

ANCHOR WATCH

March/April 2012

celebrate the
Year of the Chief



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Sailors with Navy Information Operations Command Maryland attended Ft. George G. Meade's National Prayer Lunch held at Club Meade, March 28.

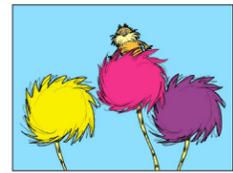


Photos and story by MC2(SW) Regina Wilken

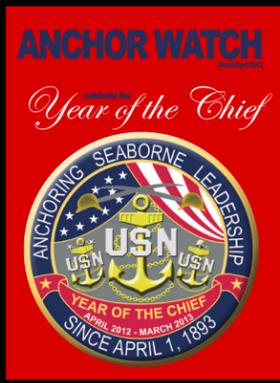
Sailors from Navy Information Operations Command Maryland joined with Frances Fuchs Early Childhood Center to celebrate the birthday of a beloved children's author, March 1.

This is the second year NIOC Maryland volunteers were able to provide a memorable experience for the young students at the school. Sailors read a variety of Dr. Seuss books, help with arts and crafts projects, and some even got to eat green eggs and ham.

Petty Officer 1st Class Anthony Gonzalez left a lasting impression on the students by donning a Cat in the Hat costume and causing mischief. Accompanied by Thing One, Melissa Vega, and Thing Two, Lona Giosa, the trio danced and laughed with students, faculty, and volunteers.



Happy Birthday
Dr. Seuss



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ANCHOR WATCH
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 March/April 2012
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NIOC MD Sailors take the Plunge

A Viking, a man who can't swim, and a man-child wearing Spiderman underwear, walk onto a beach...

Sailors from Navy Information Operations Command Maryland were among the 14,500 people who jumped into freezing cold water recently in support of the 16th Annual Maryland State Police Polar Bear Plunge at Sandy Point State Park in Annapolis.

The Polar Plunge requires taking a quick dip in the Chesapeake Bay, attracting an average crowd of 10,000 to beachfronts that would otherwise be deserted in February. It is the state's largest year-round organization devoted to sports training and competition for children and adults with intellectual disabilities.

"It is a great cause," said Petty Officer 2nd Class Ronald Pecoraro. "I can't think of a better reason to jump into ice cold water."

This year was one for the record books. More than 14,500 people participated and raised more than \$2.5 million. The entry fee is \$50, but participants can raise and donate more than that if they feel moved to do so. Some even set up their own donation website to make the donation process easier. Pecoraro had his own way of getting people to donate.

"Normally you run in and run out," said Pecoraro. "I worked it out with a few friends and family who donated that I would run in, get out, and run back in. When you get out of the water it is pure shock. Your adrenalin is really pumping."

After the plunge you are free to enjoy a full day of events known as PlungeFest.

"This is my first year doing this, but it won't be my last," said Pecoraro. "This was one of my more memorable experiences since being stationed here. It was an all-day family festival where we all came together to support some pretty amazing people."



Petty Officer 3rd Class Michael Benton, Seaman Jay Velez, and Petty Officers 2nd Class Ronald Pecoraro, Alex Daniels, and Jesse Saunders pump themselves up before taking the plunge. Many of the participants dress-up in costumes to get motivated before jumping into the freezing cold water, and hopefully to raise more funds by making people laugh.

Build wealth, not debt

"Set a Goal, make a plan, save automatically" was the theme of the 2012 Military Saves Week, which began Feb. 19, as part of the larger nationwide America Saves Campaign, conducted in cooperation with the Consumer Federation of America.

Although the Military Saves Campaign is a year-long effort, Military Saves Week is meant to bring in community and financial resources to help military members focus on their financial readiness.

"It's important for everyone to manage their resources," said Master Chief Petty Officer of the Navy Rick West. "You really have to take care of your needs and balance your wants. As we all know, life is unpredictable. You need to be prepared. Every Sailor should be looking to a future financial plan. If you have not sat down with a financial counselor, you could be impeding your future security."

Start small, think big was the idea behind Military Saves Week. Personal Finance Managers (PFM) at each military installation were the key planners and organizers of all base Military Saves Week programs and activities.

"Your personal health and well-being start by reducing stress," said West. "And financial stress is hard to manage if you become too far in debt. I challenge you to take a month and cut out the stops for coffee, make your lunch, don't visit the vending machines, and see how much you save."

Over the past five years, more than 100,000 military members and their families have taken the pledge to save money, reduce debt and build wealth over time. In addition, many military banks and defense credit unions promote Military Saves Week and offer financial seminars and special savings programs.

Visit www.militarysaves.org and take the "Saver Pledge." Build wealth, not debt.

We don't
always
need the upgrade...

By Terrina Weatherspoon

I love my car. Right now it's a little dirty and there is definitely two huge cardboard boxes, a printer, a 12-pack of diet soda, three pairs of shoes, a shirt, a jacket, two umbrellas, a bunch of very important documents, a combination cover and an old style boom box in my trunk, but the fact that all of it fits just reminds me of how much I love my car. It's definitely dirty enough to write something even dirtier on it and the area in front of my seat is home to no less than seven French fries.

My middle console is in deep need of cleaning out. There are photos, money, pens, receipts and air fresheners in there and my glove compartment contains everything except a valid registration and proof of insurance. My daughter has used the door pockets as a personal library and the leg area on the passenger side plays host to my gloves, sun glasses, and every water bottle I've ever drank from in my life.

Did I mention I love my car? My seats do not heat up. My old car had seats that heat up, but that would have been too expensive up an upgrade for my current car. My windshield wipers aren't rain activated. Did you even know that was a thing? That your wipers could detect rain and automatically begin wiping it away? I didn't. I know now only because there was a list of things the dealer made sure to tell me I wouldn't be getting. It's fine though. My eyes can also detect rain and then my hand can basically "automatically" hit the thingy on the side that will "automatically" make my wipers wipe. And all of that is free! Came with the car. No extra cash required.

My car is not a convertible like my last car was, but I do have a nice sun roof. I don't always recognize my car in a

crowd because it is white and looks like a lot of cars I see out in the parking lot. My last car was easily recognizable. So I have to kind of actually remember where I park now... which is a total bummer.

My new car will also NEVER have remote start. This makes me very sad. Remote start is just not recommended for my vehicle. There is some place that will basically jack my stuff up and put it in my car anyway for about a grand, but I've decided I'm just going to have to go out and start it myself. It's a sacrifice. But I love my car, so I'm willing to do it. Every single day, as much as it pains me, I'm going to go out in the freezing cold and non-remotely start my car.

I could go buy a different car. An easily recognizable car. A car with heated seats. A car with rain detection, a convertible, a car with remote start. But I picked this car and by God, It's mine! I've invested a lot of money into it, and it's not like the old days when I felt like cars were disposable and I couldn't wait to get rid of the one I had in search for the next shiny thing on the lot. Sometimes even test driving other vehicles, knowing I was in no position to get a new car. Wanting a new car simply because my current one needed a little work, a new brake light... or gas. I've learned to hang on to my vehicle. Shop for quality and then just love what I have.

I'm seeing this epidemic of young Sailors, and senior Sailors for that matter, changing out cars more often than they change out tooth brushes. I'll admit I used to be one of those people. It's not until I was paying almost \$25K for a PT Cruiser (due to all of the money I'd had to roll over during the years) that I realized, man, for a couple more thousand dollars I could be driving a Mercedes, or some other car whose name is more expensive than the metal used to build the car.

My point is whether we are talking about cars, houses, televisions, cell phones or even relationships, we need to start realizing that nothing is ever going to be perfect. We need to stop focusing on what could be right with something else, and start recognizing what is right with what we already have. Your wallet - and your common sense - will thank you.



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photography / design

So you think YOU can DANCE?

By Terrina Weatherspoon

When Seaman Irving Figueroa, who works in the mail-room at Navy Information Operations Command Maryland, joined the Navy, he knew it would lead to adventure. What he didn't expect is that it would lead him to discover his true love - dancing the Bachata.

Bachata was founded in the Dominican Republic and the music incorporates various percussion instruments. The songs are almost always about heartache and love. For Figueroa, the songs represent an opportunity beyond what he ever expected.

"I began dancing only 11 months ago," said Figueroa. "Right away I began to compete in local contests. I wanted to put in to practice what I had learned and also test my own progress."

During his second competition Figueroa won in an amateur category against far more experienced dancers. He was then featured in an article for Washington DC's Tiempo Latino

newspaper as a great competitor and prominent dancer in the DC/Maryland/Virginia area.

"I also made an appearance in a USA Today special, which covered the growth of the Bachata dancing community and its rising dancers," said Figueroa.

Figueroa is currently on two Bachata performance dance teams: NY Touch and DNC:2BEAT. With NY Touch, Figueroa was recently able to perform in the Los Angeles Bachata Festival. With DNC:2BEAT, which is based in northern Virginia, Figueroa has stayed active in the dancing community by performing at neighborhood community centers, restaurants and social dance events on a weekly basis.

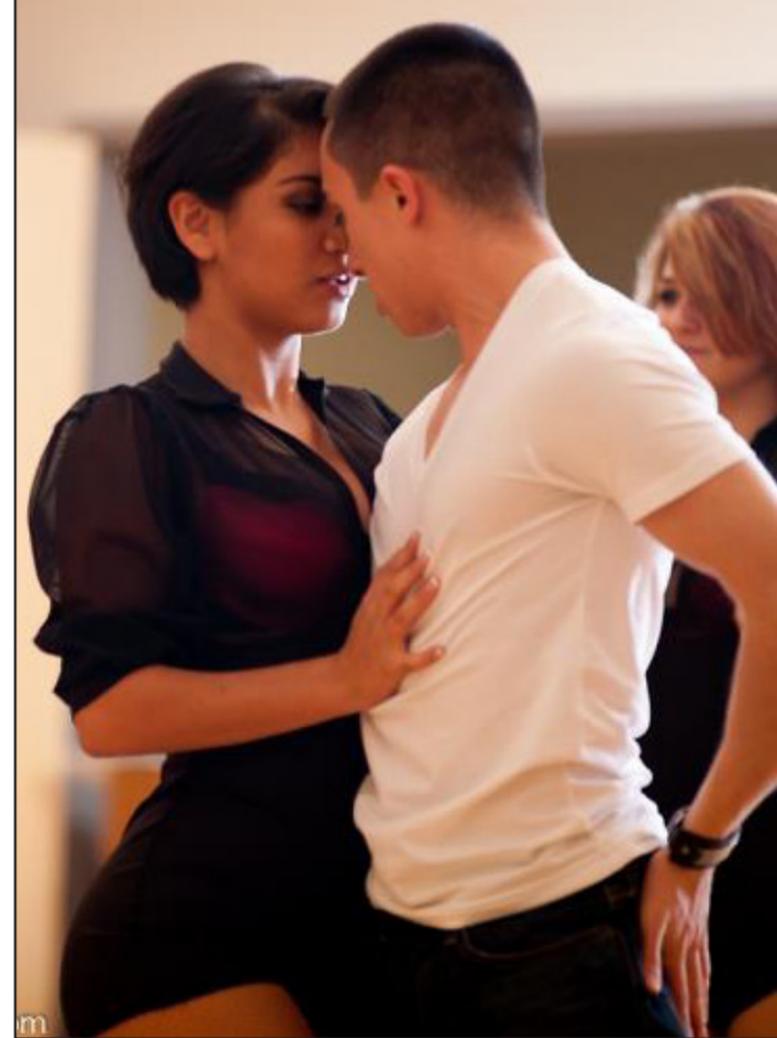
Although it is a tremendous time commitment, Figueroa is proud that he can enjoy doing what he loves, while also continuing to work hard and serve his country as a service member in the Navy.

Figueroa has also decided to serve in another way.

After offering a few free classes to friends and getting a taste of what teaching was like, Figueroa said he realized that the only thing better than dancing was sharing his passion with others.

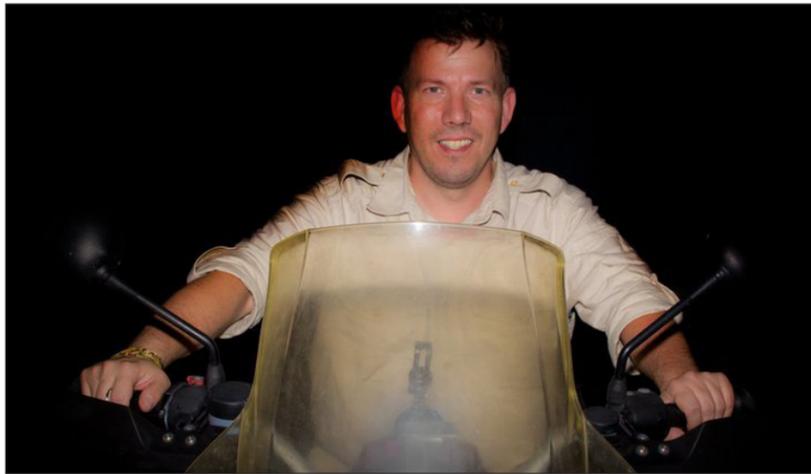
"I am currently working with a high school in northern Virginia to offer a Bachata dance class as an extracurricular activity for students," said Figueroa. "I proposed the idea to some friends and they responded enthusiastically. I really think the younger generations could benefit from the respect and trust you learn through dancing with your partner."

For more information on how you can learn to dance Bachata go to <http://islandtouchdance.com>.



Game Change

Story by Terrina Weatherspoon



When Petty Officer 1st Class James Thieman wanted a break from the norm, he didn't just go out and watch celebrities on the big screen, instead he decided to walk among them as an extra in the upcoming movie, "Game Change."

Game Change is based on the book of the same name by Mark Halperin and John Heilemann. The movie stars Julianne Moore, Woody Harrelson and Ed Harris and follows John McCain's 2008 presidential campaign, from his selection of Alaska Governor Sarah Palin as his running mate to their ultimate defeat in the general election.

Thieman didn't grow up in St. Louis, Missouri wanting to be an actor, and it was the farthest thing from his mind when he joined the Navy in 1996. However, after experiencing a pretty hohum routine since checking into Navy Information Operations Command Maryland in 2009, he decided he wanted a game change himself.

"I follow quite a few Baltimore personalities on Twitter," said Thieman. "Filming took place largely in Columbia, Md., and casting requests went out on Twitter for some last minute extras. Originally, I did not intend on sending in my pictures ... but soon realized I had the day off and thought, heck, I may as well throw my name into the pot. I had never been in a movie and thought it would be an interesting experience."

Thieman's interest did not expand much further than wanting to be an extra. With no overwhelming desire to act, he sent in a few candid photos and hoped for the best.

"They said they really liked my photos and the casting directors had a good laugh," said Thieman. "On the day of the shoot I found many of the extras were professional actors and had head shots made specifically for this movie and they were quite irritated when they saw what I had sent in."

Thieman was asked to bring in two changes of clothes and was used for multiple background shots. Near the end of the shoot he was singled out and asked to come on stage.

"This scene was during McCain's concession speech," said Thieman. "After the speech he exited the stage, stopping to shake hands with family members who were on stage to support him. I portrayed a random family member and got to shake hands with Ed Harris and Julianne Moore. The most amusing parts of the day were seeing Ed Harris, looking like John McCain, cussing up a storm each time he missed a line."

Following that experience Thieman started following Pat Moran and associates on Facebook. This was the casting agent that was actually responsible for casting the film. Shortly after the filming of Game Change, HBO's "VEEP" came to town and filmed all over DC and Baltimore.

"VEEP" is about Former Senator Selina Meyer who accepts the call to serve as the Vice President of the United States. The job is nothing like she imagined and everything she was warned about. VEEP follows Meyer and her staff as they attempt to make their mark and leave their lasting legacy.

"For this scene I was at the club where a local band named Magrudergrind took the stage," said Thieman. "We took a few takes with the actors (Reid Scott and Tim Simons in this scene) talking, a few takes with just the music, some with both and some with the audience screaming along. For each scene, the crowd acted as if it were rocking out to the music."

Thieman did get paid, although it was not much. Payment is a set rate whether it takes three hours to film or twelve, said Thieman. The real reward was the experience.

"The experience was exciting, getting to meet some of the actors and see what goes on behind the scenes," said Thieman.

"There are plenty of opportunities in and around Baltimore for Sailors to take advantage of," said Thieman. "They film all types of scenes and look for all types of people. You don't have to have any certain look but don't expect to get rich or famous, just do it as a diversion from the norm."



DOCTOR'S CORNER

Falling out during formations

We've all seen or experienced a "fall-out" during long periods of standing. Why do some people fall while others are able to stand for hours without a problem? If you are healthy, usually the cause is

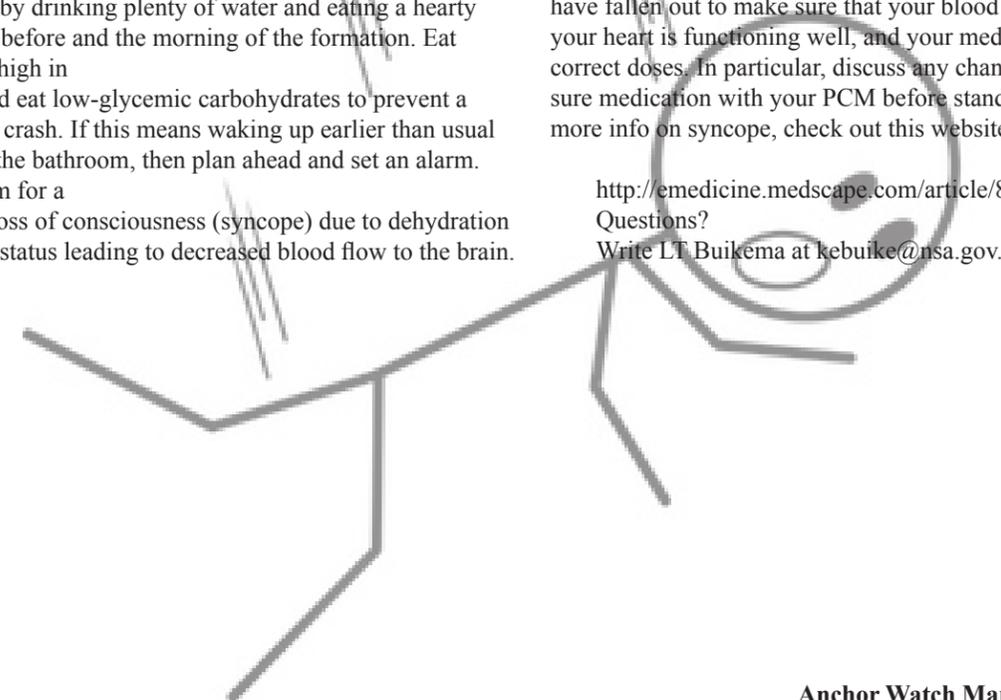
simply dehydration. To prepare for several hours of standing, you must start by drinking plenty of water and eating a hearty meal the night before and the morning of the formation. Eat meals that are high in

protein and eat low-glycemic carbohydrates to prevent a sugar rush and crash. If this means waking up earlier than usual to eat and use the bathroom, then plan ahead and set an alarm.

The mechanism for a transient loss of consciousness (syncope) due to dehydration is low volume status leading to decreased blood flow to the brain.

If you have ever fallen out of formation due to dehydration, you need to prevent it from occurring by eating well, staying hydrated, and wearing compression stockings to keep the blood circulating to the brain. You can find compression stockings in drug stores and online. You should always talk with your doctor if you have fallen out to make sure that your blood pressure is normal, your heart is functioning well, and your medications are all at the correct doses. In particular, discuss any changes in blood pressure medication with your PCM before standing in formation. For more info on syncope, check out this website:

<http://emedicine.medscape.com/article/811669-overview>.
Questions?
Write LT Buikema at kebuikema@nsa.gov.



USN
Appreciation is the sweetest Thank You.
 Photos and story by MC2(SW) Regina Wilken



Top: Haley speaks with Jay Sachs, a Navy veteran, during the visit.

Middle: Youngblood visits with Leon Lake, a Navy veteran, about his three year tour on submarines.

Bottom: Youngblood and Haley joke with Al, an Army veteran, about his hip replacement.

THE COACH WITH THE MOST

Photos and story by MC2(SW) Regina Wilken

Petty Officer 3rd Class Reginald Johnson just finished off his third season as a coach for Navy Information Operations Command Maryland sports teams.

This year, NIOC Maryland's basketball team, NIOC HEAT, was the runner-up in the garrison wide basketball tournament, and finished with a 14-4 record placing third in the regular season.

"I had prior experience in high school coaching youth base-



Johnson with the NIOC Maryland basketball champions of 2011.

ball camps," said Johnson. "I began coaching [at NIOC] because I felt it was time for me to give back to my friends, so that they could play and not have to worry about coaching."

His experience has paid off. Over the past three years, NIOC Maryland's basketball team placed 1st for the 2010-11 season, the football team placed 2nd in the 2011-12 season, and this year's basketball team brought home another 2nd place trophy from the final tournament.

"The thing that I love most about coaching is the ability to manage the tempo of the game and to put our team in the most comfortable situation possible towards the end of games," said Johnson.

The players on each of the teams have varying schedules, and that makes it a challenge to schedule team practices.

"In basketball we would try to get together on Sunday and play pick-up games at Murphy Field House, and during football we would squeeze in route running in any open space that presented itself," said Johnson.

Piecing each of the teams together from his personal relationships with Sailors helped the team meld together seamlessly, and play as a whole.

The Sailors not only played on the team, but all became a family as time went along, Johnson said.

"Every single player was a key to our success," said Johnson.



Petty Officers 3rd Class William Dowdell, Reginald Johnson and Petty Officer 2nd Class Gregory Black stand with their trophies from the past three seasons.

Year of the Chief

Story by Terrina Weatherspoon
Photos from www.navy.mil



The United States Navy Memorial hosted the official kick-off of the Year of the Chief and the 119th birthday celebration of the chief petty officer during a ceremony April 2.

For the first time in history, the Navy Memorial is casting a spotlight on the history, heritage and contributions of chief petty officers.

The guest speaker for the event was Chief of Naval Operations (CNO) Adm. Jonathan W. Greenert. Remarks were also given by both Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West and former MCPON James L. Herdt. Former MCPON Duane R. Bushey was also in attendance.

“The chief is the center of gravity,” said Greenert. “There is not a seaman, petty officer or officer out there who cannot turn and say, ‘I had a chief petty officer take care of me and get me where I am today.’”

The ceremony was attended by chiefs from across the nation who came not only to be a part of the official kick-off, but also to see the Memorial transformed into a Chiefs’ Mess, resplendent with history and memorabilia spanning 119 years.

“We are becoming a part of history today,” said West. “I see retired veterans in our midst and I am proud to carry on down a path they’ve laid for us so long ago. I couldn’t be more pleased to be spending this day with representatives from so many commands. To stand in front of a sea of fouled anchors as your MCPON, and know that we are as much making history as we are a part of it ... I am truly humbled.”

After the ceremony, guests were invited into the Memorial for the cake cutting. Visitors were then encouraged to walk through the Memorial, which has been decorated to reflect historical uniforms, anchors and other iconic symbols from the colorful heritage of CPOs.

“Happy birthday chief petty officers, you’ve earned it,” said Greenert. “Absorb the moment, have a great year, remember your legacy and what got you here.”

West added his expectations and appreciation for chiefs serving today.

“You are bold and accountable, executing the Navy’s mission wherever you are, and developing the next generation of Sailors,” West said. “Thank you shipmates - including those who have gone before us and those who are no longer with us - you have served your country well and will continue to do so as long as we sail the seven seas.”

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.



Chief of Naval Operations (CNO) Adm. Jonathan Greenert and Master Chief Petty Officer of the Navy (MCPON) Rick West watch a rifle drill team at the Year of the Chief event at the U.S. Navy Memorial, April 2.

Year of the Chief



Master Chief Petty Officer of the Navy (MCPON) Rick D. West speaks during the Year of the Chief kickoff event at the U.S. Navy Memorial. Year of the Chief is a yearlong celebration of past and present chief petty officers hosted by the United States Navy Memorial Foundation, April 2.



Chief of Naval Operations (CNO) Adm. Jonathan Greenert, Master Chief Petty Officer of the Navy (MCPON) Rick D. West, and President and Chief Executive Officer of the U.S. Navy Memorial Foundation retired Vice Adm. John Totushek cut the ribbon to officially open the Year of the Chief exhibit at the U.S. Navy Memorial as former MCPON James L. Herdt looks on. Year of the Chief is a yearlong celebration of past and present chief petty officers hosted by the United States Navy Memorial Foundation, April 2.



Members of the U.S. Navy Honor Guard perform during the Year of the Chief kickoff event at the U.S. Navy Memorial. Year of the Chief is a yearlong celebration of past and present chief petty officers hosted by the U.S. Navy Memorial Foundation, April 2.

Sexual Assault Calendar

APRIL 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 1100-1300 Joint VA Lunch @ Argonne Hills Chapel (FTM)	3 DAY OF ACTION 0900-Ribbon tying @9800 complex w/ AF & Navy Cos (FTM)	4 1100-1300 Outreach Table @ 5 Hats (FTM)	5	6	7	8
9 0900-1600 Clothesline Project t-shirt making @ FFSC (ANA)	10 1000-1300 Outreach Table @ NSA OPS 1 (FTM)	11 1100-1300 Outreach table @ 5 Hats (FTM)	12 1130-1230 Talking to your Teen about S.A. @ NSA (FTM)	13 1100-1300 Outreach Table @ Commissary (ANA)	14	15
16 0900-1600 Clothesline Project t-shirt making @ FFSC (ANA)	17	18 1100-1300 Outreach table @ 5 Hats (FTM)	19 1500-1500 Town Hall Meeting & Ice Cream Social @ Barracks (FTM)	20 1530 Sex Signals @ McGill (FTM) 1730 Sex Signals @ McGill (FTM)	21	22
23	24	25 1100-1300 Outreach table @ 5 Hats (FTM)	26 0900-1200 S.A. & Stalking -Prevention Summit @ FFSC (FTM)	27	28	29
30 1300-1600 SAFE Talk training at Annapolis Clinic						