

ANCHOR WATCH

November - December 2014





LET SAFE RIDE BE YOUR DESIGNATED DRIVER.

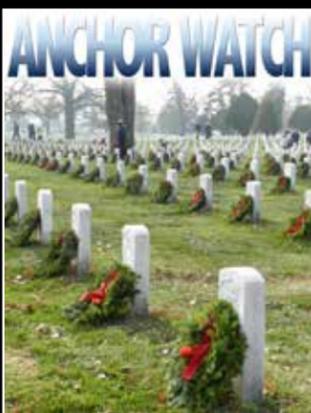
Give the gift of being a designated driver (DD) this holiday. Serving as a DD shouldn't be taken lightly. The DD can't just be whoever is the least drunk. If you are the DD, be responsible and pay close attention to factors that could influence your ability to drive.

DRINK RESPONSIBLY.
KEEP WHAT YOU'VE EARNED

NIOC MARYLAND QUARTERDECK (301) 677- 0217

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ANCHOR WATCH

Staff

Commanding Officer
CAPT Donald Elam

Executive Officer
CDR Owen Schoolsky

Command Master Chief
CMDM(IDW/SW/AW) Michael Webb

Public Affairs Officer
LT Robert Tuohy

Public Affairs Staff
PO1(SW/AW) Jeffrey Ballge
PO2(SW/AW) David Finley Jr.
PO2(SW) James Turner
SN Alex Sechrest

ANCHOR WATCH
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Story ideas are due the first working day of each month to the Public Affairs Office, Bldg. 9804, Room 138, Fort Meade, Md. 20755-5290.
Phone: 301-677-0860 FAX: 301-677-0399.
Story ideas are also accepted electronically at niocmdpao@me.com

CONGRATULATIONS TO THE FOLLOWING SAILORS ON THEIR ADVANCEMENT



Thomas Ahern
Michael Beltran
Jerrica Blunt
Yamil Candelario
Lauren Cash
Alan Castle
Ivan Dagdagan
Steven Diaz
Lorena Diazmejias
Justin Donovan
Robert Dunlap
Andrew Dyer
Nicholas Ferree
Adam Fields
Kayla Fondren
Alexander Hall
Richard Hausdorfer
James Jones
Maurice Kefauver
Garrett Lalone
Brenda Lapointe
Noah Leonard
Brandon May
Thomas Mayo
Mario Mckenna
Heather Melia
Christopher Miller
Thomas Morlan
Amanda Muse
Christopher Norling
Nicole Oles
Sarah Pollard
Douglas Riedthaler
Don Robinson
Jonathan Sallot
Daniel Sipko
Ryan Snyder
James Stevens
Karl Szymczak
Danielle Valentin
Carl Vigil
Tyler Webb
John Wessels
Kaitlin Worzalla
Eric Wright



James Amaral
Alexander Ammons
Jackdaniel Armstrong
Emmanuel Arroyo
Morgan Averill
Daniel Bahler
Jayson Bennett
Josejeremy Bernardo
Adam Bischetsrieder
Kevin Boehler
Cody Brewster
Connell Briggs
Jacob Brooks
Jared Brune
Nicole Clemens
Quentin Coleman
Cabria Cousins
Austin Craig
Shelby English
Allen Estevez
Isaac Everett
Robert Farris
Andrew Graves
Jonathan Gray
Herick Guerrero
Bryan Gust
William Harrison
Steven Harshberger
William Herron
Benjamin Higgins
Kaylan Hiott
Drake Hummel
Derrica Hurrigan
Scott Jeffers
Craig Jennings
Steven Johnson
Evan Jones
Benjamin Kishman
Stephen Linn
Benjamin Lynch
Jacob Martell
Zachare Martishius



Baylen Mcadoo
Derek Mcintyre
Bethany Montover
Richard Morris
Geoffrey Moyer
Matthew Murray
Zachary Nagel
Kelly Noble
Stephanie Opper
Richard Parrott
William Pierotti
Taellor Prettyman
Mary Racicot
Anthony Rayburn
Blayke Reed
Zachary Rees
Kenneth Reiners
Tyler Robinson
Joshua Rodriguez
Nicholas Romero
Sean Sanborn
Dillon Saylor
Caleb Shank
Timothy Sheahan
Jonathan Shoemaker
Collin Sinclair
Alex Smedegard
Richard Smith
Robert Smith
Nikolas Snyder
Martin Stdenis
Kolby Strebin
Kyle Sullivan
Wesley Temple
Justin Triplett
Scotty Truett
Eric Ulibarrimiller
Laura Valladares
Shawn Waytovich
Jacob Welch
Courtney Zhang



Travis Abankwah
Tiffany Agostinelli
Steve Apodaca
Cameron Bemby
Ethan Berube
Austin Carrell
Andre Castro
Rosa Cervantes
Dustin Church
Susan Damman
Justin Dejesus
Paul Devillier
Riley Dodge
Dimitri Dongas
James Dougenik
Christopher Emory
Dionte Evans
Camilocelso Fernan
Timothy Flinn
Thomas Gentry
Jacob Goodwin
Jessica Herring
Enuj Hickson
David Howell
Matthew Huff
Albert Hunter
Madeline Jacaruso
Lexi James



Cristian Jones
Devin Kates
Kevin Layher
Caleb McMasters
Maurice McMillan
Jason Melander
Patrick Menah
Ethan Miller
Logan Miller
Robert Milne
Joshua Nichols
Rodashia Owens
Riley Dodge
Dimitri Dongas
James Dougenik
Christopher Emory
Dionte Evans
Camilocelso Fernan
Timothy Flinn
Thomas Gentry
Jacob Goodwin
Jessica Herring
Enuj Hickson
David Howell
Matthew Huff
Albert Hunter
Madeline Jacaruso
Lexi James



CONGRATULATIONS TO THE FOLLOWING SAILORS ON THEIR SELECTION AS

SENIOR SHORE SAILOR OF THE YEAR
PO1 Skye Pollard

SHORE SAILOR OF THE YEAR
PO2 Britney Weidenthal

JUNIOR SHORE SAILOR OF THE YEAR
PO3 Hart Summeier

SENIOR SEA SAILOR OF THE YEAR
PO1 Javana Oliphant

SEA SAILOR OF THE YEAR
PO2 Gheorghe Cormos

JUNIOR SEA SAILOR OF THE YEAR
PO3 Gabriel Shinn

SENIOR DEPLOYER OF THE YEAR
PO1 Edwardo Ferriol

DEPLOYER OF THE YEAR
PO2 Zachary Camburn

JUNIOR DEPLOYER OF THE YEAR
PO3 Tamara Watkins

OLYMPIC HOPES FOR NIOC MARYLAND SAILOR

Rowing is one of the oldest competitive team sports in history. Originally established as a means of transportation, the other benefits of rowing have been celebrated for centuries.

For most people, rowing is the last thing they think about when it comes to the Olympics. This is ironic when one considers that Olympic rowing has been contested in every Olympics except for the very first one in 1896. The lack of participation in 1896 was not due to an omission but rather, the conditions were too tumultuous to allow the rowing events to commence. Nevertheless Olympic rowing made its debut in the Paris Summer Olympics of 1900.

Competition rowing on the world class level requires years of dedication and tons of intensive training. It also takes finely honed commitment and extreme endurance. In the Navy, it requires coordination and approval from your chain of command.

When NIOC Maryland's very own Lieutenant Junior Grade Edward King reported to the command, he immediately met with the CO and XO to gauge support for his desire to pursue making the 2016 Olympic team.

"I explained to Captain Elam my past status training with the U.S. National Rowing Team as an extension provided to me by my previous command and that I had been invited to continue training at the Olympic training sites with the team in order to attend the national selection trials in the 2014 World Championships."

The trials were to take place at the end of April, and based on his results there, King could gain a seat in the four-person USA boat attending World's and be in contention to eventually represent the United States at the Olympic Games.

"Graciously, I received full support from the command and after careful coordination with the proper chains and Navy regulations concerning elite athletic pursuits I was able to return to the team almost immediately.

At that time, the team was training in Oklahoma City, OK, getting ready for trials. Doing two to three highly intensive practices a day, everyone was fully focused on performing their best once racing began for selection a few weeks later. Only four team members each year can be chosen to represent the country at the World Championships and ultimately the Olympics. The day finally came to clean up the training site in Oklahoma City, de-rig all the boats, and pack for Princeton, NJ, where the selection regatta was to take place.

"We were all entered to race in the LM2- class, meaning I was racing in a boat with one other rower. My team member was a former Olympian who I had raced with in the past and our pair went head to head with the other pairs put together from our team as well as several outside entries from clubs throughout the nation."

King's pair narrowly missed a first place finish in the intense final race and took second overall. This was enough, however, to be selected as a member of 2014's Lightweight Four (LM4) and compete on behalf of the United States at the World Championships.

The four selected rowers resumed training and prepared for the upcoming summer of racing. They spent a few weeks training in Princeton before heading back to Oklahoma City. Their first competition was the Rowing World Cup at Lac 'de Aiguebelette in southern France at the end of June. There they walked away with some pretty exciting results, finishing 4th overall in the final, less than a second off 3rd place at the medal stand.

The finish was the best the United States has had in this event since 2003 so the coaches and national governing bodies were very excited. After France, they traveled to Holland to compete in the Holland-Becker, an international

regatta with several of the world's top crews competing. Similarly to the World Cup a week earlier, the boat performed well, posting solid times throughout the weekend. The trip was a good judge of their speed as it compared to the competition overseas and lined up the next several weeks of training leading into the World Championships.

At the conclusion of the regatta, the team traveled back to the U.S., and after spending a few weeks getting re-acclimated in Oklahoma City they left for the Olympic Training Center in Chula Vista, California.

"In California we were set to train from July and the beginning of August until departure for the World Championships in Amsterdam mid-August. After seven long weeks of intense training and careful dieting at the Olympic Training Center, we packed our bags for Amsterdam to line up against the world's best lightweight four-man crews."

At the conclusion of racing two weeks later and after battling their way through the heats and semi-finals, the team finished 4th in their final and 10th overall in the world.

This was a relatively substantial way to finish the summer, because although it wasn't medal worthy, they were just fractions of a second off the top boats

and within the qualification standard set that a country must meet in order to attend the Olympic Games (the top 13 crews).

"Now that the summer of racing is complete, we are back to the beginning of yet another year's training cycle getting ready to compete at the 2015 World Championships."

This means long fall practices on the water, cold winter mornings indoors on the rowing machines, and a whole new squad of young accomplished rowers who will compete next spring.

"The mood in the training center is upbeat and full of hope. Our results from this past summer have put us in a very good position and proven that our training plan is solid. We have our work cut out for us but we are all excited to build on the experiences of this past summer in order to bring home a medal this time next year."



Edward "Mix" King
Lightweight Men's Four
Hometown: Ironton, Montana.
Began Rowing: 2007 – United States Naval Academy
Club Affiliation: USRowing Training Center – Oklahoma City
High School: Arcadia Valley High School
Undergraduate Education: United States Naval Academy, Oceanography, 2011
Training Location: Oklahoma City, Oklahoma.
National Teams: Three – 2009-10, Under 23; 2011, 2014, Senior

International Results:

- Finished fifth in the lightweight eight at the 2011 World Rowing Championships
- Finished third in the lightweight four at the 2010 World Rowing Under 23 Championships
- Finished 10th in the lightweight four at the 2009 World Rowing Under 23 Championships

National Results:

- Won the lightweight pair at the 2013 USRowing Midwest Fall Speed Order
- Won the lightweight eight at the 2011 Senior World Trials
- Finished second in the lightweight eight at the 2010 IRA Championships
- Won the lightweight eight at the 2009 U.S. Rowing National Championships

Personal:

- Ed's personal hero is his father
- He hopes to become a US Navy SEAL and a member of the U.S. Olympic Team
- Ed chose rowing because he wanted to push his body to its limits and enjoyed the freedom of the water
- He lists his hobbies as running, swimming, skiing and enjoying the outdoors
- His most memorable achievement was competing in the 2009 World Rowing Under 23 Championships
- Ed was born in South Africa.





The Fort Meade First Class Petty Officer's Association (FCPOA) and Fleet and Family Support Center (FFSC) hosted their annual holiday party, 16 December at the Heritage Park Community Center. The event catered mostly to the children, with food, crafts, games, and activities including pizza, cookie decorating, and a visit from Santa Clause.

Photos by: PO1 Jeremiah Sholtis

Photos by: PO1 Darin Hughes

Army Beats Navy In Annual Flag Football Game

With only an hour left until game time, both Army and Navy ran pregame and defensive drills to prepare for Fort Meade's 15th Annual Army vs. Navy flag football matchup November 4th, at Mullins Field.

The game is the installation's version of the annual college football game between the West Point Cadets and the Naval Academy Midshipmen, a rivalry dating back to 1890.

"Well, the Navy always dominates the Army," said Navy coach J.T. Palilla during the team's pregame warm-up. "I mean, I think it's nine or 10 in a row at the academy. I think a lot of these guys play together throughout the year on the [installation intramural team] leagues. Some of these guys play in [National Security Agency] leagues together."



On its next possession, Army quickly moved the ball down field again. However, Navy's Timothy Taylor blocked Army quarterback Keith Whitfield's fourth and goal pass in the end zone, causing Army to suffer another scoreless drive.

Navy's next possession was not much better. The team called a time-out with 1:59 left in the first half to discuss its fourth down play near the end zone, but failed to score.

With 1:38 left until the half, Army started its third possession of the game. Whitfield completed a deep pass to Corey Edmonds for a touchdown, allowing Army to score the first points of the game.

Whitfield completed a pass to D'Ron Baldwin, executing the point after attempt and giving Army a 7-0 halftime lead.

"We could have scored on the two drives in the first half," Whitfield said after the game. "We left two touchdowns on the field."

Navy picked up its momentum in the second half, advancing the ball down field on its first possession. However, on its fourth and goal, Army's Taylor blocked the pass, resulting in zero points in the drive.

An interception by Dionte Evans led to Navy's first points of the game. Giesen completed a pass to Harris for the touchdown, making the score 7-6. After completing its extra point attempt, Navy tied the game 7-7 with 13:48 left.

Army regained the lead on Laures Henry's interception deep in Navy's territory with 5:56 left.

Whitfield completed a touchdown pass, making the score 13-7, but didn't secure the extra point.

With 1:45 left, Whitfield connected with Baldwin for a touchdown.

That sealed Army's 19-7 victory.

"Since 2002, Navy has beaten Army in college football," Garrison Command Sgt. Maj. Rodwell L. Forbes said during the trophy presentation after the game. "This team has set the bar high for the United States Army team to come alive."

Following the trophy ceremony, Greg Taylor was named Army's MVP and NIOC Maryland's Seaman Dionte Evans was named Navy's MVP.

"It was an honor to be recognized as the team's MVP," said Evans. "However, everyone did a good job and if it wasn't for a couple of mistakes we would have come away with a win. The Army does deserve their credit, but we will come back stronger next year."

"It went as well as I expected it to go," Lee said. "I knew if we could come in there and execute from the beginning to the end, we'd come out with the win."



Intramural Flag Football Caps Off Season with Championship Game



Story by: Sound Off Staff Writer, Shari Rosen

<http://www.ftmeadesoundoff.com/sports/12398/intramural-flag-football-caps-off-season-with-championship-games/>

Navy's loss to Army in Fort Meade's 15th annual Army vs. Navy Flag Football game dwelled in the minds of Navy players for two weeks.

The installation intramural championship game, played Nov. 20, provided the team with an opportunity to redeem itself as Navy Information Operations Command's Men of War defeated the 704th Intelligence Squadron's Underestimated, 14-7, to win the Division One title.

"I did my best," said Timothy Taylor, who was on the receiving end of the team's two touchdowns from passes by NIOC quarterback Alan Golphin. "I had to make up for the Army vs. Navy game."

The first half of the game was evenly matched as the 704th and NIOC failed to score. The half was marred with penalties as both teams stalled, trying to move the ball beyond the yardage provided by penalties.

Despite the scoreless first half, NIOC coach Roger Corbin still believed Men of War was in a good position to win the game.

"We were good [at halftime]," Corbin said. "The game was close. We were still in it."

NIOC made adjustments to avoid unnecessary penalties and scored the game's first points on the team's first drive in the second half.

NIOC quickly moved the ball down field and

scored on a Golphin-to-Taylor touchdown pass. Men of War missed the extra point, but held a 6-0 lead.

The 704th responded on its first possession of the second half. During the drive, quarterback Keith Whitfield ran for a key first down and completed a touchdown pass to Nicholas Collington. The 704th completed its extra point attempt, taking its only lead of the game, 7-6, with 10 minutes left in the half.

Men of War quickly moved the ball down field again with Golphin completing a quick slant pass to Taylor for a touchdown with 3:40 left. Taylor also made good on the team's 2-point conversion attempt, collecting another pass from Golphin that proved to be the game-winning points, as NIOC took a 14-7 lead with 2:50 remaining in the game.

"It felt good," Taylor said. "Of course it felt good catching the winning catch."

The 704th failed to regain its momentum, falling short of the first down by a yard on the team's final possession of the game.

Men of War took a knee to run the clock out and secure the victory.

"We played hard," Corbin said. "We put everything we had on the field and it turned out it was a close game; it was a very close game."

Men of War took home the intramural season's championship trophy while the 704th settled with recognition as the top team during the regular season.

"We played a good team," said James T. Lee, coach of the 704th. "They've been edging every game we played against them, and this time they tipped us over."

The Division Two championship was far from being an evenly matched contest with the 704th (B) defeating the 7th IS, 37-0. Nathan Emlet scored the first two touchdowns for the 704th minutes into the game.

"We came out here to win and that's what we wanted to do," Emlet said. "We wanted this from the beginning of the season, so now we got it."

After the team's first two touchdowns, the 704th continued to dominate with touchdown catches completed by Lester Tayvon, Dareeontay King and Michael Walters. The touchdown passes were provided by 704th quarterback Leroy McDaniels.

"Everyone played great," said Beth Downs, a sports specialist for the Directorate of Family and Morale, Welfare and Recreation. "It was a great season."



Thanksgiving at the "Q"

FORT GEORGE G. MEADE, Md – Navy Information Operations Command (NIOC) Maryland held their annual complimentary Thanksgiving Day meal at the barracks.

"We provided a good Thanksgiving meal that they (sailors) might not have had otherwise," said event coordinator Chief (Select) Henry Forrest. "All the food I tried was delicious, but my favorite part was just being able to serve the Sailors. It's not every day that a Chief receives the opportunity to interact with Sailors in a relaxed environment. It allows us to get to know our Sailors a little bit better."

The meal consisted of the traditional American Thanksgiving cuisine such as turkey, ham, green bean-casserole, stuffing, bread, and gravy. The event also included festivities and games like watching the Thanksgiving parade and professional football, and playing ping pong, pool, and various board games.

"My favorite part of the Thanksgiving event was the food," said event participant Seaman Brandon Knight. "I really enjoyed the applesauce, but it was all delicious. It felt like I was eating at home on Thanksgiving."

NIOC Maryland, previously called Naval Security Group Activity, passed on an age old tradition, which started when the Command hosted its first Thanksgiving meal in the early 1980s under Command Master Chief Frank Strarr.

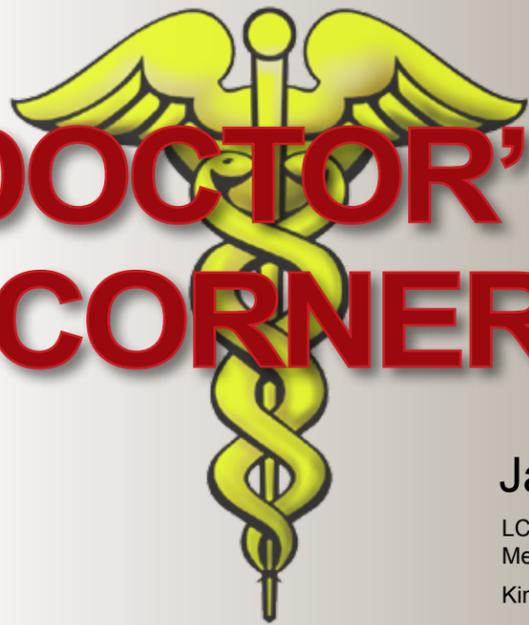
The Thanksgiving meal and festivities were thought to be an overall success for NIOC accompanied and unaccompanied Sailors.

"The meal was definitely a success in my opinion," said Forrest. "I have made my rounds and everyone seemed to really enjoy themselves, which was the goal."



ARLINGTON, Va. (NNS) – NIOC Maryland Sailors volunteered along with other Sailors from Naval District Washington at Arlington National Cemetery in Arlington, Va., to honor members of the armed forces who made the ultimate sacrifice by placing 7,159 holiday wreaths in the cemetery as part of the "Wreaths Across America" project, December 13th 2014. The project was started in 2007 as an extension of the Arlington Wreath Project, which was started more than a decade ago by Morrill Worcester with just 5,000 wreaths.

DOCTOR'S CORNER



A MESSAGE FROM:
Jaime L. Longobardi

LCDR MC USN
 Medical Officer, NIOC Maryland
 Kimbrough Ambulatory Care Center



Cold and Flu season is in full swing. So many myths and fallacies about illness this time of year exist, that I thought it would be a great time to cover a few.

"You'll catch a cold!" We have often heard our family and friends tell us that going outside without a coat, a hat or gloves would cause us to get sick. This is just not true! While in theory your immune system is weaker when you spend time outdoors in the cold, this is due to stress on the body and not cold. The cold virus is more likely spread while being crammed indoors with other people. During warmer months, you go outside much more and are exposed to fewer illness causing viruses and bacteria. During the cold months, we stay massed together in large groups. A single virus travels like wildfire in these conditions, and everyone gets sick.

"I have the FLU!" If you have been vaccinated, the chance of getting the flu is almost zero. Influenza's first symptoms are body aches and fever. It's not usually diagnosed by sinus congestion, cough, sore throat, or runny nose. The key is the fever. If you have a fever that does not go away without Tylenol, and if you were not vaccinated, a doctor may entertain the diagnosis of influenza. Otherwise, what you have is an upper respiratory infection and antibiotics will not help you.

"Antibiotics will get rid of my Sinus Infection!" First off, Bacterial Sinusitis or sinus infections are actually rare. Pain and pressure in your sinuses is a well-known symptom of the common cold, known in medicine as an upper respiratory infection. You can have a cold for 3 weeks before medical science tells us that antibiotics may be useful. There are many medications and treatments that will alleviate the majority of your symptoms, but most of them are over-the-counter. Don't be surprised if you are prescribed them. They work in the correct combination.

"I have the Stomach Flu!" Again, this implies that you have influenza and as stated previously you have been vaccinated. What is commonly referred to as "Stomach Flu" is really just viral gastroenteritis. This is a common illness and usually

comes and goes within a 48 hour period. It starts suddenly with nausea and vomiting and finishes off with diarrhea in less than 48 hours. Sometimes, in very specific cases the cause is bacteria and may last longer than the standard 48 hours, so in this case antibiotics are useful. But usually the treatment is sip on a bottle of Gatorade and stay near the toilet! Once recovered it can take up to a week to fully rehydrate, so continue to drink Gatorade.

There are other medications often used to treat the symptoms associated with the above-mentioned illnesses. These are: Imodium (anti-diarrhea pill) and Zofran or Phenergan (anti-nausea pills) but these medications are usually not needed as the offending symptoms are gone so quickly.

To avoid these illnesses over the next few months, I recommend several actions:

1. Wash your hands. Viruses live on your hands and you pick them up everywhere.
2. Avoid touching your eyes, nose and mouth, this transfers viruses from your hands to your body and you get sick.
3. Copious use of Purell products, see above!
4. Clean your phone, computer keyboard and mouse with alcohol wipes or anti-bacterial wipes.
5. Cough into your elbow, not your hands.
6. Use tissue paper to blow your nose and throw it away immediately. Never reuse tissue paper.

If you need to come to medical, contact your primary care manager and schedule an appointment. Calling the clinic directly and avoiding the appointment line can lead to decreased use of urgent care facilities and increased use of the nurses and providers in your regular clinic.

Navy Training Announces Community Service Award Winners

By Naval Education and Training Command Public Affairs



PENSACOLA, Fla. (NNS) -- Naval Education and Training Command (NETC) announced the winners of the 2014 Health, Safety and Fitness Flagship Awards Nov. 25, recognizing eight commands for their outstanding community service.

The award is managed by the flag sponsor, NETC and executed by the Naval Education and Training Professional Development Technology Center's (NETPDTC) Community Service and Outreach Program director, given in recognition of commands that have the best programs encouraging health and fitness to military members as well as the surrounding civilian community.

"The winning commands and their Sailors are shining examples of establishing and maintaining command partnerships that promote healthy and fit lifestyles," said Rear Adm. Mike White, NETC commander. "As good neighbors, it's crucial that we help kids and their families by educating and setting good examples within their local schools and communities."

The 2014 Health, Safety, and Fitness Flagship Award winners by category are:

- Shore Command Category:
- Small: Afloat Training Group Middle Pacific Pearl Harbor, Hawaii
 - Medium: Navy Medicine Professional Development Center Bethesda, Maryland
 - Large: Navy Information Operations Command Fort Meade, Maryland

- Overseas Category:
- Large: Camp Lemonnier, Djibouti

- Sea Category:
- Small: 21st Dental Company, Marine Corps Base Kaneohe Bay, Hawaii

- Commands receiving honorable mentions include:
- Small Shore Command: Naval Aviation Schools Command Pensacola, Florida
 - Medium Shore Command: Center for Naval Aviation Technical Training Unit, Keesler AFB, Mississippi
 - Large Shore Command: Naval Air Station Pensacola, Florida

"The Health, Safety, and Fitness Award Program showcases the noteworthy accomplishments of commands who actively give back to their communities," said Capt. Janet Lomax, NETPDTC commanding officer. "What commands are doing to improve their local communities through the promotion of healthy lifestyles and fitness is remarkable. While many Navy units actively participate in community outreach, the achievements of these commands clearly stand out as the best of the best."

Sailors from the Large Shore category winner, Navy Information Operations Command (NIOC), Maryland, dedicated 1,961 hours in support of four Special Olympic events and other events that positively impacted over 850,000 members of the community. Through the extensive Maryland and D.C. Food Bank networks, which services more than 600 soup kitchens and pantries, NIOC Maryland Sailors also helped to supply 85,000 meals to children during the summer months and saved the local communities over \$530,000 in staff salary cost.

Volunteers from Camp Lemonnier, Djibouti (CLDJ), this year's Large Overseas category winner, demonstrated Navy Core Values by building partnerships with local schools, instructing and mentoring children on the importance of exercise, a healthy lifestyle, teamwork, and sportsmanship. Through the De La Salle elementary school/Djibouti Youth Fitness Initiative, an average of 10 volunteers interacted with 4th and 5th graders twice per week. Since its beginning last year, 20 volunteers visited the school each week, giving over 40 hours of service to over 200 children raising awareness and improving the health and lifestyles of these youth.

The Health, Safety, and Fitness projects are part of the Navy Community Service Program (NCSP) whose mission is to help build stronger communities and develop mission-ready personnel through outreach activities. NCSP promotes volunteerism and community service to assist in the education and enrichment of the nation's youth and communities and in revitalizing the community.

NCSP consists of five flagships, including Health, Safety and Fitness; Personal Excellence; Project Good Neighbor; Campaign Drug Free; and Environmental Stewardship. Each flagship is sponsored by a separate Navy command.

Award winners and honorable mentions will receive certificates from NETC in recognition of their exceptional accomplishments.

For more information about NETC, visit www.netc.navy.mil/ and www.navy.mil/local/cnet/.



SAILOR IN THE SPOTLIGHT

Seaman Lexi James

When did you join the Navy? Why Navy? Did you have influences?

“I joined the Navy on January 28, 2014. One of the most influential people in my childhood was a retired senior chief who took an interest in my well-being after my mother’s passing. He was a great mentor and truly embodied the Navy core values which I now try to live up to. Though he was quick to share his aviation stories, he never pushed me to enlist. He guided me to further my education. I ran out of money while attending college out of state and needed to seek other options. I started researching the opportunities the Navy could offer and I was fortunate enough to enlist in the rate I desired.”

How did your friends and family respond to your decision?

“My family was supportive. My aunt offered to finish paying for my college, but I felt it was not her responsibility. I have moved quite often in my life, so leaving friends was not a new or painful experience.”

What has been your favorite/least favorite part so far?

“I don’t feel like I have been in the Navy long enough to have a least favorite part, though I am sure it will come. Looking back over the last year, I have realized how much I have matured as an individual and have grown to appreciate the vast difference the Navy has made in me.”

When you feel homesick how do you keep in touch with your friends and family?

In rare occasion I am homesick I keep in touch by phone with my aunt and father. I also keep a photo of my mother, sister and myself on my nightstand. I have always enjoyed moving and traveling so I am not too sensitive about being away from my hometown.”

What do you do in your free time outside of work? Do you have any hobbies?

“At every possible opportunity I go camping, hiking and fishing with my shipmates. I have always been an outdoors type. Being in the military has provided me with a network of people who enjoy the same hobbies. I also enjoy sculpting, painting and pottery.”

What are a few of your short/long term goals?

“Right now I am just learning my job to the best of my ability and staying eager to learn more. In the long term I plan on pursuing a degree in electrical engineering. I have some time to make a decision so I am not rushing it and I definitely feel the Navy is a career for me. It has introduced me to great contacts and has given me a sense of stability from which I can explore. I am always searching for opportunity and tend to keep an open mind.”

