

March/April 2011

Anchor Watch

Naval History

General Order 409

Combat Exclusion law

Dr. Seuss

Teaches the basics of reading



Fresh, Fun Fitness:

Craig Mitchell gets your heart racing

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March marked the 18th anniversary of Congress repealing the Combat Exclusion Law.

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8 If you've lost sight of your New Year's resolution to lose some weight, let Craig help you find it!

April is Sexual Assault Awareness Month



Puzzle provided by Petty Officer First Class Kate Greifzu

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ACROSS

1. With 19-Across, a destroyer class
8. Perform To Serve (abbr.)
11. With 24-Across, a hero of the Barbary Wars
18. Salt lake of the Middle East (2 wds.)
19. See 1-Across
21. Old-fashioned illumination (2 wds.)
22. Commodore Perry who opened Japan to the West
23. The Little Mermaid
24. See 11-Across
25. Helps out
27. Unwanted plant
29. Newsworthy ship of 2009
35. The world's first nuclear-powered aircraft carrier
42. Ad-libs
43. Brief period of precipitation (2 wds.)
44. Peter who played Lawrence of Arabia
45. Basketball broadcaster Dick
46. 88-Across, for one (abbr.)
47. Columnist Barrett et al.
52. Organization which collects royalties (abbr.)
55. Special Air Service (abbr.)
56. Part of AMHS
58. New Command guide
61. Male child
62. Certain
63. Hog's fat
64. Toupee
66. Crowded
68. Kennedy or Turner
69. Stop ___ dime (2 wds.)
70. Common email opener
72. "I Love Lucy" co-star
73. Salesperson's line
75. Frasier's brother
77. Head covering
79. Med student's test (abbr.)
80. A sign of life
81. Struggles for breath
82. ___ time (never; 2 wds.)
83. A Girl Scout cookie
85. ___ up with (tolerates)
86. AOR part
87. Primp
88. USS Harpers ___
90. Cry for help (abbr.)
91. Seventh Day Adventists (abbr.)
92. Take ___ (be partial)
93. Coffee holder
95. Stinging insect
96. Part of a submarine
102. 7th Fleet command ship (2

DOWN

108. ___ the Terrible
109. Traditional saying
111. Sudden attacks
112. Hand out cards
113. Breathe heavily
114. Cruiser class
116. Otherwise
117. Brink
118. Madison or Park (abbr.)
119. Bear's lair
120. "___ and improved!"
121. Baldwin or Guinness
122. Bambi, for one
123. Whidbey Island is one (abbr.)
124. "Ready, __, go!"
125. Cadillac model
126. Final
11. Soaked
12. Make a knot
13. Early Learning Centre (abbr.)
14. Chinese military force (abbr.)
15. Head covering
16. Flightless bird
17. "Fresh Air" station (abbr.)
19. Sheriff's accessory
20. A form of the name Helen
26. Driver's licenses, e.g.
28. Extraterrestrial intelligence (abbr.)
29. A life science (abbr.)
30. Quantities (abbr.)
31. Apple product
32. Satellite agency (abbr.)
33. Part of BUPERS' URL
34. Motor home enthusiasts
36. Responds to an invitation
37. Greek letter
38. Decay
39. "When ___ your age..." (2 wds.)
40. Actress Ward
41. "___ Tú"
48. CIA predecessor (abbr.)
49. First nuclear submarine
50. Signs off on (2 wds.)
51. Like some grapes
52. On the condition that (3 wds.)
53. Ferdinand or Isabella, e.g.
54. Historic 1942 battle (2 wds.)
55. Plus
56. Famous ironclad
57. O-1 (abbr.)
59. Nocturnal bird
60. USS Bonhomme ___
61. PBS Street for kids
65. Partial beard
66. Coffee option
67. Psychic's gift (abbr.)
70. Donkey
71. Dressed to the ___
72. Destroyer minesweeper (abbr.)
74. Baby seal
76. Environmental Protection Agency (abbr.)
78. "Anchorman: The Legend of ___ Burgundy"
84. A Farewell to ___
87. Place for a ship
89. Mexican peninsula
92. Goes back and forth
94. Chocolate brand
95. Spending plan
96. Did a Boatswain's Mate's job
97. Elude
98. Extent
99. Bury
100. Goes back and forth
101. Self
102. Prohibit
103. Detroit team
104. Standard of excellence
105. Actress/singer Reese
106. Neon and helium, e.g.
107. Choose by vote
110. Make ___ meet
111. Monthly expense
115. Paddy's employee on "It's Always Sunny in Philadelphia"

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Seaman Daunte Kelly (Cat in the Hat) and Ken Kitchelt, a teacher at Frances Fuchs Early Childhood Center, dance with children during an assembly.



Time to Rhyme

The cafeteria was filled with children anxiously awaiting the arrival of a very special guest. When the tall man, dressed in the suit of the well-known Cat in the Hat walked in, everyone started to clap and made their way to form a circle around him. Once the music started, the party had begun.

Frances Fuchs Early Childhood Center in Beltsville, Md. and Sailors from Navy Information Operations Command, Maryland, took a day to celebrate Dr. Seuss's birthday by reading many of his well-known books to the children who attend the school.

Frances Fuchs Early Childhood Center was named after a very prominent activist in the field of special education, Frances Fuchs, who was very much a part of the community all the way up to her 90's. The school is based on helping to identify developmental problems before a child starts kindergarten.

"My hope for the future is that our students will continue to receive the kind of education, and the kind of support they need to make them competitive when they get to kindergarten," said Diedra Tramel, principal of Frances Fuchs.

The school offers the same curriculum that the Prince George's County public schools use, but with several other benefits.

"Our students get a lot of one on one attention. They are taught by a staff of highly qualified professionals," said Tramel. "We have several physical therapists, occupational therapists, speech language pathologist, and vision specialist. Whatever the need might be to support the child so that they can access their education or curriculum, those kind of things are here."

Even though the day concentrated mostly on Dr. Seuss, but more than just that went in to the selection of reading for the day.

"Today we are reading Dr. Seuss and that is certainly very purposeful, but there is a wide range of books that he has written. If you think about the age that we have, you have to pick things that are developmentally appropriate, yet engaging, that will support those literary skills. All of those things we bring to the table with this program,"

said Tramel.

Some Sailors were excited they were afforded an opportunity to be involved in such a program.

"I really enjoy volunteering with children, talking to them, seeing the smiles on their faces, and them running to give me a hug really makes my day," said Petty Officer 2nd Class Justin Richard, a NIOC volunteer.

Although most volunteers read in English, the school values other languages as well.

Melissa Vega, the media specialist and special educator at Frances Fuchs said, "It is very important that the children are bilingual. We don't want to take that away from the child, and that will greatly benefit them as an adult."

Once in the classrooms, Sailors read "Green Eggs and Ham" to the children.

"Dr. Seuss's signature is rhyming, and being able to identify the onset of rhymes and make rhyming patterns, they not only learn vocabulary, but it gets that phonological awareness going," said Tramel.

Following the reading, Sailors asked the children about the book and their understanding of it, and then did an arts and crafts project where the children cooked their own green eggs and ham.

When the classroom activities were complete, the school was called to an assembly where the children sat and read, "Mr. Brown Can Moo! Can You?" another one of Dr. Seuss's books and one of the principal's favorites.

"My favorite Dr. Seuss book is "Mr. Brown can Moo! Can You?" because if you open it, it says to Bradley, and that's my oldest son. He's thirty now, but I read this to him as a child," said Tramel.

Just as everyone thought the assembly was over, the Cat in the Hat burst in for a visit, causing all sorts of excitement on the dance floor. The kids joined around him and followed along to the music. When the sweet smell of cupcakes filled the room, smiles spread across the faces of the children, and just like that the cat was gone, but the support that Sailors, teachers, and volunteers offered will stay with them for a lifetime.



Petty Officer 1st Class Stacy D'Alessio helps Xinyi Zeng, with an arts and crafts project.



Ens. Diana Barron reads "Green Eggs and Ham" to children of Frances Fuchs Early Childhood Center.

Women in Combat

Story by Petty Officer First Class Amie Arizmendi
Photo courtesy of www.navy.mil

Women have played many roles in the military, spanning from ancient warriors to present day, serving in all aspects of the military. Women everywhere have fought for their country, on land and at sea, but when speaking specifically about the U.S. Navy, when were the first woman allowed orders to a combatant ship?

Let's begin with the facts, ma'am, just the facts.

During the WWII era, many women in the Navy performed under the auspices of Women Accepted for Volunteer Emergency Service, commonly known as WAVES. The word emergency in the name restricted women to enlisting under unusual circumstances of the war, and at the end of the war, women were not allowed to continue in their Navy career.

In the first year of the WAVES, there were 27,000 women who volunteered. A large proportion did clerical work but some took positions in the aviation community, Judge Advocate General's Corps, medical professions, communications, intelligence, storekeeper, and in the science and technology fields. While they

also performed in various jobs overseas, many WAVES kept the home-front affairs going while the men were assigned to ships serving around the globe.

The official song of Navy men was Anchors Aweigh, and the WAVES official song was sung in counterpoint to the men:

*WAVES of the Navy,
There's a ship sailing down the bay,
And she won't slip into port again
Until that Victory Day.
Carry on for that gallant ship
And for every hero brave
Who will find ashore, his man-sized chore
Was done by a Navy WAVE*

Women were leaving a lasting impression on an ever changing world, as well as a male dominated career field, and in 1967, a bill to promote military women to flag rank was signed into law. On Nov. 8, 1967, women became eligible for promotion to Admiral or General.

Over the next two years, promotions for women to flag rank officer began. The Navy lagged a little behind the other services in this endeavor, nonetheless advances were being made.

In 1976, the U.S. Navy promoted Fran McKee, its first female, to a rear admiral lower half. In time, policies and attitudes changed and the tendency of slow progression became a thing of the past.

Today, women choosing the military as a career are able to promote without prejudice. Women in the armed forces are wearing every rank between an E-1 and O-9, and many are serving at the highest levels of command with responsibility over thousands of people.

However, during and up to this time, women were not permitted to serve in a combatant role.

In 1993, Congress repealed the Combat Exclusion law allowing women to serve on combatant ships. On Feb. 15, 1994, the first Air Force woman completed combat pilot training.

USS Dwight D. Eisenhower (CVN 69) was the first combatant ship to have women permanently assigned. On March 5, 1994, Radiomen First Class Petty Officer Terry Pelletier was the first to receive her orders to the ship along with 63 other women.

On Oct. 21, 1994, under the helm of Capt. H. Denby Starling, Eisenhower began her six month deployment with, for the first time ever, over 400 women as crewmembers.

Since that monumental day, women crewmembers have been deployed in over 100 additional combatants.

In 1998, Cmdr. Maureen A. Farren became the first woman to command a combatant ship, USS Mount Vernon (LSD-39).

Today, women serve on ships around the globe, at desolate and war-torn locations, and also on the home-front. Undoubtedly, both men and women are truly significant to the Navy and have made great historical and present impacts, fostering an improved and cohesive fighting force.

◀ Aviation Warfare Systems Operator 2nd Class Rocio Britos, assigned to Helicopter Anti-Submarine Squadron (HS) 7, provides helicopter support for the aircraft carrier USS Harry S. Truman (CVN 75).

Establishing a rank

Story by Petty Officer First Class James Toole
Photo courtesy of www.navy.mil

Imagine a Navy with no enlisted rank structure, no chief petty officers, and no one there to catch you when you fall. This was the case for the first 118 years of the U.S. Navy.

It wasn't until 1853 that the rank of petty officers was defined. Prior to that time, petty officers were assigned by the ship's captain. There was a rank-and-file system to the petty officers. Some were paid more than others, depending on their responsibilities, but there was no official policy governing the structure. As a general rule, position on the ship's muster was equivalent to pay grade.

A Navy regulation approved in 1856 spelled out the precedence of ratings and separated petty officers into two groups: petty officers of the line and petty officers of the staff.

In 1865 the regulation was condensed to, "Precedence among petty officers of the same rate shall be established by the commanding officer of the vessel in which they serve." For the next 105 years, the concept of precedence by rating held way.

Prior to 1877, the title of chief was merely a matter of assignment. For example, chief boatswain's mate and boatswain's mate in charge were of the same rank and responsibility, but a chief boatswain served on the first two classes of ships only, while a boatswain in charge could serve on any of the four classes, but only in the absence of a warrant boatswain.

Confused yet?

In 1870, the separation between 'chief' and 'in charge' was eliminated, and chief boatswain and chief gunner's mate were allowed on all four classes of ships, but only in the absence of a warrant.

The situation only got more convoluted as time went on.

The Navy Regulations of 1865, 1870, and 1876 failed to define a chief boatswain mate and a chief gunner's mate as separate in level from any other boatswain or gunner.

In 1884 new pay rates became effective, for three chief rates: boatswain, gunner's and quartermasters, all paid \$35 a month. Several other rates, based on precedence, were paid more, between \$40 and \$70 a month. In 1885 the Navy classified its petty officers and seamen, but all chiefs were still listed at the first class level.

Finally, putting a stop to all of the confusion, on April 1, 1893, Navy General Order 409 established the rank of chief petty officer.

Many ask, "Who was the first chief petty officer in the Navy?" The answer is, no one. With the approval of the general order, in all rates that carried the petty officer first class rank from 1885 were shifted to the chief petty officer level at the same time.

However, some would say Jacob Wasbie was the first chief, because he was promoted to chief cook on June 1, 1776, making him the ship's cook.

It wasn't until 1968 that the system we are familiar with today was established, one based on pay grade and time in grade.

So whether the title has always been official or not, it is a position with a long and rich history. A history that continues to be written, and hopefully will continue to be written for centuries to come.



◀ Senior Chief Boatswain's Mate Thomas Hengel, assigned to the deck department of the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), stands as a safety observer during a replenishment at sea.



He stood in front of the class filling every corner of his 5-foot-11-inch frame with lean muscle. Each person who was attending the session was dripping sweat from every pore due to the workout they were enduring. He held a constant look of *'You can do it, don't quit'* on his face, that made me want to keep pushing even after everything in my body was telling me to quit.

Kareen Shelton, Louise Marsh, Duane Alston and Craig Mitchell circle around to clap after each push-up the group completes.

Lifetime of Fitness



Louise inhales before completing her next shoulder press in Craig's Bootcamp class.

Craig Mitchell, a certified personal trainer and physical education teacher, fell in love with fitness at the tender age of six by watching his older cousins' lift and stay healthy. Luckily for us, he kept that love going strong and conveys his commitment and love for it by holding classes at Eagle Fitness that have his personal touch all over them.

"I grew up with cousins who were seven or eight years older than me. They are like brothers and I always led the routines for them, jumping jacks, push-ups, and things like that," Craig said.

When Craig was old enough to lift weights, he built a small gym in the attic of his house.

"It consisted of a pull up bar, a bench and dumbbells. Then I outgrew that so I built a tent in my backyard to have my weight room outdoors," he said.

When he entered high school, Craig was in a plethora of sports activities.

"I played four years of high school football and three years basketball and track," he said.

Playing all those sports in high school paid off because when Craig graduated, he went to play football for Bowie State University, and that is where he picked up his eating habits.

"It started with my junior year in college, getting up early in the morning and eating breakfast. I had my pre-game

meals that consisted of baked chicken, string beans, broccoli, orange juice, a glass of water, and three pancakes," he said.

He ate breakfast at 7:30 a.m. even though his games weren't until 1 p.m. on Saturday, because he had to allow time for the food to digest before kickoff.

Craig said, "We wouldn't eat again until 5 p.m. so I had to load up on the carbs and proteins."

Also, he is a stranger to the fast-food places that most have grown to love because of their convenience in today's busy society.

"I'm very finicky with what I eat. I don't do supplements. I'm more into fruits and vegetables, turkey, baked chicken, never any fried food, and I don't eat out," Craig said. "Well, yes I do, I eat Subway. But as far as Burger King and places like that, no."

Even though Craig isn't a certified nutritionist, he admits that as a personal trainer, he is always advising his clients on what are the best foods to eat.

"You have to because just with exercise alone, it's not enough," he said. "You still need to know how much intake to put in, what are the good food choices and what kind of drinks to drink."

Craig seems to find a place for physical fitness everywhere in his life.

"I teach physical education at a school in Landover, and I've been there for 12

Lifetime of Fitness

years," Craig said.

Before he taught in Landover, he spent some time teaching at the schools in Prince George's County.

"That school system only had a classroom in the cafeteria and outside, but I had always wanted to teach in a gym. I thought I could offer more, and started a kid's fitness program," Craig said. "Now what I'm doing is trying to give back as much as I can through the kids, from high school through the college level."

As a personal trainer, Craig sees a chance that most people overlook.

"It's an opportunity to change lives," he said. "And I like to see people sweat. You get a high off of it."

Craig has to admit, he does like the structure the military provides its service-members.

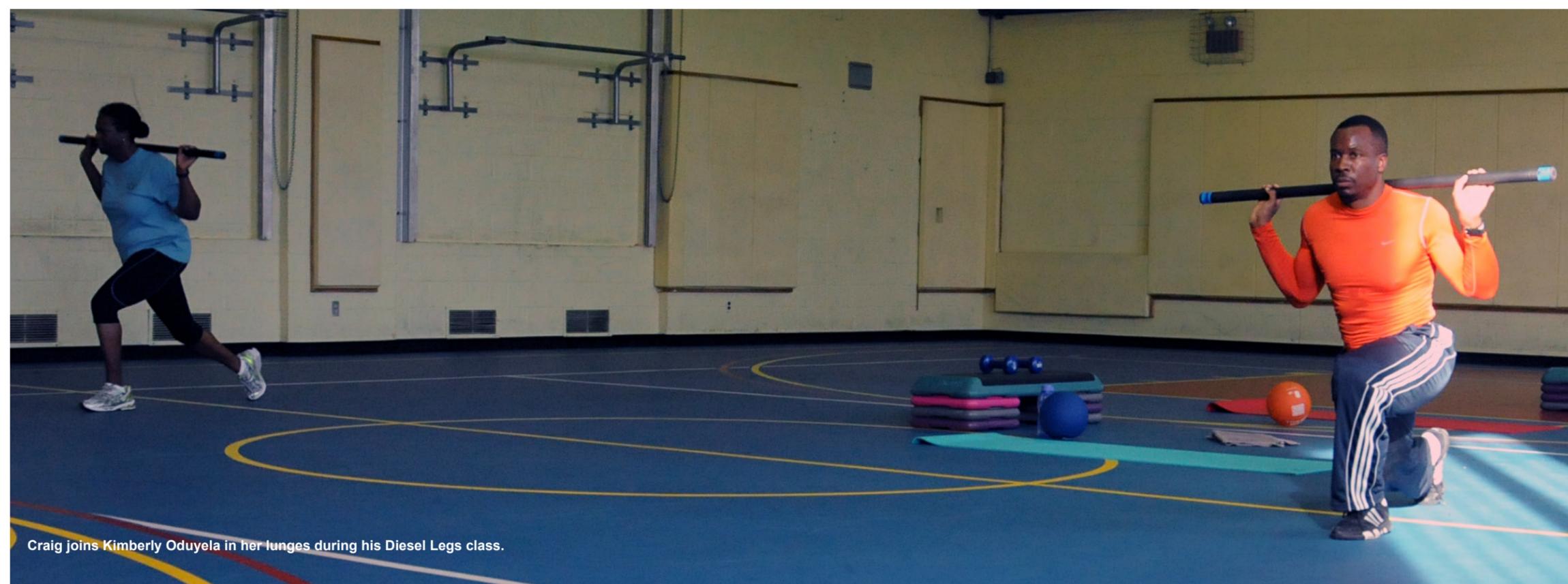
"In most cases, I can go all-out with the military and give you the exercises and you will take it and do it without complaint. Military is used to structure, so if I say we are going to do some lunges, you do them and then are waiting for the next exercises," he said.

When clients get negative, he won't feed into it, he just tries to motivate another way.

He said, "I give them the promise that



Kareen passes the medicine ball to Louise while changing places for sit-ups.



Craig joins Kimberly Oduyela in her lunges during his Diesel Legs class.



Craig times Duane during the jump rope portion of his Bootcamp class.

I'm not going to push too hard or be mean about it, but that we will get through it together. A lot of the time, they will come up to me after class and tell me 'Thanks for motivating me.'"

Some of his clients have lost 20 to 30 pounds while under his instruction.

"That is rewarding, because they normally stay with me for a long time. But then on the other side, I have clients who left and came back and had picked the weight back up, and that is heart breaking because we worked so hard to get the weight off," he said.

Fortunately, for NIOC Maryland, Craig's love for helping people and physical fitness brings him to Eagle Fitness every Tuesday and Thursday.

"I hold two different classes here. Boot camp on Tuesday at 11 a.m. and Diesel Legs on Thursday at 3:30 p.m.," Craig said.

The classes on Tuesday are a madhouse of circuit training, resistance tubes, and moving from station to station very quickly.

"With boot camp, I do functional training, where we use our body weight," said Craig.

Using interval training allows the class to switch between different types of exercises, like from cardio to strength training, and then to a flexibility exercise quickly.

"It's called muscle confusion, and it helps keeps everyone interested, so they don't get bored with the workout," he said.

Craig uses music as a motivational tool, and unbeknownst to him, it was a recruiting tool also.

"It's funny. I actually came over to the gym to work out on the treadmill and I heard the music, and that's what got me. So literally that was it, I just happened to walk in and he was starting up and I jumped right in," said Air Force Technical Sergeant Helga Parker, a second session client.

Working out with someone you know personally gives a boost of motivation, too.

"I come with my co-worker and it helps to workout with someone you know. I would come anyways though, Craig is a great teacher," said Parker.

Craig is very keen on knowing the limits of the people in his class.

"It's not too advanced, and he works with the individual. Like if you are a little more advanced he'll give you different things than he would give someone who wasn't so advanced," said Karen Shelton, a civilian who works on NSA and takes Craig's Boot Camp class.

It seems to be a trend with Craig to recruit people as they are walking through the gym.

"I came to the gym to get a schedule of classes and saw them working out and Craig was like, 'Come join the class!' so I did," said Karen.

When Craig isn't confusing the muscles in his class on Tuesday, he is focusing on the legs on Thursday.

"We focus on the glutes, hamstrings and quads. Mainly we do a lot of lunges, squats and plyometric explosive exercises that detail for the lower body," Craig said.

Air Force Staff Sergeant Gabrielle Santiago has been taking Craig's diesel legs class for over a year and a half.

"I really like the class because it's a good workout. Total body," said Santiago.

Santiago had to stop attending the class for a while after she found out she was pregnant, until she had her baby in March of 2010.

Lifetime of Fitness

"I have really seen changes in my body since taking this class, and since I started back up again in October, I have lost about 15 pounds," she said.

Not everyone in diesel legs has been attending for an extended period of time, Air Force Staff Sergeant Mark Jurrens is only on his second class with Craig.

"The class focuses on the legs, but he has a good mix of cardio in there it keeps your heart rate up," said Jurrens. "It also has a little bit of core and upper body mixed in there."

Jurrens prefers to work out in a group, versus working out on his own.

"Working out in a group is more motivating, especially when you have a good instructor like Craig," he said. "I would recommend this class to anyone. It's a good way to get in shape and because it's after work, if you want to burn off some steam, it's a great way to do that."

So whether your normal thing is lifting weights, running on the treadmill, or playing basketball, anyone can benefit from the knowledge and experience that Craig has and gives freely to his clients and classes. He has loved fitness all his life, let him share that love with you.



Craig joins Karen in her walking lunges in his Bootcamp class.



AWARDS

January/February

March



Meritorious Service Medal

Lt. Cmdr. Ann Casey

Army Commendation Medal

Petty Officer First Class Jeffrey McConn

Joint Service Commendation Medal

Petty Officer First Class Dereck Marshall

Navy and Marine Corps Commendation Medal

Petty Officer First Class Jerome Yoon

Joint Service Achievement Medal

Lt. j.g. Matthew Moran
 Petty Officer First Class Benjamin Chester
 Petty Officer First Class Chad Rusink
 Petty Officer Second Class Nicole Childers

Navy and Marine Corps Achievement Medal

Lt. Kerry Mills
 Lt. Hollie Cronley
 Petty Officer Second Class Michael Foster

Senior Deployer of the Year

Petty Officer Second Class Nathaniel Jarrad

Junior Sailor of the Year

Petty Officer Third Class Randi Martin

Flag Letter of Commendation

Seaman Jeffrey Hendershot

Good Conduct Medal

Petty Officer Second Class Robert Hale
 Petty Officer Second Class Eric Rogan
 Petty Officer Second Class Sasha Morgan
 Petty Officer Second Class Matthew Akers
 Petty Officer Second Class Rebecca Feathers
 Petty Officer Second Class Eric Farr
 Petty Officer Second Class Andrew Weed
 Petty Officer Second Class James Lacy
 Petty Officer Third Class Kathryn Hall
 Petty Officer Third Class Caleb Comptois
 Petty Officer Third Class Thomas Wihera
 Seaman Leesa Antisdell

Air Medal

Petty Officer First Class Jamaar Moore
 Petty Officer First Class Natalie Hammond
 Petty Officer First Class Jason Sikora
 Petty Officer First Class Benjamin Fewkes

Navy and Marine Corps Commendation Medal

Petty Officer First Class John Collins

Navy and Marine Corps Achievement Medal

Senior Chief Petty Officer Katherine Youngblood
 Petty Officer First Class Frakelia Leonard

Sea Sailor of the Year

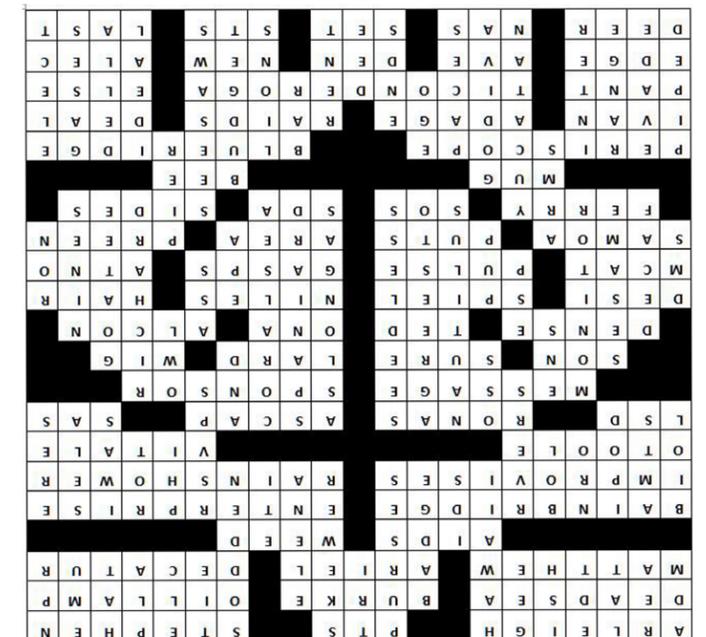
Petty Officer Second Class Devin Carroll

Good Conduct Medal

Petty Officer Second Class Jason Lizek
 Petty Officer Third Class Diego Claramunt

Volunteer Plaque

Petty Officer Third Class Miranda McLain



Bill Cosby was honored Feb. 17, at the U.S. Navy Memorial and Naval Heritage Center in Washington, D.C. He was pinned as an Honorary Chief by Secretary of the Navy (SECNAV) the Honorable Ray Mabus and Master Chief Petty Officer of the Navy (MCPON) Rick D. West.

Among the many chiefs that filled the auditorium to show their support for their shipmate were Navy Information Operations Command Maryland's Command Master Chief Petty Officer Scott Drenning, Senior Chief Petty Officer Nathan Crawford, Chief Petty Officer George Keene, and Chief Petty Officer Nathaniel Smith.

"Bill Cosby is not just a comedian and an actor, although he's pretty good at both, he's also been a tireless advocate for social responsibility and education, and a constant friend to the Navy," said Mabus. "Last year was the highest compliment I've ever received, being made an honorary chief petty officer, and now Dr. Cosby – you're about to get the same honor."

Cosby joined the Navy in 1956 as a Hospital Corpsman and attended recruit training at Naval Training Center Bainbridge, Md.

During his four-year tour, he was stationed at Marine Corps Base Quantico, National Naval Medical Center Bethesda, Naval Hospital Argentina, Newfoundland, USS Fort Mandan (LSD 21), and Philadelphia Naval Hospital.

His time spent at Quantico and Bethesda, was spent working in Physical Therapy helping to rehabilitate Korean War veterans.

"The years I spent in the Navy and so many moments remembering that the Navy gave me a wake-up call. The Navy showed me obedience and that's the thing that pushed me to realize the mistakes I had made in my young life at 19 years old and that I could do something with myself and become somebody," said Cosby.

Mabus joked that he knows it's getting harder for Sailors to make chief because retention rates are so high.

"Fifty-five years it took this guy," he said, motioning to Cosby and getting laughs from the crowd.

Quoting Cosby, West said "A former Sailor once said, 'In order to succeed, your desire for success should be greater than your fear of failure,' I think that should be the mantra that every chief petty officer should live by."



Rdml(SEL) Willie Metts gives a speech as guest speaker at the Black History Month Ceremony.