

ANCHOR WATCH

January - February 2014

USS MAHAN

DDG 72

72



Financial problems are a leading cause of personal stress and family dysfunction in the Navy. Money pressures often affect personal and family stability by creating an environment which is confused and potentially volatile. Financial difficulties can be directly linked to stress-related illnesses, substance abuse, high divorce rates, family violence, and poor job performance. It definitely has an effect on morale, retention, mission readiness, and even national security. Across the Intelligence Community, financial problems have been found to be a prominent factor involved in Personal Security cases where SCI access has been considered for suspension or revocation. Financial counseling appointments are available at the FFSC, every Monday; whether you are currently experiencing some financial difficulties, or you just want to prevent them. Also, basic budgeting services are available. Referrals to community resources are made when appropriate.

Call the Fleet & Family Support Center at 301-677-9014 for more information.

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ANCHOR WATCH
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 January - February 2014
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 Story ideas are also accepted electronically at niocmdpao@me.com



Principles of Information

It is the policy of the Department of Defense to make available timely and accurate information so that the public, Congress and the news media may assess and understand the facts about national security and defense strategy.

Requests for information from organizations and private citizens will be answered in a timely manner. In carrying out the policy, the following principles of information will apply:

Information will be made fully and readily available, consistent with the statutory requirements, unless its release is precluded by current and valid security classification. The provisions of the Freedom of Information Act will be supported in both letter and spirit.

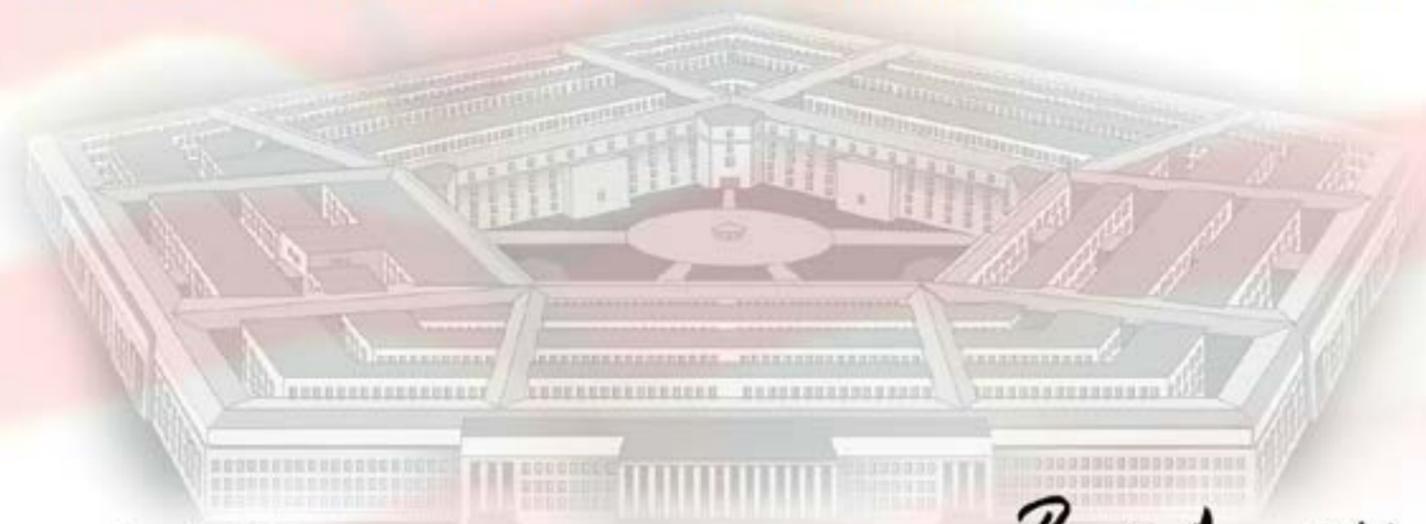
Information will be withheld only when disclosure would adversely affect national security or threaten the safety or privacy of the men and women of the Armed Forces.

A free flow of general and military information will be made available, without censorship or propaganda, to the men and women of the Armed Forces and their dependents.

The Department's obligation to provide the public with information on its major programs may require detailed public affairs planning and coordination within the Department and with other government agencies. The sole purpose of such activity is to expedite the flow of information to the public; propaganda has no place in Department of Defense public affairs programs.

Information will not be classified or otherwise withheld to protect the government from criticism or embarrassment.

The Assistant Secretary of Defense for Public Affairs has the primary responsibility for carrying out this commitment.



November 9, 2001

Date

Donald H. Rumsfeld
 Secretary of Defense

THE PENTAGON

WARFIGHTING FIRST
 OPERATE FORWARD
 BE READY



CNO's Navigation Plan

2014 - 2018



Sailing Directions assist mariners in planning a long voyage by describing the destination, providing guidance on which routes to take, and identifying the conditions, cautions, and aids to navigation along the way. CNO's Sailing Directions likewise provide a vision, tenets, and principles to guide our Navy as we chart a course to remain ready to meet current challenges, build a relevant and capable future force, and enable and support our Sailors, Civilians, and their families.

A Navigation Plan draws from Sailing Directions to describe in greater detail how a ship will use its resources to safely and effectively sail to a new destination. Similarly, CNO's Navigation Plan describes how Navy's budget submission for Fiscal Year (FY) 2014 - 2018 pursues the vision of the CNO's Sailing Directions. It highlights our investments that support the missions outlined in our defense strategic guidance (DSG), Sustaining U.S. Leadership: Priorities for 21st Century Defense, viewed through the lens of my three tenets: Warfighting First, Operate Forward, and Be Ready. This Navigation Plan defines the course and speed we will follow to organize, train, and equip our Navy over the next several years.

We are evaluating adjustments to our FY2014 budget due to the potential for a Continuing Resolution and the onset of Sequestration. This will challenge our ability to sustain some of the warfighting investments, forward presence and readiness described below. Regardless of reductions, we will continue to operate forward with ready forces, where it matters, when it matters. I will update this Navigation Plan if our course changes substantially and will issue a Position Report based on a "fix" later this year.

WARFIGHTING FIRST

Our first consideration is the ability to fight and win today, while building the ability to win tomorrow; it is why we have a Navy. Our budget continues efforts to invest in capabilities to address near-term challenges and develop future capabilities needed to conduct DSG missions in the most likely scenarios. Navy focuses in particular on deterring and defeating aggression and assuring access by implementing the Air-Sea Battle (ASB) concept.

Future reductions to Navy's budget will impact our ability to maintain the overall size of our fleet, but we will ensure the force we deploy is proficient and ready. With our FY 2014 - 2018 budget submission, we will:

- ◆ Deliver USS GERALD R. FORD in FY 2015; maintain and modernize our carrier air wings by fielding more F/A-18 Super Hornets, E/A-18 Growlers and E-2D Hawkeyes.
- ◆ Deliver USS AMERICA in 2014 and extend the service lives of our Air Cushion Landing Craft (LCAC) while recapitalizing them with the Ship to Shore Connector (SSC).
- ◆ Ensure an uninterrupted, survivable nuclear deterrent by sustaining investment in Ohio Replacement SSBN development, while maintaining current SSBN inventory.
- ◆ Field new and improved “kill chains” that defeat adversary radar jamming by using advanced infra-red sensors and weapons and integrated fire control networks that link ships, tactical aircraft and command and control aircraft.
- ◆ Fully exploit cyberspace and the electromagnetic spectrum as a warfighting domain by fielding 20 additional E/A-18G Growler aircraft, developing the Next-Generation Jammer for airborne electronic warfare, and delivering Surface Electronic Warfare Improvement Program upgrades to improve the ability of DDGs to detect and defeat adversary radars and anti-ship missiles. Significantly expand the capacity of our offensive cyber capability and active defense by adding 976 cyber operators to stand up 40 cyber warfighting teams over the next three years.
- ◆ Maintain our undersea dominance by building ten Virginia-class submarines, fielding more MH-60R Seahawk helicopters and P-8A Poseidon patrol aircraft, and completing a proven torpedo defense system that will deploy on USS GEORGE H.W. BUSH in 2014. Our budget submission improves our fixed undersea sensors around the world, fields new Multi-Function Towed Arrays for surface ships, and develops Large Displacement Unmanned Undersea Vehicles (UUV) to enhance our ability to deny adversaries effective use of the undersea domain.
- ◆ Improve our platforms’ reach through new payloads of more capable weapons, sensors, and unmanned vehicles to include the SM-6 missile, long-range anti-surface weapon, Air and Missile Defense Radar, Unmanned Carrier-Launched Air Surveillance and Strike vehicle and MQ-8C Fire Scouts.

OPERATE FORWARD



The Navy and Marine Corps are our nation’s “away team” and history demonstrates the Navy is at its best when we are forward and ready to respond where it matters, when it matters. Our FY 2014 - 2018 budget submission delivers the fleet size and readiness to provide the overseas presence directed in the Secretary of Defense-approved Global Force Management Allocation Plan (GFMAP) and rebalances our effort toward the Asia-Pacific region, while sustaining support to our partners in the Middle East. Continued pressure on Navy’s budget will compel the Navy to add ships to the Forward Deployed Naval Force, and increase the number of ships which are Forward Stationed or Forward Operating. With our FY 2014 - 2018 budget submission, we:

- ◆ Maintain a Carrier Strike Group (CSG) and Amphibious Ready Group (ARG) in both the Asia-Pacific and Middle East regions, even under sequestration. In the event of sequestration, the Navy will have

- one additional CSG and ARG certified for all operations and available to “surge.” In a nominal budget environment surge capacity of the fleet would be about three CSGs and three ARGs.
- ◆ Expand our presence in the Asia-Pacific; by 2020 our budget submission will increase the number of ships deployed to the Asia-Pacific by 10 to an average of about 60 ships. By 2020 we will base 60 percent of our ships and aircraft on the West Coast and in the Pacific, adding a submarine in Guam and maintaining one CSG and one ARG based in Japan.
- ◆ Increase our forward presence and better align ships with missions by fielding two Mobile Landing Platforms (MLP), two Afloat Forward Staging Bases (AFSB), 10 Joint High Speed Vessels (JHSV) and eight Littoral Combat Ships (LCS) over the next five years. These ships use rotational military or civilian crews to remain forward longer and will free up DDG and amphibious ships for other regions.
- ◆ Base two DDGs in Rota, Spain in 2014 and two more in 2015 to provide ballistic missile defense to our allies and free up rotationally-deployed DDG for other regions; permanently base our Patrol Craft and Mine Counter Measure crews in Bahrain to improve their proficiency and our partnerships in the region.
- ◆ Provide amphibious lift for U.S. Marines operating out of Australia by establishing a fifth ARG in the Pacific by FY2018; develop concepts to deploy Marines on vessels including JHSV, High Speed Transports and MLPs.

BE READY



Ready Sailors and Civilians remain the source of the Navy’s warfighting capability; our people will be personally prepared, confident and proficient. We will sustain our forces’ warfighting capability and ability to operate forward through effective maintenance and timely modernization. Budget constraints will compel Navy to put a premium on readiness; Navy will continue to deploy proficient and ready forces. To reduce costs, we will explore options to adjust the readiness of non-deployed forces. With our FY 2014 - 2018 budget submission, we:

- ◆ Fund and prioritize programs that address sexual assault prevention and response, suicide prevention, and operational stress control. Improve the resourcing, management, and oversight of programs that support our Sailors and their Families by establishing a 21st Century Sailor.
- ◆ Sustain enhancements in practical Fleet training by providing more targets, ammunition, decoys, sonobuoys, and torpedoes for live training.
- ◆ Enhance our public shipyard capacity by renovating and replacing facilities and hiring about 1,600 additional workers over the next several years.
- ◆ Improve Sailor technical expertise and increase the capacity and responsiveness of our Regional Maintenance Centers and Afloat Training Groups by increasing Sailor manning; continue improvements to at-sea manning by adding 900 Sailors to the Fleet.
- ◆ Improve the proficiency of our Sailors and interoperability with our allies by conducting exercises including Rim of the Pacific, Valiant Shield, and Bold Alligator which also test elements of the Air-Sea Battle concept.

A.C.T. NOW Education Benefits for Sailors

NAVY Apprenticeship, Certification/College, and Training NOW!

By Petty Officer 3rd Class Ivana Campbell

Education is an important tool that people often use to make better lives for themselves. One of the many reasons why people enlist in the military is to further their education, however what many service members do not know is that their military training can be applied towards their education.

There are many programs and outlets that allow active duty service members to apply their training for degrees and other benefits. One website, United Services Military Apprenticeship Program (USMAP) works with the U.S. Department of Labor (DoL) to provide journeyman-level certificates of completion for members of the Navy and Marine Corps. This program applies on the job training (OJT) towards a Journeyman-level certificate by logging hours. The individual is required to regularly document the hours worked in the various skill areas either in a hard-copy log or through the web and have it verified. Afterwards the service member submits a report every six months, and a final report once all OJT is complete. Navy Credentialing Opportunities On-Line (COOL) is another website

that allows enlisted members and officers to research and apply what they learn in the military toward civilian certifications, apprenticeships and licenses depending on their rank and rate. Assessment and Learning in Knowledge Spaces (ALEKS) and Straighterline are other online resources that active duty Sailors can use to receive college credit. ALEKS is primarily for math courses from Algebra to PreCalculus, while Straighterline has a broader range of subjects to choose from including Business, English, Humanities and Science courses. While many people want to receive educational credit for the work that they do in the military, some merely wish to use what they learn towards a professional degree.

The Naval Education and Training Command (NETC) offers programs such as College-Level Examination Program (CLEP) testing, which allows Sailors to take exams in various subjects to earn college credit. In addition to testing, The American Council of Education, (ACE) is a United States organization that comprises over 1,800 accredited, degree granting schools and universities along with education-

related associations, organizations and corporations. ACE can offer college credit for a variety of training that has already been done including, but not limited to, Navy Boot Camp, "A" and "C" schools and the National Cryptologic School. The National Intelligence University offers undergraduate and graduate-level degree programs to those who want to pursue senior staff positions in the Intelligence Community. Navy Knowledge Online (NKO) also offers one on one tutor services for servicemembers regardless of grade level for those who need extra assistance.

Taking advantage of the educational opportunities that the Navy has to offer can not only help with making a person more marketable after separation or retirement, it can offer valuable job experience and allow for more possible career paths. Sailors who are interested in this information and more possible education opportunities can find more at the NETC website at <https://www.netc.navy.mil/>.

A Navy A.C.T Now brief was held in 101A Bldg 9804 on Friday, January 31, 2014. The training was a great way to gather all the necessary resources needed to start or continue your college degree. The training also covered Navy career building opportunities and educational opportunities for family members.

This training lays a good foundation in informing Sailors of the opportunities available to aid them not only for career progression in the Navy, but civilian life as well. All personnel are invited to attend future training classes. It is HIGHLY encouraged for those who can attend to do so.

For more information, contact the Command Training Office:

- 301-677-0221/0477

POC: PO1 Laticia Smith
laticia.smith@navy.mil

- CPO Salters : 202-569-7805

- Or visit:

<https://www.facebook.com/MilitaryActNow>

Topics Covered during training:

-Obtaining a regionally-accredited Bachelors degree within 1 year or less

-Obtaining a regionally-accredited Masters degree within 1 year

-Earning a Bachelors/Master's degree without using tuition assistance

-Obtaining free assistance from a certified tutor for you and your family members

-How to get up \$45,000 per year added to your 9/11 GI Bill

-How to get in to Ivy League schools like MIT, Harvard, Yale and have the school pay for you or your dependent's education

-Rating ROADMAP via LADRS

-Applying for rate-specific education

-Receiving up to \$4,000 for spousal education

-How to earn civilian work force credentials

-How to earn state/federal licenses and apprenticeships

-How to study for CLEP/DSST

-Continuing education opportunities for senior Sailors. . . and much more

For additional information you may visit any of the links below:

ACT NOW Facebook

- <https://www.facebook.com/MilitaryActNow>

NKO/ The Learning and Development Roadmap

- <https://wwwa.nko.navy.mil>

US Map and Navy COOL

- <https://usmap.cnet.navy.mil>
- <https://www.cool.navy.mil>

College Accreditation and American Council of Education

- <http://www.acenet.edu/advocacy-news/Pages/Accreditation-and-Standards.aspx>
- <http://www.acenet.edu/Pages/default.aspx>

American Council Education

- <http://www.acenet.edu/>

ALEKS

- <http://www.aleks.com>

STRAIGHTERLINE

- <http://www.straighterline.com>

National Intelligence University

- <http://ni-u.edu>
- <http://www.dia.mil>

Naval Postgraduate School

- <http://www.nps.edu>

PETERSONS Education Lifelong Learning Resources

- <http://www.nelnetsolutions.com/dantes/>

NFL Players Donate Free SAT-ACT Software for Military Families

- <http://www.eknowledge.com/powerprep-promo.aspx>
- <http://sat.eknowledge.com/MILITARY.ASP>

Advanced Education Voucher Program

- https://www.navycollege.navy.mil/AEV/AEV_HOME.CFM

My Career Advancement Account

- <https://aiportal.acc.af.mil/MYCAA>

The Yellow Ribbon Program

- <http://www.benefits.va.gov/gibill/>

Education-Portal

- <http://education-portal.com>

PETERSONS Education Lifelong Learning Resources

- <http://www.nelnetsolutions.com/dod/>

INSTANTCERT

- <http://www.instantcert.com>

Other Resources:

- <http://www.navy.mil>
- <https://jst.doded.mil/smart/dodMandatoryBannerForm/submit.do>
- <https://nsips.nmci.navy.mil>
- <http://www.navyadvancement.com>
- <http://www.militaryonesource.mil>
- <https://www.sta-21.navy.mil>

10th Anniversary of **SATURDAY SCHOLARS**

By Petty Officer 2nd Class James Turner

Eleven Sailors from Navy Information Operations Command (NIOC) Maryland volunteer their Saturdays as tutors for six weeks at Child Youth and School Services at Fort Meade, Maryland.

The project is part of a tutoring program entitled "Saturday Scholars."

The effort gives servicemembers and civilians a chance to help teachers educate local struggling Elementary school students who typically require one-on-one coaching.

This year marks the 10th anniversary of the ongoing partnership between Ft. Meade and Child Youth and School Services. Petty Officer 1st Class Jaime Dejesus, Military Liaison for Fort Meade, organizes and volunteers for the program.

"This is a great opportunity for servicemembers and civilians alike to contribute back to our community," said Dejesus. "Teachers and parents let us know every year how thankful they are for our services. That is how I know this program is a success. The impact we have on the children is major and it lasts forever."

Each student enrolled in the program is assigned his or her own tutor and is provided with a graduation certificate after completing the six-week course.

Petty Officer Shaakirah Dalton, six-time volunteer for Saturday Scholars program, said the program caught her attention because she loves children.



"Knowing that you have an impact on someone's life is satisfying in itself," said Dalton. "The kids that we help are in a critical stage of learning. This program develops the children's confidence in their studies as well as boosts their



self-esteem. The children are always shy at first, but by the end of the six weeks, the tutors developed friendships with their students."

The curriculum is composed of study material that helps students develop primarily in Mathematics and Reading in order to pass the State of Maryland's School Assessment Exam (MSA).

Sheila Brandenburg, creator of the program at Child Youth and School Services, said they are always looking for more volunteers.

"The more volunteers we have, the more children's lives we can touch," said Brandenburg. The students definitely benefit from the extra attention they receive in the program. The fact that the servicemembers show up in their uniform means a lot and I think that alone gives the students the extra motivation they need to work harder and more diligently."

For more information on how to volunteer to be a tutor contact Petty Officer 1st Class Jaime Dejesus via email at jndejes@nsa.gov, or contact Lorian Tarver via email at lorian.m.tarver.naf@mail.mil



SAILORS TO SEA 2.0

By Petty Officer 2nd Class Joseph Scarberry



Navy Information Operations Command (NIOC) Maryland Sailors volunteered to spend ten days at sea aboard USS Mahan (DDG 72) for their first underway experience as part of the command's "Sailors to Sea" program, December 2013.

NIOC MD's Commanding Officer, Executive Officer, and Command Master Chief, have final approval authority on who participates. The command prefers officer and enlisted Sailors who have not received an opportunity to experience life at sea.

"The program allows our Sailors to observe the great things their peers are accomplishing in the fleet, and it shows them how their work at the National Security Agency (NSA) affects the big picture," said Master Chief Petty Officer Marc Croteau, Program Lead.

The intention of the program is to send Sailors to ships stationed in Norfolk, Va. once per month, but flexibility is a factor in determining ship availability due to underway scheduling.

"We prefer smaller ships such as cruisers, destroyers, and frigates rather than large deck ships since they have a greater availability of underway periods," said Master Chief Croteau.

More than 50 Sailors participated in the program so far, with another 20 awaiting the next opportunity. While underway NIOC Sailors observe vital skills from shipboard Sailors assigned to Engineering, Deck, Combat Systems and Supply departments.



Seaman Garrett Carrell visited the Mahan while serving his first tour at NIOC MD and he was able to shadow ship's company to learn more about their jobs.

"I wanted to experience something new," said Carrell. "One of my favorite things to do aboard Mahan was standing port and starboard mid watches. The skies were completely clear and you could see every little star in the sky. That's why I enlisted in the Navy."

Ensign Malikul Aziz was excited about receiving his first chance to go underway and witness the operation tempo first hand.

"I wanted to deploy and experience what being in the Navy is all about," said Aziz. "This program gave me the opportunity to go out and live that dream."

The Mahan held a promotion ceremony on the foc's'le for Ensign Aziz advancing him to Lieutenant Junior Grade.



"I can honestly say that being pinned by my fellow Junior Officers and Sailors meant the world to me," said Aziz. "But doing it on a warship in front of a 5 inch gun was the icing on the cake."

NIOC MD intends on giving more Sailors the opportunity to experience life underway by utilizing the "Sailors to Sea" program. If you are interested in being a candidate, speak with your chain of command.



2014 African American/Black History Month Observance

By Petty Officer 2nd Class David Finley Jr.

CIVIL RIGHTS IN AMERICA



Sailors assigned to Navy Information Operations Command Maryland (NIOC MD) gathered to observe African American History Month during a ceremony Feb. 28 at Fort George G. Meade's McGill Training Center.

The ceremony was designed to honor the many contributions African Americans have made to our Navy and country.

"Since the time of the American Revolution to present day military engagements, African Americans have served throughout the ranks in all of our uniformed services," said Capt. Donald Elam, NIOC MD's Commanding Officer. "At NIOC MD, African Americans support our Fleet Information Operations Center and are on the forefront of the nation's cyber mission force."

Black History Month was originally established in 1926 as "Negro History Week," by Dr. Carter G. Woodson. Woodson was also the founder of the Association for the Study of African-Americans Life and History.

"The message during this Black History Month really pertains to leadership, character and the American civil rights movement," said Vice Adm. (retired) Melvin Williams Jr., the event's guest speaker. "I truly believe leadership is the key to achieving desired effectiveness."

"When I think about the civil rights movement, I think about leaders such Rosa Parks and of course Dr. Martin Luther King," Williams added.

He credited President Harry S. Truman's Executive Order 9981 and Brown vs. Board of Education as milestones in ending segregation in America.

"We have made a lot of progress, but we are not there yet," said Williams. "Because of this legacy and increased opportunities we are optimistic for the future."

Guest Speaker

Vice Admiral (retired)
Melvin G. Williams Jr.
USN Retired



Vice Admiral (retired) Melvin G. Williams, Jr. serves as the Associate Provost for Military and Veterans Affairs at the George Washington University (GW) reporting in April 2013. In this inaugural position at GW, he is responsible for serving and supporting the over 1,000 GW student military members, their families, and veterans to accelerate learning opportunities and rewards (VALOR), while working closely with GW senior leadership, students, alumni, and other affiliated stakeholders. Responsibilities involve providing vision, strategic and operational leadership of GW Military and Veterans Affairs to include influencing academic programs and learning administered by the Deans, collaborative leadership of GW VALOR initiatives, oversight of the GW Navy ROTC program, mentoring, outreach, and enhanced student life and career services.

Admiral Williams previously served for two years as the Associate Deputy Secretary of Energy, the Presidential Appointee responsible for the day to day Management and Operations of the U.S. Department of Energy.

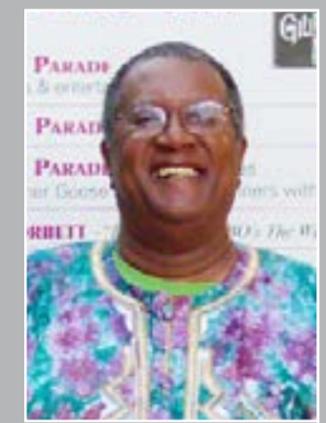
A nuclear trained submariner, in October 2010 he completed service in the U.S. Navy after thirty-two years as a commissioned officer and one year as an enlisted sailor. His nearly ten years in command included that as a Fleet Commander (130 ships and over 90,000 sailors and marines) which responded with humanitarian assistance and disaster relief following the devastating earthquake in Haiti in January 2010; a Submarine Group Commander; a Submarine Squadron Commander; and a Submarine Commander (USS NEBRASKA, Gold crew). He is one of the U.S. Navy and Submarine Force "Centennial Seven"- first seven African Americans to command a U.S. Navy submarine in the first 100 year history of the Submarine Force (The Centennial Seven). Other key assignments included that as Deputy Commander, U.S. Fleet Forces; Director of Global Operations at U.S. Strategic Command; Chief of Staff for the KITTY HAWK Aircraft Carrier Strike Group during initial combat operations of Operation Enduring Freedom following the 9/11/2001 attacks on our Nation; and Executive Officer on USS LOUISVILLE during initial combat operations in 1991 during Operation Desert Storm.

He has various military awards, and his civic recognitions include the Catholic University of America 2012 Engineering Distinguished Alumni Award, the Black Engineer of the Year Award for Professional Achievement as well as induction into the STEM Hall of Fame in 2011, the National Society of Black Engineers Award for Lifetime Achievement in Government, and the Thurgood Marshall Award for Service and Leadership.

He is a 1978 graduate with merit from the U.S. Naval Academy (Bachelor of Science degree in Mathematics), holds a Master of Science degree in Engineering from the Catholic University of America, and attended Harvard's JFK School of Government (National and International Security).

Special Guest Performer

Mr. Bob Smith



Bob Smith is an Actor and Storyteller who has performed on stage, television and movies. Bob has often appeared in Living History productions and his specialty is first person presentations of Historical People. An accomplished storyteller, Bob Smith, is the current President of the Griots' Circle of Maryland, Inc. and is a member of the Screen Actors Guild-American Federation of Television and Radio Artists (SAG/AFTRA).

Mr. Smith is also a past winner of the National Association of Black Storytellers, Inc. (NABS) "Liars Contest," but he promises to lie only upon request.

NABS promotes and perpetuates the art of Black storytelling-an art form which embodies the history, heritage, and culture of African Americans. Black storytellers educate and entertain through the Oral Tradition, which depicts and documents the African-American experience. A nationally organized body with individual, affiliate and organizational memberships, NABS preserves and passes on the folklore, legends, myths, fables and mores of Africans and their descendants and ancestors - "In the Tradition..."

Favorite Proverb:
"I am what I am because of who we all are." ~ South Afrika

Choir

Featuring performances by Students from the Bowie State University Performing Arts Department



This year, America will celebrate the 50th anniversary of the Civil Rights Act, one of the greatest legislative accomplishments of the twentieth century.



“The task that remains is to cope with our interdependence—to see ourselves reflected in every other human being and to respect and honor our differences.”
—Melba Pattillo Beals (*Member of the Little Rock Nine*)

In a nationally televised address on June 6, 1963, President John F. Kennedy urged the nation to take action toward guaranteeing equal treatment of every American, regardless of race.

The Civil Rights Act of 1964 was signed into law by President Lyndon Johnson on July 2, 1964. The signing ceremony represented a personal triumph for Johnson, who lobbied tirelessly on behalf of the bill. Johnson considered the act his proudest legacy.

The Civil Rights Act prohibited discrimination on the basis of race, color, religion, sex, or national origin. The act did not resolve the problems of discrimination. However, it opened the door to further progress by halting the practice of “Jim Crow” laws that imposed racial restrictions on the use of public facilities, job opportunities, and voting, as well as by limiting federal funding for agencies practicing discrimination.

Fighting for desegregation and against discrimination were acts of courage in the prevailing climate of police brutality and lynching.

This presentation acknowledges the painstaking labor of Americans—sung

and unsung—whose personal sacrifices were instrumental in the struggle for civil rights and the passage of the Civil Rights Act of 1964.

Harry T. Moore began his career as a teacher in Brevard County, Florida, where he founded the local chapter of the National Association for the Advancement of Colored People (NAACP). With NAACP support, he filed a pay equalization lawsuit in 1937.



Moore became the president of the NAACP’s statewide branches in 1941, and in 1945, he formed the Florida Progressive Voters League, which registered more than 100,000 voters. When these activities cost him his job in 1946, the NAACP hired him as Florida’s executive director.

In 1951, Moore helped win appeals for two Black teenagers convicted of raping a woman in Groveland.

When a sheriff shot the defendants en route to a new trial, Moore called for his indictment.

Moore and his wife, Harriette, were killed after a bomb exploded under their house on Christmas night in 1951. The FBI launched an investigation of Ku Klux Klan activity in Florida.

No arrests were ever made.

Born in Brooklyn, Herbert Hill studied at New York University and the New School for Social Research. He then worked as an organizer for the United Steelworkers before joining the NAACP staff in 1948.



Hill was named labor director of the NAACP in 1951. In this capacity, he filed

hundreds of lawsuits against labor unions and industries that refused integration or fair employment practices.

Recognized as a major authority on race and labor, he testified frequently on Capitol Hill and served as a consultant for the United Nations.

In 1944, upon completion of his wartime service in the United States Army Air Corps, Robert Carter went to work at the NAACP Legal Defense and Educational Fund.



In 1948, he became a legal assistant to Thurgood Marshall.

Carter later became Marshall’s key aide in the *Brown v. Board of Education* case.

He recommended using social science research to prove the negative effects of racial segregation, which became a crucial factor in the *Brown* decision. He also wrote the brief for the *Brown* case and delivered the argument before the Supreme Court.

In 1956, Carter succeeded Marshall as the general counsel of the NAACP. Over the course of his tenure, Carter argued and won 21 U.S. Supreme Court cases.

He argued *NAACP v. Alabama* (1958), convincing the Supreme Court that the NAACP should not be required to make its membership lists public.

This removed a tool of intimidation employed by some Southern states.

In 1954, the Supreme Court ruled unanimously in *Brown v. Board of Education* that racial segregation in public schools was unconstitutional.

Many Southern political leaders claimed the desegregation decision

violated states’ rights. They responded with defiance, legal challenges, delays, or token compliance. By the end of the 1950s, less than 10 percent of Black children in the South were attending integrated schools.

Although the decision did not succeed in fully desegregating public education in the United States, it put the Constitution on the side of racial equality and galvanized the emerging civil rights movement.

For decades, seating on buses in the South had been segregated, along with bus station waiting rooms, restrooms, and restaurants.

In May 1961, the Congress of Racial Equality, led by James Farmer, organized integrated Freedom Rides to defy segregation in interstate transportation.

The Freedom Rides tested the United States Supreme Court decision *Boynton v. Virginia* (1960), which ruled that segregation was unconstitutional for passengers engaged in interstate travel.

In Anniston, Alabama, one bus was firebombed, forcing its passengers to flee for their lives.

In Birmingham, Alabama, an FBI informant reported that Public Safety Commissioner Eugene “Bull” Connor gave Ku Klux Klan members fifteen minutes to attack an incoming group of Freedom Riders before having police protect them.

The Freedom Riders arrived in Montgomery, Alabama, on an integrated Greyhound bus from Birmingham. Although protesting peacefully, they were met with violence in Montgomery as a large mob attacked them.

Despite the violence, additional Freedom Rides continued throughout the South.

By the end of the summer, more than 300 Riders had been jailed in Mississippi.



Born on February 27, 1942, Charlayne Hunter-Gault spent the majority of her childhood in Georgia, where she became the first Black woman to enroll at the University of Georgia in 1961.

Hunter-Gault decided to study journalism in college but, as a Black student, her options in the South were limited.

Civil rights activists approached her to be a test case. She wanted to attend the University of Georgia.

Hunter-Gault’s 1959 request for admission was denied due to the university’s claim that it had “limited space.”

After winning a legal battle, Hunter-Gault enrolled at the University of Georgia in January 1961.

Hunter-Gault registered for classes amid shouts of protest. Days later, her dorm was surrounded by a 1,000-strong crowd that threw firecrackers, bottles, and bricks at her window.

Citing safety concerns, the university suspended her from school. Another court order was required for the school to readmit her.

She married Walter Stovall, a White fellow journalism student, before graduating with a journalism degree in 1963.

Once the marriage was revealed, the governor of Georgia called it “a shame and a disgrace,” while Georgia’s attorney general made public statements about prosecuting the mixed-race couple under Georgia law.



Born in Mississippi in 1933, James Meredith was raised on a farm with nine siblings. He joined the military after high school and attended an all-Black college.

Motivated by President John F. Kennedy’s inaugural address, Meredith decided to exercise his constitutional rights and apply to the University of Mississippi.

In 1961, he applied and was admitted; however, his admission was withdrawn when the registrar discovered his race.

Since all public educational institutions had been ordered to desegregate following 1954’s *Brown v. Board of Education* ruling, Meredith filed a suit alleging discrimination.

Although the district court ruled against him, the case made its way to the U.S. Supreme Court, which ruled in his favor.

After winning a 16-month legal battle in September 1962, a federal court ordered the University of Mississippi to accept Meredith.

Mississippi Governor Ross Barnett disobeyed the decree and had Meredith physically barred from enrolling.

Rioting erupted, and Attorney General Robert Kennedy sent 500 U.S. marshals to the scene. Two men were killed and more than 300 injured in the turmoil.

After days of violence and rioting, Meredith, escorted by federal marshals, enrolled on October 1, 1962.

Meredith graduated with a degree in political science the following August, becoming the first Black graduate at the University of Mississippi.

On February 1, 1960, four Black Agricultural and Technical College of North Carolina freshmen entered the Greensboro Woolworth's and sat down on stools that had, until that moment, been occupied exclusively by White customers.

The four—Franklin McCain, Ezell Blair Jr., Joseph McNeil, and David Richmond—asked to be served and were refused. They did not get up and leave. Instead, they launched a protest.

By February 5, some 300 students had joined the protest at Woolworth's, paralyzing the lunch counter and other local businesses.

Heavy television coverage of the Greensboro sit-ins sparked a sit-in movement that spread quickly to college towns throughout the U.S., as young Blacks and Whites joined in various forms of peaceful protest against segregation in libraries, beaches, hotels, and other establishments.

By the end of March, the movement had spread to 55 cities in 13 states. Roughly 50,000 young people joined the protests that year.

Though many were arrested for trespassing, disorderly conduct, or disturbing the peace, national media coverage of the sit-ins brought increasing attention to the struggle for civil rights.

movement, dining facilities across the South began integrating by the summer of 1960.

At the end of July, the Greensboro Woolworth's quietly integrated its lunch counter. Four black Woolworth's employees—Geneva Tisdale, Susie Morrison, Anetha Jones, and Charles Best—were the first to be served.



On September 15, 1963, four Black girls—Addie Mae Collins, Cynthia Wesley, Carole Robertson, and Denise McNair—were killed in the bombing of the Sixteenth Street Baptist Church in Birmingham, Alabama.



The names Virgil Ware and Johnny Robinson may not be familiar to many, but nonetheless, they played an important role in the fight for freedom and the struggle for civil rights.

Thirteen-year-old Virgil Ware was riding on the handlebars of his brother's bicycle when he was fatally shot by teens who had just come from a segregationist rally. Two 16-year-old boys were convicted of second-degree manslaughter.

They were sentenced to seven months in jail, but a judge suspended their sentences, giving them two years' probation for Ware's death.

Johnny Robinson, 16, and other Black youth were protesting the bombing of Sixteenth Street Baptist Church when they were confronted by teens driving by and hurling racial slurs. According to reports, the crowd threw rocks at the cars.

When the police arrived, the crowd scattered. As Robinson ran, he was shot in the back by police officer Jack Parker. Two grand juries refused to bring Parker to trial. No one was ever prosecuted for Robinson's death.



Medgar W. Evers was born in Decatur, Mississippi. After graduating from Alcorn Agricultural and Mechanical College in 1952, he went to work for an insurance company in the Mississippi Delta. He also began organizing for the NAACP.

In 1954, he became Mississippi's first NAACP field secretary, recruiting new members and investigating incidents of racial violence.

Evers also led voter registration drives and mass protests, organized boycotts, fought segregation, and helped James Meredith enter the University of Mississippi.

Hours after President Kennedy's speech on civil rights on June 11, 1963, Evers was assassinated.

White supremacist Byron De La Beckwith was tried twice in 1964, resulting in hung juries. In 1994, he was finally convicted of killing Evers.

These stories of courage in the face of vehement and often violent opposition helped ensure the passage of the Civil Rights Act of 1964.

The act represents a fundamental precedent that not only halted many unjust practices, but also led the way to subsequent legislation that further ensured equal treatment for all.



“National African American History Month is a time to tell those stories of freedom won and honor the individuals who wrote them. We look back to the men and women who helped raise the pillars of democracy, even when the halls they built were not theirs to occupy ... We listen to the echoes of speeches and struggle that made our Nation stronger, and we hear again the thousands who sat in, stood up, and called out for equal treatment under the law.”

—President Barack Obama

The Civil Rights Act of 1964 is the nation's benchmark civil rights legislation, and it continues to resonate in America. The Civil Rights Act of 1964 prohibits discrimination on the basis of race, color, religion, sex or national origin. Passage of the Act ended the application of "Jim Crow" laws, which had been upheld by the Supreme Court in the 1896 case Plessy v. Ferguson, in which the Court held that racial segregation purported to be "separate but equal" was constitutional. The Civil Rights Act was eventually expanded by Congress to strengthen enforcement of these fundamental civil rights.

The House Judiciary Committee held a series of hearings on the proposed legislation during the summer of 1963. The proposed bill was amended during the committee process to broaden the scope of protections. The changes strengthened President Kennedy's original proposal in response to the tumultuous summer of 1963, which saw several incidents of racially motivated violence across the South. The House Judiciary Committee approved the legislation on October 26, 1963, and formally reported it to the full House on November 20, 1963, just two days before President Kennedy was assassinated. On November 27, 1963, President Lyndon Johnson asserted his commitment to President Kennedy's legislative agenda, particularly civil rights legislation. The House of Representatives passed a final version of the Civil Rights Act on February 10, 1964.

The bill came before the Senate in February 1964. Because the Senate Judiciary Committee failed to act on proposed civil rights legislation just seven years earlier, Senate Majority Leader Mike Mansfield filed a procedural motion to prevent the Civil Rights Act of 1964 from being referred to the Committee. Despite opposition to the motion from Senators opposed to the Civil Rights Act, Mansfield successfully prevented the bill from being referred to the Committee. The Senate began debate on the proposal on March 30, 1964. Senator Edward Kennedy, a member of the Senate Judiciary Committee, dedicated his first speech on the floor of the U.S. Senate to the consideration of the Civil Rights Act. Senator Kennedy would go on to become the longest serving member of the Senate Judiciary Committee.

After a 54-day filibuster of the legislation, a bipartisan group of Senators introduced a compromise bill. The legislation enjoyed enough Senate support to end the stalemate, and was ultimately passed on June 19, 1964, by a vote of 73 to 27. On July 2, 1964, the House voted to adopt the Senate-passed legislation, rather than insisting on a conference of the bill. President Johnson signed the bill into law that very afternoon. The Civil Rights Act paved the way for future anti-discrimination legislation, including the Voting Rights Act of 1965.



American Heart Month: The fight against heart disease

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By Yan Kennon, Naval Hospital Jacksonville Public Affairs

February is American Heart Month - an important month in the fight against heart disease.

Heart disease is caused by plaque buildup in the walls of arteries, causing narrowing and blood flow restriction.

It remains the nation's No. 1 killer for both men and women, taking the lives of about 715,000 Americans every year - approximately one out of every four deaths. It can also result in serious illness, disability and decreased quality of life.

"Everyone is potentially at risk for heart disease, but it is preventable and controllable," said Capt. Paula Chamberlain, Naval Hospital (NH) Jacksonville's director for public health. "Controllable risk factors for heart disease include: smoking, obesity and overweight, physical inactivity, diabetes mellitus, high cholesterol and high blood pressure. Other controllable risks include stress, alcohol and nutrition."

According to the U.S. Centers for Disease Control and Prevention, cardiovascular disease (including heart disease and stroke) costs the U.S. \$312.6 billion each year - to include the costs of healthcare services, medications and lost productivity.

"Making healthy choices such as good nutrition, weight management and exercise can significantly decrease the probability of heart disease," said Chamberlain.

Chamberlain went on to say that non-active children are also at risk for heart disease. "Research has proven that children need at least 60 minutes of physical activity every day to reduce the risk of developing heart disease."

In addition to American Heart Month, National Wear Red Day - a day to raise awareness for the fight against heart disease in women - will be recognized Feb. 7.

National Wear Red Day was began in 2003, when the American Heart Association and the National Heart, Lung and Blood Institute took action against heart disease, a disease that kills more women than all forms of cancer combined. As a result of their efforts, 21 percent fewer women are dying from heart disease and 23 percent more women are aware that this disease is the single most health threat to women.

NH Jacksonville's Wellness Center, located next to NAS Jacksonville's Fitness Center, offers a variety of health-related classes, available to active duty, retirees and their families. Classes include Healthy Heart, which teaches healthy lifestyles and cholesterol and blood pressure management; Choose My Plate, to provide overviews on losing weight the healthy way; ShipShape, an eight-week weight loss program (active duty and civilians); Sail A Weigh, a six-week weight loss program (civilians only); health fitness assessments; and, Tobacco Cessation, to assist smokers with quitting.

For more information, call the NH Jacksonville Wellness Center at 904-542-5292/5293.

NH Jacksonville's priority since its founding in 1941 is to heal the nation's heroes and their families. The command is comprised of the Navy's third largest hospital and five branch health clinics across Florida and Georgia. Of its patient population - about 163,000 active and retired Sailors, Soldiers, Marines, Airmen, Guardsmen and their families - more than 60,000 are enrolled with a primary care manager at one of its facilities.

Sailors/Deployers of the Quarter Congratulations and Well Done

- Senior Sailor of the Quarter: PO1 ShariECA Thompson
- Sailor of the Quarter: PO2 Brenda LaPointe
- Junior Sailor of the Quarter: PO3 Jessica Carroll
- Senior Deployer of the Quarter: PO1 Jennifer Johnston
- Senior Sea Sailor of the Quarter: PO1 Glenn Martin
- Sea Sailor of the Quarter: PO2 Gheorghe Cormos
- Junior Sea Sailor of the Quarter: PO3 Connell Briggs



NIOC Maryland Volunteer & Community Service Schedule of Events

MARCH

- 3 MSA Support (PEP)
- 3 Dr. Seuss Birthday Event (PEP)
- 6 Baltimore VA MD Historical Society Museum Trip (PGN)
- 7 Habitat for Humanity
- 7 Washington DC Food Bank (HSF)
- 8 Adopt-a-Highway (JSA)
- 10 MSA Support (PEP)
- 15 Baltimore VA Coffee & Movie (PGN)
- 15 Sarah's Hope (JSA)
- 18 Honor Flight
- 19 Baltimore VA Marine Corps Museum Trip (PGN)
- 21 Honor Flight
- 22 Honor Flight
- 25 Honor Flight
- 26 Baltimore VA Ringling Bros Circus Trip (PGN)
- 29 Farring-Baybrook Tree Planting (ES)
- 29 Honor Flight
- 31 Honor Flight

APRIL

- 1 Honor Flight
- 3 Honor Flight
- 5 Honor Flight x2
- 5 Proj Clean Stream(ES)
Earth Day Clean-Up (ES)
- 10 Honor Flight
- 12 Honor Flight
- 13 Honor Flight
- 15 Honor Flight
- 16 Honor Flight x2
- 17 Honor Flight
- 19 Operation Home Front (PGN)
- 22 Honor Flight x2
- 24 Bring A Child to Work Day (PEP)
- 25 Honor Flight x2
- 26 Fort McHenry Clean Up (ES)
- 26 Honor Flight x2
- 27 Honor Flight
- 28 Honor Flight
- 30 Honor Flight x2

**NIOC MD - Community Service Program/
Volunteer Coordinator**
-CPO Woods: 240-373-0827

CDF - Campaign Drug Free
-PO1 Laudenschlager: 443-654-1014

ES - Environmental Stewardship
-PO1 Burke: 410-854-9344
-PO2 Castro: 301-688-2158

Habitat for Humanity
-PO1 Clark: 240-373-5277
-PO2 Swindell: 443-654-6563

Honor Flight
-PO1 Maki: 443-479-3761
-PO3 Carroll: 410-643-5471

HSF - Health, Safety and Fitness
-PO1 Lechner: 443-654-5818
-PO1 White: 443-634-3346

JSA - Junior Sailor Association
-SN Edwards: 240-373-1254

PEP - Partners in Excellence Program
-PO1 D'Alessio: 410-854-2956

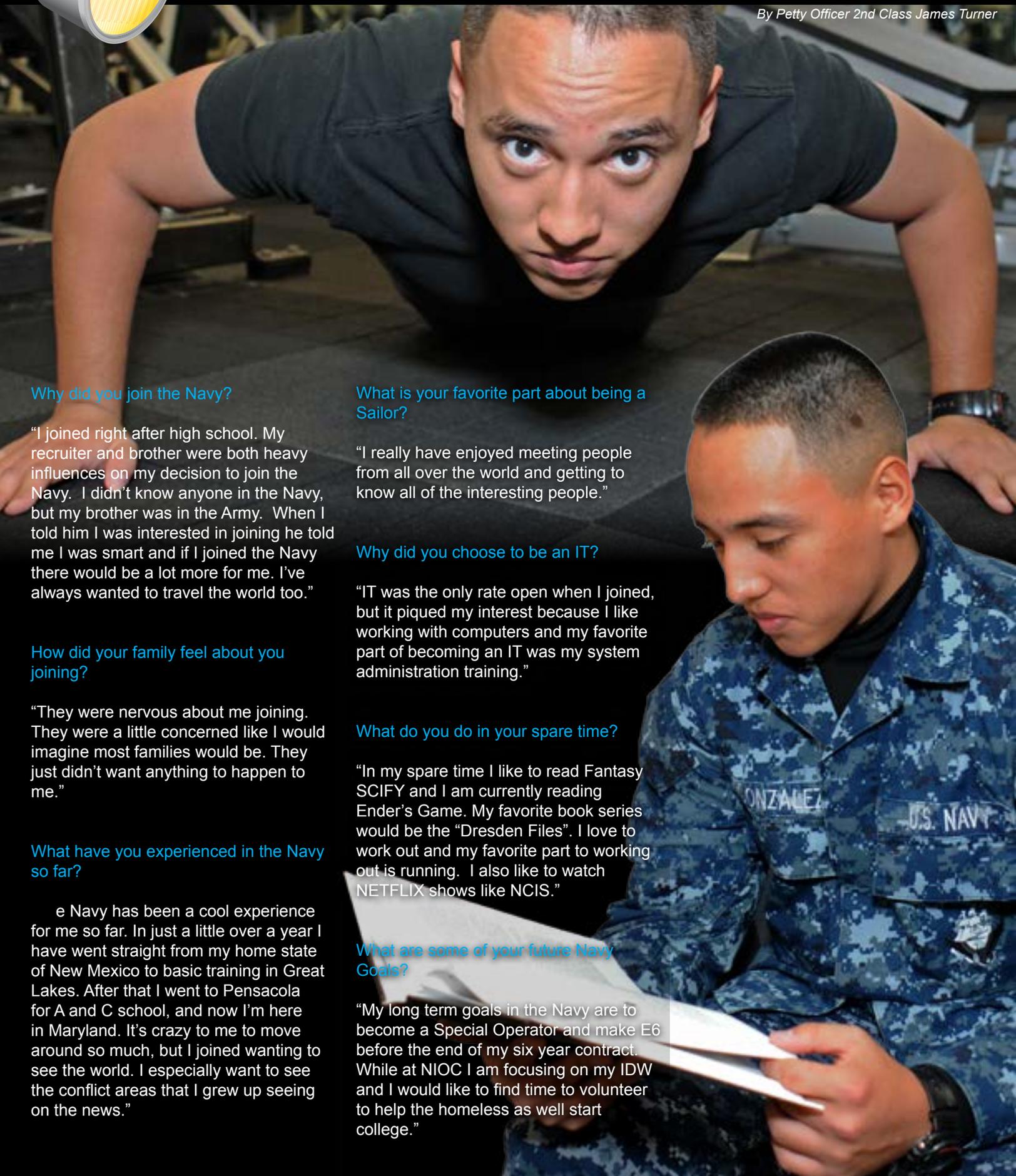
PGN - Project Good Neighbor
-PO1 Fritz: 443-654-6550
-PO2 Krause: 240-373-8084



SAILOR IN THE SPOTLIGHT

Seaman Roberto Gonzales

By Petty Officer 2nd Class James Turner



Why did you join the Navy?

"I joined right after high school. My recruiter and brother were both heavy influences on my decision to join the Navy. I didn't know anyone in the Navy, but my brother was in the Army. When I told him I was interested in joining he told me I was smart and if I joined the Navy there would be a lot more for me. I've always wanted to travel the world too."

How did your family feel about you joining?

"They were nervous about me joining. They were a little concerned like I would imagine most families would be. They just didn't want anything to happen to me."

What have you experienced in the Navy so far?

The Navy has been a cool experience for me so far. In just a little over a year I have went straight from my home state of New Mexico to basic training in Great Lakes. After that I went to Pensacola for A and C school, and now I'm here in Maryland. It's crazy to me to move around so much, but I joined wanting to see the world. I especially want to see the conflict areas that I grew up seeing on the news."

What is your favorite part about being a Sailor?

"I really have enjoyed meeting people from all over the world and getting to know all of the interesting people."

Why did you choose to be an IT?

"IT was the only rate open when I joined, but it piqued my interest because I like working with computers and my favorite part of becoming an IT was my system administration training."

What do you do in your spare time?

"In my spare time I like to read Fantasy SCIFY and I am currently reading Ender's Game. My favorite book series would be the "Dresden Files". I love to work out and my favorite part to working out is running. I also like to watch NETFLIX shows like NCIS."

What are some of your future Navy Goals?

"My long term goals in the Navy are to become a Special Operator and make E6 before the end of my six year contract. While at NIOC I am focusing on my IDW and I would like to find time to volunteer to help the homeless as well start college."