romain interacts with the characters and guides viewers through the DVD.

When faced with deployment, Thompson noted, parents and children often deal with a gamut of emotions ranging from anger and fear to worry and uncertainty.

"But something else that I know ... is that together they work hard to stay connected and to work through all those feelings," she said.

"While it's a natural impulse to want to bottle up or hide feelings, the weight of doing so can take its toll," Thompson said. Using the "Doughboys" from World War I as an example, "They had a song that told them to 'pack all your troubles in your old kit bag and smile, smile, smile,'" she said.

"Can you imagine how heavy your kit bag - your backpack - would be if you

packed it full with your worries?" she said. "Since 1915, we've learned that although you can pack your worries away, you may only want to do so for a while. It might be healthier to take those troubles out of the bag and deal with them."

Thompson applauded the efforts of Romain, who worked closely with the USO and military to ensure the DVD met the needs of military children.

In a blog about the DVD, Romain said he decided to start the project about three years ago after he went on several overseas tours with the USO.

"After visiting with these kids, it became very apparent that a resource was needed to help them with deployment," wrote Romain.

"Children relate to his characters because they share many of the same concerns," he wrote.

"We try to never shy away from being real and telling the story from a child's perspective. If this DVD can give these kids just a little support, some hope and inspiration, and validation of what they are feeling, it will make me extremely happy and proud," he added.

For more news, visit [www.navy.mil](http://www.navy.mil).

## AVIATOR: Missing pilot, Lt. Steven Zilberman, 31, has been declared deceased

Continued from page A1

for the missing aviator.

"Lt. Zilberman was an exceptional Naval officer and pilot who embodied the best of what America represents," said Capt. Roy Kelley, commander, Carrier Air Wing (CVW) 7. "We are deeply saddened by this tremendous loss of a fellow aviator and shipmate. He will be truly missed and our heart goes

out to the Zilberman family during this very difficult time."

Three of the four crew members were recovered shortly after the crash and are in good condition without significant injuries.

The E-2C Hawkeye was returning from conducting operations in support of Operation Enduring Freedom when the aircraft experienced mechanical malfunctions and the crew

performed a controlled bailout.

VAW 121, homeported in Norfolk, is part CVW 7, assigned to the Dwight D. Eisenhower Carrier Strike Group.

The cause of the accident is under investigation.

For more news from Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet, visit [www.navy.mil/local/cusnc/](http://www.navy.mil/local/cusnc/).

## SESAME: Sesame Workshop back in the United States after an around-the-world tour

Continued from page A1

outreach materials, said officials.

The Sesame Street Workshop/USO partnership put on its first show at Twentynine Palms, CA, in July 2008. Since then, The Sesame Street/USO Experience for Military Families has traveled more than 45,000 miles to 76 bases in nine countries. More than 120,000 service members and families have been entertained during 176 shows.

"The momentum that

this show has gathered since it first performed for military kids and families is unbelievable," said Gary E. Knell, Sesame Workshop president and CEO. "To see how families come together and then use the messages from the show to talk to their kids is the greatest reward that we could ask for. We at Sesame Workshop are thrilled to continue this work with our partners and friends at the USO and reinforce our commitment to military families."

Sloan Gibson, USO pres-

ident, noted the positive impact the tour is having on the military community.

"The fact that more than 100,000 troops and family members have attended these shows so far speaks volumes about the tour's relevance to today's military," said Gibson said. "We listen to our troops and understand the challenges they face at home, and are proud to call Sesame Workshop our partner in helping to ease the daily stresses on military families."

For more news, visit [www.navy.mil](http://www.navy.mil).

## Child and Youth 24/7 Center opens at JEB Little Creek-Fort Story

BY MC3 RYAN STEINHOUR

Navy Public Affairs Support Element East

**VIRGINIA BEACH** — Military members from Joint Expeditionary Base Little Creek-Fort Story gathered April 5 to unveil the new Child and Youth 24/7 Center to the Hampton Roads area.

The center will provide care to children of single and dual military shift working parents along with those working extended hours in support of overseas contingency operations.

"This 24/7 care center will provide much needed services to military parents and their families," said Capt. Charles Stuppard, Commanding Officer, JEB Little Creek-Fort Story. "With the opening of this center, we raise the level of care provided to our men and women in uniform."

Child and Youth 24/7 Centers are unique projects which combine the strengths of both in-home care and traditional daycare centers, which will help

provide a structured home away from home for children involved with the program.

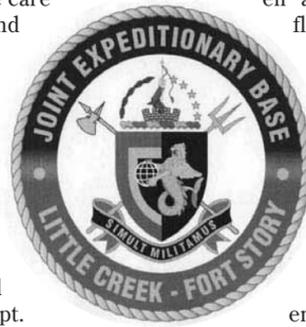
"This endeavor demonstrates the Navy's commitment to taking care of our families, and today we add a new capability to our joint base," said Stuppard.

"Around the clock care will be given and will also give more flexibility to our military personnel."

A maximum of 20 children are supported per shift, with a total of three shifts and will support the enrollment of 60 children.

"Our military families and especially children endure many challenges in support of their parent's

missions," said The Honorable Glenn Nye, Congressman, Second District of Virginia. "From frequent moves to school changes, to extended time away from their parents, our military children understand their families' dedication to our country, and they must know our country is dedicated to them."



# FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

April 8, 2010



## Easter sunrise on CVN 77

Photo by MCSA Michael Smevog

Aviation Boatswain's Mate (Equipment) 2nd Class (AW/SW) G. Nathan Cintron, of USS George H.W. Bush (CVN 77) Air Department, sings during the sunrise Easter service on the ship's flight deck April 4. George H.W. Bush is conducting training in the Atlantic Ocean.

BY MCSN J. SCOTT ST. CLAIR

USS George H.W. Bush Public Affairs

**USS GEORGE H.W. BUSH (CVN 77)** — Sailors celebrated the aircraft carrier's first Easter holiday underway with an Easter Sunrise Service on the flight deck, April 4.

The service, which was sponsored by the Command Religious Ministries Department (CRMD), began moments before sunrise and featured Scripture readings, songs performed by the ship's choir, a sermon by Chaplain Lt. Sunny Mitchell, a communion

service and refreshments at the conclusion.

While it can be difficult for Sailors to be separated from their families and friends, especially during a holiday, many of those present for the service expressed extreme gratitude for the opportunity to celebrate the holiday.

"It's really hard to be away from my family," said Aviation Boatswain's Mate (Handling) Airman Edward I. Ramos, "but this was a really great experience, it eases the transition, gives you time to relax and

think about things, and it makes you more comfortable with your environment."

"It was an outstanding service," agreed Aviation Boatswain's Mate (Handling) Airman (AW) Luis M. Diaz, "it was a really good opportunity to celebrate while being underway, which is great because it makes me feel closer to home."

Cmdr. Patrick J. McLaughlin, command chaplain, noted that celebrating Easter together as a crew helped to put things into

See EASTER, B7



Photo by MCC (SW/AW) Aaron Strickland

**Dr. Patricia Turner, one of the Norfolk 17, the first African-Americans to integrate Norfolk schools in 1959, speaks during Navy Cyber Forces and Naval Network Warfare Command's Women's History Month ceremony March 30.**

## Civil rights pioneer addresses Women's History Month ceremony

PRESS RELEASE

Navy Cyber Forces Public Affairs

**VIRGINIA BEACH** — Civil rights pioneer Patricia Turner was the keynote speaker at a Women's History Month ceremony hosted by Navy Cyber Forces (CYBERFOR) and Naval Network Warfare Command (NETWARCOM), March 30.

Turner was one of the Norfolk 17 — the first African-American students to integrate secondary schools in Norfolk, Va., in 1959.

"Everything I went through made me the woman I am today," Turner said.

The daughter of a Navy master chief petty officer, Turner was taken back by the difference in the treatment she received on base versus off base.

"The military world was entirely different from outside the gate," she said. "Inside the gate, people loved each other, (even if) they didn't like each other. Outside the gate was a completely different attitude."

Turner was 13 years old in 1959 when she began her final semester as an 8th grader, and the only African-American in her class. She described walking to school that first day with her younger brother, also a member of the Norfolk 17.

"We got to what they called the imaginary line (separating their neighborhood from the all-white neighborhood)," Turner said. "I reached back and grabbed my brother's hand. I must have been squeezing it mighty hard because he said, 'you're holding my hand too hard,' but I did not let go."

CYBERFOR/NETWARCOM Commander, Vice Adm. H. Denby Starling II, called Turner a hero who had the courage to step forward in the face of tremendous opposition.

"Dr. Turner's brave actions as a young teenager, along with those of all the Norfolk 17, demonstrated the American spirit in a profound way as they stood up for the right to receive an education," Starling said.

Starling said Turner's experiences illustrated well the theme of the observance: Writing Women Back Into History.

"Though your experiences back in 1959 were not fully reflected in the writings of the day, we are now able to hear your story in its entirety," he said. "Knowing your story helps us all to be better."

Having grown up in a Navy family, Turner always answers the call to speak for Navy events.

"The Navy taught me how to wake up early in the morning and how to clean a head," she joked, "but the Navy taught me something else — something important. It taught me strength. Thank you, Navy!"

See COMMAND, B7



Photo by MC2 Rafael Martie

**Capt. Steve Koehler, commanding officer of the multipurpose amphibious assault ship USS Bataan (LHD 5), greets family members following Bataan's return to Naval Station Norfolk. Bataan, with 1,100 Sailors and Marines, returned after conducting humanitarian and disaster relief operations as part of Operation Unified Response in the aftermath of a 7.0 magnitude earthquake that struck Haiti Jan. 12.**

## Bataan arrives home after 10 weeks in Haiti

BY MC1 (SW/AW) CHRISTINA M. SHAW

USS Bataan Public Affairs

**NORFOLK** — Nearly 1,100 Sailors and Marines attached to the multipurpose amphibious assault ship USS Bataan (LHD5) returned to Norfolk, April 3, following 10 weeks supporting Operation Unified Response in Haiti.

The ship surged from Norfolk Jan. 14, just 48 hours after a 7.0 magnitude earthquake caused severe damage to Haiti's capital city of Port-au-Prince and surrounding areas. The ship arrived off the coast Jan. 18, and immediately began providing disaster relief to the people of Haiti.

"I can't imagine a crew doing it any better," said Capt. Steve Koehler, Bataan's commanding officer. "We flexed the ship's capabilities at every opportunity and were fortunate to witness first-hand the difference we made in the lives of the Haitian people."

A unique complement of Navy and Marine helicopters as well as air cushion landing craft (LCAC) 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 the Navy hospital ship USNS Comfort (T-AH-20), the aircraft carrier USS Carl Vinson (CVN 70) and hospitals throughout Port-au-Prince.

Bataan's medical team also provided triage services ashore for approximately 2,000 patients, delivered the ship's first baby, 8 pounds, 3 ounces Theo Joe, and in coordination with the U.S. Public Health Service, immunized nearly 10,000 as part of a preventive medicine campaign.

"Many of the patients that came to Bataan talked about how

See BATAAN, B7



U.S. Navy photo

**Rear Admiral Mark S. Boensel, Commander, Navy Region Mid-Atlantic (left) congratulates Captain Charles L. Stuppard as he assumes command of Joint Expeditionary Base Little Creek-Fort Story during a ceremony on base, March 26.**

## JEB Little Creek - Fort Story changes command

PRESS RELEASE

Joint Expeditionary Base Little Creek-Fort Story Public Affairs

**VIRGINIA BEACH** — It was a whirlwind tour, but it was a great ride! That was the description Capt. William W. Crow gave of his tour of duty as Commander, Joint Expeditionary Base Little Creek-Fort Story.

Crow was relieved by Capt. Charles L. Stuppard in a change of command ceremony held March 26 in Hangar Five at Assault Craft Unit Four stationed aboard the recently formed Joint Expeditionary Base. He assumed command on Dec. 15, 2006 knowing he would be the last Commanding Officer of the former Naval Amphibious Base Little Creek.

"It seems like only yesterday to me," stated Crow commenting on when he assumed command. "Yes, it has been a whirlwind and a great ride! But, it has been the people that I have worked with and met along the way that has made this tour fun and enjoyable for me.

"It is those who I consider

the greatest blessing God ever bestowed upon me, the ones I get to rub shoulders with everyday, the young men and women who serve our country, the ones who don our service uniforms, who wear them with pride," commented Crow in a choked voice. "They have been my inspiration that has made coming to work everyday a distinct privilege and pleasure."

During the ceremony, there were several notable accomplishments mentioned that were achieved under the leadership of Capt. Bill Crow. Some include fixing the road in front of the Boone Branch Medical Clinic which was compared to riding a roller coaster; establishing a Special Operations Department consisting of Sailors which have saved nearly \$1 million in maintenance and other support funds during his tour; refurbishing the West-side Mini-Mart which now includes an eatery on that side of the base, a Quiznos sub shop, which is also

See COMMAND, B7



# SPOUSE SPEAK!

## Honoring our military kids

BY CASEY SPURR  
Navy spouse and writer

A few weeks ago after my husband had been gone for several weeks on another of what seemed like an endless series of detachments, I was putting my three-year-old son to bed when he looked up at me and asked with the saddest little eyes, "Momma, when is Daddy coming for a visit?" It broke my heart into a million pieces. My poor little baby, too young to fully understand these comings and goings, seemed to think his daddy was just an occasional visitor who doesn't even live in the same house as us. And as I was rocking him a few minutes later, trying my best to help him understand Daddy would be home soon, he yanked at my emotions even harder when I asked him if there was anything special he wanted to do the next day. In the softest little voice he replied very simply, "I want to go see Daddy."

That night I began to really reflect on what life is like for a military child. I never had to experience that type of longing as a child or the ever-changing lifestyle military children endure. While my father's job required him to travel quite a bit when I was growing up, he was never gone for more than a few days at a time and I felt he was a constant presence in my life. I also never had to worry about frequently changing schools or leaving my friends behind. Watching my son try to understand these feelings of uncertainty and heartache is something altogether new for me.

I am reminded of a story my mother-in-law once told me of the first move she made with her family after her children had reached school age. She picked up my husband's younger sister from her first

day at a new school and asked how the day had been. In fifth grade at the time, she replied, "I made a new friend today, so at least I didn't have to sit by myself at lunch." Imagine being a child at a new school for the first time, fearing that you may have to sit alone at lunch because you don't yet have any friends and feel somewhat alone. It's those simple fears that can consume a child and break a parent's heart. My mother-in-law had a realization in that moment, similar to the one I had with my son, that for military children life can present a special set of challenges from which we are merely unable to protect them as their parents.

These children learn so early in life to find strength in the obstacles they face that, the truth is, sometimes they take better care of us than we do of them. When my husband had just left for his first deployment, two young girls in an eighth grade class I was teaching gave me a string of paper garland they had taken hours to construct, one link for each day he would be gone. Knowing I was trying to cope with an unfamiliar situation, they were enormously proud to present their gift to me. Best of all, it came with their encouraging words of comfort that everything was really going to be okay. When I hung that colorful garland from every corner of my home, I couldn't help but think of how many of those small paper links these precious girls had torn in their short thirteen years and what strong little women they had become. I had never felt so humbled.

I've come to realize through my son and other military children that these kids are both inspiring and heartbreaking in their ability to continually adjust. As military parents, we often feel inconvenienced

by some of the things that come with life in the military, but those feelings are certainly only magnified for a military child. Sometimes we need to take a step back and remember what life is like in their little shoes. From frequent moves, to extended separations from a parent, to the confusion that can often come from the sheer unpredictability of life in the military, military children have to learn early in life how to be flexible and to adapt to circumstances that may not always be ideal. They go to bed each night praying for the safe return of a deployed parent and wake up in the morning helping prepare their younger brothers and sisters for school. They say goodbye to the friends they have come to love, yet pick up the pieces and start all over again in the next town. And on those occasions when our spouses are away and our little ones manage their way into our beds at night, sometimes we enjoy their comfort even more than they enjoy ours.

I believe that despite all of their challenges though, military children love their country, admire their parents who serve, and eventually come to believe that being part of a military family is an honor rather than a duty. Perhaps that is why so many of them go on to serve their country themselves. As parents, in the end, we cling to

## Bounce Into Spring!

With Blue Star Families and Kangaroo Jac's

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Please join us for a special event for military families!

**Tuesday, April 13**  
4 - 6 p.m.  
Kangaroo Jac's  
830 Professional Place  
Chesapeake, VA

Have fun bouncing at one of the area's most exciting places for kids, and enjoy a reading of *My Sailor Dad* from children's book author and Navy pilot, Ross Mackenzie.

**\$5 per child**  
with a parent's valid military ID

The courtesy of an RSVP is requested, but not required.  
Please send an e-mail to [programs@bluestarfam.org](mailto:programs@bluestarfam.org) if you plan to attend.

the hope that all of this will cause them to have a greater ability to adjust to each of the circumstances their lives will eventually present, an appreciation for the experiences they have already had, and an understanding that they are better off because of it all.

April is the Month of the Military Child, so this month let's all take some extra time to honor these spe-

cial kids in our lives and remember that they are heroes, too.

*Casey Spurr is a Navy spouse who is involved in Blue Star Families and serves on her congressman's Military Family Affairs Committee. She lives in Virginia Beach with her husband and their son. To contact Casey, send an E-mail to [casey.spurr@gmail.com](mailto:casey.spurr@gmail.com).*

## Kids' Day Deployment



Children are greeted to a homecoming celebration after returning from a Kids' Day Deployment. The Kids' Day Deployment, sponsored by the Fleet and Family Support Center, along with the Child and Youth Program, was designed to give military children a taste of what life is like when their parents go on a deployment. The children experienced a boot camp-like setting along with demonstrations from the explosive ordnance disposal unit, military working dogs, and security personnel.

Photo by MC2 Chantel M. Clayton

## I just wanna eat breakfast



BY BIANCA MARTINEZ

Since starting this column, so many people have E-mailed asking me "how my day goes?" They're wondering how I do it while living kind of like a

"single parent." All I can do is laugh because if you all think I have it completely figured out, let me enlighten you a bit. I am just as frustrated, frazzled, exhausted as the rest of the military spouse community. So I wanted to share with you something I wrote when my husband was on his last deployment. This is the real Bianca:

I have a friend and she is a genius. Her name is Jessica and she wrote a book called "My Daddy's On A Chip!" It is super cute and helpful for helping us get ready for deployments. In it there is a line, "I think Daddy takes all of our time with him when he goes because Mommy always says we don't have much of it." That is literary genius!!

And here is the thing - as a woman - I

Reach out to NewsChannel 3's Bianca Martinez at [bianca.martinez@wtkr.com](mailto:bianca.martinez@wtkr.com). Be sure to check out "Do My Military Job" every Wednesday at 11 p.m. on NewsChannel 3!

am always trying to figure out how I am going to lose weight. And everyday it seems we read some story about how people who don't get a lot of sleep and don't eat breakfast can't lose weight. Awesome! Let's put it this way, there are days when I realize I have not even brushed my teeth yet ... at Noon! Sure, breakfast is going to happen.

I feel like I am going to pass out in the mornings from rushing. Like today, whew! Now, it may have felt worse today since we did not get out of here until like 1:30 a.m. due to basketball ... Sophie gets up every morning and about 6:30 a.m. ready for a bottle. She gets that finished and over with at about 7 a.m. and then I get her dressed. By 7:15 a.m. we are both downstairs making big brother's lunch. Speaking of lunch, why is it that I feel like I can't make a grilled cheese sandwich more than once a week. No, for some reason today I thought it would be good to whip up some sort of pasta ... for a 3-year-old!

Then I stop - Ooo - I think my tummy just rumbled. Maybe I can at least get a protein shake down this morning. At



this point it is 7:45 a.m. and it is time for Sophie's cereal (she is just starting solids). So I forget about my protein shake, pour some yummy oats and fruit cereal and formula for little princess, stir it up and start getting it to her! She makes the funniest face when she eats and LOVES it so it is one of my favorite parts of the morning! I get lost in her face until I look at the clock and realize it is 8 a.m.! Uh, we have to leave the house at 8:30 a.m. to get Lucas to school!

So I run upstairs and gently open his bedroom door because you know, if a three-year-old is sleeping, that is the last thing you want to do is wake him up - for fear of the unknown. You never know if a sweet loving toddler will wake up or an exorcist movie spinning head toddler will feel the need to appear. I am hoping I can just open the door and make some noise gathering his clothes and he will do that fairy tale stretch and yawn and say, "Mommy, how can I make this morning easy for you?" I was lucky and got the in-between - I call that a win.

It took some convincing to get him dressed. See, I have a kid that likes to sleep in nothing

but his underwear. Is it a guy thing? I am serious. I get home in the evening and he is in nothing but his underwear - at least it isn't full buff. But I digress. It took a good 20 minutes to get him ready.

Yes, we were running a bit late.

It is funny how even though I can't seem to get myself to eat breakfast, I find it so important to make sure he gets it. Thank goodness for Kashi Toaster Waffles. I feel like they are somewhat nutritious and fast - never mind the half cup of syrup he wants on them! At least I use pure maple syrup. Work with me here ... I have to feel good about myself!

So after all of that, we got him to school about three-minutes late. My butt was whopped and I was tired. I came home, put Sophie down for her morning nap and we both slept until 1:30 p.m.!

Oh, and I just ate a bag of peanuts and some coffee. You know what they call that, the 3 p.m. breakfast of champions! Oh yeah, I am so on my way to losing weight! Ugh.

As frustrated, frazzled, and exhausted as I am, all of that combined can't knock down how proud I am to be a military spouse!



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.



CMDCM (SW/AW) Gregg Snaza, Naval Station Norfolk command master chief, gives the opening remarks at the “Ask the Chief” Forum held March 30 at Naval Station Norfolk. The forum was an opportunity for Sailors E-6 and below to ask questions to panel of senior enlisted personnel from various warfare communities.

## ‘Ask the Chief’ Forum opens lines of communication



CMDCM (SW/AW) Gregg Snaza, Naval Station Norfolk Command Master Chief, at the “Ask the Chief” Forum held March 30 at Naval Station Norfolk.

**STORY AND PHOTOS**  
**BY MC1 ELIZABETH ST. JOHN**

*Navy Public Affairs Support Element East*

**NORFOLK** — Sailors in the Hampton Roads area were given an opportunity to have their most pressing career questions answered by a panel of senior enlisted personnel from various warfare communities during the “Ask the Chief” Forum at Naval Station Norfolk March 30.

The frank and open discussion was just one of the many events which took place around Hampton Roads as part of the Chief Petty Officer 117th Birthday Celebration.

“I think it’s important that our Sailors see that their leaders care about their input,” said FORCM (SW/AW) James Williams, force master chief, Commander Naval Surface Forces Atlantic. “I never miss the opportunity to talk to Sailors one-on-one,” he added.

After each member of the panel introduced themselves and spoke briefly about their community, the floor was opened for questions from the E-6 and

below audience. Sailors were encouraged not to hold back or be timid about voicing their concerns.

“The key to success in the Navy is information exchange,” said CMDCM (SW/AW) Gregg L. Snaza, command master chief, Naval Station Norfolk.

The two-hour forum gave Sailors an opportunity to ask questions on a great range of topics including IA assignments, sea-shore rotations, PFA failures and the unique challenges facing dual military families. Sailors were encouraged to take charge of their careers and take advantage of the many opportunities that are available to them.

While acknowledging the various pressures facing today’s Navy, Williams commended Sailors for continuing to do an outstanding job.

“We are consistently doing more things with less people. We are still getting the mission done, in the surface force or in any other force,” he said.

Hampton Roads area CPOs also participated in community relations events and served Sailors lunch at the galley as part of the birthday festivities.

# 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

<b>ROMAN CATHOLIC</b>	<b>PROTESTANT</b>
<i>Our Lady of Victory Chapel</i>	<i>David Adams Memorial Chapel</i>
<i>Mass Schedule:</i>	<i>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

<b>ROMAN CATHOLIC</b>	<i>Confessions:</i>
<i>Mass Schedule:</i>	3:30 - 4:30 p.m. — Sat.
5 p.m.— Sat.	<b>PROTESTANT</b>
<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

# Annual Sunrise Service held at Joint Expeditionary Base

### PRESS RELEASE

*Joint Expeditionary Base Little Creek - Fort Story Public Affairs*

**VIRGINIA BEACH** — More than 800 attended the annual Easter Sunrise Service on the Joint Expeditionary Base Little Creek-Fort Story, April 4. It was the 83rd consecutive service held on the installation's Fort Story Campus.

Captain Dale Parker, Regional Chaplain for Commander, Navy Region Mid-Atlantic, was the guest speaker. Also attending was the mayor of Virginia Beach, the Honorable William D. Sessom, Jr., and Captain Charles L. Stuppard, who recently assumed duties as commander of the Joint Expeditionary Base.

"I am honored to be here this glorious Easter morning," stated Stuppard. "This is my first official ceremony as the new commander of the Joint Expeditionary Base Little Creek-Fort Story. It is truly a pleasure for me and my family to share this time-honored tradition with you."

The ceremony was held at the historic Cape Henry Memorial Cross located on base. It was erected in 1935 by the Daughters of the American Colonist to commemorate the erecting of a wooden cross by the first settlers in 1607.

"This cross that you see before you today holds much history. In 1607... our early English ancestors gathered and erected a wooden cross where they must have knelt to give thanks for the safe expeditionary voyage and this new land," commented Lieutenant Colonel Jayne Jansen, deputy commander of the Joint Expeditionary Base, who was the Master of Ceremonies for the service. "Today we look upon that cross and remember that history of their first landing. Also, today, we start another page in our vast history as we gather here for our first Easter Service as a Joint installation."

The crowds began to swell shortly before the start of the 6:30 a.m. service. Attendees filled the more than 200 chairs and the bleachers which accommodated nearly 400. Annual attendees to the service brought their blankets or personal chairs to sit on while others lined the wooden walkway to the top of the adjacent sand dune.

The color guard, consisting of Army and Navy personnel, arrived first followed by the official party. Also supporting the service was the School of Music's Army element Brass Quintet.

All in the large crowd participated in the Call to Worship and the singing of hymns throughout the service.



*Photos by Scott Mohr*

**Captain Dale Parker, Regional Chaplain for Commander, Navy Region Mid-Atlantic, delivers the sermon at the 83rd Annual Easter Sunrise service at Joint Expeditionary Base Little Creek - Fort Story as the sun rises behind the Cape Henry Memorial Cross.**



**Capt. Charles L. Stuppard, commander, Joint Expeditionary Base Little Creek - Fort Story, welcomes Virginia Beach Mayor, the Honorable William D. Sessom, Jr. to speak at the 83rd Annual Easter Sunrise Service held at the installations Fort Story Campus on April 4.**

They were moved by the scripture and gospel readings as well as the inspirational words delivered by the guest speaker.

Then, in the middle of the service, at approximately 6:46 a.m., the sun began to rise. It continued its ascent from directly behind the Cape Henry Memorial Cross as words of wisdom, worship and song were delivered.

"I love this base," joyfully stated Mayor Sessom following the service. "What better place to be in the City of Virginia Beach than right here, on this historical site, for Easter service. Simply beautiful."

# Fleet and Family Support Centers make sure the kids are all right



Kim Tarshis paints the hands of Samantha at Norfolk's Child Development Center. The Children joined Fleet and Family Support Center' educators to listen to a story and get their hand prints made.

STORY AND PHOTOS BY  
MC1 (AW) TIM COMERFORD  
*The Flagship staff writer*

**NORFOLK** — High-pitched giggles and squeals are not an unusual sound coming from a room in the Child Development Center (CDC) off of Hampton Boulevard. Children running around jumping on what looks to be a 3 inch thick wrestling mat, laughing, talking and smiling as they enter the room is probably just as common. As the teachers at the CDC get them settled into a silent fidgety group Alex Ottaviani, Norfolk's Fleet and Family Support Center (FFSC) Site Manager speaks to the children.

"Can you make an angry face?" he asks. When the children show him, he says, "You know what can happen when

you get angry? You can hit some-

one. But hands are not for hitting."

He holds up the book "Hands are not for hitting." And reads them the story.

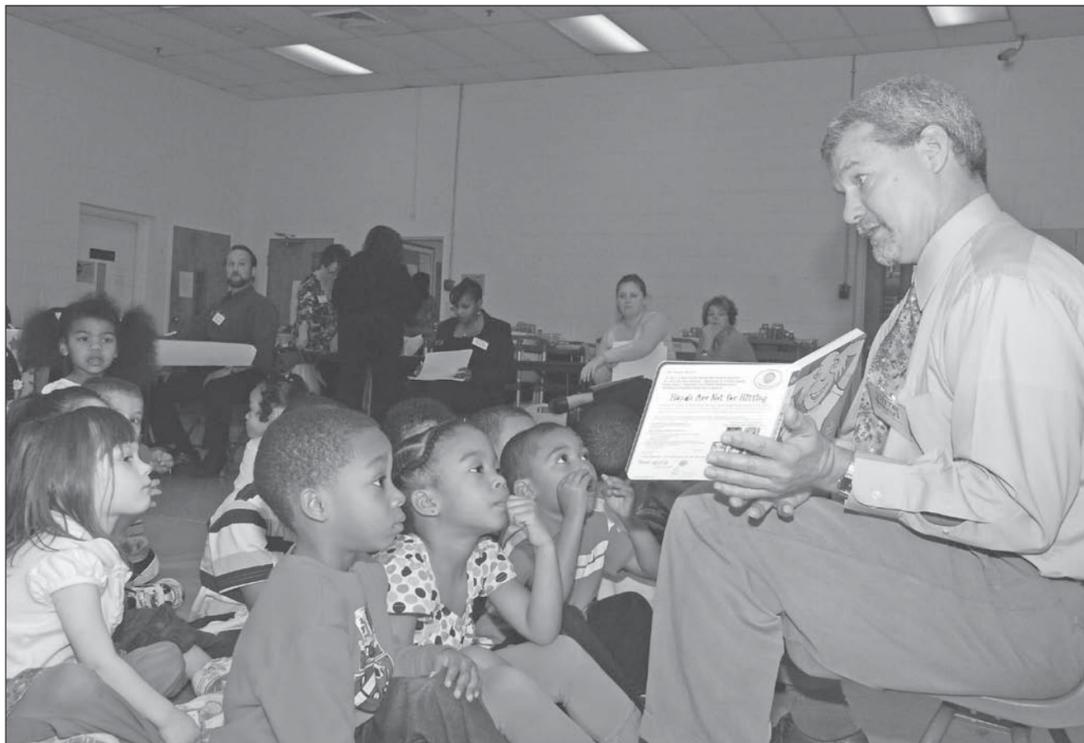
"This is an event to kick-off month of the military child and child abuse awareness month," said Kim Tarshis, FFSC Domestic Violence Educator. "We read them the story and encourage them to think about other things they can do with their hands. It's a positive message and the kids really enjoy it."

"Fleet and Family arrange a bunch of different activities to honor military children for the month of April," Tarshis said. "The lifestyles of the families in the military make military children different. The children

have a larger range of experiences than other children their age. They also face many unique challenges – changing duty stations so often, entering new school systems, deployments, one parent, or if dual military, both parents being gone – they have a resiliency and we need to celebrate that."

FFSC has programs every month for parents.

"The Fleet and Family Support Centers offers many workshops every month for helping with military children – Parenting in a Military Family, Single Parenting in the Military and Systematic Training for Effective Parenting or STEP," said Margie Russell, Parenting Educator.



Alex Ottaviani, Fleet and Family Support Center Norfolk Site Manager reads "Hands are not for hitting" to children at Norfolk's Child Development Center as part of the kick off for Military Month of the Child.

## Internet Predators

Join us as NCIS presents an eye opening discussion on the dangers facing children and teens.

**April 13, 11 a.m.- Noon.**  
**MWR Conference Center,**

**Building 705, NWS Yorktown Inside Gate 3**

Bring your own lunch or purchase at the Galley or City Limits and learn the dangers facing today's children and teens from Internet Predators. Reservations are encouraged due to limited seating. Call 887-4606.

**April 23, 11:30 a.m.- 12:30 p.m.**  
**FFSC Norfolk**

Bring a bag lunch and learn about the dangers to children from predators on the internet. Beverages and dessert will be provided. Reservations are encouraged due to limited seating. Call 444-2102.

## Teen, Spouse Job Fairs

**NAS Oceana**  
**Teen Job Fair**

- Friday, April 9, 2 - 5 p.m. Lincoln Military Housing Community Center (1200 S. Birdneck Rd., Virginia Beach)

- Come meet with employers! 2:30 - 5 p.m.

- Information on How to Network a Job Fair, 2 - 2:30 p.m.

- Employment Educational Information Available
- Volunteer and Paid Positions

- For more information and a list of participating employers, call 433-2912.

**NWS Yorktown Teen and Spouse Job Fair**

- Friday, April 9 2010, 2:30 - 5 p.m., NWS Yorktown FFSC (1960 Von Steuben Road, Newport News, VA)

- Come meet with employers, 3 - 5 p.m.

- Information on How to

Network a Job Fair

- Employment Educational Information Available
- Volunteer and Paid Positions

- For more information and a list of participating employers, call (757) 887-4606.

**NSN Norfolk, JEB Little Creek-Fort Story Teen Job Fair**

- Saturday, May 8, 9:30 a.m. - 1 p.m., Ben Morell Housing Community Center (428 Ingram Loop, Norfolk)

- Come meet with employers, 10 a.m. - 1 p.m.

- Information on How to Network a Job Fair 9:30 - 10 a.m.

- Employment Educational Information Available
- Volunteer and Paid Positions

- For more information and a list of participating employers, call 444-2102.

# SEALs, SWCCs reach out to wrestlers at national tournament



Photos by MCSN Adam Nuzzo

The Navy SEAL Accelerator is set up during the National High School Wrestling Championships at the Virginia Beach Convention center.

BY MC2 JACOB L. DILLON

Naval Special Warfare Group 2 Public Affairs

**VIRGINIA BEACH** — The East Coast Navy SEAL and SWCC Scout team partnered with the National High School Coaches Association (NHSCA) during the National High School Wrestling Championships March 23-28 at the Virginia Beach Convention Center to provide awareness on careers in the Naval Special Warfare (NSW) community.

Navy SEALs (Sea, Air, and Land), Special Warfare Combat Crewman (SWCC), Explosive Ordnance Disposal (EOD), Navy Divers and Air Rescue provided information, mentorship and interacted with athletes through the use of static displays, a rock-climbing wall, and a climbing net course.

The SEAL and SWCC scout team and the NHSCA have been working together for the last four years. The tournament was chosen as an outreach venue because of the traits wrestlers and those in the NSW community share.

“Wrestling is a great translation into special operations,” said Lt. Mark Conley, a Navy SEAL and former Naval Academy wrestler who volunteered for the event. “Only the elite wrestlers in the country are at this event right now. They all have dedication, physical prowess and mental preparation; those are all traits shared by those in special operations.”

According to Capt. Adam Curtis, the director of the Naval Special Warfare Recruiting Directorate, historically former wrestlers have done very well with careers as SEALs and SWCCs.

“What you see on the wrestling mats here are young men who are committed to a mission; they are tenacious, they persevere, and if you knock them down, they get back up,” said Curtis. “All of those things translate well into the SEAL teams.”

Another goal of the partnership between NSW and the NHSCA is to provide role models for young athletes.

“SEALs with everything they’re doing overseas and all of the success we’ve had in OIF (Operation Iraqi Freedom) and OEF (Operation Enduring Freedom), we’ve proven ourselves to be a top tier force for our nation,” said Conley. “Because of that, we are role models for young kids, especially young athletes because being a SEAL is such an athletic occupation. So, I think the athletes will appreciate these active duty SEALs that have given up their time to volunteer here.”

Approximately 2,600 wrestlers, representing 47 states and two European countries, participated in the tournament.

*For more information on the tournament or Naval Special Warfare go to [www.sealswcc.com](http://www.sealswcc.com).*

*For more news from Naval Special Warfare Group Two, visit [www.navy.mil/local/nswgtwo/](http://www.navy.mil/local/nswgtwo/).*



A high school wrestler challenges a member of the special warfare community to a race up the cargo net at the Navy SEAL Accelerator during the National High School Wrestling Championships at the Virginia Beach Convention center. The accelerator offered high school wrestlers from around the country the opportunity to see some of the career choices the Navy has to offer.

# COMMAND: Second CO is ready for the next level

Continued from page B1

the first such facility on a Navy installation; a new East-side Mini-Mart with the old facility recently torn down and new construction to start in the very near future. This new prototype facility will be a first for the Navy and will consist of a beverage and food mart, a gas station and car wash. Others include knocking down the old distinguished visitor quarters, the Planetarium which was high in maintenance costs and the demolition of the old steam plant which is in progress.

Most notable was the successful transformation of the former amphibious base and the Army Post of Fort Story in to one command. The process known as Joint Basing was formalized on Oct. 1, 2009 when Crow became the first commander of the Joint Expeditionary Base.

“Skipper, you not only made it a resounding success, you exceeded all expectations and made it the model for the entire Department of Defense,” lamented guest speaker Rear Adm. Mark Boensel, Commander, Navy Region Mid-Atlantic. “The commitment, drive and determination to ‘do it right’ that you exhibited, and instilled in everyone at the command throughout the two and half year process, set the bar high for how it’s done across the military.”

Joint Basing was part of the 2005 Base Realignment and Closure (BRAC) Commission which directed 27 military installations to combine and form 12 joint bases by September 2011. The Joint Expeditionary Base was in the first phase where five joint bases stood up in October last year and was the first joint base in Hampton Roads. The remaining seven, second phase installations are in the process of transforming now and will be complete by October 1 of this year. Langley Air Force Base and Fort Eustis will become the second joint base in the area.

Stuppard reports to the Joint Expeditionary Base following his tour as Executive Assistant to the Commander, Navy Installations Command at the Washington Navy Yard. He entered the Navy in 1985 as an aviation officer candidate and later transitioned to the Surface Warfare Community. He is a graduate of Cornell University and earned his master’s degree from the Naval War College in National Security and Strategic Studies.

His various sea duty assignments include tours on the cruisers Biddle and Reeves, the fast frigates Sides and Nicolas and the guided missile destroyers Gonzalez and Arleigh Burke. As Arleigh Burke’s ninth Commanding Officer, Stuppard deployed to the Mediterranean Sea as the Commander of the US Surface Strike Group 06-1 and as the US member of the nine-ship Standing NATO Maritime Group-2 conducting Operation Active Endeavor to prevent terrorist operations in the Med.

Ashore, he served as the Joint Staff directorate of Strategic Plans and Policy (J-5) and Action Officer for the Western European and NATO Policy Division and then as Executive Assistant to the Deputy Director for Politico-Military Affairs, European Region. He was designated a Joint Staff Officer in 2004 and was serving at the Pentagon during the September 11 terrorist attack.

His most recent deployment include one year as an Individual Augmentee in Kuwait from May 2007 to June 2008 as Commander of Task Group 56.6 caring for a force of 10,000 Sailors serving as Navy Individual Augmentees in Kuwait, Iraq and Afghanistan fighting in support of Overseas Contingency Operations.

“Charles...., welcome to the Joint Expeditionary Base Little Creek-Fort Story! This one base with two properties... is ready to be taken to the next level,” said Crow. “After the last several weeks of turnover, I know that will indeed occur under your steady hand and capable leadership.”

“Our job at Joint Expeditionary Baser Little Creek-Fort Story is to take care of our Sailors, Soldiers, Marines, Airmen and Coastguardsmen,” state Stuppard. “Our primary mission is to be their home, their training ground and a place for them to also relax, shop and go to school.

“We will take care of their families and their loved ones when they are deployed, and we will take care of them, when they return... we are their home, we are their joint base,” he stated. “This is a sacred duty that we take very seriously and they have my full commitment to continue Captain Crow’s legacy of providing them a place with ‘that special feel,’ a great working and living environment.”

# EASTER: Sailor’s Easter underway made easier with faith

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perspective.

“It makes it easier out here, when we gather as a group,” he said. “It helps us realize that we’re all in it together. It’s the people and the stories about friends that we’ll remember. Today was a chance to gather together and make our crew a little tighter.”

Although McLaughlin acknowledged the difficulty of being out to sea for the holidays, he also encouraged Sailors to recognize the significance of the situation.

“It’s times like these that I realize the seriousness of what we do,” he said. “Other ships are forward-deployed in war-zones, and that’s what we’re preparing to do. We will be the ones deployed next



Photo by MC2 Rafael Martie

Senior Chief Aviation Machinist’s Mate (AW/SW) Scott A. Pastella plays a bass guitar while Aviation Boatswain’s Mate 1st Class (AW) Joel Benavidez, plays an electric piano during a sunrise Easter service on the ship’s flight deck April 4.

Easter and we’re lucky to have that role, even if it means making the sacrifice of being away from our families,” he said.

McLaughlin also pointed out the tradition that goes along with being out to sea for Easter.

“It’s one of those traditions that connects you to every Sailor that has stood on the deck of a ship on Easter for more than 230 years,” he said. “When this aircraft carrier is still out to sea for Easter 50 years from now, we’ll be able to

look back and say we were here for the first one.”

McLaughlin said that providing the celebration for the command was an endeavor that CRMD was happy to take on.

“CRMD exists and works for the Sailors,” he said. “We serve the crew, that should be our hallmark,” he said.

He also recognized that the service could not have been a success without the constant support of the command.

“We’re dependent on other departments,” he said. “I’m so thankful to the Navigation, Supply, and Air Departments for providing us a position with perfect wind, the food and drinks, and allowing us to use the flight deck.”

# BATAAN: Haitians grateful to U.S. Navy for help

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grateful they are for the U.S. Navy,” said Hospital Corpsman 3rd Class Stacie Coursey. “Being there, seeing the devastation, hearing their stories and knowing the help we brought will change their lives forever makes for an extremely humbling experience. I’m so proud to be a Sailor on board this ship and to have been part of such a historic mission.”

Bataan operated off the coast of Grand Goave, Haiti, and conducted “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 honored that I was given the chance to go to shore and help out first-hand with relief, said Air Traffic Control-



Photo by MC2 Rafael Martie

The multipurpose amphibious assault ship USS Bataan (LHD 5) returns to Naval Station Norfolk. Bataan returned after conducting humanitarian and disaster relief operations as part of Operation Unified Response.

ler 3rd Class (AW/SW) Jennifer Huber, a native of Floyds Knobs, Ind. “Everyone participated in any way they could. It was rough to go out and see the devastation, but it was also nice to see how the military

and Haitians came together to start rebuilding their home.”

Bataan eventually turned over their mission in Grand Goave, to Lifeline Christian Ministries, a non-governmental organization that

had been assisting in the town prior to the earthquake. Throughout the relief effort, the Navy and Marine Corps team worked with various U.S. and partner government organizations, independent aid organizations and local Haitian leaders to deliver aid and allow the organizations to return to their pre-earthquake capacities.

“Turning over relief efforts to the United Nations, government of Haiti and non-governmental organizations was an important part of the mission,” said Koehler. “Their continued efforts will ensure the people of Haiti recover from this tragedy.”

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

# Historic Fort Monroe observes Yom Hashoah, April 20



Contributed photo

Jay Ipson (circled) and his mother as they were rounded up for deportation in Lithuania. A copy of this photograph hangs in the United States Holocaust Memorial Museum in Washington, DC.

**FORT MONROE** — As the eyewitness generation passes on, Holocaust stories of courage and perseverance take on a more urgent meaning.

Jay Ipson was just six years old when his family was forced into Lithuania's Kovno Ghetto. Among nearly 5,000 deported for execution on a single day, he and his mother were pulled from the line by a Jewish policeman who knew his father. They were the only two to survive that day.

Forced to hide in an underground hole for six months, Ipson and his parents finally escaped to the United States when he was 12. An uncle in Richmond "sponsored" their journey.

Ipson, the executive director and founder of the Virginia Holocaust Museum in Richmond, will speak of his ordeal during Fort Monroe's annual observation of Yom Hashoah, the Holocaust

Day of Remembrance, 2 p.m. Apr. 20 in the post theater on Tidball Road. The program is free and open to the general public.

From an article at Richmond.com: "We couldn't speak a word of English. Although my father was an attorney, his first job in the United States was cleaning bathrooms in an Esso Service Station. My mother worked as a seamstress."

Today, the 76-year-old Army veteran devotes nearly all his time to ensuring the Virginia Holocaust Museum is as authentic as possible. "People are good," Ipson said. "You just in some cases have to bring it out, or bring it to the forefront. And when they leave here, many have told me — and some have come back four or five times — their whole life has been changed. They look at their neighbors as neighbors and friends and understand more about the difference between people."

"Most people do not realize ... what the Nazis did to their neighbors and what my neighbors did to me," Ipson

said. "Ninety-two percent of the Jews that were killed in Lithuania were killed by our Lithuanian neighbors." Ipson said out of 220,000 Jews, only 2,500 survived in Lithuania. Of those, he said, only 48 children survived. Ipson was one of those children.

The Holocaust is a historical period during World War II when Nazi Germany conducted a systematic eradication of approximately six-million European Jews. The Ipsons' journey to safety is chronicled in the book "Izzy's Fire," written by Nancy Wright Beasley.

Visitors are reminded that in order to access Fort Monroe, you must present proof of valid vehicle registration and insurance. Guests ages 18 and older also must present a valid form of government-issued photo identification, such as a driver's license.

Anyone requiring special accommodations to attend the event should contact the Fort Monroe Equal Opportunity Office at 788-3500. The point of contact for the Yom Hashoah Observance may be reached at 788-5254.



Contributed photo

This year's featured speaker is Jay Ipson, the executive director and founder of the Virginia Holocaust Museum in Richmond. As a child of six, Ipson was forced into Lithuania's Kovno Ghetto; he was one of only 48 children known to have survived.