

The Flagship

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MCPON celebrates Submarine Force's 110th birthday



Master Chief Petty Officer of the Navy (MCPON) Rick West gives a HOOYAH with members from the U.S. Submarine Veterans Inc. (SUBVETS) after at the 47th anniversary of the USS Thresher (SSN 593) loss memorial service at the U.S. Submarine Veterans WWII National Submarine Memorial East.

STORY AND PHOTOS BY
MC1 (EXW) JENNIFER
A. VILLALOVOS

Master Chief Petty Officer Public Affairs

(MCPON) (SS/SW) Rick D. West visited Naval Submarine Base Groton, Conn., from April 8 to 10 to celebrate the Submarine Force's 110th birthday and

the 47th anniversary of the loss of USS Thresher (SSN 593).

The visit to Groton was the first for West since he took the position as MCPON. He toured the Naval Submarine Base, visited USS Philadelphia (SSN 690)

where he ate lunch with the crew, then toured USS Providence (SSN 700), received a first hand look at the escape trainer at the Naval Submarine School (NAVSUBSCOL), and pinned a couple of Submarine Warfare pins on newly qualified Sailors from Philadelphia and USS Toledo (SSN 769).

"It was a pretty big opportunity to have MCPON here today, not everyone can say they were pinned by the MCPON," said Electronics Technician 3rd Class (SS) Benjamin Chance, attached to Philadelphia.

During MCPON's visit to NAVSUBSCOL, he spoke to a group of around 1,400 Sailors currently in school and talked about the first time he walked through the building as a young Sailor in 1981, how far things have come since then and how he would trade places with anyone of them to start his Navy career all over.



"I'm continually amazed at the enthusiasm, hard work and team work of our Sailors and its because of their efforts that we are more ready and more capable than we have been in the history of our great Navy"

— Master Chief Petty Officer of the Navy Rick D. West

Also during the trip, MCPON spoke at the 47th anniversary of the tragic incident of the Thresher, a nuclear powered

See MCPON, A13

GROTON, Conn. — Master Chief Petty Officer of the Navy



USS Independence trains crew to handle aircraft

BY LT. ZACHARY HARRELL

USS INDEPENDENCE (LCS 2) Public Affairs

MAYPORT, Fla. — Sailors aboard USS Independence (LCS 2), the Navy's newest littoral combat ship, prepared to embark aircraft aboard the ship by conducting simulated training April 6 and 7 in a variety of situations involving aircraft operations, while in port at Naval Station Mayport, Fla.

The training, lead by a staff of training personnel from the Littoral Combat Ship Squadron (LCSRON), brings both rotational crews aboard Independence a step closer to earning their certification to conduct aviation operations at sea.

"This training is about ensuring that the crew is proficient in all the procedures involved in handling aircraft aboard a ship," said Chief Aviation Boatswain's Mate (handling) Marcus Aguirre of LCSRON. "We are here to assist the crew and ensure they are prepared to get it right when it counts."

The training simulated routine aircraft operations such as helicopter launch, landing and refueling. The crew also practiced responding to circumstances as extreme as removing personnel from a crashed helicopter and extinguishing a fire on the flight deck.

"Helicopters are vital to the mission of LCS because they extend our ability to monitor and manipulate the surrounding environment," said Chief Boatswain's Mate Joseph Wilson, one of the senior members of the "blue crew" team of Independence Sailors being trained. "By training everyday ... it builds our confidence by building our muscle memory for

when we are faced with the real thing."

One of the most crucial portions of the training is personnel injury response.

"Immediate medical first-responder treatment could mean the difference between life and death for the pilot and passengers," said the "blue crew" independent duty corpsman aboard Independence, Chief Hospital Corpsman Tricia Loomis. "The first responders must be ready to treat everything from burns to broken bones to life-threatening smoke inhalation injuries that could compromise the airway. It is essential they are familiar with appropriate triage [procedures] to ensure the most immediate injuries and casualties are

treated first."

Independence is scheduled to complete their final aviation readiness qualification for both blue and gold crews later this month.

Independence, a high-speed aluminum trimaran that departed the Austal USA shipyard in Mobile, Ala. March 26, is a fast, agile, mission-focused ship that demonstrates the latest in naval technology. The ship is specifically designed to defeat anti-access threats in shallow, coastal water regions, including surface craft, diesel submarines and mines. LCS features an interchangeable modular design that allows the ship to be reconfigured to meet mission requirements.

Sailors conduct a foreign object and debris (FOD) walk-down on the flight deck aboard littoral combat ship USS Independence (LCS 2). Mayport is Independence's second stop on her maiden transit.



MC2 (SW/AW) Justan Williams



Virginia Beach man indicted for making false distress signal

PRESS RELEASE

U.S. Coast Guard 5th District Public Affairs

NORFOLK — Neil H. MacBride, United States Attorney for the Eastern District of Virginia, announced that a Norfolk federal grand jury has indicted Larry L. Deffenbaugh, 58, formerly of Virginia Beach, for making a false distress signal to the United States Coast Guard.

According to the indictment, Deffenbaugh, also known as "Mike Meyers," was boating on the Chesapeake Bay on May 10, 2009 with his brother.

The indictment reads, "At some point, Deffenbaugh caused his brother to believe that he had fallen from the boat and into the bay, thereby causing Deffenbaugh's brother to contact Coast Guard authorities seeking help." As a result of the allegedly false distress call, the Coast Guard deployed resources in an effort to save Deffenbaugh's life, though, according to the indictment, he was not in any peril. Despite an extensive search, the Coast Guard search team could find no trace of Deffenbaugh.

"The Coast Guard and Sector Hampton Roads regard every distress call as an emergency," said

See FALSE, A13

INSIDE:

FOUR-PART SERIES: GOING IA

A10

Part I: Pre-deployment

IAs are doing more than 10,000 jobs worldwide. This series will outline the process from getting orders to returning home.



CHANGE OF COMMAND

B1

Pottenger passes NECC torch to Tillotson

Command change of command ceremony held on board JEB Little Creek-Ft. Story.



OFF DUTY

C1

C'est Magnifique!

Norfolk NATO Festival announces complete schedule for 2010 event. Festival week runs from April 28 to May 1.



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Photo by MC2 Toni Burton

Engineman Fireman Apprentice Sherrelle Herrera, assigned to the Transient Personnel Unit, Naval Station Norfolk, talks with Cristy Stamenkouich, an education advisor for Navy College at Naval Station Norfolk. Navy College offers assistance to Sailors and Marines seeking to further their education.

Tuition Assistance transactions shift to 100 percent WebTA

BY SUSAN LAWSON
Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH — All Navy Tuition Assistance (TA) transactions will soon shift to an entirely online process accessible through the Navy College Program Web site's WebTA portal.

Sailors applying for tuition assistance will be required to use WebTA to process all applications beginning April 15.

"WebTA allows Sailors to complete all steps in the tuition assistance and education planning process online,"

said Mary Redd-Clary, the Navy's Voluntary Education (VOLED) program director.

"In the past, Sailors could start the TA application process, but were then required to circulate a printed copy for review and approval through the chain of command. Now, Sailors and Marines can complete the entire process virtually, and the final step is the paper-based submission, in person or via fax, to one of the Navy's 52 Navy College Offices (NCO) for delivery to the school," said Redd-Clary.

The WebTA application must be approved by the commanding officer or authorized command delegate.

"We recommend developing an internal command review process, as that

process will ensure all management controls for Sailors TA requirements are met. These requirements, such as completion of warfare qualifications, should all be reviewed prior to the commanding officer's final approval," said Redd-Clary.

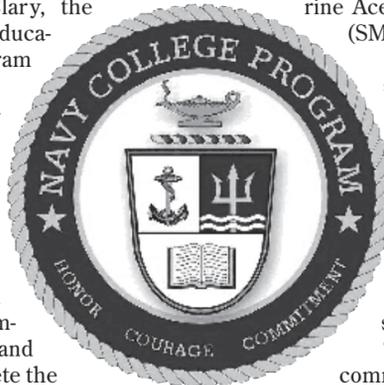
In addition to TA application processing through WebTA, the NCP site includes tools required for Sailors to develop an interactive education plan with direct support from NCO counselors. The site also provides Sailors and counselors access to Sailor/Marine Ace Registry Transcript (SMART) records.

Sailors can also search degree plans based on their ratings. These degree plans are offered through partner schools from the Navy College Program Distance Learning Partnership (NCPDLP).

"WebTA also offers commands an opportunity to provide more timely and interactive support of their Sailors as they work to identify their professional and academic pursuits," said Redd-Clary.

For more information about the Navy College Program, visit <https://www.navycollege.navy.mil/>.

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



THE FLAGSHIP'S LEEWARD SHOUT

What do you miss the most about your childhood?



"I miss playing sports with my next door neighbor. We played football, basketball, soccer... all of them. It was fun."

CTT 2
Joe Maggard
USS Leyte Gulf (CG 55)



"The security of a small town and being able to walk a few blocks to a friend's house without my parents worrying about me getting there safely."

CTTCR
Richard Rabineau
USS New York (LPD 21)



"Not paying any bills. I had nothing to worry about until I turned 15 and was told to get a job by my parents."

OS2 (SW)
Jerome Bridgewater
NCTAMSLANT



"I miss being able to watch TV, mostly cartoons, all day and running around till I pass out."

OSSN
Gerald Newsome
NCTAMSLANT



"I miss not having a care in the world."

OS2
Kandace Kelsey
USS Iwo Jima (LHD 7)



"I miss not having any worries. Now I have to manage my own money and make sure I make the best choices for my children."

CTTSN
Lynesha Oates
USS James E. Williams (DDG 95)

Photos by MC2 Mandy Hunsucker

VIPR PLANNING FORECAST



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For the latest weather updates and up-to-the-minute weather alerts, go to www.wtkr.com/weather

Navy 'Partnering for a Greener Future' on Earth Day

BY CHRIS DETTMAR
 Chief of Naval Operations
 Environmental Readiness Division

WASHINGTON — The United States Navy is celebrating the 40th Anniversary of Earth Day April 22 with Navy and Marine Corps commands worldwide participating in activities on and around that date to galvanize environmental stewardship.

The Navy's theme for Earth Day 2010, "Partnering for a Greener Future," emphasizes the Navy's partnerships with other military services, federal and state agencies, non-government organizations, industry, and civilians. The Navy relies on partnerships to achieve the shared goals of protecting the environment and providing energy security for the nation and its allies. Examples of these efforts are as follows:

- Since summer 2009, the Navy has participated in the Interagency Ocean Policy Task Force, led by the White House Council on Environmental Quality. The task force's purpose is to develop national policy and a framework that enables sustainable use of oceans, lakes, and coastal areas in a manner that supports the nation's environmental, economic, recreational, and



Photo by MC2 Clifford L. H. Davis

Secretary of the Navy (SECNAV) the Honorable Ray Mabus, with the Navy's F/A-18 Green Hornet, speaks with reporters about the Navy's F/A-18 Green Hornet following a speech by President Barack Obama. The president announced today additional measures to boost domestic energy production for the Nation to include strategic efforts by Department of Defense to enhance energy security. The Green Hornet is part of the Navy's biofuel program to develop alternative fuel sources to reach the Secretary of the Navy's energy reform targets.

security priorities.

- The Navy is working with the shipbuilding industry to integrate a broad spectrum of energy efficiency initiatives on ships, such as stern flaps and propeller coatings that reduce petroleum consumption per mile.

- The Navy has completed environmental planning, permitting and consultations for eight training, testing, and operating areas at sea, with six more to be completed this year. These efforts mark the beginning of a continuous cycle of environmental planning work and

annual renewals with the National Marine Fisheries Service.

- In 2009, the Navy commissioned the USS Makin Island, the world's first hybrid fuel warship. Built by Northrop Grumman, the ship will conserve fuel and enable the Navy to save hundreds of mil-

lions of dollars in fuel costs over the life of ship.

- The Navy continues to collaborate with academic institutions and government agencies to fund research that will increase scientific knowledge about marine mammals and minimize the potential for Navy activities to affect marine life.

On Earth Day 2010, the Navy will demonstrate an F/A-18 Super Hornet, called the Green Hornet, powered by a 50/50 biofuel blend. The fuel, made from the Camellina sativa plant, is produced by Sustainable Oils of Bozeman, Montana. The flight demonstration will take place at Naval Air Station Patuxent River, Md. The Navy is also participating in research and development to identify other biofuel sources with the goal of reducing dependence on foreign energy sources and using fuel with a lower net carbon footprint than petroleum fuels.

More than 50 installations are celebrating Earth Day 2010, with community events such as shoreline and neighborhood cleanups, tree plantings, recycling challenges, fun runs, wildlife rescues, and more.

For more information on Navy Earth Day events, visit www.earthday.org/campaigns/navy-earth-day-events.

Arbor Day Foundation names NSA Norfolk – Northwest Annex Tree City USA®

PRESS RELEASE

Naval Support Activity Norfolk – Northwest Annex in Chesapeake was recognized by the nonprofit Arbor Day Foundation as a Tree City USA® community for its commitment to urban forestry.

It is the eighth year Naval Support Activity Norfolk – Northwest Annex has earned this national designation.

The Tree City USA® program is sponsored by the Arbor Day Foundation in cooperation with the National Association of State Foresters and the USDA Forest Service. Naval Support Activity

Norfolk – Northwest Annex has met the four standards to become a Tree City USA® community. Tree City USA® communities must have a tree board department, a tree-care ordinance, a comprehensive community forestry program and an Arbor Day observance and proclamation.

"We commend Naval Support Activity Norfolk – Northwest Annex's elected officials, volunteers and its citizens for providing vital care for its urban forest," said John Rosenow, chief executive and founder of the Arbor Day Foundation. "Trees provide numerous environmental, economical and health benefits

to millions of people each day and we applaud communities that make planting and caring for trees a top priority."

Communities that earn Tree City USA® recognition not only have taken the time to meet the four standards, they know that trees:

- Promote healthier communities by filtering the air we breathe by removing dust and other particles.
- Moderate climate, conserve water and provide vital habitat for wildlife.
- Reduce the heat island effect in urban areas caused by pavement and buildings.

- Increase property values and reduce energy use and add beauty to our homes and neighborhoods.

More information about Tree City USA can be found at www.arborday.org/TreeCityUSA.



TREE CITY USA®

When moving, plan ahead for prescriptions

PRESS RELEASE
TRICARE Management Activity

FALLS CHURCH — With all of the details involved in moving to a new duty station, transferring prescription medication may not be on the top of the list for many beneficiaries. In fact, it may not even be on the list.

But for TRICARE beneficiaries who regularly take prescription medications, some planning ahead will allow them to quickly transfer their prescriptions to their new military treatment facility (MTF) pharmacy or other TRICARE pharmacy option.

First off, before they move, beneficiaries should get the longest medication supply possible – generally up to 90 days for most prescriptions at an MTF or through TRICARE Home Delivery or up to 30 days from the retail network pharmacy.

Not all medications are stocked at every MTF. Beneficiaries may also want to check the availability of their medication at their new MTF before they move. In many cases, the pharmacy and physician can work out a new treatment plan for the patient.

When the move is complete, if beneficiaries are going to use an MTF pharmacy, they should go there as soon as possible to transfer their pre-



scriptions and remaining refills.

If a medication is not stocked at the new MTF, or an MTF is not nearby, beneficiaries have two more choices: TRICARE Home Delivery or retail network pharmacies. Neither option has a cost-share for active duty service members.

TRICARE Home Delivery is the least expensive option when not using a MTF pharmacy and beneficiaries can get up to a 90-day supply of most medications delivered directly to their home. This is especially encouraged for beneficiaries us-

ing long-term maintenance medications. After signing up for Home Delivery, beneficiaries can expect their prescriptions to arrive at U.S. postal addresses within 14 days. Call Express Scripts at 877-363-1433 to transfer existing prescription to TRICARE Home Delivery. Current users of TRICARE Home Delivery can call Express Scripts at 877-363-1303 to update their address once they move and have updated their address in DEERS.

Beneficiaries in the United States and U.S. territories can also have a prescription filled at a TRICARE retail network pharmacy. TRICARE beneficiaries can transfer remaining refills from most prescriptions filled

at a MTF pharmacy to a retail network pharmacy. Go to www.express-scripts.com/tricare to find a nearby retail network pharmacy. It is helpful to have the information contained on the prescription bottle as well as the phone number to the MTF pharmacy. State laws vary regarding which prescriptions can and cannot be transferred.

Prescription costs for non-active duty TRICARE beneficiaries are based on the type of drug and where the prescription is being filled, with prescriptions filled at MTFs being free. TRICARE Home Delivery the least expensive option after the MTF pharmacy. For example, up to a 90-day supply of a generic drug through TRICARE Home Delivery has just a \$3 copayment, while a brand-name drug has a \$9 copayment. At a network pharmacy, the copayments are the same \$3 for generic and \$9 for brand-name, but for just one-third of the supply.

Go to www.tricare.mil/pharmacy for more information about filling and transferring prescriptions.



A baby's first picture can be a powerful tool for doctors

BY KEVIN J. DWYER
TRICARE Management Activity

The ultrasound image of a baby is more and more often the very first picture new parents have of their child. Along with giving parents a picture of the growing fetus, these popular ultrasound images are also an important tool for the obstetrician caring for mother and baby.

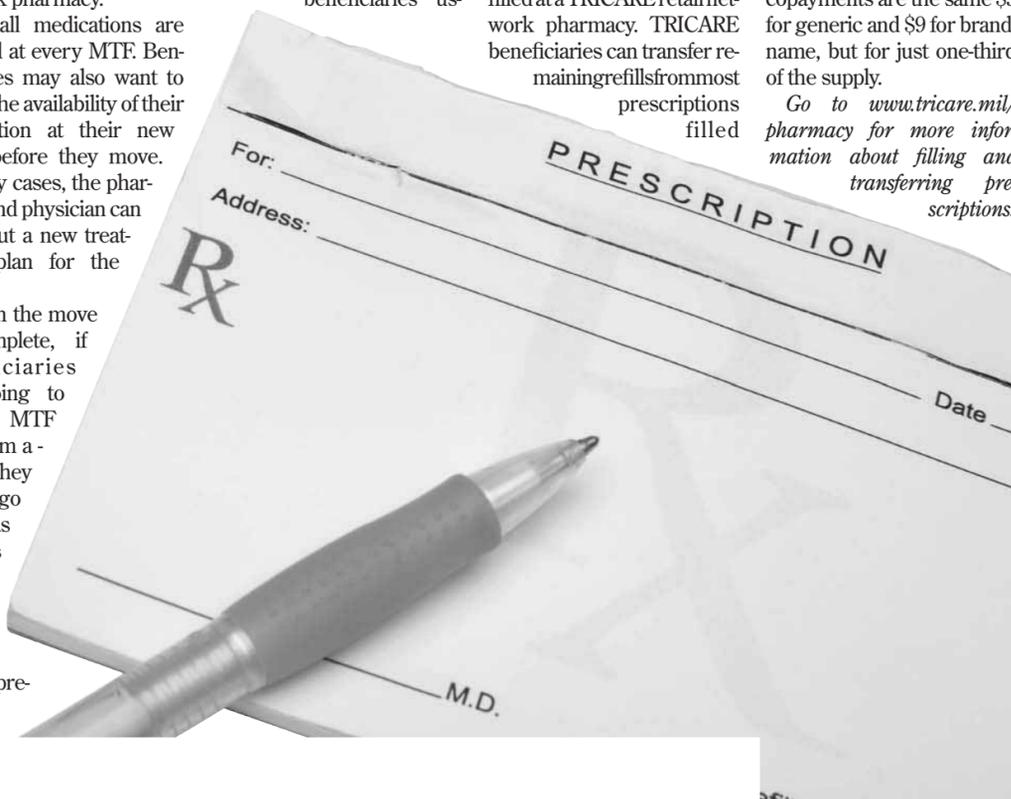
TRICARE covers medically necessary ultrasounds for expectant moms, but does not cover "routine ultrasounds." So, what does this mean?

A medically necessary ultrasound is one doctors perform when they have a concern about the progression of a pregnancy. Some of the reasons a doctor might order an ultrasound include estimating gestational age, evaluating a fetus' growth or well-being and diagnosing a multiple pregnancy. Doctors can also use an ultrasound to check the condition of a mother and fetus if prenatal care was started late in the pregnancy. These ultrasounds are covered by TRICARE.

Some doctors may offer mothers-to-be routine ultrasounds 16 to 20 weeks into their pregnancy, or to determine the sex of the child. These ultrasounds are not covered by TRICARE. If ultrasounds are performed without a valid medical reason beneficiaries may be responsible for payment.

TRICARE strongly recommends mothers-to-be seek appropriate prenatal care. TRICARE Prime covers all necessary maternity care, from the first obstetric visit through six weeks after a baby is born. Beneficiaries using TRICARE Standard and Extra pay their normal deductibles and cost shares for office visits and inpatient maternity care.

For more information and updates on maternity ultrasound coverage, prenatal care and maternity services, beneficiaries can go to the "Life Events" tab of www.tricare.mil/my-benefit and select "Having a Baby or Adopting" or contact their regional contractor. The regional contractors' phone numbers and Web sites are listed at www.tricare.mil/contactus.



Naval message says, smoking to be extinguished on submarines, effective no later than Dec. 31

PRESS RELEASE
Commander, Submarine
Forces Public Affairs



NORFOLK — Vice Adm. John J. Donnelly, Commander, Submarine Forces, has initiated a policy banning smoking below decks aboard all U.S. Navy submarines. The smoking ban, announced via Naval Message, will become effective no later than December 31, 2010.

The impetus behind the change of policy is the health risks to non-smokers, specifically exposure to second hand smoke.

“Our Sailors are our most important asset to accomplishing our missions. Recent testing has proven that, despite our atmosphere purification technology, there are unacceptable levels of secondhand smoke in the atmosphere of a submerged submarine. The only way to eliminate risk to our non-smoking Sailors is to stop smoking aboard our submarines,” said Donnelly.

According to a 2006 Surgeon General’s report on involuntary exposure to tobacco smoke, there is no risk free level of exposure to second hand smoke. Non-smokers who are exposed to secondhand smoke increase their risk of developing heart and lung disease.

Subsequent to the 2006 Surgeon General report, the Submarine Force chartered the Naval Submarine Medical Research Laboratory (NSMRL) to conduct a study on U.S. submarines. The study indicated that non-smoking Sailors were exposed to measurable levels of Environment Tobacco Smoke (ETS), also called

second hand smoke. The year long study was conducted in 2009 on nine different submarines, including at least one from each class of submarines in the force.

In conjunction with the policy change, cessation assistance to Sailors is being offered. The program will incorporate education techniques and nicotine replacement therapy, such as nicotine patches and nicotine gum, to assist in kicking the smoking habit. In keeping with current submarine policy, drugs such as Zyban and Chantix are not authorized.

“To help smokers minimize the effects of quitting, nicotine replacement therapy, such as patches and gum, will be readily available along with an extensive cessation training and support program on every boat. What we want to discourage is smokers turning to alternative methods of tobacco use such a chewing tobacco,” said Capt. Mark Michaud, Submarine Force Atlantic Surgeon.

Donnelly added, “While submarine duty is a dynamic and demanding job, the Submarine Force is dedicated to mitigating unnecessary risks to our Sailors. Exposure to a harmful substance that is avoidable, such as second hand smoke, is unfair to those who choose not to smoke.”



Chief of Naval Operations (CNO) Adm. Gary Roughead receives a tour by Polytechnic Institute of New York University President Jerry Hultin while meeting with students on the campus in Brooklyn, N.Y.

CNO visits Polytechnic Institute of New York University, New York Yacht Club

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

NEW YORK CITY — Chief of Naval Operations (CNO) Adm. Gary Roughead visited Polytechnic Institute of New York University (NYU-Poly) and the New York Yacht Club and spoke with the New York City Navy League April 8.

Roughead began his trip at a luncheon with the New York City Navy League where he expressed his gratitude to the group for all that they do for Sailors, with whom he feels extraordinarily honored to serve with.

“I appreciate the way that you care for [Sailors] when they come to your home,” said Roughead. “For someone in the Navy, there is no better city to come to than New York City.”

CNO toured the school facilities at NYU-Poly and had an opportunity to speak with faculty and students, highlighting the technological similarities the school has with the Navy.

“The Navy is known for having been on the forefront of many technological advances,” said Roughead. “Technology is very much a part of who we are.”

Roughead visited classrooms where students presented current research projects and was able to speak to them about the advantages of being a Sailor in the U.S. Navy.

“(What) is so terrific about the Navy is, it does not make any difference where you’re from, who you are, (but) if you have the passion, you have the commitment and you have the desire to serve others, the sky is the limit,” said Roughead.

After his NYU-Poly trip, Roughead visited with members of the New York Yacht Club where he spoke about the mission of the Navy and its global effects.

“As we go forward, we’re not going to be unchallenged by the world,” said Roughead. “We can’t assume we’ll maintain our strength without the vigilance of our leadership and, most important, the vigilance of the American people.”

He went on to speak about the talent and commitment of the Sailors who make up the Navy.

“Every Sailor who is on watch tonight knows that he or she carries a special responsibility for this nation,” said Roughead. “They carry that responsibility with the greatest pride and professionalism that you could possibly imagine.”



Photos by MC1 Tiffini Jones Vanderwyst

Chief of Naval Operations (CNO) Adm. Gary Roughead delivers remarks during a dinner at the New York Yacht Club.

DESRON 24, U.S. ships arrive off the coast of Scotland for Joint Warrior

BY MC2 NIKKI SMITH
*Destroyer Squadron 24
 Public Affairs*

FASLANE, Scotland — U.S. Navy ships led by Commander, Destroyer Squadron 24 (DESRON 24) arrived in Faslane, Scotland April 9 to participate in Joint Warrior 10-1, a multinational semi-annual exercise held off the coast of Scotland.

The guided missile destroyers USS Laboon (DDG 58) and USS Barry (DDG 52), the guided missile cruisers USS Vella Gulf (CG 72) and USS Vicksburg (CG 69), the guided missile frigate USS Kauffman (FFG 59), and the fleet replenishment oiler USNS Leroy Grumman (T-AO 195) will participate in the exercise's coalition course, which is run by the Joint Tactical Exercise Planning Staff (JTEPS) in the United Kingdom.

Capt. Aaron C. Jacobs, commodore of DESRON 24, and his staff are embarked aboard Laboon for the exercise to fully integrate into a joint maritime operating environment.

Jacobs said this exercise will challenge ships with Fleet Irregular Warfare Training (FIWRT), stress individual platforms with disaggregate operations, and hone the Navy's skills working with allies.

"These are skill sets we often don't have the opportunity to practice, and Joint Warrior is a great venue," Jacobs said. "The work for this exercise has been in process for months, and we are finally here to execute one of the most important exercises for independent deployment certifications."

Joint Warrior serves as an independent deployment certification event for Laboon, Vella Gulf and Kauffman.

DESRON 24 Operations Officer Lt. Cmdr. Greta Den-

sham said that a benefit of the exercise is the chance to work with allies.

"It's a unique opportunity for the ships to prepare for operations with coalition partners and practice NATO

tactics, techniques, and procedures that they otherwise wouldn't see in a U.S. exercise," Densham said.

This semi-annual exercise promotes Commander, U.S. Second Fleet's three fo-

cus 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 two-week long exercise, Joint Warrior 10-1, began April 12 off the coast of Scotland, where the participating navies will practice joint maritime operations in

a controlled environment. Nations participating in the exercise are Belgium, Brazil, France, Germany, Italy, Netherlands, New Zealand, United Kingdom and the United States.



Photo by MC2 Nikki Smith

Sailors aboard the guided missile destroyer USS Laboon (DDG 58) man the rails while pulling into port in Faslane, Scotland.



Photo by MC1 Darius Jackson

Seaman Miguel Mora throws a heaving line to the guided missile cruiser USS Vella Gulf (CG 72) during Sea and Anchor detail aboard the guided missile destroyer USS Laboon (DDG 58).



Photo by MC1 Darius Jackson

Deck crewmen aboard the guided missile destroyer USS Laboon (DDG 58) heave a mooring line as the ship moors outboard of the guided missile cruiser USS Vella Gulf (CG 72). Laboon and Vella Gulf are participating in the multi-national exercise Joint Warrior 10-1, 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.

Quartermasters: *Here since the beginning*



QM3 Adalberto Fuentes from Galveston, Texas, plots a course on a coastal chart in USS Nassau's (LHA 4) chart room.

STORY AND PHOTOS BY
MCSN (SW) JONATHAN PANKAU

USS Nassau Public Affairs



QM3 Adalberto Fuentes from Galveston, Texas, plots a course on a coastal chart in USS Nassau's (LHA 4) chart room. 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 operations.

USS NASSAU, At Sea — With water covering more than 70 percent of the Earth's surface, control of the ocean has been an integral part of building civilizations and maintaining military prowess since the beginning of sea trade.

To travel these bodies of water, USS Nassau's (LHA 4) Quartermasters maintain an extensive inventory of navigation charts to guide the ship and complete its missions. In order to ensure safe navigation, these charts are constantly being updated.

"Navigation Department receives new charts from an automatic distribution list that sends us updated charts all of the time, so the number of charts we have changes constantly," said Navigation Department Leading Chief Petty Officer Chief Quartermaster (SW/AW) Robert Ricks from Manhattan, N.Y.

Quartermaster 2nd Class (SW) Daniel Gutierrez from Ciudad Juarez, Mexico, the petty officer in charge of Nassau's navigation charts, said the life of a

navigation chart begins at the National Imagery Mapping Agency (NIMA) where different processes are used to make charts of a different level of detail.

"Satellite imagery is used to make the small-scale charts, such as world charts and general charts," Gutierrez said. "Surveyors and satellite imagery create the medium-scale coastal charts and surveyors pick out the tiny details in large-scale ones like the approach and harbor charts."

Gutierrez said large-scale charts require constant updates because outside factors, such as large storms and erosion, constantly manipulate the landscape and change the intricate details of each chart.

"This is when Quartermasters turn to National Geospatial Intelligence Agency

and their weekly notes to mariners for guidance," Gutierrez said. "The notes list the weekly changes that need to be made to navigation charts."

Ricks said that determining which charts need to be changed and finding them is a relatively easy task considering the amount of charts stored aboard Nassau. Navigation charts are numbered from 10,000 to the 90,000s in reference to the world's oceans.

"Once the updates have been made, the chart is ready to be laid out on the table and used to plot the course to the ship's next objective," Ricks said.

Quartermasters are one of the oldest ratings in the Navy, but with modern-day technology navigators are able to back up their chart work with advanced computers and tools. Despite the improved technology, Nassau's Quartermasters

continue to plot the ship's course on paper charts, a navigation practice steeped in history that dates back to 6 B.C., to ensure the safe navigation of the ship.

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 multi-purpose 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.



The eye of hurricane Hugo in 1989.

File photo

OPERATION PREPARE

BE INFORMED > HAVE A PLAN > MAKE A KIT

COMPILED BY
MC2 MANDY HUNSUCKER
The Flagship staff writer

Disaster affects hundreds of thousands of people every year. It may happen at your local Navy installation. It may happen to you. Whether you're part of the general Navy community, the Navy's emergency management team, or a potential partner in disaster response and recovery, you have a role in planning for emergencies – preparedness is your duty. With Hurricane season just around the corner, are you and your family ready?

Virginia has suffered significant damage and loss of life from tropical storms and hurricanes that make landfall in other states. There is also the threat of storms tracking up the East Coast. As part of our nation's military, whether on active duty, reserves, civilian employee or family member, you play an important role in ensuring the welfare of our homeland. It is also important to prepare yourself and your family for all types of emergencies so you can increase your personal sense of security and peace of mind. Preparing makes sense. Get ready now.

The Common Wealth of Virginia holds a sales tax holiday May

25 - 31. During this seven-day period, purchases of certain supplies and equipment needed for hurricane preparedness will be exempt from sales tax. Retailers may also choose to absorb the tax on other items during the holiday period, but they are responsible for paying the tax on those items to the Department of Taxation. For more information about the sales tax holiday, visit <http://bit.ly/e2T97>.

Once your Basic Emergency Supply kit has been assembled, the next step is to create a Family Emergency plan.

Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.

Identify an out-of town contact. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Be sure every member of your family knows the phone number and has a cell phone, coins, or a prepaid phone card to call the emergency contact. If you have a cell phone, program that person(s) as "ICE" (In Case

TROPICAL STORM		
Winds: 39-73 mph Wind Effects: scattered trees down, scattered power outages, some roads blocked due to downed trees and power lines. For example, neighborhoods could lose power for several days.		
SAFFIR/SIMPSON HURRICANE SCALE		
CATEGORY 1 Winds: 74 - 95 mph Wind Effects: damage to mobile homes and some homes of frame construction. Numerous trees down and widespread power outages. Roads blocked due to downed trees and power lines. Loose outdoor items will become airborne projectiles. For example, an area as large as a county could experience near total power loss.		
CATEGORY 2 Winds: 96 - 110 mph Wind Effects: severe damage to the majority of mobile homes and homes of frame construction. Many trees down. Well-constructed homes will have damage to shingles, siding and gutters. Extensive damage to power lines and widespread power outages. Airborne debris could injure or kill. Damage could extend well inland. For example, multiple localities could experience near total loss of power and water from several days.		
CATEGORY 3 Winds: 111 - 130 mph Wind Effects: nearly all mobile homes destroyed. Severe damage to most homes, including structural collapse. Airborne debris will injure or kill. Severe damage to most low-rise apartment buildings with partial roof and wall failure. Damage could extend well inland. For example, large portions of the affected area could experience total power and water loss for more than a week.		
CATEGORY 4 Winds: 131 - 155 mph Wind Effects: catastrophic damage to residential structures. Most of the affected area will be uninhabitable for weeks or longer. Nearly all industrial buildings and low-rise apartment buildings severely damaged or destroyed. Nearly all trees and power poles downed. Damage could extend well inland. For example, large portions of the affected area will experience total power and water loss for weeks and possibly months.		
CATEGORY 5 Winds: 156+ mph Wind Effects: similar to Category 4.		

of Emergency) in your phone. If you are in an accident, emergency personnel will often check your ICE listings in order to get a hold of someone you know. Make sure to tell your family and friends that you've listed them as emergency contacts.

Teach family members how to use text messaging (also known as SMS or Short Message Service). Text messages can often get around network disruptions when a phone call might not be able to get through.

Depending on your circum-

stances and the nature of the emergency, the first important decision is whether you stay where you are or evacuate. You should understand and plan for both possibilities. Use common sense and

Continued on next page

The Emergency Kit

The first step for preparing for any disaster is preparing a kit. You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer.

Recommended Items to Include in a Basic Emergency Supply Kit:

Water: One gallon of water per person per day, for drinking and sanitation. Children, nursing mothers, and sick people may need more water. If you live in a warm weather climate more water may be necessary. Store water tightly in clean plastic containers such as soft drink bottles. Keep at least a three-day supply of water per person.

Food: Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. Pack a manual can opener and eating utensils. Avoid salty foods, as they will make you thirsty. Choose foods your family will eat such as: Ready-to-eat canned meats, fruits and vegetables, protein or fruit bars, dry cereal or granola, peanut butter, dried fruit, nuts, crackers, canned juices, non-perishable pasteurized milk, high energy foods, vitamins, food for infants if needed, and comfort foods.

Face Mask: Some potential emergencies could send tiny microscopic "junk"

into the air. For example flooding could create airborne mold which could make you sick. Many of these agents can only hurt you if they get into your body, so think about creating a barrier between yourself and any contamination. Face masks or dense-weave cotton material, that snugly covers your nose and mouth and is specifically fit for each member of the family. Do whatever you can to make the best fit possible for children. There are a variety of face masks readily available in hardware stores that are rated based on how small a particle they can filter in an industrial setting. Still, something over your nose and mouth in an emergency is better than nothing. Limiting how much foreign matter is inhaled may impact whether or not you get sick or develop disease.

First Aid Kit: In any emergency a family member or you yourself may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt.

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- Sterile dressings to stop bleeding.
- Cleansing agent/soap and antibiotic towelettes to disinfect.
- Antibiotic ointment to prevent infection.
- Burn ointment to prevent infection.
- Adhesive bandages in a variety of sizes.
- Eye wash solution to flush the eyes or as general decontaminant.
- Thermometer

• Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.

• Non-prescription drugs such as Aspirin or non aspirin pain reliever, anti-diarrhea medication, antacid (for upset stomach), laxative.

• Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.

Other items to consider adding to an emergency supply kit include:

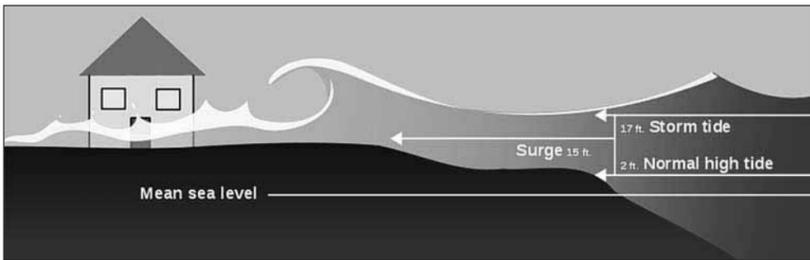
- Moist towelettes
- Garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
- Cell phone with chargers, inverter or solar charger
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes.

Consider additional clothing if you live in a cold-weather climate.

• Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children





Storm surge is simply water that is pushed toward the shore by the force of the winds swirling around the storm. This advancing surge combines with the normal tides to create the hurricane storm tide, which can increase the mean water level 15 feet or more. In addition, wind driven waves are superimposed on the storm tide. Because much of the United States' densely populated Atlantic and Gulf Coast coastlines lie less than 10 feet above mean sea level, the danger from storm tides is tremendous.

Continued from the previous page

available information, including what you are learning here, to determine if there is an immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for information or official instruction as it becomes available.

If you're staying put you'll need to prepare your home for the disaster or "shelter-in-place." In the case of a hurricane you'll need to cover all of your home's windows with pre-cut ply wood or hurricane shutters to protect your windows from high winds. Plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down. Keep trees and shrubs well trimmed so they are more wind resistant. Turn off utilities as instructed, otherwise, turn the refrigerator thermostat to its coldest setting and keep its doors closed; turn off propane tanks; and ensure a supply of water for sanitary purposes such as cleaning and flushing toilets. Fill the bathtub and other large containers with water.

When evacuation is necessary, plan how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. When creating an evacuation plan places where your family will meet, both within and outside of your immediate neighborhood.

If you have a car, keep a half tank of gas in it at all times in case you need to evacuate. Become familiar with alternate routes and other means of transportation out of your area. If you do not have a car, plan how you will leave if you have to. Take your emergency supply kit unless you have reason to believe it has been contaminated. Lock the door behind you. Take your pets with you, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an

emergency. If time allows call or E-mail the "out-of-state" contact in your family communications plan. Tell them where you are going. If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving. Leave a note telling others when you left and where you are going and check with neighbors who may need a ride.

If you are a parent, or guardian of an elderly or disabled adult, make sure schools and daycare providers have emergency response plans.

- Ask how they will communicate with families during a crisis.
- Ask if they store adequate food, water and other basic supplies.
- Find out if they are prepared to "shelter-in-place" if need be, and where they plan to go if they must get away.

Be informed. Familiarize yourself with the terms that are used to identify different disasters such as a hurricane.

A hurricane watch means a hurricane is possible in your area. Be prepared to evacuate. Monitor local radio and television news outlets or listen to NOAA Weather Radio for the latest developments. A hurricane warning is when a hurricane is expected in your area. If local authorities advise you to evacuate, leave immediately.

Hurricanes are classified into five categories based on their wind speed, central pressure, and damage potential. Category Three and higher hurricanes are considered major hurricanes, though Categories One and Two are still extremely dangerous and warrant your full attention.

Subscribe to alert services. Many communities now have systems that will send instant text alerts or E-mails to let you know about bad weather, road closings, local emergencies, etc. Sign up by visiting your local Office of Emergency Management Web site.

Each local community is responsible for warning the public of impending danger due to an emergency. Navy regions and installations support this effort by develop-

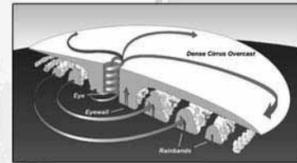
Saffir-Simpson Scale			
Cat.	Wind (kts)	Surge (ft)	Damage
1	64-82	4-5	Minimal
2	83-95	6-8	Moderate
3	96-113	9-12	Extensive
4	113-135	13-18	Extreme
5	> 135	> 18	Catastrophic

Hurricane stages of development



Hurricane Structure:

The eye is the calmest part of a hurricane. Surface pressure near the eye is very low. The lower the pressure, the stronger the storm. The eye wall is the most violent part of a hurricane. The eye wall is almost a complete ring of thunderstorms and contains the strongest winds in the hurricane. Rainbands are curved bands of clouds and thunderstorms that trail away from the eye wall in a spiral fashion and are capable of producing heavy bursts of rain, wind, and possibly tornadoes.



2010 Hurricane Names

Alex
Bonnie
Colin
Danielle
Earl
Fiona
Gaston
Hermine
Igor
Julia
Karl
Lisa
Matthew
Nicole
Otto
Paula
Richard
Shary
Tomas
Virginie
Walter

The 2010 Hurricane Season in the Atlantic Ocean will begin on June 1, 2010, and end on November 30, 2010. Atlantic hurricanes affect the eastern and Gulf coasts of the U.S. and the Caribbean nations. Those with interests in hurricane-prone areas must heed federal and state advice on preparedness, the season in general, and each specific storm in the season. Effective May 15, 2010 the National Hurricane Center will increase tropical storm and hurricane watch/warning lead times, and make changes to some of its text and graphical products. These changes are part of a continuing effort at the National Hurricane Center to expand and enhance its level of service.

ing mass warning and notification systems to alert the Navy community within their jurisdictions.

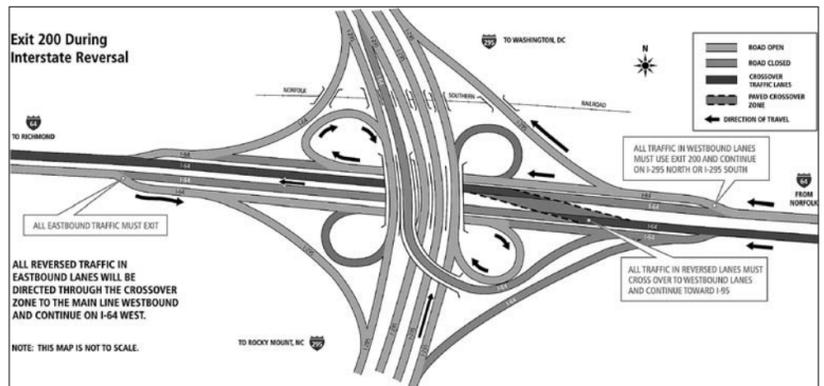
Installations are likely to have multiple systems to maximize the potential for reaching all personnel:

- A voice announcing system using exterior speakers, commonly termed "Giant Voice," and interior speakers or sirens
- Interactive, community notification systems capable of providing voice and/or data messages to multiple receivers – telephones, cellular phones, pagers, e-mail, etc.
- An administrative broadcast across Navy computer networks that overrides

current applications, thereby reaching all Navy users almost instantly.

Further, installations with significant on-base or nearby off-base family housing cooperate with local authorities for access to radio and television emergency communication systems. Most installations overseas have direct access to radio and/or television systems to support mass warning efforts.

The Emergency Alert System may be used by federal agencies to provide official information about national-level emergencies and at the state and local levels to provide emergency messages. Almost all radio and television stations participate in such broadcasts.





NKO Training for the augmentee

From the NKO main page click on the IA channel, then click on the learning bar at the top of the IA page. Scroll to the e-learning auto log on gear.

M16 Weapon Safety
M9 Service Pistol Training
ATFP Level I Awareness Training for Service Members (CONUS)
ATFP Level I Awareness Training for Overseas Service Members (OCONUS)
Introduction to the Navy's Fraternization Policy
Introduction to the Navy's Sexual Conduct Policy
Introduction to Suicide Prevention
Operations Security - The Next Generation
Sexual Assault Response & Prevention (SARP)
Introduction to the Stress Response Continuum and Suicide Awareness
Cold Weather Injuries
Hot Weather Injuries
SAEDA Briefing
United States Army Values
Trafficking in Persons Basic Awareness Training

Don't forget to print out the completion certificate at the end of each course and bring it with you to NMPS.

Part I: Pre-deployment

BY MC1 (AW) TIM COMERFORD

The Flagship staff writer

The acronym IA is a big part of the today's Navy. Individual Augmentees (IA) are doing more than 10,000 jobs around the world. When someone says they have been accepted for an IA billet most will recognize that it is a big deal. The Navy is recognizing these expeditionary Sailors with their own warfare pin, increased chance of promotion and those spending 270 or more days in Iraq or Afghanistan receive 15 days of administrative absence.

This Series will outline the IA process from getting orders to after they return home.

Part II talks about the training augmentees go through to learn the skills they will be required to have for their mission and the equipment they need to learn to use.

Part III will focus on the differing IA missions that Sailors may do as well some tips on being prepared for unexpected.

Part VI is about the journey home, integrating back into the command or Naval Operational Support Center.

When a Sailor receives orders that he or she is becoming an IA the reactions can be as varying as their reasons for volunteering.

"I am very excited," said Legalman Second Class Rosemary Cronin from Regional Legal Services Office Mid-Atlantic. Cronin will deploy to Honduras to act as a legal aide for the U.S. Army and Air Force. "I love to deploy. This is a great opportunity to deploy to someplace longer rather than just a port call."

"This is what I joined the Navy for," said Aviation Electronics Technician Third Class Jordan Vieira who is heading to Iraq for detainee operations. "I joined the Navy after Sept. 11 in New York. I was there when the attack hap-

Continued on next page



pened, I think this is a way to give back.”

Gas Turbine Systems Mechanic Third Class Quashaun Haynes who came from the USS Klaring (FFG 42) is also heading to do detainee operations.

“I wanted to end my time on ship with a bang,” Haynes said but when he received the orders it was a different story. “I was half nervous, I’m Navy and I’m going to fort bliss which is army, it’s a new rank structure, I’m going to be like the new kid at school. Army base, Army regulations, Army mindset.”

Once an IA receives orders its time for them to get to work. There is plenty for them to do to prepare for this non traditional deployment. The IA handbook describes this as the IA and their Command IA Coordinator should review the Expeditionary Combat Readiness Center (ECRC) IA Checklist and other official requirements posted on the NKO Web site. An IA should start to complete these requirements as soon as they have been notified that they have been selected. The Command IA Coordinator should track their progress and assist the IA with any problems they may have in completing the mandatory requirements. Command IA Coordinators should also coordinate with the Command Ombudsman to ensure the IA’s family has a point of contact if they should need assistance.

Once an augmentee receives orders, they should read every portion of the orders and comply with all prerequisites and mandatory requirements before they leave their current command. The ECRC IA Checklist must be submitted electronically to ECRC within 14 days of receipt of orders. But that is only partially what need to be done to be ready. Remember this is a deployment, so you have to do more.

“The key is preparation - that includes family. IAs and family should go to the pre-deployment briefs so they can prepare themselves. Also the IA

should prepare themselves with NFAAS (Navy Family Accountability and Assessment System), if anything happens to the family that has been left behind the parent command is responsible for making sure they are taken care of,” said Chief Warrant Officer 5 Samuel McMoore, Commander Navy Region Mid-Atlantic IA coordinator. He also said that coordinators are responsible for keeping in contact with both the IAs and their families throughout the IA process.

“As soon as I got the orders, I guess my command knew something that I didn’t because they told me ‘Hey you got to start right now.’ I went on leave immediately to go home with my family, I had to get my car taken care of, apply for a government travel credit card, go to medical for shots, power of attorney, have a will made up and get a passport,” Haynes said. “Before I knew it time had passed me by and I had orders.”

“It took about 90 days,” said Cronin. “There is an extensive amount of work that you have to do. Just like deployment you have to take care of your house and your vehicles, there is some NKO (Navy Knowledge Online) training you have to go through as well as some other external training.”

“Everything is pretty much spelled out for you,” said Vieira.

This will make sure the next step is easy for the IA Sailor.

“If the parent command prepared the IA medically and did what they had to do then they will have a lot more down time then those who come here unprepared medically,” said Chief Personnel Specialist Maria Deibert Navy Mobilization Processing Center Mid-Atlantic. In order to do so she recommends command make sure they are using the required ECRC checklist and Pre-deployment Health Assessment (DD 2795). “If the command does that the Sailor will have a less stressful time at NMPS.

IA PAY AND BENEFITS

Most IA assignment related entitlements start when you in-process and may include:

Hostile Fire Pay/Imminent Danger Pay
Entire month credit with one day in zone. Stops month after zone departure
Combat Zone Tax Exclusion. Entire month credit with one day in zone. Complete tax free pay Enlisted/Warrants. Officers up to allowable limit. Stops month after zone departure. Social Security and Medicare still collected
Enlisted bonuses and subsequent installments tax free
Officer bonuses and subsequent installments tax fee to limit

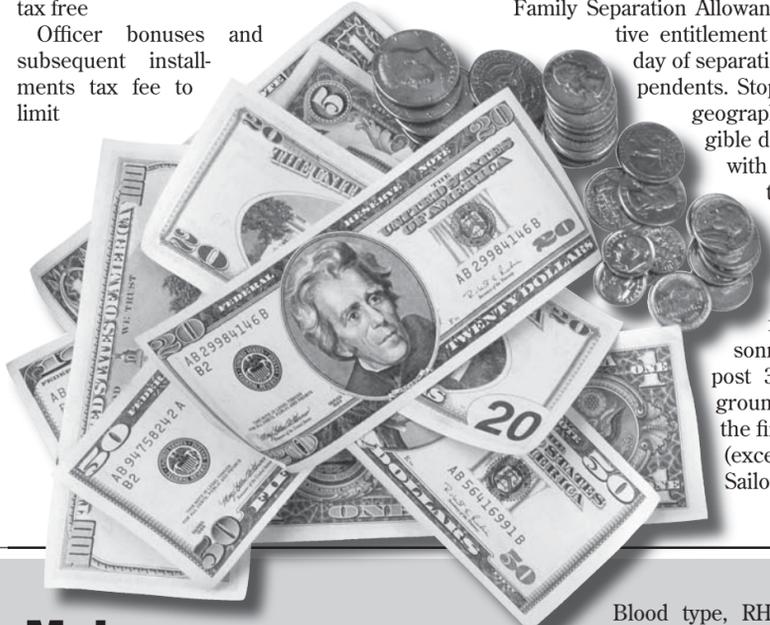
Hardship Duty Pay (Save Pay), Iraq, Afghanistan, Kuwait, HOA eligible. Bahrain NOT eligible, Stops day of eligible zone departure

ITDY Dependent Travel Allowance. For sailors on ITDY orders to escort their dependents to and from an alternate place. Only affects the portion of travel related to the escort of dependents

Incidental Expense (IE) per diem. Paid while lodging and meals provided. Monthly travel claim required for payment. This is in addition to full Basic Allowance for Subsistence (BAS)

Family Separation Allowance (FSH). Retroactive entitlement payable after 31st day of separation from eligible dependents. Stops day of return to geographic location of eligible dependent. DD 1561 with member’s signature required for payment

All of these entitlements are guaranteed to start for eligible personnel no later than post 30 days “boots on ground” retroactive to the first day of eligibility. (excerpted from the IA Sailor Handbook)



Make sure you are ready for the next step

Check your orders to:

Ensure your name and social security number match.
Determine length of assignment.
Learn the mobilization site report date.
See what enroute training is required, how long and where the training will be offered.
Learn your mission assignment destination location (ultimate duty station).
Ensure an excess baggage statement such as
“Sailor is authorized excess of four bags not to exceed 200 lbs” is included.
Make sure an itinerary that says “from (your permanent duty station) to NMPS to (your destination) is included.

The following information must be documented in health and dental records of IAs:

Blood type, RH factor, HIV and DNAMM .

Current medications and allergies.
Special duty qualifications.
Annotation of corrective lens prescription.

Summary sheet or current/past medical and surgical problems.

Copy of Pre-deployment Health Assessment (DD 2795).

Documentation of dental status Class I or II.

Immunization Record.

Prescription Medications

Prescription medications should be documented on DD Form 2766. You should deploy with no less than a 90 day supply of medication (180 if traveling OCONUS). Your current command/NOSC is responsible for providing you with prescriptions before you leave.

USS Ashland captures pirates off the coast of Djibouti

PRESS RELEASE

U.S. Fifth Fleet Public Affairs

USS ASHLAND, Gulf of Aden — At approximately 5 a.m. local time, the USS Ashland (LSD 48), was fired upon by a skiff manned by suspected pirates in the Gulf of Aden, approximately 330 nautical miles off the coast of Djibouti.

During the attack, the Ashland received small arms fire on the port side from the six-man crew of suspected pirates aboard the skiff. The Ashland, in accordance with her rules of engagement, returned fire.

USS Ashland fired two rounds at the skiff from her MK-38 Mod 2, 25mm gun. The skiff caught fire and the suspected pirates abandoned the skiff. The Ashland deployed her rigid-hull inflatable boats (RHIBs) to assist the pirates who were in the water near their skiff.

Once it was verified that the suspected pirates no longer had weapons on their person, all six were brought on board the Ashland where they received medical care. There is no apparent damage to the USS Ashland and there were no injuries to any members of her crew.

Captain John Bruening, commanding officer, Nassau Amphibious Ready Group (ARG), expressed the commitment of the ships in the Nassau ARG to ensuring the success of creating a stable and secure maritime environment.

“This is why we are here,” said Bruening. “It is so much more



Photo by Chief Fire Controlman Harry J. Storms

Suspected pirates skiff drifts at sea after being burnt the amphibious dock landing ship USS Ashland (LSD 48).



Photo by MC2 Jason R. Zalasky

Visit, Board, Search and Seizure (VBSS) team members pull suspected pirates from the sea to be brought to the amphibious dock landing ship USS Ashland (LSD 48).

than just putting a stop to the illegal activities of only one pirate skiff. It is about fostering an environment that will give every nation the freedom to navigate the seas without fear of attack.”

Three events over the past ten days have allowed the U.S. Navy to capture a total of 21 suspected pirates. Two of these events

were precipitated by attacks on the U.S. vessels, while the third was in response to a fellow mariner's call for help. USS Nicholas (FFG 47) was attacked late in the evening by pirates on March 31, resulting in the capture of five, while today's attack on USS Ashland netted an additional six. The third event, USS



Photo by Chief Fire Controlman Harry J. Storms

Suspected pirates skiff burns after being destroyed near the amphibious dock landing ship USS Ashland (LSD 48).

McFaul (DDG 74) responded to the distress call from M/V Rising Sun on April 5, helping thwart the attack and capture an additional ten suspected pirates. The U.S. Navy is now reviewing multiple options regarding these suspected pirates' legal dispositions.

Ashland was conducting routine Maritime Security Operations in the Gulf of Aden, when the ship was attacked. Currently, Ashland is supporting 24th Marine Expeditionary Unit sustainment operations in Djibouti.

The Nassau 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 ship 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 (24th MEU) complete the group.

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

USS McFaul captures suspected pirates, rescues crew

BY MC2 RACHEL MCMARR

USS McFaul Public Affairs

MANAMA, Bahrain — USS McFaul (DDG 74) captured ten suspected pirates and rescued eight crew members from the pirated Indian cargo dhow Faize Osamani, near Salalah, Oman, April 5 after the dhow and three skiffs attempted to attack the Motor Vessel (M/V) Rising Sun the same day.

M/V Rising Sun sent a distress call the morning of April 5 to alert maritime forces that pirate skiffs had pulled alongside and were firing small arms and rocket propelled grenades at their vessel. The Omani warship Al Sharquiyah (B 11) and U.S. destroyer USS McFaul (DDG 74) immediately responded.

As the naval vessels were in transit, M/V Rising Sun used the industry recommended “best management practices” of increasing speed, evasive maneuvers and spraying potential attackers with fire hoses to thwart the pirate attack as the navies were in transit. These efforts were rewarded when the pirate skiffs broke off their attack and returned to their pirated mother ship, the Faize Osamani.

Arriving first to the last known location of the pirated mother ship was the Omani vessel. As the Omani ship approached, the nine hostage sailors from Faize Osamani jumped into the ocean in an attempt to get away from the dangerous pirates and toward their rescuer. The Omani Navy was able to rescue eight of these crew members, however, one crew member drowned. Despite the loss of their hostages, the pirates remained aboard the Faize Osamani.



Photo by MC2 Jason R. Zalasky

The guided-missile destroyer USS McFaul (DDG 74) makes a hard turn while underway in the U.S. 5th Fleet area of responsibility.

As the Omani ship rendered assistance to the escaped hostages, USS McFaul arrived on scene. With two warships now operating in close proximity, the pirates agreed to a compliant boarding. McFaul approached the dhow and directed the suspected pirates to surrender by gath-

ering on the bow with their hands in the air, which they quickly complied with but not before throwing their weapons overboard. Two boarding teams from McFaul deployed in rigid hull inflatable boats (RHIB), boarded the dhow and took control of the Faize Osamani.

The surviving sailors of the dhow Faize Osamani have been returned to their vessel, while their lost shipmate has been transported to shore by the Omani warship. The suspected pirates were subsequently transferred to USS Carney (DDG 64) in anticipation of further transfer to a state willing to accept the pirates for prosecution.

Successful transit of the Gulf of Aden and Somali Basin rests in the hands of those who sail the waters. An average of more than 20 ships from the Combined Maritime Forces, EUNAVFOR and NATO, and other independent nations work together every day to patrol the high risk areas and provide the maximum safety available for those sailing through these pirate-laden waters. However, it is incumbent upon owners and shipping companies to provide the best available protection for their ships by utilizing the shipping industry's ‘best management practices’ as a proven means to minimizing the risk of a successful piracy attack.

USS McFaul is attached to the USS Dwight D. Eisenhower (CVN 69) Carrier Strike Group working in support of maritime security operations in the U.S. 5th Fleet area of responsibility. The mission of the McFaul is to conduct prompt, sustained combat operations at sea in support of U.S. national policy. The ships are equipped to operate independently or as part of a carrier strike group or expeditionary strike group.

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

MCPON: West visits Naval Submarine Base New London and the World War II National Submarine Memorial in Groton, Conn.

Continued from page A1

submarine, sank on April 10, 1963, as it conducted deep-diving exercises about 220 miles east of Boston. Everyone on board died in the accident which included 129 Sailors and civilians.

"This memorial stands to honor the sacrifices of those gallant Sailors and civilians in their service to our country," said West. "Today's ceremony reminds us of the courage and bravery these men demonstrated in risking their lives in the development of the Navy's submarine force, a force which has proven to be of

tremendous value to our great Navy and our Nation."

The U.S. Submarine Veterans WWII and U.S. Submarine Veterans Inc. put together the memorial that included a Tolling of the Boats and a wreath laying ceremony at the U.S. Submarine Veterans WWII National Submarine Memorial East.

"The submarine profession is a demanding one. Submariners go to sea in ships that sink by design and operate over the vast expanse of hydrospace. Some days, it can be quite exciting. It is certainly satisfying and rewarding, but it can also be a danger-

ous profession with most missions being completed beyond the public eye," said West.

West concluded his visit to Groton by attending and speaking at the 110th Submarine Birthday Ball which boasted more than 2,300 guests.

The ball was held at the MGM Grand Casino where MCPON was the guest speaker. He spoke to the Sailors and guests about the critical missions the submarine community is performing to maintain the security of our nation and freedom around the world, and expressed how proud he is of the Sailors.

"As a new student at Sub school, I thought it was a very great honor to meet the highest enlisted man in the Navy and for him to be a member of the submarine force. He was really down to earth and it gave me hope that anyone one of us could one day get to his position," said Seaman Recruit Jeffery Chambers.



Photo by MC1 (EXW) Jennifer A. Villalovos

Master Chief Petty Officer of the Navy (MCPON) Rick West talks with Thomas Russell III before speaking at the 47th anniversary of the USS Thresher (SSN 593) loss memorial service at the U.S. Submarine Veterans WWII National Submarine Memorial East.

The theme of the ball was the celebration of the 50th anniversary of USS Triton's (SSRN 586) magnificent accomplishment of successfully executing the first submerged circumnavigation of the world in 1960, covering 3,335.1 nau-

tical miles in 60 days and 21 hours at an average speed of 18 knots. Triton's crew followed the same track as the first surface-circumnavigation of the world led by Ferdinand Magellan in the 1500s, which took almost three years to complete.

"I'm continually amazed at the enthusiasm, hard work and team work of our Sailors and its because of their efforts that we are more ready and more capable than we have been in the history of our great Navy," said West.

FALSE: Man indicted for making a false distress signal to the U.S. Coast Guard

Continued from page A1

Capt. John Little, deputy sector commander, Sector Hampton Roads. "Responding to a hoax call could compromise our ability to respond to legitimate cases, therefore putting lives at risk."

Deffenbaugh was scheduled to appear in Calvert County Maryland on a probation violation on May 12, 2009. Deffenbaugh failed to appear. In February 2010, Deffenbaugh's story was broadcast on the television program, "America's Most Wanted." Based upon a viewer's tip, Deffenbaugh was located in Baytown, Texas, living under the

assumed name, "Mike Meyers." Deffenbaugh was arrested and extradited to Maryland where he is currently in custody awaiting his probation violation hearing.

The case is currently under investigation by the U.S. Department of Homeland Security and the Coast Guard Investigative Service, Chesapeake Region.

Assistant United States Attorney Joseph L. Kosky is prosecuting the case for the United States.

Criminal indictments are only charges and not evidence of guilt. A defendant is presumed to be innocent until and unless proven guilty.



Photo by MC1 (EXW) Jennifer A. Villalovos

Students from the Naval Submarine School line up for the Tolling of the Boats at 47th anniversary of the USS Thresher (SSN 593) loss memorial service at the U.S. Submarine Veterans WWII National Submarine Memorial East.

Confront financial issues early, expert advises

BY ELAINE WILSON
American Forces Press Service

WASHINGTON — Tough economic times have taken their toll on Americans in recent years, leaving many buried under debt or saddled with a now-unaffordable dream house that's plummeted too far in value to sell.

While it may be tempting to ignore debt-related issues and toss unopened mortgage statements and bills into a neglected pile, confronting the issue head-on offers a much better option, a defense financial expert noted.

"Financial problems aren't like a fine wine; they don't get better with age," said Dave Julian, the Pentagon's personal finance director. "People should act sooner rather than later to get their finances under control."

Service members and their families have a plethora of free resources at their fingertips to help, he noted, whether it's Military OneSource consultants or on-base personal financial managers. Both resources can help people devise a budget, identify spending pitfalls, manage debt and set up short- and long-term financial plans, he added.

"It's important to be on a plan, to live within your means and save for emergencies and long-term goals," Julian said. "Financial counseling can help you do that."

People also can turn to private-sector resources, such as nonprofit credit counseling agencies, but should do so cautiously, Julian

warned. "It definitely pays, because of the potential of increasing your financial hardship rather than helping it, to do the research," he said.

People who are swimming in debt may be tempted to turn to a debt consolidation or settlement service, but this path also can lead them deeper into debt, Julian noted.

Debt consolidation or settlement companies look at debt, in some cases negotiate lower interest rates, and then work out a payment plan, or they can bargain with creditors for a lower payback amount. While attractive to people mired in debt, these companies are a largely unregulated industry, Julian noted, and some prey on debtors fueled by desperation.

"People should be very concerned and very careful," he said. "With the economic conditions

that have arisen in the last year and a half, two years, a lot of these organizations have sprouted up and not all of these have been the best ac-

tors." He noted that while it's common to require up-front fees, some companies may just take the money and run. "There have been cases in the news where members have paid their up-front fees and expected the debt settlement company to negotiate on their behalf with their creditors," he said. "But then a month, two months go by, and they've been paying their fees and find out the unreputable

companies are gone."

Julian recommends people first consult with their installer personally. A financial manager or a Military OneSource consultant, who can do the research legwork and help to steer them toward reputable companies. The Better Business Bureau also can be a helpful resource to see which companies have favorable ratings, he added.

Even if they use

a reputable company, people who pay back a lesser amount than they originally owed may find their credit rating affected, Julian said. "Any time you can

pay back the full amount you owe, it is much better by credit reporting agencies, and is just a lot easier to do," he said.

But ideally, he added, people will avoid the problem in the first place or seek help at the first sign of trouble. "It's best to try to manage your finances as best you can or ask for help early on," he said.

Another potential pitfall is mortgage restructuring companies that offer to make mortgage payments more affordable. Julian recalled meeting a sailor who was about to pay a hefty fee the next day to have his loan restructured, something the sailor could have researched himself and done for free. The Navy intervened and the sailor kept his cash, but many others have lost money along the way.

As with debt consolidation companies, people should do their research first before handing money over to any company that is claiming to save them a lot of cash. In

many cases, people can work with lenders to adjust payment plans or interest rates to make mortgage payments more affordable, all free of charge.

Above all, when behind in payments, it's important to speak up, Julian said.

"Nearly 58 percent of folks that lost homes due to foreclosure in 2007 never contacted their lender," he said. "Banks really don't want your house. They want your payments. If you can work out a payment plan with your lender, that's the best scenario."

The Service members Civil Relief Act provides a wide range of protections for service members facing mortgage issues. The act is intended to postpone or suspend certain civil obliga-

tions so service members can devote full attention to duty and relieve stress on themselves and their families, according to a Military OneSource fact sheet. For instance, service members who anticipate they may fall behind in their mortgage payments may be able to go into court to ask for anticipatory relief under the act.

Service members can find out more about the act from their local legal assistance attorney.

The government also has several housing programs, some for first-time buyers and others for mortgage and foreclosure assistance. People can research these programs online through sites such as the Department of Housing and Urban Development, Julian suggested.

The first line of defense in dealing with financial issues is education, Julian said, noting that all the military services offer some type of basic financial classes. This can be especially helpful for young service members, he added, who may have entered the military with up

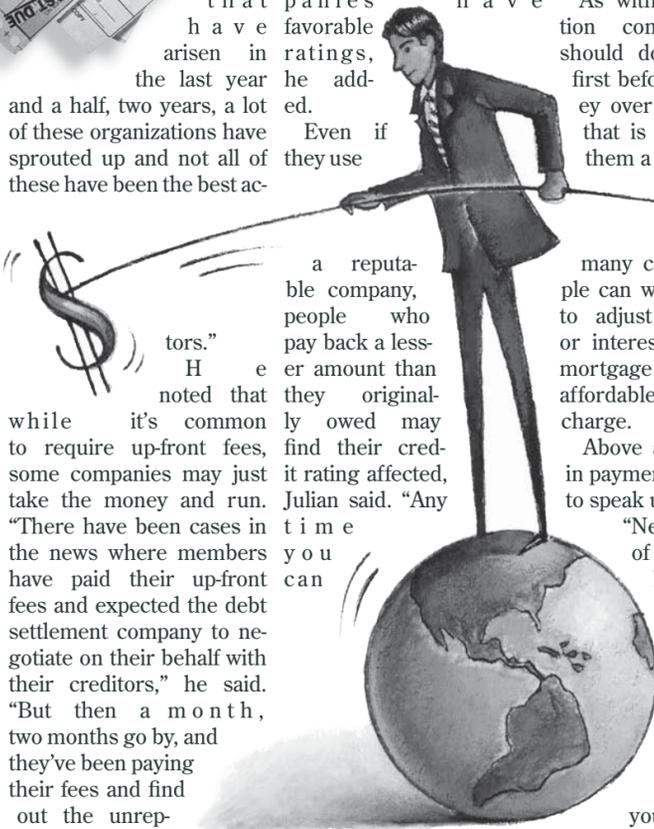
to \$12,000 of unsecured debt.

Julian urged service members to take advantage of the military's Thrift Savings Plan or Savings Deposit Program. The Savings Deposit Program offers deployed service members the opportunity to invest up to \$10,000 and receive 10 percent on their return annually.

"About half of our force is 25 and under," he said. "They are young, and time is their friend for savings and investment plans. Small contributions now can yield big returns in the future."

No matter how great the debt, Julian said, people shouldn't give up hope, and he urged those with financial problems to take advantage of the help that's available to them.

"It won't be easy, but you can get there," he said. "Folks do it every day."



Debt consolidation or settlement companies are attractive to people mired in debt, these companies are a largely unregulated industry and some prey on debtors fueled by desperation.

Missing PRIMS data can slow your promotion

BY MCC (SW) MARIA YAGER
Navy Personnel Command
Public Affairs

MILLINGTON, Tenn. — Navy officials reminded Sailors April 7 to include a review of their physical fitness assessment data in their selection board preparations.

“When the promotion list comes out, we scrub those names against PRIMS (Physical Readiness Information Management System). The vast majority of candidates have no problems,” said Capt. Leo Falardeau, assistant commander, Navy Personnel Command (NPC) for career progression, referring to the Navy policy that requires Sailors to meet physical readiness standards in order to be promoted.

“As long as members have taken their PRT and passed it then the promotion process can continue,” said Falardeau. “If it is anything other than that – PRIMS is blank, the member is over body fat or failed the PRT – then we have a discrepancy.”

Last year, the Chief of Naval Personnel announced in NA-

VADMIN 073/09 that PRIMS data would be reviewed as part of the promotion and advancement process beginning with fiscal year 2010 boards. Falardeau’s team reviews post-selection board results against the PRIMS database for all officers slated for promotion. As result a small number of promotions have been delayed in cases where a discrepancy has been found.

“In most cases, their PRIMS data is blank and just needs to be updated. The discrepancy can be resolved fairly quickly,” said Falardeau. “In other cases the member must pass the PFA or if the error is in the fitness report, the fitness report must be corrected before the Sailor may be promoted. In cases where the data cannot be immediately fixed the promotion is delayed.”

“We send a formal letter informing the member that they are delayed,” said Falardeau. “And the small numbers that have been withheld have been trending downward, which we attribute to the word getting out.”

To date, this process has only applied to officers, but the FY-11 E8/E9 Selection Boards for Navy Reserve personnel, which convened March 1, will be the first enlisted selection boards to undergo the same PRIMS review.

While command fitness leaders (CFL) are responsible for inputting PRIMS data after each cycle, Sailors are ultimately responsible for reviewing the information.

“It is very important that Sailors review their PRIMS account for accuracy,” said Bill Moore, director for the Navy’s Physical Readiness Program.

If a Sailor finds an error in PRIMS, the first step should be to contact their CFL. The command that input the data

is responsible for correcting the record.

“The first course of recommended action is for that command to send the PRIMS program manager a cor-

rection request along with supporting documentation.

If the command can’t assist with the records correction, then the member can always submit to the Board for Cor-

rections of Naval Records,” said Moore.

Sailors can review their PRIMS data through BUPERS Online at <https://www.bol.navy.mil>.



Photo by MC3 Jake Berenguer

Second Navy Family Gram focuses on deployment resources for families

PRESS RELEASE

Chief of Naval Personnel Public Affairs

WASHINGTON — The Navy released its second monthly Family Gram April 1 describing resources available to assist families of deployed Sailors, demonstrating Navy’s continuing commitment to fostering a family support structure which proactively prepares families for Navy life.

“The Navy is committed to providing our families the same high-quality support they provide our Sailors,” said Rear Adm. Michael Browne, director of Navy’s personal readiness and community support branch. “One way we are meeting that goal is by providing our families with the tools necessary to successfully manage life during deployments and other prolonged separations.”

While the Navy has always offered support to families, its programs and services have evolved in recent years to meet the needs of today’s deployment cycle to include Sailors serving around the globe as Individual Augmentees (IAs).

NAVADMIN 120/10 describes and provides information to access about a dozen resources from traditional support structures such as command leadership and ombudsmen to more progressive resources such as the IA Web site and the Family Handbook.

Ombudsmen are an all-volunteer force and serve as the first line of support for Navy families, according to the message. The program has offered an official two-way communication tool among families, Sailors and their commands for 40 years and is often led at each command by a Navy spouse selected by the commanding officer and trained for the position.

The IA Family Handbook provides practical information concerning support services, finances and family coping suggestions, according to the Family Gram. For more personalized needs, each command also offers a command Individual Augmentee coordinator (CAIC) who mentors, advocates and provides professional sources of information for IA Sailors and their families.

For more information, read NAVADMIN 120/10 at www.npc.navy.mil/NR/rdonlyres/364150C0-8408-468D-A990-F7B30A158221/0/NAV10120.txt



MONTH OF THE MILITARY CHILD BOYS & GIRLS CLUB OF AMERICA YOUTH OF THE YEAR

A sophomore from Frank W. Cox High School has been named by the Boys & Girls Club of America as the Joint Expeditionary Base Little Creek – Fort Story (JEBLCFS) and regional Mid-Atlantic Youth of the Year. **B9**

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

April 15, 2010

Carrier Airborne Early Warning Squadron 125 comes home



Lieutenant Jon Sitorius is greeted by his family. Family members gathered at Carrier Airborne Early Warning Squadron, VAW-125 to greet family members as they return to Naval Station Norfolk after three months serving in Operation Unified Response in Haiti.

STORY AND PHOTO BY MCSN RICHARD J. STEVENS

Navy Public Affairs Support Element East

NORFOLK — Family members gathered at the VAW-125 hanger to greet members of the Carrier Airborne Early Warning Squadron as they returned to Naval Station Norfolk after three months in Haiti, April 12.

“It feels absolutely fantastic to be home,” said Cmdr. Miguel Peko, commanding officer of VAW-125. “We were gone for three months and all of our Sailors did a fantastic job down in Haiti. We helped millions of people. It was the most rewarding experience of my career.”

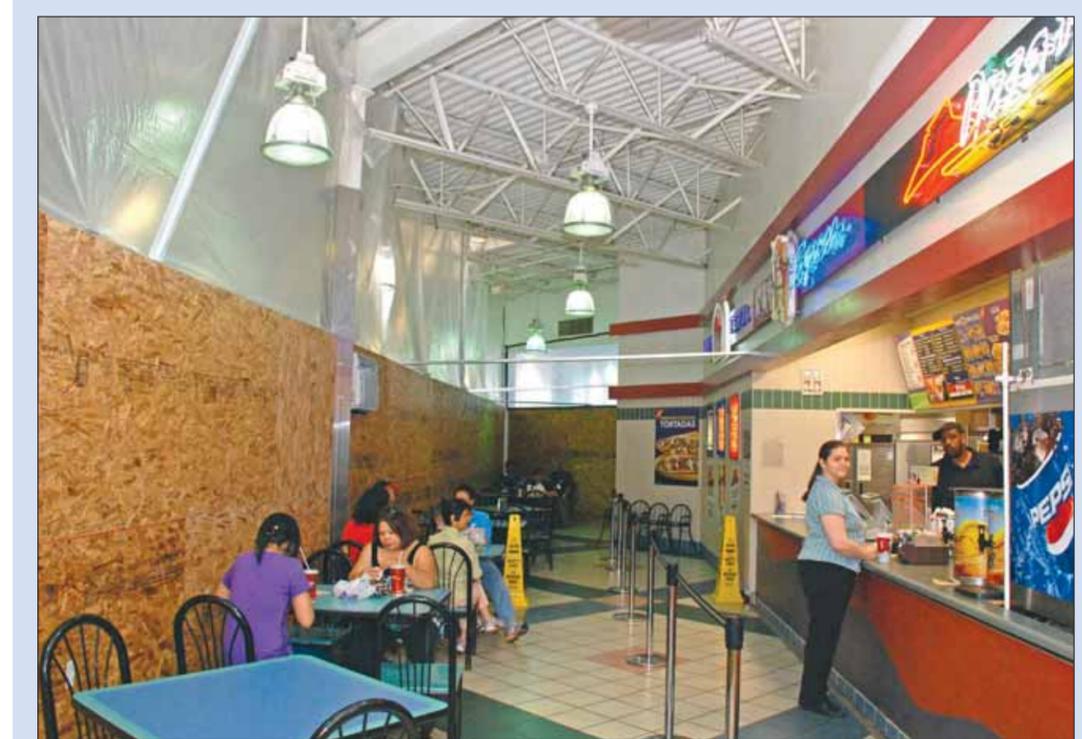
“We got there a couple of days after the earthquake and it took a little time to get things set up, but we got things together quick and we were able to help the people of Haiti starting day one.

We took control right away with respect to the airlift that was down there. We moved a ton of water and food, medical supplies, doctors, nurses and corpsmen out onto the island from USNS Comfort (TAH 20). We hit the ground running and started moving right away. We did everything that we physically could do.”

VAW-125 is set to deploy on the USS Carl Vinson. They are taking the ship back to its homeport in San Diego.

“We’ll take a couple of days off, and starting next week

See TORCH BEARERS, B11



Above: Although the rest of the Navy Exchange food court’s restaurants have closed the KFC, Taco Bell combination restaurant and the new Sidewalk Café will remain in service until the rest of the restaurants are open and serving customers again. Right: Signs provide important information to shoppers while construction is ongoing.



Growing Pains NEX looks to keep customers happy as it expands, renovates

STORY AND PHOTOS BY MC1 (AW) TIM COMERFORD

The Flagship staff writer

NORFOLK — Due to construction and remodeling, the Navy Exchange (NEX) next to Naval Station Norfolk reduced its food service offerings, March 31. Among the restaurants, Burger King, Subway and Sbarro have closed temporarily.

KFC/Taco Bell remains in operation. In addition, the NEX has opened up a Sidewalk Café that is open daily from 7 a.m. - 7 p.m. The renovated Food Court is expected to reopen in October.

“We recognize how inconvenient it is for the pa-

See RENOVATIONS, B11



Photo by MC2 Michael R. Hinchcliffe

Pottenger passes NECC torch to Tillotson

BY MCC (SW/AW)
KATRIN ALBRITTON

Navy Expeditionary Combat
Command Public Affairs

VIRGINIA BEACH — Rear Adm. Michael P. Tillotson assumed command and relieved Rear Adm. Carol M. Pottenger as commander of Navy Expeditionary Combat Command, April 9, during a change of command ceremony on board Joint Expeditionary Base Little Creek-Ft. Story.

Adm. J.C. Harvey, Jr., commander of U. S. Fleet Forces Command, gave the ceremony’s keynote address.

“This ceremony recog-

nizes and celebrates what we truly value in the Navy – the exercise of command,” he said. “It is a time to take note of Admiral Pottenger’s many accomplishments and to welcome Admiral Tillotson aboard.”

The tradition of celebrating the change in command is not just about the men and women in command, he said, but also about the command itself. For NECC, this includes the more than 40,000 Sailors who carry out an array of duties and ensure thousands of operational successes around

See NECC, B11

NNOA at Campostella Elementary School Career Day

National Naval Officers Association volunteers provide information on careers in science, math, technology to students

STORY AND PHOTOS BY LT. CMDR. MICHAEL WIDMANN
Commander, Strike Force Training Atlantic Public Affairs Officer

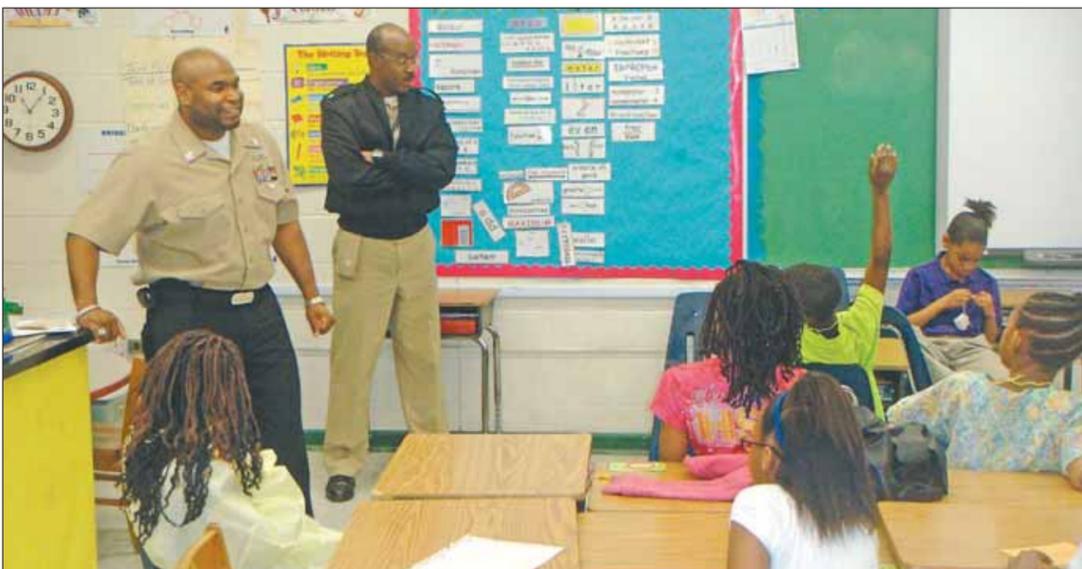
NORFOLK — National Naval Officers Association (NNOA) volunteers participated in Campostella Elementary School’s Science, Technology, Engineering and Math (S.T.E.M.) annual Career Fair Friday, April 2.

NNOA provided several volunteers to provide Campostella students career information in professional fields utilizing science, technology, engineering and math.

The event was the culmination of Career Week activities for the 2009-2010 school year.

The NOAA actively supports the Sea Services in recruiting, retaining, and developing the careers of minority officers and provides professional development and mentoring for its members. Volunteering at schools, such as Campostella, helps to establish and maintain positive images of the Sea Services in minority communities.

The Communication Officer at Commander, Strike Force Training Atlantic (CSFTL), Lt. Cmdr. Michelle



Information Systems Technician First Class Corey Stokes talks to children at Campostella Elementary School about his job in the Navy during the school’s Career Day, April 2.

See SCHOOL, B11

SPOUSE SPEAK!

Summer is 'move season' for the military

BY BETH WILSON
Military Spouse Contributor

Summer is 'move season' for military – PCS (Permanent Change of Station). Orders can mean a new home, a new in-

stallation and for some, a new country. Moving can be an adventure or an albatross. I am facing my ninth move in seven years. Trust me when I say you want to do your research!

So, where do we start? Start

with your orders. Those orders tell you when you are moving, if there are any stops (classes) on your way and a paragraph that is often overlooked, "Member Advised: For On Base and Community Housing needs contact HOUSING OFFICE at..." Your orders then provide the contact information for your new housing office. Take the time to contact them!

Last week I sat down with Jesse "Stack" Stackhouse of the NAS Lemoore Housing Office for an education on the support and resource your local housing office is for your move. You may be like me and think that the housing office is only for those wanting base housing. In reality they are for the entire fleet. Think of your housing office as your expert real estate representative for the area. Whether a single sailor, young family or seasoned Sailor your housing office can offer insight into:

- Military friendly apartment complexes, rental fees, services, amenities
- Distance, commuting expectations (time, public transport, etc)
- Average rent for locations surrounding the base, including amenities and services such as lawn service and utilities.
- Mean housing prices and community information
- Utilities, Services, Schools, and other reliable community information
- And much more...

Perhaps the most important thing I learned was a service we all need to utilize as renters – lease review. Your housing office will review your lease, looking for things we may not recognize as potential issues, evaluate the lease, terms, services, responsibilities of both parties and more. While you may already know that Navy Legal Services Office (NLSO) will review your lease for legalities, the housing office will review with an eye for real estate/rental issues. They truly are the expert on local housing.

By the way, they are also available during your time at your base to assist with land-



TIP
of the week

NORFOLK BOTANICAL GARDEN
A Natural Beauty.

Grapevine Wine Social at Norfolk Botanical Garden

If you're ready for an evening filled with wine, beer, fine food and the live music, come out to Norfolk Botanical Garden's Grapevine Wine Social. Kick off the Spring party season while feasting on delectable fare from great restaurants and caterers. Enjoy a selection of fine wines as you 'shag' the night away with the Rhondels. All party-goers should come early to hop on the Sunset Tram Tour to see thousands of blooming azaleas at their peak. Trams run 5-7 pm.

NEW THIS YEAR! Exciting Door Prize Packages:

- A pair of roundtrip airline tickets provided by Southwest Airlines
- A pair of bikes provided by East Coast Bicycles
- A home dinner party for 8 with food prepared by a professional chef, flowers & entertainment by professional harpist Donna Krabill
- A scenic holiday air flight over downtown Norfolk, Garden of Lights & the Beach lights, provided by Horizon Flight Center
- A one year YMCA membership
- A foursome golf package at Cedar Point Country Club to include lunch and more!

Enjoy food from: Beach Bully, Grand Affairs, Norfolk Hilton, Nawab, Omar's Carriage House, Rustic Gourmet, First Colony, Orapax, The Royal Chocolate and Sweetwater Cuisine.

Admission: \$50 (\$45 NBG Members) in advance, \$60 (\$50 NBG Members) at the door.

Event Dates: Wednesday, April 21 • 6 - 9 p.m.

Event Location: Norfolk Botanical Garden, 6700 Azalea Garden Road, Norfolk

Purchase tickets in the Baker Hall Visitor Center, online at www.norfolkbotanicalgarden.org, or by phone at 441-5830 x 326.

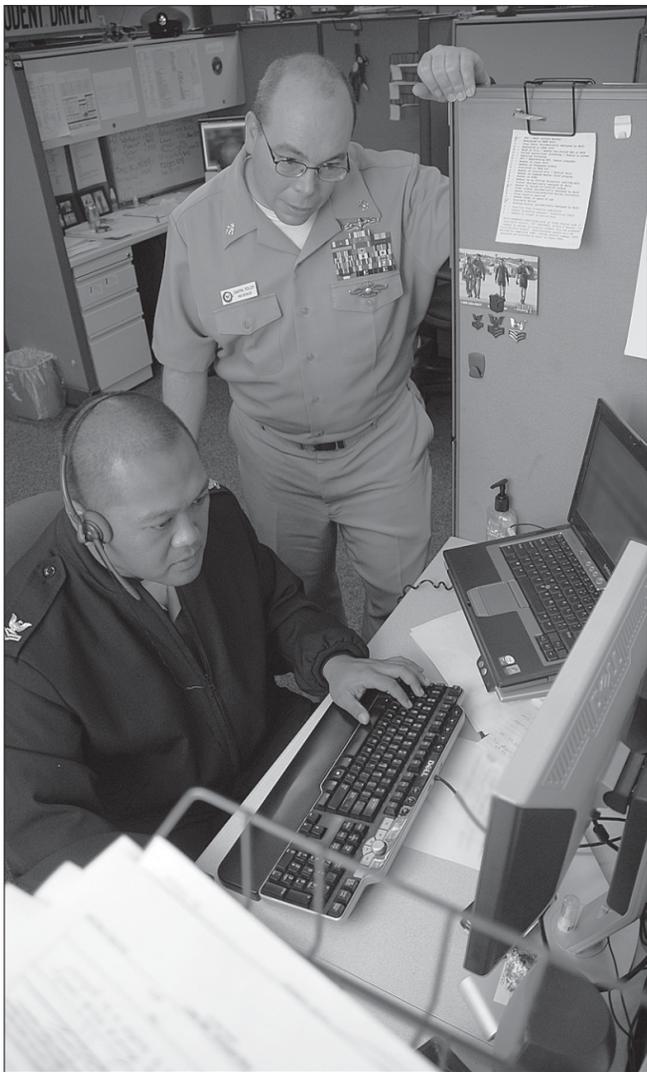


Photo by MC1 LaTunya Howard

Chief Hospital Corpsman Daryhl Tolley gives Hospital Corpsman 2nd Class Ramon Eusebio permission to process a set of permanent change of station (PCS) orders.

lord/tenant/lease issues.

"Moving" is at least a two-part series and we'll talk more next week on the mechanics of moving. But I want to talk about research – it is important to know your new community. There are many resources to help. You will want to know what regulations may affect you (licensing, home business regulations, pet regulations, etc.) as well as crime rates, schools, employment and more. Where do you turn when you are moving long distance? Glad you asked! The following resources are at your fingertips:

www.militaryhomefront.dod.mil – I visit this site regularly but for moving it is amazing. Click on 'militaryHomefront Toolbox' from the menu on the left. Then click on 'Plan My Move.' Enter your new installation and – wow – the information at your fingertips! Utilizing the full 'Plan My Move' feature will

arm you for a smooth, successful move.

Other sites include:

- Automated Housing Referral Network (www.ahrn.com) – DoD sponsored site to connect military with available housing in the community.

- www.housing.navy.mil

- www.move.mil (more on this next week) DoD site to coordinate your entire move.

- Military One Source (www.militaryonesource.com) Contact this free employee assistance program for their 'Move Packet'. They will customize and research at your direction for schools, medical centers, crime rates, rent/real estate, employment and much, much more.

This is step one.

Contact Beth at beth@homefrontinfocus.com. Check out *Enlisted Spouse Radio* at www.blogtalkradio.com/nht.

A master of giving



BY BIANCA MARTINEZ

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

My whole family plays golf. My mom, my dad, my brother can all go out onto the links and spend hours making their way through 18 holes and in the end, they feel fulfilled. Me? Oh me, I am the golf runt of the family. I have been to four golf camps and still can't make it past the driving range. Despite my father's best efforts at the executive courses (9 holes), it simply wasn't happening. For the sake of anyone that has gotten stuck playing behind me, I have backed away from playing the sport. I am, however, still a fan.

Fan or not, it would have been tough to avoid the events in Augusta, Georgia

this past weekend. People that have never even looked at a golf club knew that the Masters were taken place this week and that lots of eyes would be on Augusta. The reason? Well it is sad really if you ask me. The return of the Tiger Woods was all anyone could talk about. Myself included. We in the media, of course, found ourselves having at least one Tiger watch story in the show rundown each day. Amazing that so many were hoping for this fallen star to brush himself off and return to his pre-scandal performance. Did he deserve to come out of nowhere though and win one of the most prestigious tournaments on the tour? I can't say that I felt he did.

However on the outside of all the drama, there was one guy doing what he al-

MARRIED to the Military

ways does. He was doing what he has done for the past year. Working on his craft. Mastering the fairways and the greens. He does it with the health of his wife and mother on his mind. They were both diagnosed with breast cancer last year.

Phil Mickelson walked away a winner on Sunday. What you may not have known is that our community won as well. Phil and his wife are champions of the servicemen and women of our country. He is a man that knows he would not have the chance to win tournaments like the Masters if it weren't for the brave people that fight for that freedom. In 2006, he joined with the PGA to start "Birdies for the Brave." Besides taking time to go visit Walter Reed, he gives money directly to causes that affect the military folks right here in Hampton Roads.

The Phil and Amy Mickelson Charitable Gift Fund donates \$100 for every birdie and \$500 for every eagle Phil makes for the families of soldiers serving the Unit-

ed States. This donation will provide both education funding through the Special Operations Warrior Foundation and handicap accessible homes for severely injured and disabled veterans built at no cost to the veterans by Homes for Our Troops.

So if you think golf is boring and you just can't watch it, try again. This time, watch thinking of a friend that lost their spouse and is raising their kids on their own. Or maybe you can watch and think about your spouses colleague that is now confined to a wheelchair and is having a difficult time even getting into the bathroom of his current home. Now you can watch knowing that what happens on the green can help make a difference in their life.

Not only did Phil Mickelson walk away with a green jacket Sunday, he finished the 18th hole with a birdie. He not only has mastered his game, he has mastered the art of giving.



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.

A DUI hurts

Even without an accident, caught driving while drunk impacts your career, your money and your life.

BY MC1 (AW) TIM COMERFORD

The Flagship staff writer

NORFOLK — Aviation Boatswains Mate Equipmentman Zachary Stone didn't kill anyone that night, he didn't run anyone off the road, he didn't hit a pedestrian, he didn't even have an accident. He was gassing up his car when he was pulled over by the police.

"On the night of December 22, 2009 I decided to go to the gas station at NEX Oceana," Stone said. "I had a few to drink. It was a bad decision. When I left the parking lot a cop pulled me over."

He went through and failed two out of the four sobriety tests and was cited for a Driving Under the Influence (DUI).

"They towed my car on the spot, scraped my stickers, they took me away and put me in a holding cell," Stone said. "Then they called the command to have someone come pick me up."

Stone had a long wait. It was after midnight when he was taken in, he was then transported Sewell's Point Police Precinct at 3 a.m. and then taken to his command in handcuffs and then turned over to the command at 7 a.m. the next morning.

"I had to have a command representative come with me to get my car. I couldn't drive on base which is where they had it towed to, they drove the car off base and then told me to come back the next day," Stone said.

When he returned the next day, he was counseled by his chain of command.

"They had a counseling chit, I signed that," he said. "From there I had to wait for the DAPA (Drug and Alcohol Program Advisor) screening to start."

The screening was less than pleasant for Stone.

"It was stressful. You are nervous because you are talking to someone you don't know. Then they ask you what happened that night, your average alcohol consumption, then they process you and tell you what level of treatment they feel you should go through," Stone said.

Stone now has to deal with a huge blow to his career.

"I now have a page 13 entry saying that I was arrested for a DUI. If I get into any kind of trouble from now until the day I

retire they can kick me out," Stone said. "I take the chief's exam next year and this will be on my record for five years, so I'm set back at least five years when it comes to making rank."

There are also the other consequences that he has to deal with — he is currently going through the civilian court system.

"I'll probably lose my driver's license and be on probation," Stone said. He also had to

get a lawyer to navigate the court system.

"Yeah, that was expensive and that's just to help so I don't get tossed in jail with the maximum fine. I was at a point, after some personal issues, where I was just getting back on my feet. I was going to get a house. This set me back (financially) at least two or three years."

According to MSN, a typical DUI costs about \$10,000 by the time you pay bail, fines, fees and insurance, even if you didn't hit anything or hurt anybody.

According to attorneys Albo and Oblon, most people convicted of DUI can look forward to a \$2,500 fine maximum, one year in jail, and the loss of one's driving privileges for one year. Generally, first-time offenders with blood alcohol levels below 0.12, who did not cause an accident, will not go to jail. Instead, the Judge will usually suspend all of the jail time he orders. This means that he will order a Defendant to serve some time (usually 30 days) in jail but, assuming the Defendant maintains generally good behavior and obeys all court orders for one year, he will not have to actually sit in jail. Thus, the sentence becomes unsupervised probation. The usual fine for a DUI is \$300. Additionally, all persons convicted of DUI are, by law, required to lose their driving privileges for one year (or three



years for subsequent offenses). The Judge no longer has discretion over this punishment. However, he may order restricted driving privileges which would allow one to drive to and from work. And, all persons convicted of DUI must enter the Virginia Alcohol Safety Action Program (VASAP),

a drunk driving program. This program costs \$300.

"I have had to walk to and from base through rain sleet and snow, my son is at the Oceana Naval Base CDC I cannot go pick him up," Stone said. "It screwed everything up. It's not worth it."

EOD Mobile Unit 12 returns from Iraq after a six-month deployment

BY LT. J.G. BENJAMIN BEAR

Navy Expeditionary Combat Command
Explosive Ordnance Disposal Group 2
Public Affairs

NORFOLK — More than 40 Sailors from Explosive Ordnance Disposal Mobile Unit 12 returned to Joint Expeditionary Base Little Creek-Fort Story (JEB LC-FS) April 8, after a six-month deployment to Iraq in support of Operation Iraqi Freedom. This homecoming was one of three arranged for EODMU-12.

During their deployment, Sailors of the “Dirty Dozen” responded to more than 380 improvised explosive device (IED) calls and disposed of more than 6,500 items of potentially hazardous unexploded ordnance, which contributed to the safety of U.S. service members and Iraqi citizens.

While deployed, EODMU-12 Sailors made up the headquarters and the majority of the operational forces of Joint Task Force Troy-North, a specialized team of Navy, Army and Air Force personnel responsible for neutralizing threats from IEDs and conventional ordnance. They were also responsible for collecting and exploiting weapons technical intelligence to defeat terrorist networks and providing materiel solutions to protect U.S. and coalition forces.

The EODMU-12 headquarters element, which was augmented by personnel from EOD Group 2 and EOD Expeditionary Support Unit 2, was based at Contingency Operating Base (COB) Speicher, approximately 90 miles north of Baghdad. From the COB, it exercised command and control functions for all joint-service EOD teams operating in the U.S. Division North area of responsibility. Individual units of action were dispersed throughout northern Iraq, supporting the needs of tactical commanders attached and assigned to the U.S. Army 3rd Infantry Division.

Additionally, these men and women partnered daily with Iraqi



Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 12, greet their families after a six-month deployment to Iraq, April 8 at Naval Station Norfolk's Naval Air Terminal.



Sean Liverpool, from Explosive Ordnance Disposal Expeditionary Support Unit (EODESU) 2, embraces his wife Torshader after returning from a six-month deployment supporting Explosive Ordnance Disposal Mobile Unit (EODMU) 12.

army and police EOD units, providing assistance, advice and training on bomb disposal procedures, site exploitation and evidence handling. Their efforts were instrumental in developing the capability Iraqi security forces need to operate independently and secure the nation as U.S. forces draw down.

Cmdr. Chris Merwin, commanding officer of EODMU-12, classified this deployment to Iraq

as unique from the others the members has previously experienced.

“It was an honor to have been a part of this team, and I am extremely proud of the performance of each of these Sailors,” said Merwin. “Our focus was largely on helping prepare the Iraqi forces to conduct independent counter-IED operations and take charge of their own security. In addition to part-



Photos by MC2 Paul D. Williams

EODCM Stephen Jones, from Explosive Ordnance Disposal Mobile Unit (EODMU) 12, embraces his wife Audrey after returning from a six-month deployment to Iraq, April 8 at Naval Station Norfolk's Naval Air Terminal. While on deployment, EODMU-12 provided command and control for Joint Service EOD teams in the area of operations, while individual detachments operated from multiple locations throughout Northern Iraq in support of Joint U.S. and Iraqi forces.

nership, these men and women were still going in harm's way daily in order to ensure the safety and security of both U.S. forces and the Iraqi populace. Their motivation, professionalism and enthusiasm throughout this deployment were inspiring, and I would gladly take them all back out again.”

EODMU-12, homeported at JEB LC-FS, was established Jan. 10, 2008 as the first EOD mobile unit specifically created with the necessary structure to deploy as a single unit, with both the headquarters element and EOD platoons deploying together.

This homecoming marks the successful completion of the

unit's second deployment, having previously served a five-month operational tour as part of Navy Expeditionary Combat Forces Central, based in Bahrain. For some of these Sailors, it is also a fitting conclusion, as many of those who helped build the unit from its inception and served during deployments in both the Arabian Gulf and Iraq prepare to move on to their next assignments.

The Navy has been deploying EOD platoons in support of Operations Iraqi Freedom and Enduring Freedom since 2001, and has been deploying mobile units as command and control elements since 2006.

Fire Scout scores first-ever drug bust with McInerney

PRESS RELEASE

U.S. 4th Fleet Public Affairs

EASTERN PACIFIC OCEAN — During a routine test flight, a MQ-8B Fire Scout Vertical Take-off and Landing Unmanned Aerial Vehicle (VTUAV) supported its first drug interdiction with USS McInerney (FFG 8) and a U.S. Coast Guard Law Enforcement Detachment (USCG LEDET), April 3.

McInerney launched one of its two embarked Fire Scout's to test different functions and settings when it acquired a suspected narcotics "go-fast" on radar. The Mission Payload Operator completed testing and received permission to pursue.

Over the course of three hours, Fire Scout monitored the go-fast with McInerney. With its state-of-the-art optics and extremely small profile, Fire Scout was able to maintain an unprecedented covert posture while feeding real-time video back to McInerney.

Fire Scout proceeded to capture video of the "go-fast" meeting with a fishing vessel for what appeared to be a refueling/logistics transfer. McInerney and its embarked USCG LEDET moved in and seized approximately 60 kilos of cocaine and caused the suspected traffickers to jettison another approximately 200 kilos of narcotics.

Fire Scout has been deployed onboard McInerney in the Eastern Pacific since October 2009. McInerney, with embarked Helicopter



Photo by MC2 Alan Gragg

During a flight test on the USS McInerney (FFG 8) an RQ - 8A Fire Scout supported its first drug interdiction. In 2000, the Navy chose the RQ-8A Fire Scout as its vertical take-off and landing tactical unmanned air vehicle. Fire Scout has the ability to autonomously take-off from and land on any aviation-capable warship and also at unprepared landing zones close to the forward edge of the battle area (FEBA). It can carry out surveillance, find tactical targets, track and designate targets and provide accurate targeting data to strike platforms such as strike aircraft, helicopters and ships. The UAV is also able to carry out battle damage assessment. The navy is currently using the Pioneer UAV and has 21 Pioneer systems operational on its ships. Northrop Grumman is carrying out a weapons integration programme which includes the installation of two four-packs of 2.75 in rocket launchers on the air vehicle.

Antisubmarine Squadron (Light) 42 Detachment 7 (HSL Det 7), is deployed for U.S. Naval Forces Southern Command (NAVSO) in the U.S. Southern Command area of responsibility conducting counter illicit trafficking (CIT) operations in support of Joint Interagency Task Force-South. The embarked Fire Scout VTUAVs are operated and maintained by a team from HSL 42 Det 7, the Navy Fire Scout Program Office, and Northrop Grumman Corporation.

NAVSO is the naval component command for U.S. Southern Command and

is responsible for all Naval personnel and assets in the area of responsibility. NAVSO conducts a variety of missions in support of the Maritime Strategy, including Theater Security Cooperation, relationship building, humanitarian assistance and disaster response, community relations, and CIT operations.

For more information on NAVSO/CAF, visit www.public.navy.mil/comusnavso-c4f, on Facebook www.facebook.com/NAVSOUTHUS4THFLT, or on Twitter at www.twitter.com/NAVSOUTH_4THFLT.

Navy Legal Service Office open on JEB



Photo by ENS Jacqui Kilpatrick

Captain Michael Palmer, Commanding Officer, Naval Legal Service Office, Mid-Atlantic (left), Captain Charles L. Stuppard, Commander, Joint Expeditionary Base Little Creek-Fort Story and Rear Adm. Nanette DeRenzi, Deputy Judge Advocate General and Commander, Naval Legal Service Office on the Joint Expeditionary Base, April 9. The recently renovated spaces allowed the office to relocate from its old location near Gate 1 to the heartland of the base affording greater access to the majority of personnel on the installation. NLSO is now located in Building 3370 at the corner of Gator and "B" Street on base and can be reached at 462-4759.

2010 SARC Awards presented at the Pentagon

BY MC1 ANDREW MEYERS

Defense Media Activity Anacostia

WASHINGTON — Service members, civilian employees and Department of Defense personnel gathered in the Pentagon's Hall of Heroes to recognize the significant accomplishments of Sexual Assault Prevention and Response (SAPR) program advocates from U.S. governmental facilities throughout the world April 9.

During the awards ceremony Deputy Under Secretary of Defense (Plans), Gail H. McGinn presented the 2010 Exceptional Sexual Assault Response Coordinator (SARC) Award to Lawton, Okla. native Vicki Shepherd, Commander Navy Region Europe/Commander Joint Task Force Horn of Africa.

"Being a coordinator gives me a chance to connect with the community," said Shepherd. "I do this job because I love it, it's humbling to be recognized."

According to Shepherd, the SARC Exceptional Coordinator Award is designed to recognize the dedication to SARC standards, adherence to SAPR ideals and values and a commitment to train volunteers and advise and assist victims. It is

important at a command, fleet and Navy-wide level.

"At the Navy level this program is helping with mission readiness. We are helping the command retain personnel," said Shepherd.

The new SAPR program, which replaced the former Sexual Assault Victim Intervention program in November 2009, is nearly identical to its predecessor, but serves to highlight the prevention and response activities advocates employ, as well as victim intervention.

Navy leaders are making sexual assault prevention a top priority, with prevention efforts focused on non-stranger and alcohol-facilitated sexual assaults.

According to the Navy's 2009 Annual Report of Sexual Assaults in the Military, more than half of the reports involved military subjects committing offenses against military victims.

Efforts to curb sexual assaults throughout the Navy include SARC training as part of each Sailor's annual general military training requirement, and the inclusion of sexual assault awareness questions on Navywide advancement exams could occur as early as 2011.

Local service times

LDS PROGRAMS

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

NAVAL STATION NORFOLK

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

For more information call
Naval Station Norfolk Chapel 444-7361

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

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

JEB LITTLE CREEK CHAPEL

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

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

Latter Day Saints	Coffeehouse
11:30 a.m. — Sun.	6 p.m. — Sun.

For more information call JEB
Little Creek Chapel 462-7427

CHAPLAIN'S CORNER

Words of wisdom for big goals in life

BY LT. CMDR.
ROBERT REARICK
*Officer Candidates School
Chaplain, Quantico*

*Watch your thoughts;
they become words.*

*Watch your words;
they become actions.*

*Watch your actions;
they become habits.*

*Watch your habits;
they become character.*

*Watch your character;
it becomes your destiny.*

"One never goes far in anything if you do not believe you can do it. If you can imagine it you can begin it. If you can image it, you can begin to give it form by saying it and making a plan."

This saying is a reminder that your life begins with thoughts and words. How you chose to think about and talk about issues in your life will determine your destiny. No one is totally in control,

the captain of their own ship, but life is not a passive game either. You can make choices or let life's circumstances make them for you. Positive people find "good" in life, talk about the good thing they

find and live well as a result. In the same way the cynic becomes cynical because they know "life is not fair," and they never really get what they want. The folks who know that "life is not fair" generally find what they expect to find and not too surprisingly their view is life tends to be negative.

These words of wisdom not only work for everyday thoughts and feelings but for the big goals in life as well. Have you ever had a long-term goal for your life? By goal I mean something that you truly want, so much so that you will do what it takes to get there and getting there will take time mixed with effort. It is something you must do for yourself. A goal is different than a wish. A wish is something you would like to have and perhaps even spend a lot of time thinking about, but will never achieve it or get it. Wishes are the nice things we think about but really do not work for, so luck as much as anything else determines if wishes come true. A goal can be defined and worked for and must be earned. For example, you have a goal like education, a degree, a better job, your own business, or buying a home etc... you will have to earn it to get it. No one else can do it for you and it will not happen by luck, chance or just waiting.

If you want a goal not a wish, like a degree, first believe that you can. One never goes far in anything if you do not believe you can do it. If you can imagine it you can begin it. If you can image it, you can begin to give it form by saying it and making a plan. When you can think it and put it into words then you can do it. That is action. And, when you work hard enough and long enough at something that will become a habit for you. And you need that kind of work ethic because there will be times when it seems tough or impossible. If you did your work and truly believe in the plan you will find ways to make it work. Then things that become your habits get ingrained into your character and there lies your destiny. You can only achieve what you truly believe in. Believe enough in your dreams to work and struggle for them and almost anything can be achieved. It must also be true that if you do not believe it will not happen. Choose to believe.

Sailors bow heads in prayer

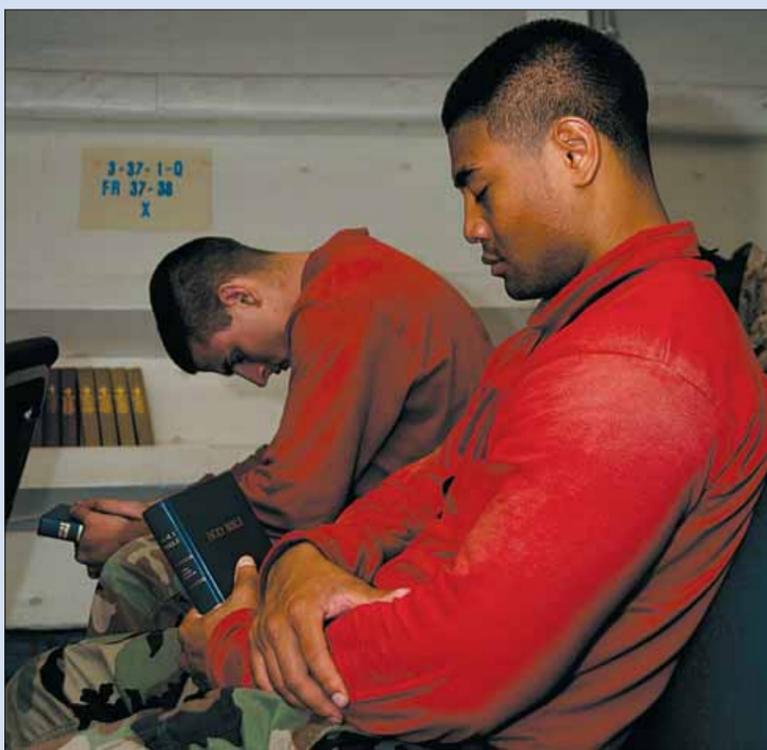


Photo by MCSN Chris Williamson

ABH3 (AW) Isak Bonyo from Dallas, and ABHAN (AW) Brandon McMillan from Wichita Falls, Texas, bow their heads in prayer during an Apostolic-Pentecostal Easter service in USS Nassau's (LHA 4) chapel.

Web-based tools allow Sailors to maintain personnel records

STORY AND PHOTO BY
MC2 (SW) CHRISTOPHER KOONS
USS Wasp (LHD 1) Public Affairs

USS WASP, at Sea – As the Navy phases out enlisted field service records, Sailors can utilize tools such as their Electronic Service Record (ESR) and the Web-Enabled Record Review (WERR) to look over their records to determine if anything is missing or out-of-date.

ESR is an online version of the service record and is meant to replace traditional paper service records. Sailors can review and update their personal emergency contact information and other service record items through their ESR self-service account, which can be reached through the ship's Navy Standard Integrated Personnel System (NSIPS) server.

"ESR is an example of the Navy using the latest technology to give Sailors a greater ability to update their records on their own," said Personnel

Specialist 1st Class (SW) Galen Draper, USS Wasp's (LHD 1) administration office leading petty officer. "It also takes some of the work out of the hands of admin office workers such as myself."

Once retired or separated from service, a Sailor's ESR is turned off, since it 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 can use WERR to review documents in their OMPF. Available through the BUPERS Online web site, WERR allows Sailors to view, download and print Page 13s, performance evaluations and other service record items.

"WERR saves Sailors more time, because now they don't have to order a CD if they need information contained on their OMPF," said Senior Chief Navy Counselor (SW/AW) Jud Timmons, Wasp's command career counselor. "If you are going up

for a board and you need to get to this information as soon as possible, you can just log-on to BUPERS now and get what you need."

For some Wasp junior Sailors, tools such as ESR and WERR have made their lives easier in terms of ensuring their personnel records are safely and correctly maintained.

"I think that they make things much more convenient, because now you don't have to worry about carrying all that paperwork between commands when you transfer and risk having things get lost," said Aviation Structural Mechanic Airman Apprentice Christopher Frey. "Now, everything is at the touch of your fingertips."

To learn more about 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/.



Aviation Support Equipment Technician 1st Class (AW) Jeff Cooper logs on to his Electronic Service Record (ESR) account via USS Wasp's (LHD 1) Navy Standard Integrated Personnel System server April 5. Both ESR and Web-Enabled Record Review are tools that Sailors can use to keep track of their military records to ensure they are accurate and up-to-date.

APS Gunston Hall arrives in Dakar, starts final phase

BY **MC1 (SW) GARY KEEN**
USS Gunston Hall (LSD 44) Public Affairs

DAKAR, Senegal — USS Gunston Hall (LSD 44), the flagship for Africa Partnership Station (APS) West, along with an embarked international staff, arrived in Dakar, Senegal, on April 6, for the start of the second and final phase of the ship's APS West deployment.

During this phase, maritime professionals from Senegal, Cape Verde, The Gambia, Liberia, Sierra Leone, Tanzania, Togo and Equatorial Guinea, will participate in 20 days of in-port and at-sea training in maritime safety and security and a team of U.S., Spanish and Portuguese Marines will be training with the Senegalese Armed Forces in Thies.

"This is the most robust training hub we will have had during this APS mission," said Lt. Cmdr. Tim LaBenz, APS operations officer. "There are a lot of moving parts. We have more than 90 students who speak four different languages and will be partnered into smaller groups for hands-on and classroom-based training. It takes a lot of co-

ordination, but we have a very strong and cohesive APS staff onboard Gunston Hall. Plus, none of this would be possible without the continued support of the crew of Gunston Hall. I've been very impressed with the way they've embraced the APS mission and have been actively working with our African students. It's extremely gratifying to see the entire APS team in action."

A team of maritime experts from a range of fields are also ready to interact with their African colleagues. Small-boat operations, maritime law enforcement, maritime domain awareness, port security, fisheries management, combat life saver, basic first aid, and search-and-rescue are some of the topics that will be covered while the participants are embarked.

"The last group of sailors were very enthusiastic, and I am really looking forward to working with this next group," said Master-at-Arms 2nd Class John Luther, APS port security instructor, from Marengo, Idaho. "It is going to be challenging having four different languages, but we will work around it... we find ways to get the job done."

As part of the program in Senegal, 17

Navy and Air Force medical personnel will conduct medical outreach programs at Tivouare and Noto Goury Health Centers, providing medical and dental care to local Senegalese communities. The U.S., Spanish, Portuguese and British Marines assigned to the embarked Security Cooperation Marine Air-Ground Task Force (SC-MAGTF) and Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 are ashore to conduct security cooperation training with the Senegalese National Defense Force at the Thies training camp. On April 3, a smaller group of Marines went ashore in Monrovia, Liberia, to conduct similar mil-to-mil training.

In addition, the U.S. Naval Forces Band 'Five Star Brass Quintet' will perform at various Senegalese schools, including a concert at the Thies Cultural Center, where more than 300 children are expected to attend.

Sailors from Gunston Hall and APS staff members will also have the opportunity to participate in a community outreach project at Pikine School where a wide range of projects are slated to improve the overall con-

dition of several on-site facilities.

Additionally, 45 pallets of material will be donated through Project Handclasp, including high-nutrition meals, text books, medical supplies and desks, will be distributed to local schools and clinics.

"I'm looking forward to getting out and seeing Dakar," said Engineman Fireman Corry Fishburn, a Gunston Hall Sailor. "While in port I am going participate in one of the two COMREL projects the ship is conducting. I am also plan on taking in some of the country by trying some of the local foods."

Gunston Hall, a Whidbey Island-class amphibious dock-landing ship, is on a scheduled deployment in the 6th Fleet Area of Responsibility in support of APS West, an international initiative developed by Naval Forces Europe and Naval Forces Africa that aims to improve maritime safety and security in West and Central Africa.

Find out more about Gunston Hall at www.gunston-hall.navy.mil. You can follow Gunston Hall and APS at their respective Facebook pages, www.facebook.com/GunstonHall and www.facebook.com/AfricaPartnershipStation.

Oceana names outstanding teens, youth of the year

BY MC2 KRISTAN ROBERTSON
NAS Oceana Public Affairs

The teen program at NAS Oceana Youth Program named their "Youth of the Month" awardees and the "Youth of the Year" for 2009 at a dinner held at the Oceana Officers' Club, recently.

Capt. Jim Webb, Oceana's executive officer, presented the awards to the outstanding teenagers. "It's wonderful to be a part of (the presentation) because I commend you for what you do, your participation, effort and professionalism. It's not something we take for granted, you are our future leaders," said Webb.

Youth of the Month candidates were chosen based on participation in each respective month, their contributions to the teen program and overall attitude, according to Elizabeth Kettl, teen program coordinator.

Youth of the Month awardees were Brandi Bivins for the months of January/June; Chris Boothe for March; Dylan Roberts for April; Courtney Wright for May; Rhiannon Wieck for July/August; Anna Wisdom for September; RJ Poe for October/December; and Jacob Rios for November.

Anna Wisdom, 16, September's Youth of the Month, was also named the Youth of the Year.

"Anna was chosen based on her dedication to teens... and has been a prominent leader and motivator," said Kettl.

She is a sophomore at Ocean Lakes High School and the daughter of Rebecca and Chief Aviation Electronics Technician Michael Wisdom, stationed at Center for Naval Aviation Technical Training Unit (CNATTU) Norfolk.

Anna began attending the teen program in October 2008 and has been actively

involved since.

"At first, it was just fun, then it became another part of my life," said Wisdom. "It taught me a lot about growing as a person. I used to be incredibly shy and even on the first night, I realized I could be myself here and now I like making friends with the newer teens to help them go through the same thing I did."

She is currently the treasurer of the "Keepin' It Real" Keystone Club, a select group of teen program participants who have remained active and put their in efforts into the program. "[Being awarded] made me feel special," said Wisdom. "I knew before how much I liked doing this, but receiving this honor made me realize just how important the program means to me and how much I actually mean to the program."

Wisdom has goals to eventually become the vice president or president of



Photo by MC2 Kristan Robertson

Anna Wisdom, 16, from the teen program at NAS Oceana is presented with the "Youth of the Year" award by Capt. Jim Webb, NAS Oceana executive officer during a dinner at the Oceana Officers' Club recently. Wisdom, who was also named Youth of the Month for September 2009, earned the award for her outstanding participation and contributions to the Oceana Youth Programs teen group.

her Keystone Club and to continue to do her best to impact younger teens and

encourage them to stand out. At school, she is busy in the drama club and working

on her ambitions of going to the University of Florida after graduation for pre-law.

'Month of the Military Child' in a military child's view

17 year old Sescil Rivera, son of Yeoman First Class Tira Rivera and her retired husband Senior Chief Aviation Machinist's Mate Wilfred Rivera explained that there are a lot of ups and downs to being a child of military parents traveling is one of the things he considered fun, but separations from his parents and changing schools were the things he had to do that he considered to be hard on kids.



Photo courtesy YN1 Tira Rivera

BY YN3 MATTHEW JUDD
Navy Operational Support Center Norfolk Public Affairs

NORFOLK — One of the most important aspects of serving in the military is ensuring the protection of our country and our children. The selfless sacrifices service members make sometimes require Sailors to stand the watch despite family needs.

Missed birthdays, a baby's first steps, and holidays are all potential by-products of the decision to serve. Thankfully, the military is family oriented. To the Navy, Family readiness equals fleet readiness. The Navy realizes that if the Sailor does not have the knowledge that his family is safe and sound, the Sailor will not perform the arduous duties assigned at 100 percent.

In recognition of this,

April is the Month of the Military Child. This month Navy Operational Support Center (NOSC) Norfolk is highlighting one individual who exemplifies the term "Military Child" in every sense of the word.

Grassfield High School Senior, 17 year old Sescil Rivera is the son of Yeoman First Class Tira Rivera and her retired husband Senior Chief Aviation Machinist's Mate Wilfred Rivera.

Sescil has a lot of experience living as a military dependant and he explained some of the perks and difficulties of being a dual military child.

"It's pretty cool, we got to travel a lot. We've lived in Spain, Florida, and now we're here in Virginia," He said. "It's not all fun and vacations, though. When my father was in California and my mother was in Mis-

issippi, we had to live with my grand parents in Tennessee. We had to attend three different schools."

He's currently enrolled in the Air Force Junior Reserve Officer Training Program (AFJROTC).

"My parents had originally suggested it to me," Rivera said. "I went with Air Force ROTC vice Navy because my school didn't offer a Navy program. I feel like I've gotten a lot out of it. It's taught me discipline and how to be an effective leader. As far as the future, it's helped me to keep my options open."

Growing with the times, the Navy shifted away from "your family doesn't come in your sea bag," mentality and is offering programs through Fleet and Family Support, Morale Recreation and Welfare, and the Command Ombudsman program.

Child, youth program expanding by 7,000 childcare spaces

BY BRUCE MOODY

Commander, Navy Installations Command, Fleet and Family Support Program Public Affairs

WASHINGTON — The Navy is expanding its Child and Youth Program by more than 7,000 childcare spaces fleetwide for children ages 12 and under.

The expansion will reduce a child's time spent on waiting lists to three months or less to meet 80 percent of the potential need across the Navy by the end of 2011.

"Reaching the OSD goal of providing access for 80 percent of the potential need has been elusive," John Baker, Commander, Navy Installation Command's Director of Fleet and Family Readiness, said this month during testimony to members of the House Armed Services Committee. "With strong financial support from the president, congress, OSD and Navy, we have been able to launch an aggressive expansion plan that will allow us to meet our space requirements."

Commander, Navy Installations Command's Child and Youth Program is achieving the expansion through a variety of measures



Photo by MC3 Ash Severe

Children enrolled in the Joint Expeditionary Base Little Creek – Fort Story Child Development Center Pre-School sing the National Anthem during a ribbon cutting ceremony for the 24/7 Child and Youth Center. The center provides childcare to single and dual military shift working parents and those working extended hours.

to include the construction of 31 new child development centers. Classrooms are being converted to accommodate children under the age of three, the age group in highest demand. Also, the Navy has also partnered with the Na-

tional Association of Child Care Resource and Referral Agencies (NACCRRA) to subsidize high-quality civilian care for military families off-base through an effort called Military Child Care In Your Neighborhood and Op-

eration Military Child Care, provides subsidies to deployed families using licensed child care.

During fiscal 2009, Navy programs cared for more than 49,000 children ages six weeks to 12

years of age in 128 child development centers, 86 school-aged care programs and 3,115 on- and off-base licensed child development homes.

Beyond merely providing childcare spaces, the Navy's Child and Youth Program provides services that significantly enhance the ability of our families to cope with the many demands of military life. Navy Child and Youth Programs partnered with NACCRRA last April to launch a new program that provides these Navy families up to 40 hours of respite care a month.

To date, more than 240 Navy families received respite care for their children with special needs enrolled in categories four and five of the Exceptional Family Members Program (EFMP).

"The respite care program allows the parent to leave their child, knowing that the provider is equipped to deal with their child's particular needs, and allows them some much needed time to take for themselves," Greg Young, Navy Child and Youth Program manager, said.

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

JEB Little Creek Boys & Girls Club Youth of the Year announced

BY MCSN RICHARD

J. STEVENS

Navy Public Affairs Support Element East

VIRGINIA BEACH — A sophomore from Frank W. Cox High School has been named by the Boys & Girls Club of America as the Joint Expeditionary Base Little Creek – Fort Story (JEBLCFS) and regional Mid-Atlantic Youth of the Year.

Nichole Sebastian, 17, volunteered at elementary schools, nursing homes, and put on a talent show which raised more than \$10,000 for a friend with a brain tumor.

Nichole winning this award means that the Navy is really taking care of our youths, our children and therefore taking care of our active duty military, said Capt. Charles L. Stuppard, the commanding officer of JEBLCFS.

Being named Youth of the Year is the highest honor a Boys & Girls Club member can receive. The title recognizes outstanding contributions to a member's family, school, community.

"It's an honor to receive this award," said Sebastian. "I've worked hard for this and it shows that hard work pays off."

Sebastian has received more than \$11,000 in scholarship money. This money

will help Sebastian to fulfill her passion to become a motivational speaker for teenagers and to become a teen psychologist.

Sebastian's father is a retired military service member and mother, Regina is an operations clerk at JEBLCFS.

The regional youth of the year is chosen from installations Boys and Girls Clubs throughout the Mid-Atlantic.

Boys & Girls Clubs of America (www.bgca.org) comprises a national network of more than 4,000 neighborhood-based facilities annually serving some 4.8 million young people, in all 50 states and on U.S. military bases worldwide. Known as "The Positive Place for Kids," the Clubs provide guidance-oriented character

development programs on a daily basis for children 6-18 years old, conducted by a full-time professional staff. Club programs emphasize leadership development, education and career exploration, financial literacy, health and life skills, the arts, sports, fitness and family outreach.

Capt. Karen Tsiantas, left, Fleet and Family Readiness Program Director Navy Region Mid-Atlantic and Capt. Charles L. Stuppard, center, commanding officer JEBLCFS and Nichole Sebastian, right, the base and regional Boys & Girls Club of America Youth of the Year pause on stage for the award ceremony honoring Sebastian for her volunteer community work.



Photo by MCSN Richard J. Stevens

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.

TORCH BEARERS: Squadron has short hiatus as it begins work-ups for deployment



Photo by MCSN Richard J. Stevens

After a few days off the crews will begin to get ready for deployment on USS Carl Vinson (CVN 70).

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on Monday, we're rolling into our workups as part of the Carl Vinson Strike Group," said Peko. "This means going out to sea and deployment later this year."

"This is the first one my kids really will remember and recognize that daddy's been gone," said Keri Peko, wife of Cmdr. Peko. "The kids are old enough to understand what daddy is doing. We were able to find Haiti on the map."

"We take the deployment day-by-day," said Mrs. Peko. "We do the countdown calendars, and wreaths. We seem to do all of that, which is a pretty big Navy tradition."

"We have a fantastic group of ladies working together," she added. "For some, this is the first time being away from their husbands, so they're working really hard to get through that. We have a core group of ladies that have worked together and found lifelong friendships."

VAW-125, known as the "Torch Bearers" or "Tigertails," was commissioned on October 1, 1968, at Naval Air Station, Norfolk.

NECC: Pottenger heads to SACT

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the world.

"In a time where we have never been so pressed to deploy our forces forward to support so many missions, in so many places, your leadership has made a difference," Harvey said to Pottenger. "Simply put, you took over a very young command, you gave your people a vision for the future and you executed superbly."

Before Pottenger read her orders relieving her as the commander of NECC, she recounted her experience learning about the capabilities that NECC forces provide, and the lessons she learned from the men and women who make these capabilities a reality. It was these experiences and these Sailors, she said, that made the ceremony difficult for her.

"This is not a day that I have looked forward to. I am relinquishing command, and that is always something to be let go of reluctantly," she said. "More importantly, I am relinquishing command of an extraordinary force, in what has been a once in a lifetime opportunity."

Pottenger, who assumed duties as NECC commander from Tillotson nearly two years ago, was nominated by President Barack Obama in March for appointment to the rank of vice admiral and assignment as deputy chief of staff for capability development at Supreme Allied Command Transformation.

After assuming command, Tillotson recognized Pottenger's hard work and leadership through NECC's maturation as a Type Command.

"Admiral Pottenger, you have indeed done a superb job," he said. "The force was postured on the operational side when you took over. What we did not have was the foundation of the Type Command - the parts and

pieces that make it all come together. You ensured these forces are ready and established the programs and processes that are necessary. I look forward to carrying on those traditions, and I look forward to commanding this organization as we move into the future."

Tillotson's operational background includes tours as officer in charge of Explosive Ordnance Disposal Mobile Unit (EODMU) 1 Detachment 9; officer in charge, EOD Mobile Unit 3 Mine Counter Measures Detachment; officer in charge, EOD Mobile Unit 5 Detachment Guam; and EOD officer to Commander, Middle East Force Mine Counter Measures Group in the Persian Gulf during Operation Ernest Will.

His command tours include EOD Mobile Unit 6, where he provided EOD support throughout Europe and the southeastern United States and deployed as Task Unit Commander during NATO Exercise Blue Harrier; EOD Mobile Unit 3, the Navy's sole force responsible for the employment of bottleneck dolphins and sea lions in mine countermeasures operations, swimmer defense missions and underwater object recovery; and Commander, Explosive Ordnance Disposal Group 1. In December 2002, he assumed duties as Commander, Task Force 56 and deployed to U.S. Fifth Fleet in support of Operation Iraqi Freedom. His task force provided extensive clearing operations that opened the Iraqi Ports of Umm Qasr and Az Aubayr.

Prior to arriving at NECC, Tillotson served as deputy director of Operations, U.S. Central Command.

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



Photo by MC1 (AW) Tim Comerford

Some of the closed off parts of the store are getting ready to be restocked and opened to the public.

RENOVATIONS: Parts of the NEX will open in April, other parts close

Continued from page B1

trons," said Lynne Williams, Norfolk Navy Exchange general manager, "We are doing everything that we can do to mitigate that inconvenience."

"We ran the numbers and realized we had something like 235,000 meals would need to be served during that closure time," Williams said. That's why NEXCOM (Navy Exchange Services Command) contracted with a vendor to come and set up the Sidewalk Café to help alleviate the workload on the remaining restaurant.

As the NEX goes through extensive remodeling, detours and item relocation is expected. "In essence we now have two major projects going on at the same time," Williams said. She explained that the Food Court project was accelerated so that it would be finished at the same time as the rest of the store, just in time for the holiday season.

To assist customers, the NEX has placed signs throughout the store directing customers to where merchandise has been relocated. The first of the renovated project is expected to be complete at the end of April.

SCHOOL: Sailors influence community

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Layne, is the president of NNOA's Tidewater Chapter.

"It is imperative that we reach our youth early to effect positive change in their lives. As the President of the Tidewater Chapter of the National Naval Officers Association, I make it my personal business to ensure

that most of our community service projects impact our youth in some positive way," said Layne.

The Career Fair highlighted professionals from the Hampton Roads area. Besides NNOA military service members, career professionals at the fair ranged from the Norfolk Fire Department to Bank of America representatives.