

WATCH

JULY/AUGUST 2012

INSIDE:
Run 185 miles with NIOC Sailors. Ethical Hacking? Yes! The Navy does that.

Altruistic Living:
NIOC Sailors continue to give back

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Congratulations NIOC Maryland CPO Selectees

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Jason Barrow
Jefferson Barrozo
Misty Brown
Kelly Chambers
Derek Dalton
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Justin Eason
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Harold Jurewicz
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Sean Li
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Commanding the Electromagnetic and Cyber Environment

Blog from Chief of Naval Operations, Adm. Jonathan W. Greenert, July 24, 2012

The electromagnetic (EM) spectrum is an unseen but integral part of our daily lives. Almost every one of us uses a remote (or EM transmitter) to control our television and unlock our car. We use mobile phones (or EM transceivers) to constantly stay in touch with each other by talking, emailing and texting. And, for more than a century we have relied on radio (or an EM receiver) and later television for news and entertainment. Important as the EM spectrum is in our personal lives, however, it is essential to our military operations. Failing to use it effectively can, no... actually it will be the difference between victory and defeat.

Now, we have also seen a merging in the last few years of the EM spectrum and cyberspace. High-bandwidth wireless networks in our homes, businesses and public spaces and satellite internet access for ships at sea and troops on the ground have made the electromagnetic spectrum an integral part of computer networks. Similarly, EM sensors such as radars and radiofrequency listening devices have become integral with the computer networks that control them and process their output.

This new EM and cyber environment presents us with challenges and opportunities in the 21st century similar to

the undersea domain in the 20th century. Like the undersea domain, the EM and cyber environment is an area we can use to gain an advantage over our adversaries. To command this new environment, we need the ability to monitor and be aware of the environment, manage our emissions, discretely communicate, find, track and defeat threats, and conduct attacks as needed.

Today we are inextricably connected to the EM and cyber environment, and occasionally we conduct military operations in it. This situation parallels in many ways the period around the First World War, when submarines transited on the surface, preferred to submerge only to clandestinely move into firing position, and then surfaced to attack. In subsequent years, submarines spent more time submerged, and with the advent of nuclear power, no longer need to surface or snorkel. As a matter of survival, we developed an understanding of underwater acoustics and the ocean environ-

ment, a culture of sound silencing, and a doctrine of operating under water – eventually turning the undersea environment into a primary warfighting domain.

We need to make a similar advancement in our command of the EM and cyber environment. Our Sailors need to sense, understand and employ the EM and cyber environment in a similar way that submariners (officers and enlisted) eventually mastered acoustics and the undersea domain. Today we understand how specific adversary radars and communications systems work, emissions that indicate a threat or attack, which signals and techniques can defeat those EM systems, and the effects of the atmosphere on EM

activity. But this knowledge and capability is discretely inherent in different – but specific – systems and people, and is not managed in real time. Going forward we will develop the sensors and ability to pull all this information together coherently and continuously.

Our Navy's undersea dominance resulted from the vision, discipline, and determination of Navy leaders and Sailors from World War I to today. They took a new and challenging domain and committed themselves to mastering it. However, they had the benefit of a clear technological and personnel advantage

and built on their hard work and sustained investment.

We do not have such a clear advantage with regard to the EM and cyber environment. Unlike the undersea domain, most of the world uses the EM spectrum and cyberspace. Our potential adversaries can leverage commercial innovations to rapidly adapt and develop new capabilities. We need to tap into this same source of innovation. But we will also develop and leverage those strengths that are impossible to "reverse-engineer" – the skill and perseverance of our Sailors, the expertise and flexibility of our defense research base, our expanding international alliances and partnerships, and our history of adaptation and warfighting success.

We will further discuss this challenge and our efforts to command the electromagnetic and cyber environment in upcoming posts and articles. Stay tuned.



185 for Heroes:

We run because they fought

By Terrina Weatherspoon

He crossed the finish line with Achilles Tendonitis in both feet and his sister crossed with five stress fractures. After running a marathon a day for seven days, starting in Cumberland, Md., and ending on the Georgetown University Lawn in D.C., there was nothing left to do but celebrate. They turned to each other and fell into a long hug. Little did they know, their journey was just beginning.

Petty Officer 1st Class Clay Anderson, Navy Information Operations Command Maryland, and his sister Petty Officer 1st Class Ashley Ackenhausen, instructor at the Center for Information Dominance in San Diego, have followed much of the same path in life. They joined the Navy together, they promoted together and they have both enjoyed taking part in endurance events. However, with Ackenhausen serving on the West Coast and Anderson serving on the East, their recent physical challenges had all been done as individuals. They longed to again do something as a team.

What they didn't expect was that their simple sibling match up would end up becoming 185 for Heroes, an annual multi-thousand dollar fund raising event for wounded warriors - but that is exactly what happened.

"When we decided to run the Chesapeake and Ohio trail (C&O), we were just looking to do a long challenge together," said Anderson. "The plan was to run the 185 miles in seven days, a marathon a day. We had planned on recruiting a small bike team to follow us with camping, food and medical supplies and then we began working on the bigger logistics. Then it hit us. What is seemingly crazy to some, could end up being very beneficial to someone else."

Thus, the seeds for 185 for Heroes were planted.

"Immediately I thought about raising money and awareness for the Wounded Warrior Project," said Anderson. "We made contact and submitted our idea. Our concept was screened and ultimately ap-



proved. From there we were provided access to an online fundraising portal where people could donate."

This is where the story gets complicated. The siblings didn't just want to raise funds for the warrior project; they also wanted to raise awareness, so they decided to dedicate each day of the run to an actual wounded warrior. They also decided they would honor the warriors with a ceremony at the completion of the run. And that's where Georgetown University came in.

"We figured; why not end the run at Copley Lawn at Georgetown University," said Anderson. I contacted Georgetown's running club and was told that their president was currently studying abroad in Argentina. I was able to get in touch with him and we set up a video chat. We talked for

an hour discussing logistics and he agreed to help coordinate on his end."

Over the next seven months Anderson and his sister trained. They logged about 2,200 miles and at the height of their training would run as much as 100 miles in a week. That is about 20 hours a week; a part time job.

"I was buying new running shoes every month," said Anderson.

Anderson and Ackenhausen planned their trip meticulously. They had all day each day to run a marathon, shoulder to shoulder. For the most part they broke up their days in three segments of nine miles. They also planned their ending points around hiker/biker camp sites so they could set up camp each night.

"We were extremely lucky the first



year," said Anderson. "There was absolutely no rain. Each day we would wake up and re-emphasize the cause. We would read the bio of the warrior we were running for that day. It would put us in the right frame of mind to continue our journey."

"I would also take a moment and just thank God for what He had set before us and the ability to achieve it," said Ackenhausen. "After this experience, I firmly believe that you can do anything you set your mind to."

On the last day Anderson and his sister ran to Fletcher's Cove, D.C. There they met up with more than 40 members from the Georgetown run club. They sat through an impromptu question and answer session where the siblings answered questions about their journey and their cause. Then, it was time to cross the finish line.

The team led the way, the final three miles of their 185-mile trek. Behind them was their bike team, and behind them, the members of the run club.

"When we crossed that finish line and broke the tape, it was surreal," said Anderson. "It was one of those profound moments and one of the proudest of my life. I can't put into words the emotion. Everything we had trained for and went through, the reason we were doing it, what it was all for, it all came to the surface in that final moment. I looked at my sister and we just hugged each other."

"It was one of the best moments of my life, for many reasons," said Ackenhausen. Being able to help those who have fought for this country and the freedoms we enjoy; being physically able to even run that many miles, especially alongside my brother; and meeting those who we honored at the finish line ceremony; the genuine gratitude and appreciation they showed for our cause, made it worth the months of training, which by far isn't nearly comparable to the battles they



Far left: Ackenhausen and Anderson hold hands as they cross the finish line at Georgetown University during the inaugural run, Sept. 11, 2010.

Center left: The 2011 185 for Heroes team cross the finish line at Georgetown University, (from left to right) Ashley Ackenhausen, Don Snook, Chris Snook, and Clay Anderson.

Left: Ackenhausen and Anderson take a moment to relish in the feat they accomplished together after their inaugural run, Sept. 11, 2010.

have faced, both in the war and upon return."

During the ceremony the wounded warriors that were present were given cased flags that had been flown over the Pentagon in their honor. Sponsors for the event showed up to show their continued support for the duo. More than \$6,600 had been raised for the Wounded Warrior Project and Georgetown staff immediately found Anderson to say they were interested in doing it all again the following year.

"No way," said Anderson. "We had both endured so much physically during those seven days that we were not ready to commit to a second year."

That's when Anderson began thinking outside the box.

"What if it wasn't my sister and I next year, but two totally different people?" said Anderson. "We could coordinate everything for another team."

And that they did. The following year two brothers took on the challenge. Despite rain the entire week, a flooded out running trail and a knee injury that caused one of the runners to run the last part of the race on crutches, the brothers finished.

"My sister and I were part of the bike team the second year," said Anderson. "On day four we were told that the rain had totally flooded the C & O trail. When we told the men they weren't going to be able to finish, they wouldn't accept it. Their commitment was inspiring. We didn't have enough time to navigate another way to Georgetown so we improvised."

Anderson contacted the closest gym they could find and explained the situation. The gym opened its doors and treadmills to the two runners. Over the next two days the brothers logged 60 miles each on the treadmills.

That year more than \$15,000 additional dollars were raised bringing the total to \$22,000. Again Anderson was humbled by

the outpouring of support, and by the people volunteering to run the following year.

"Right now we have runners up to 2014," said Anderson. "We've also put together a nine-member board of directors. We meet monthly and have decided to keep this thing going."

185 for Heroes has partnered with Operation Second Chance, a Maryland based nonprofit organization for wounded vets. The committee has also decided to add something new this year, virtual teams.

"Essentially we want people all over to be able to be able to complete this challenge and raise money for Operation Second Chance," said Anderson. "The team will sign up and will run during the same week the official event is going on. The only differences are that it doesn't matter how many people are on the team and the entire team does not have to complete the 185 miles. It can be a collective number. The teams will also be given their own fund raising page. This will allow people all over the world to participate in the event."

Anderson said his long term plan for 185 for Heroes is to take it across the country, literally.

"On the 10th anniversary I would like to do a transcontinental non-stop relay," said Anderson. It would start in San Diego and end in D.C. Each participant would run a complete marathon and we would try to incorporate capable vets throughout the world. Logistically it will be a nightmare, but we've got time to plan."

More than time, the team has passion.

"I believe in order to do something great you need to align it with your passions," said Anderson. "I'm able to truly make a difference doing something I love. That's my reward."

The next 185 for Heroes will take place September 2-8. For more information log on to www.185forheroes.org.

Giving 110%

Story by Terrina Weatherspoon
Photos by MC2(SW) Regina Wilken



Sailors attached to Navy Information Operations Command Maryland who volunteer at the Riviera Beach Fire Department share some laughs over dinner at the firehouse, August 3.



The phrase “giving 110 percent” confuses many people. How is it possible to give 110 percent?

A group of Navy Information Operations Command Maryland Sailors are proving just how possible it is. They are Sailors committed to serving their country 100 percent of the time. But they also spend more than 10 hours a week as volunteer firefighters for the Riviera Beach Volunteer Fire Department – no doubt giving validity to the term 110 percent committed.

Damage Controlman 2nd Class Alex Daniels, N4 Dept., has attended seven firefighting and EMT courses, is lined up for three more and has been out on more than 25 calls.

“Of the 25 calls only one was a significant fire,” said Daniels. “I know a lot of these guys are used to the blaze, but for me, that first fire was my initiation. It meant a lot to me. I became a firefighter that day. It tied everything together. It made it real.”

Cryptologic Technician (Networks) 3rd Class Nicholas Spitzer, who was recruited by Daniels, is on his way to being EMT certified – only 161 hours of training to go.

“I was a lifeguard prior to joining the Navy,” said Spitzer. “On my first day of work, at only 16 years old, I had a lady collapse behind my chair. I will remember that moment till the day I die. I was able to do something for someone else. It was gratifying. So when Daniels presented this opportunity, it made sense to me to volunteer – because that feeling is addictive.”

Daniels agreed, “In that moment it does not matter what rank you are, your skin color, your religion, or who you love. In that moment you are exactly who you need to be; the right person at the right time. It’s a great feeling.”

Cryptologic Technician (Interpretive) 3rd Class Nicholas McColley was attending Russian linguist school for the Navy during the day and completing 130 hours of EMT training in the evenings.

“I had to get good at compartmentalizing,” said McColley. “Daniels told me about the opportunity to volunteer and I wanted to seize it. Unfortunately, the training coincided with my Navy training, but I couldn’t let that detour me. So I got focused and did both.”

Until the volunteers are fully qualified, they spend most of their time as professional fund raisers. They run Bingo Night at the firehouse every Friday night and they have Pit Beef sales most Saturdays. They also help out with nightly events like cooking and cleaning around the station and yearly events like the annual carnival.

“Fund raising is a big part of what has to be done,” said Ed Kiser, president of the company. “It takes an average of a half million dollars to run the station, therefore fund raising is mandatory. Our volunteers make it happen. They see the need, and they step

up to take care of the community and in return the community takes care of them,” said Kiser.

Kiser is hoping to raise enough money to remodel the station to include classrooms and a second floor for more berthing space.

Right now the station does not have a fire pole, but with the addition of a second floor, Kiser said the need might arise. However, it requires 80 hours of training before a firefighter could use it.

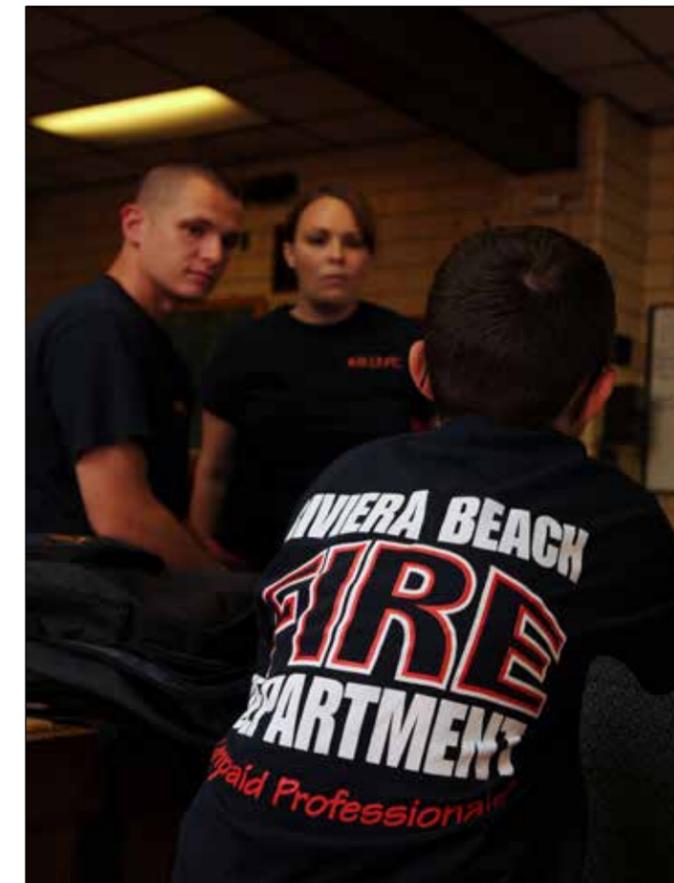
Kiser said he believes the Sailors are attracted to this lifestyle because they want the knowledge and know how to run any situation. They want to lead, and they want to know how to properly react in every scenario.



“We expect a lot here at the station, and they aren’t afraid of that,” said Kiser. “They embrace it.”

“We are a family here,” said Daniels. “We work as a team and it’s the only way to get things done. This job requires a thick skin – it builds you up. You have a split second to make decisions, and here you gain the strength and confidence to be a leader in those life and death emergencies.”

“I’m proud of my dad,” said Daniels’ son Joey, 12. “It’s hard to explain exactly what I want to say, but my dad is teaching me the meaning of sacrifice. And that’s pretty cool.”



Left: Petty Officer Third Class Lorena Twigger does her part to cook dinner for the Riviera Beach Firehouse, Aug. 3.

Above: Petty Officers Third Class Nicholas McColley and Tiffany Priestly talk with Daniels’ son, Joey, about volunteering with the Riviera Beach Fire Department, Aug. 3.

Riviera Beach Volunteers:

- Alex Daniels*
- Shawn Ward*
- Tyesha Johnson*
- Nicholas Spitzer*
- Jack Little*
- Katie Dillehay*
- Robert Huston*
- Ninoshkalys Rivera*
- Daniel Steele*
- Nicholas McColley*
- Tiffany Priestly*
- Andrey Raguzin*
- Jack Alkire*
- Lorena Twigger*
- Alexander Hall*
- Neal Knudsvig*
- Gabe Stecker*
- Justin Romaine*
- Jose Paz*

Hacking as a Hobby

By Terrina Weatherspoon

In 1993 while most of us were amazed at the speed of dial-up Internet connections, a group of hackers were starting what would later become an international dream for like-minded, computer savvy people.

They developed a program, and then encouraged people to hack it. In fact, it became a game, and people everywhere wanted to play.

One of those players is Chief Petty Officer Rob Couey, Navy Information Operations Command, Maryland. He has participated in more than 10 Flag Capturing exercises.

"The 'Flag' is secret data," said Couey. "People put up computer systems and include certain vulnerabilities. The point is to break into the system and extract data out of the secret file. In other circumstances, these activities would be illegal," added Couey, "but this is a fun way to test your skills legally."

Over the years Flag Capturing has expanded and more and more companies are setting up competitions. These companies create their own programs, written specifically for the competition.

"We get a group together and we enter the competitions," said Couey. "Most of the time the competitions are set up like a Jeopardy board revealing one challenge at a time and all of the challenges are linked to cash values. Then you just start working on several things at a time, trying to accomplish as many challenges as you can in the time allotted."

Competitions can last for 24, 48 hours or longer. Security vendors also use these challenges as a type of final exam after a course, to prove that students are truly learning the material.

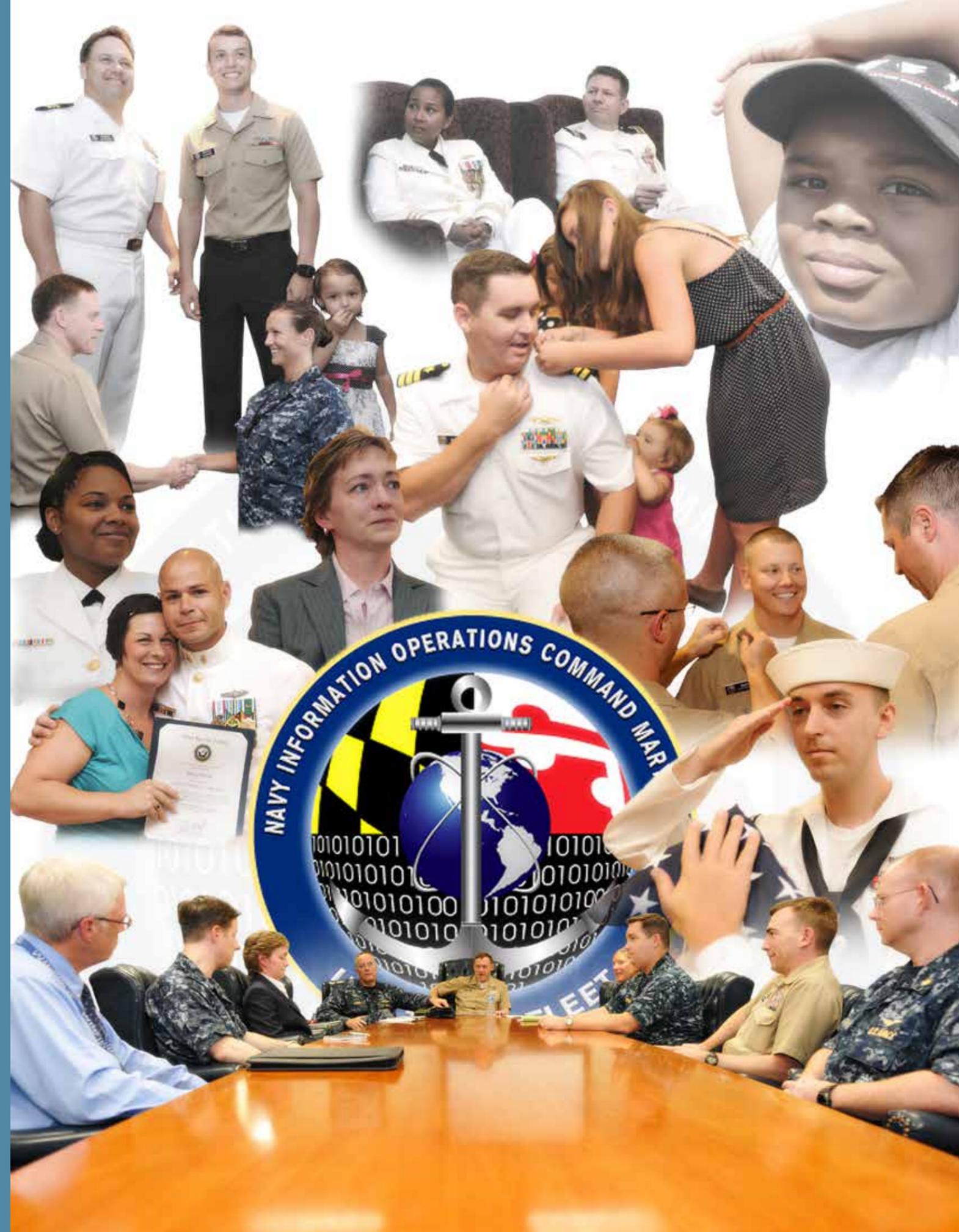
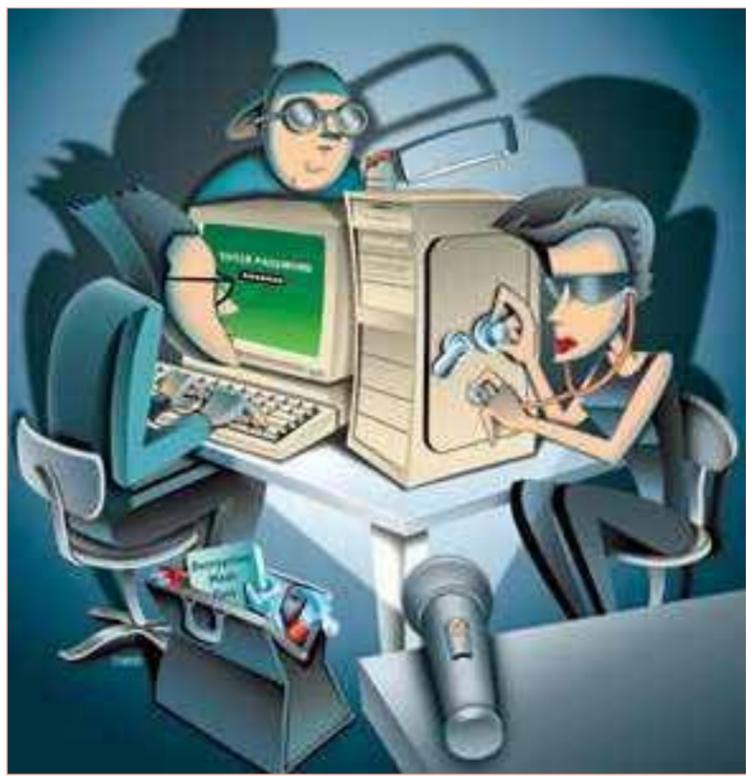
"It's not something you win at," said Couey. "It's just a hobby, like anything else, and you do it for personal satisfaction. I've always been interested in computers. They were part of my life before the Navy and they became my focus when I joined. It's nice that my hobby and career go hand in hand. I have learned that in both the challenges and in my career, if you want to be successful you have to think creatively and analytically. You will never get anywhere if you only stick to traditional lines of thinking."

Couey said that his team is made up of people from NIOC, but also people who play from Hawaii and Texas.

"We have great skills, but we are aware of our gaps," said Couey.

Couey is hoping to fill some of those gaps by increasing recruiting efforts by officially starting a command-sponsored team.

**If you are interested please contact
rtcouey@nsa.gov
or
lrbaden@nsa.gov**



Caress Hudson: Wife, mother, and one of your Command Ombudsmen!



Where are you from?
I'm from Tyler, Texas

What is your affiliation with the military?
I'm a U.S. Navy Spouse and a Coast Guard brat.

Why did you want to be the Command Ombudsman?
To serve the Navy community on Fort Meade, Md.

What does getting the position mean to you?
It's a distinguished honor.

What are your goals now that you have been selected?
My goals are to keep the Navy families connected and aware of everything that is available to them.

Is there anything else you would like people to know about you?
I'm here for your service! And Go NAVY!!!

International Four Days Marches Nijmegen

Photo and story provided by Master Chief Sandra Turner

Eleven Sailors and an Airman from Navy Information Operations Command Menwith Hill, England, Navy Information Operations Detachment Digby and Detachment 1, 451st Intelligence Squadron proudly and honorably represented the Information Dominance Corps from the U.S. Navy and U.S. Air Force while participating in the 96th annual International Four Days Marches Nijmegen July 17-20.

This event, hosted by the city of Nijmegen, Netherlands, is the largest marching event in the world and attracts 45,000 participants each year.

Of this number, approximately 5,000 entrants are military personnel. The event began in 1909 as an event held within the Annual Field Army Sports Day and grew into its present-day form enjoyed by civilian and military personnel alike. The event is broken up over four days with each day's route covering a specified distance as dictated by the entry category. Military contingents and participants are assigned the 40 km category and differ from their civilian counterparts in that they are required to be in a full uniform with each military member carrying 10kg of dead weight.

Marching in formation over the 106.2 mile course each day presented its own unique challenges. Faced with the formidable challenge of blisters and muscle fatigue, team members drew strength not only from within themselves but the encouragement of fellow team members, military contingents (foreign and US), and from the local population along the routes. Members of the military (from 22 Nations) began and ended their marches each day at Camp Heumensoord several miles outside the city center.

On the second day of marching, the NIOC-NIOD-DET 1 Team was accompanied on their last mile of the day by the drumming sup-

plied by a pair of Netherland Army drummers; a memorable experience which helped each exhausted member of the team bring their shoulders back and raise their heads high as they proudly completed the day of marching as a team. The final hours of the march were the most rewarding when all participants were treated as celebrities by the local community in recognition of their significant achievement over the last four days.

All members of the team agreed that the strength of the team coming together during the tough times along with the camaraderie shared among the various nations' militaries were the best parts of the Nijmegen Four Days Marches. When asked if they would like to participate in the march again, all members unanimously agreed that they would.



Building a Body

By Terrina Weatherspoon

"Bodybuilding is 75 percent diet, and 25 percent workout," said Lt. Justin Ford. "Everything you eat makes a difference in how you look and feel – garbage in, is garbage out!"

Ford, who is currently training to compete in the 2012 NPC Jay Cutler Baltimore Classic Aug. 25, began his bodybuilding career on a bet from his wife, and has embraced the lifestyle ever since.

"My wife bet me that I wouldn't participate in the local military base's bodybuilding competition - 2012 NSA Naples Body Building Competition," said Ford. "I proved her wrong and won first place."

Bodybuilding has helped Ford get stronger and more agile, and he said, surprisingly faster at running. Mentally he said he feels great and free from an unhealthy lifestyle. He said bodybuilding has improved so many aspects of his life that he wouldn't be able to list them all.

"It's a hobby," said Ford. "I love it because it's something that I do that allows me to meet others with like interests, and it's good for me. It gives me a competitive release and a goal to work toward, and I feel like I'm making myself better every day."

Ford said that bodybuilding does compliment his life in the Navy, but added that it is often a hard lifestyle to lead while deployed.

"I think bodybuilding fits pretty well with the Navy's initiative to improve the physical fitness of its members," said Ford. "It takes a tremendous amount of discipline and dedication, just like what is often demanded of us in the Navy. However, the Navy can be demanding of your time. Sleep can be hard to come by during underway periods, and the selection of food while underway does not always lend to the bodybuilder's diet."

Ford, who calls South Carolina home, said his friends and family were initially put off by the idea that he would become a "roid-raging monster," but now understands more about bodybuilding and think it's really cool.

"Most of my family and friends say they couldn't maintain that strict of a diet but then they turn around and ask me how to get abs like mine," said Ford. "Of course, my answer is, it's almost all diet."

Ford said it is not hard to stay on course because his wife is very supportive. She helps him prepare his meals even though she isn't on the diet with him.

Although Ford said he loves bodybuilding and seeing the progress from all his hard work can be addicting, he isn't sure it is something he will continue with after this next competition.

"Competing is a lot of fun, but the weeks leading up to

it can be very nerve-wrecking, as you are constantly wondering if you're doing everything you can to prepare for the show," said Ford.

However, he does still plan to maintain his healthy lifestyle.

"Regardless of what your fitness goals are, all it takes is willpower," said Ford. "You really can do it, but it's not going to happen overnight. Whether you're trying to shed some pounds or get ripped, it's both proper diet and exercise. There are no shortcuts, but if you stick to it, it will happen faster than you think. See you around the gym."



Ford posing during his first bodybuilding competition April 2012 in Naples, Italy, where he won first place.

Know Your Rights: Service Member Civil Relief Act

By: Lt. Roni Beasley, Staff Judge Advocate, NIOC, MD

The Justice Department recently announced that Capital One has agreed to pay approximately \$12 million in damages to nearly 4,000 service members to resolve a lawsuit alleging Capital One violated the Service Member Civil Relief Act (SCRA). The settlement encompasses an array of violations guaranteed by the SCRA, to include wrongful foreclosures, improper repossession of motor vehicles, illegal court judgments, and the wrongful denial of the 6 percent interest rate on credit cards and car loans.

While securing a settlement of nearly \$12 million from Capital One is quite astonishing, learning that businesses are still trampling the rights of the unknowing, unassuming servicemembers nearly 72 years after the establishment of the SCRA still causes some alarm. Even more alarming is thinking how much higher this figure could have been. One can only imagine how servicemembers could have benefited from this settlement had they been aware that their rights were being infringed upon or had they known the proper way to seek redress.

The Servicemembers Civil Relief Act (SCRA), was originally enacted in 1940 to safeguard those called to service while our nation was at war. The Act, which now outlines protections for active duty, in some cases their dependents, reservist, and national guard, has evolved into the current legislation as a means to address disadvantages faced by military personnel due to the transient and unpredictable way of the military.

It is common knowledge that military personnel are required to be flexible, and if ordered, must PCS or deploy at a moment's notice to fulfill the call of duty. For some servicemembers, answering that call means that they must break residential and car leases as well as cellular phone agreements. Provided the proper steps are followed and the adequate notice is given, the SCRA provides an umbrella to shelter servicemembers from any penalties associated with termination of the above mentioned contracts.

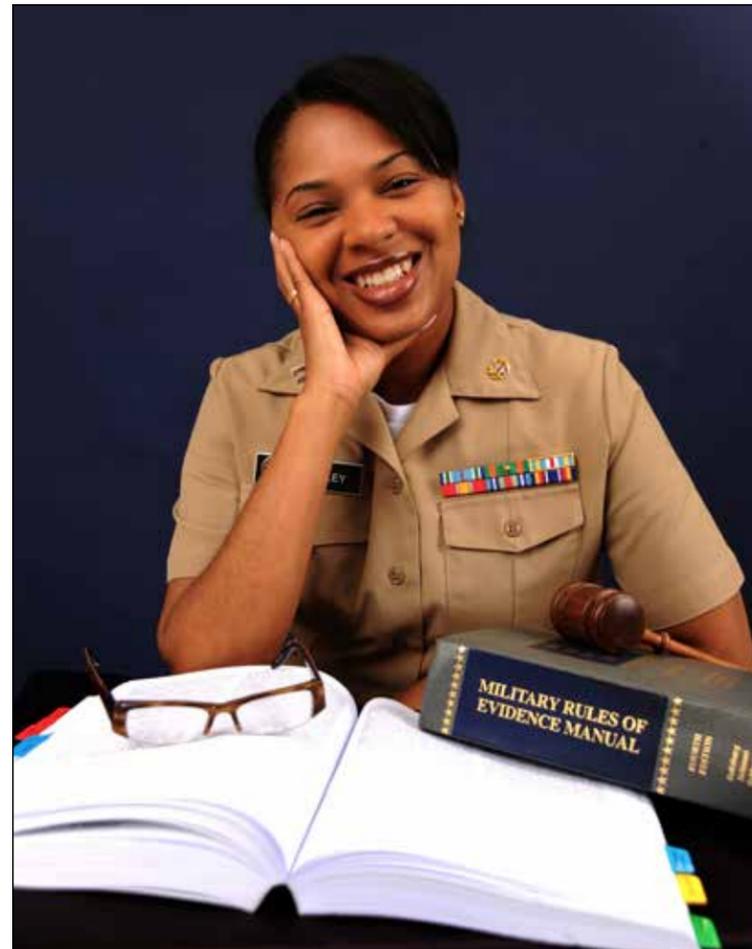
The SCRA also provides servicemembers protections for pre-service debts. Interest rates on credit cards, car loans, and even mortgages that were secured prior to a member coming onto active duty service should be lowered to 6%. The application of the 6% interest rate should be retroactive from the start date of active duty military service. Consequently, any interest charged above the statutory ceiling must be forgiven, not accrued and the difference between what has already been paid at the higher interest rate and the 6% ceiling must be credited toward the repayment of the debt.

Even with the 6% interest rate break, the grueling slump of the housing market has forced many Americans into foreclosures. Recognizing that millions of servicemembers are forced into this slump, the SCRA provides protections to those servicemembers that are forced to leave their homes due to PCS orders. If a mortgage was obtained before entering into military service, the

SCRA requires the lender get a court order before foreclosing. If a court order is obtained, but it can be proven that a servicemember was unable to meet his or her financial obligations due to military service, the courts must then temporarily stay proceedings or adjust the amount of the obligation to the lender.

Though I have only summarized a few, there are a variety of other provisions under the SCRA. The spirit of the Act is to protect servicemembers while they are defending our country. If you feel your rights under the SCRA have been violated, please contact your local legal assistance office or the United States Justice Department Civil Rights Division.

This article is intended to provide an overview of the SCRA and does not constitute legal advice. The SCRA can be viewed in its entirety at 50 U.S.C. App. § 501 et seq.



TATTOOS:

Tattoos may be seen as a way to express your creativity, but they are also a way to give yourself a potentially life-threatening infection. Last year, doctors saw an emergence of rare skin infections from *Mycobacterium Hae-mophilum*, a bacterium related to tuberculosis and leprosy, in patients who had recently received tattoos. Tattoos are related to increased infection rates of Hepatitis C and other blood-borne diseases because tattooing breaks the surface of the skin and some people have severe allergic reactions to the dyes used in tattooing.

If you are considering a tattoo, it must be in compliance with NAVADMIN 110/06 and Navy Uniform Regulations, Chapter 2, both available at Navy Personnel Command's website: <http://www.public.navy.mil/bupers-npc/Pages/default.aspx> under References. Ensure the parlor sterilizes all instruments and keeps all dyes in sterile containers. Consider NOT getting a tattoo if you have sensitive skin and allergies. Go to your doctor or the nearest ER at the first sign of infection: redness, swelling, rash, warmth, pain and/or pus at the tattoo site. Check out this website for more information: <http://www.mayoclinic.com/health/tattoos-and-piercings/MC00020>.

Think before you ink.



Command Picnic

NIOC Maryland held its Annual Command Picnic at Burba Lake Park on Fort Meade, August 8. Command members enjoyed lunch, dunking FY13 Chief Petty Officer Selectees in the dunktank, volleyball, and a dance show put on by the CPO Selectees.

