

ANCHOR WATCH

September/October 2010



Capt. T.J. White:

Taking the Helm

2 Read about our shipmate helping in the most dire of situations

5 Streamline your physical fitness plan with new workouts and motivated instructors!

8 NIOC Maryland under new command.

12 Meet Thane. He's already had his heart replaced, but he's ready to steal yours.



Capt. Steven Ashworth held his retirement ceremony at McGlachin Parade Field after Navy Information Operations Command Maryland's change of command, Sept. 30. Ashworth served 25 years in the United States Navy, serving his last two years were as NIOC Maryland's Commanding Officer.

BLAKE SHELTON

Country music star Blake Shelton performed a special concert for military service members, Department of Defense civilians and their guests for more than an hour Sept. 2 on the Fort Meade Parade Field, which was transformed into a concert venue as part of the U.S. Air Force Reserve's Tour for the Troops. Before the show, Blake took time out of his schedule to meet with the Sailors, Soldiers, Airmen and Marines who helped to set up the stage and assist with security during the concert. NIOC BOSS representative Petty Officer 2nd Class Michelle Goodman coordinated the NIOC volunteers.



ANCHOR WATCH



ANCHOR WATCH
In its 37th year of publication
www.niocmd.navy.mil
Commanding Officer
Capt. T.J. White
Executive Officer
Cmdr. Rachel Velasco-Lind
Command Master Chief
Master Chief Petty Officer J. Scott Drenning
Public Affairs Officer
Terrina Weatherspoon
Layout and Design
MC2(SW) Regina Wilken
Command Photographer/Staff Writer
MC2(SW) Regina Wright
MC3 Matthew Jordan

The "Anchor Watch" is published by Navy Information Operations Command Maryland, and is printed commercially from appropriated funds in accordance with NAVEXOS P-35 (Rev. May 1979). Opinions are not necessarily those of the Navy Department nor the U.S. Government. We reserve the right to correct, edit and omit material. Photos are official U.S. Navy unless otherwise indicated.

Story ideas are due the first working day of each month to the Public Affairs Office, Bldg. 9804, Rm. 110, Fort Meade, Md. 20755-5290.
Phone: 301-677-0860 FAX: 301-677-0399.
Story ideas are also accepted electronically at regina.wilken@navy.mil

MOBILE CARE TEAM:

Focusing on prevention, ending mental health stigma

Story by Terrina Weatherspoon

With more than 7,000 Individual Augmentee (IA) Sailors, both active and reserve, being deployed each year overcoming the unique challenges for individuals and families has become more of a priority than ever. Since IAs deploy with new units, there is often a level of comfort missing and Sailors and families may not be able to rely on the same support avenues they have in the past.

So when Lt. Bryan L. Pyle, a clinical social worker for Navy Information Operations Command Maryland, currently assigned to the Fleet and Family Support

“We don’t often get those experiences in my field,” said Pyle. “We are either in a clinic or a hospital waiting for the wounded to come to us.”

This was Pyle’s chance to be proactive and conquer issues before they required anything more than a listening ear.

“This gave me a chance to see how these Sailors and Soldiers live; to see the good vs. the sparse conditions,” said Pyle.

Pyle would have IA Sailors fill out behavior Health Needs Assessment surveys that were Navy specific and that targeted the IA population in Afghanistan. This was

“This was such a unique opportunity”

Center, got the email that someone with his services was needed in Afghanistan to support the IA community he didn’t hesitate to respond.

“The message came down from the Bureau of Medicine,” said Pyle. “And I wanted to do my part. I had deployed as an IA in 2006 and was familiar with the difficulties that type of deployment can bring.”

Pyle left in November for training and his boots touched ground in December. What Pyle knew was that he would be part of Mobile Care Team 3 whose job would be primary and secondary mental health prevention as well as gathering information from IA Sailors through individual counseling, focus groups and a 13 page survey. What Pyle didn’t know is what a profound impact this experience would have on his life and the life of current and future IA Sailors.

“This was such a unique opportunity,” said Pyle. “Of course when I got the orders I was apprehensive. But knowing I’d be traveling all over the country to see firsthand what service members experience was something I couldn’t pass up.”

Those experiences included hitching rides on Black Hawks and Chinooks, landing in the middle of the night with feelings of trepidation and excitement and hitching rides on convoys.

the third time a Mobile Care Team had toured Afghanistan and administered these surveys. The results are analyzed and even briefed to Congress. This information is crucial to the way the Navy will continue doing business in the future, said Pyle.

“It was amazing to me to see the amount of time and care Sailors would take filling out these surveys,” said Pyle. “Especially since they knew it might not help change their current situation. Most were just filling them out in hopes that it would set up a future IA Sailor for success.”

For the most part Pyle found that the prescreening process IA Sailors go through works. Most of the Sailors he encountered were well adjusted, healthy individuals. The problems they would encounter and report were situational stresses, leadership conflicts and breakdowns in communication up and down the chain of command, said Pyle.

“There were not as many Sailors talking specifically about combat,” said Pyle. Some would mention Improvised Explosive Devices and indirect fire as causes for concern, especially among those Sailors working in Provincial Reconstruction Teams, detainee operations and medical. Another concern I heard a lot was seeing injured and dead Americans. But mostly the stress reported was caused by leader-

ship challenges and a difference in Army/Navy culture.”

For his part, Pyle would listen, offer personal advice when it was needed, and head up focus groups when he felt it would help for Sailors to know they aren’t alone.

“One case in particular that hit me pretty hard was a Sailor who was serving his country in a war zone all the while knowing that he was being processed out of the Navy through the Perform to Serve program,” said Pyle. “He just needed to hear that he was still valuable. I was able to listen to his concerns and help him come up with a plan for himself once he returned home.”

For Pyle, seeing Sailors in different settings and hearing their stories was a profound experience, he said.

“We kept a high profile awareness of mental health resources and kept a presence of support,” said Pyle. “We were also able to reduce the stigma associated with mental health.”

“The reward came when a Sailor who was closed down would open up to you,” said Pyle. “I was able to turn a tent, a table or a coffee shop into moments of support therapy.”

This experience has helped Pyle gain confidence and certain credibility among the Sailors he now sees on a regular basis at the Fleet and Family Support Center.

“I realize now, even more than before, how important relationships are and I will work even harder to help Sailors maintain healthy relationships because I have seen the direct effects of an unhealthy relationship and the toll that takes on a deployed service member.

“I am so thankful for this opportunity and to the staff and faculty at the Fleet and Family Support Center who stepped up and worked twice as hard to fill the gap left by my deployment,” said Pyle. “I have them to thank for one of the most rewarding tours of my career.”

Pyle added that none of this would have been possible without the unwavering support of his co-workers.



Pyle with Lt. Rosa Grgurich, a social worker on his deployed team.



Pyle stands outside of the national military hospital in Kabul, Afghanistan.

NAVY MEDICINE

World Class Care...Anytime, Anywhere



Educational programs teach NIOC Sailors to ACT now

Story by Terrina Weatherspoon

Sailors interested in obtaining a degree can find the best way to streamline that process by attending the monthly Navy Apprenticeship, College and Training (ACT) seminar taught here.

The goal of the seminar is to help Sailors put their hands on empowerment tools already available to them.

"The Navy, private organizations and universities provide a myriad of opportunities for Sailors to achieve their professional and educational goals," said Petty Officer 2nd Class Shiela Sipko, an instructor for the ACT program. "However, those resources can sometimes be a real chore to locate, so we have done a lot to dig the needles out of the proverbial haystacks. We now share compiled notes, tips and points of contact with our shipmates and encourage them to seize the moment."

Sipko, along with Petty Officer 1st Class Jamar Salters, have been briefing Sailors on the ACT program since January.

"Salters developed the presentation and had been briefing Sailors at his previous duty station as well as neighboring commands," said Sipko. "When he checked on-board here last winter, I was already working with a number of junior Sailors to better utilize their time by taking CLEP and DANTES exams."

It was recommended that the two combine forces and put their similar passions for helping sailors advance their education to good use. The two redesigned the brief to be relevant to NIOC Sailors and approached the chain



Petty Officer 2nd Class Shiela Sipko delivers a brief about A.C.T. during monthly command orientation.

of command about getting the information out to the command.

"The first brief we gave was voluntarily attended by more than 50 sailors," said Sipko. "The following day Salters escorted the group to the NSA testing center where they all took the Analyzing and Interpreting Literature CLEP test. Everyone passed, each earning six college credits. That's the equivalent of two college semesters for less than two hours of work."

Petty Officer 2nd Class Francisco Aviles, N5 department said he had given little thought to college prior to attending the ACT brief. After listening to Salters say that getting a degree was easier and quicker than one might think Aviles was intrigued.

"I was able to earn 31 credits in one month through language

CLEP tests," said Aviles. "I now have 85 credits total and I am aiming for a degree in computer science from Thomas Edison University."

"I call it the gateway drug," said Salters. Because once people get over the nervousness of taking a test and see how simple it is to earn college credit, they're ready to tackle another one."

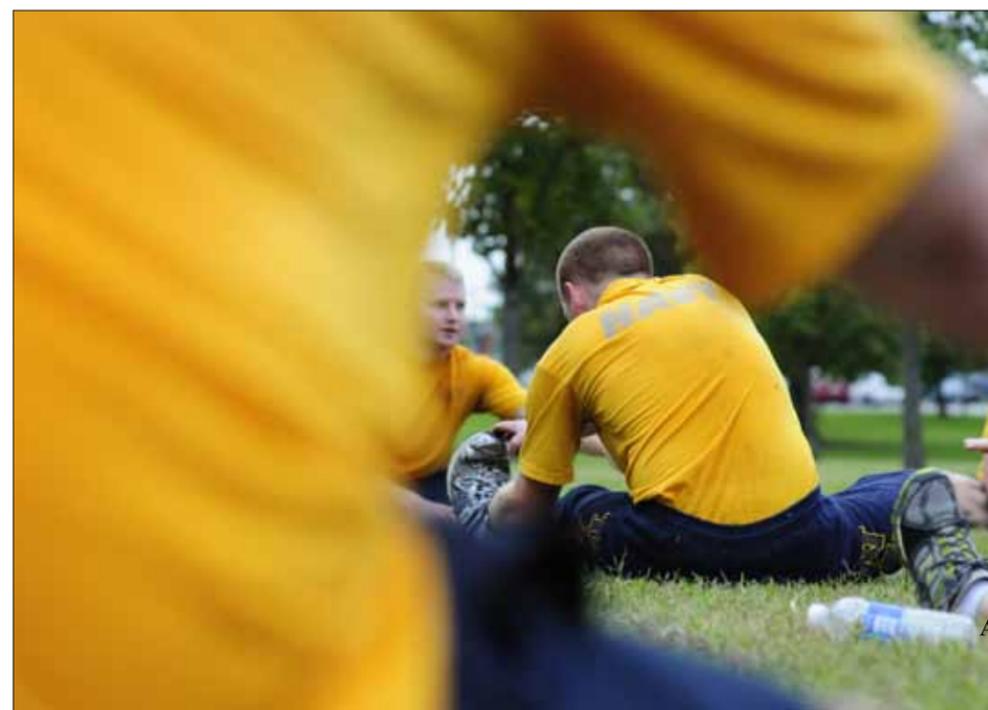
Since starting the training course the two have trained 357 Sailors resulting in 218 Sailors earning 1,413 combined college credits and four Sailors earning their associates degree. In one year the amount of credits earned increased 1,077.5 percent. Personnel taking CLEP and DANTES exams went from 78 last year to 357 this year.

The seminar has been so wildly successful that it is now part of command indoctrination.

Topics covered in the seminar include but are not limited to: The All Hands Career Handbook, Career Development Boards, Recognition and Advancement, Commissioning Programs, Conversion Programs, Electronic Service Records, Evals/Fitreps, Navy Knowledge Online, Navy Learning and Development Roadmap (LaDR), College and Credentialing, Navy COOL, USMAP, Advanced Education Voucher (AEV) Program, Test Prep Resources for CLEP/DANTES/SAT/ACT/GRE, Tools for College Success, Academic Skills Improvement, No-Cost Tutor Services, Military Spouse Career Advancement Accounts (MyCAA), and Tools for a Portable Civilian Career.

"I hope they continue to offer this program to everyone who checks on board," said Aviles. "One of the main reasons I hadn't thought about college up till this point was because there was no guidance and a lack of information. I am so thankful for being given a path."

*Editor's note: For his work on this project, Salters will be awarded the 2010 Spirit of Hope Award. He will be presented with the award in a ceremony Nov. 15. He was nominated by the CO of NIOC Hawaii for helping 3,300 Sailors reach their educational goals. If you would like more information on the program contact srsipko@nsa.gov.



Fitness in FOCUS

If anything has been proven true about the constant updates to the physical readiness instruction for the Navy it is that the Navy is serious about fitness. It is important for Sailors to recognize the changes the Navy has made to the program and to understand how the changes affect each of them and their careers.

NIOC is making sure its Sailors are prepared. The PRT office here is dedicated to helping NIOC Maryland Sailors succeed in passing the PFA and improving their overall fitness.

"We now offer command PT three times a week at Eagle Fitness," said Chief Brandy Stewart. "The workouts are challenging and incorporate different types of exercise. It's not your normal PRT prep."

Several people have already experienced much success with these new programs and the assistant command fitness leaders are great at helping people reach their weight loss and fitness goals.

"The goal is to instill a culture of fitness here at the command," said Stewart. "We need to encourage Sailors to find activities they enjoy. There are plenty of ways to be active without running and lifting weights. Our office is available to help those in need of ideas or extra motivation. Ultimately, it would be great to prevent any future PFA failures."

Command PT is open to everyone and takes place Tuesdays, Wednesdays and Thursdays beginning at 6 a.m. at Eagle fitness. That time will switch to 3 p.m. during the winter.

"We have trainers that love helping others," added Stewart. "Getting the help early gives us a better chance of success."

Top: Petty Officer 1st Class Barry Harmon leads Sailors during command PT, Sept 20.

Middle: Seaman Zamar Shaw keeps it fun during command PT, Sept 20.

Bottom: Sailors stretch together after command PT, Sept 20.

AWARDS

AUGUST

SEPTEMBER

Joint Service Commendation Medal

Petty Officer 1st Class Shaun Lee

Navy and Marine Corps Commendation Medal

Petty Officer 1st Class Trevor Fells

Petty Officer 1st Class Ryan Melling

Petty Officer 1st Class Logan Smith

Chief Michael Smith

Joint Service Achievement Medal

Chief James Loe

Petty Officer 1st Class Alysa Harden

Petty Officer 2nd Class Richard Hausdorfer

Navy and Marine Corps Achievement Medal

Chief Jeffrey Lesch

Chief Lamart Smith

Chief Petty Officer Jon Cryor

Petty Officer 1st Class Justin Eason

Petty Officer 1st Class Michael McCall

Petty Officer 2nd Class Melissa Brandt

Petty Officer 2nd Class Khrishina Chonbell

Petty Officer 2nd Class Tyler Kirby

Petty Officer 2nd Class Christopher Conway

Petty Officer 2nd Class Richard Allmon

Petty Officer 2nd Class Benjamin Nowak

Senior Sailor of the Quarter (2nd Qtr.)

Petty Officer 1st Class Patrick McMahon

Junior Sailor of the Quarter (1st Qtr.)

Seaman Apprentice Mitchell Anderson

Flag Letter of Commendation

Petty Officer 1st Class Anthony Gonzales

Joint Service Commendation Medal

Lieutenant Joseph J. Kruppa

Petty Officer 1st Class Eric Kattner

Petty Officer 1st Class Bryan S. Noynosoudachanh

Navy and Marine Corps Commendation Medal

Lieutenant Bryan L. Pyle

Chief Carol A. Twerberg

Petty Officer 1st Class Jason D. Lenn

Navy and Marine Corps Achievement Medal

Lieutenant Robert J. Bebber

Petty Officer 1st Class Thomas G. Gargano

Petty Officer 1st Class Layaka N. Young

Petty Officer 1st Class Mark Martel

Petty Officer 2nd Class Erin A. Ruddy

Good Conduct Medal

Petty Officer 2nd Class Brian L. Blacher

Petty Officer 3rd Class Heather M. Melia

Petty Officer 3rd Class Allison B. Shunkwiler

Petty Officer 3rd Class Miranda A. Crotts

Petty Officer 3rd Class Tanya L. Kornilkin

Senior Sea Sailor of the Quarter (3rd Qtr.)

Petty Officer 1st Class Craig A. Frase

Junior Sea Sailor of the Quarter (3rd Qtr.)

Seaman Lucas S. Roberts

Senior Sailor of the Quarter (3rd Quarter)

Petty Officer 1st Class Jason M. Sikora

Junior Sailor of the Quarter (3rd Quarter)

Petty Officer 3rd Class Janice Truong

Junior Deployer of the Quarter (2nd Quarter)

Petty Officer 3rd Class Julie A. Wright

Junior Deployer of the Quarter (3rd Quarter)

Seaman Michael D. Rine

Civilian of the Quarter (3rd Quarter)

Ms. Pamela Stangee





Taking Charge



By Terrina Weatherspoon
Photos by MC2 Regina Wilken
and MC3 Matthew Jordan

Taking Charge

Capt. T.J. White relieved Capt. Steven J. Ashworth as the commanding officer of Navy Information Operations Command Maryland during a change of command ceremony Sep. 30 on the post parade field.

After the change of command ceremony, the command continued with a retirement ceremony for Ashworth who retired after serving more than 25 years in the Navy.

In his final speech Ashworth thanked the command and the Sailors for their support and shared a story about the Lone Sailor. He said that although people look at the Sailor and indeed see that he stands alone, he is not sad. He is eager and searching for adventure. Ashworth said he is thankful to have had the opportunity to see life from the perspective of that Sailor.

"He is not alone. He has the support of his nation, his shipmates and his family," said Ashworth. "You never serve alone."

NIOC wishes Capt. Ashworth fair winds and following seas and will continue providing unwavering support to its new commanding officer.



Broken, not beaten:

Story by Terrina Weatherspoon

In those moments, staring at the screen and hearing the words, “It’s a boy,” a million thoughts run through a father’s mind. Will he play sports? Will he play fair? Is he going to be a lover or a fighter? Will he be anything like his dad?

And then one thought always takes over; nothing else matters, as long as the baby is healthy. And when the baby is anything but healthy, no parent is ever fully prepared.

Thane had a bit of a rough start to begin with. He was born after a pretty standard pregnancy – one in which his father had all the hopes in the world of tossing the ball around with his boy, cheering for him at games – the biggest fan of his healthy son. But then came his wife’s terrible delivery. And the discovery by the doctor’s in Thane’s second day of life that he had Craniosynostosis, a condition in which there are problems with normal brain and skull growth, which if left untreated can cause severe brain damage and facial disfigurement.

Add this to the small but growing list of things that kept popping up - murmurs that went unchecked despite a family history of issues, odd blood counts at birth, and anemia. At two weeks old there was also a bizarre rash. Then his parents found out his immune system did not properly develop. Surgery for his skull would take place at the ripe old age of four months.

And then in 2003 his parents were told that in addition to everything else, his heart was also sick. He was diagnosed with Dilated Cardiomyopathy, which literally means, heart muscle disease.

By the time that diagnosis hit, the young boy was close to being on death’s door.

“It has of course been stressful,” said his father. “Literally watching your child die.”

Chief Petty Officer Scott Welker, who is attached to Navy Information Operations Command Maryland, and his wife Wendy, knew from the beginning that days with their son might be numbered.

However, Welker said that his son is a humbling reminder of just what a human

being can endure despite all odds - and endure, he has.

After being diagnosed with Dilated Cardiomyopathy, there were so many tests, said Wendy. But no etiology was found. Thane was put on new medication and the family was sent home after six days.

“He progressed for a while,” said Wendy. “And then as Easter closed in, so did the illness. We were finally given the news that his only options were transplant or death.”

The family was sent to Children’s Na-



Thane while on the Extra Corporeal Membrane Oxygenation (ECMO). The ECMO machine is very similar to a heart-lung bypass machine used for open-heart surgery. When a child is placed on ECMO, his/her blood receives oxygen from an artificial lung in the ECMO circuit (or system). The artificial lung in the ECMO circuit will provide a child’s blood with the oxygen needed to live until his/her lungs and/or heart are able to work on their own.

tional Medical Center in Washington D.C., and Thane was admitted into the pediatric intensive care unit right away.

“The doctor told us that he had less than 20 percent usage of his heart and his system was shutting down,” said Wendy. “We were told by the doctor that he had no idea how Thane had lived through the weekend. That was frightening to hear.”

After only mere days in the PICU the young boy went into cardiac failure.

“His heart stopped in front of me,” said Wendy. “It was a very intense time.”

Once stable enough, the team went

to work immediately on the boy while an extracorporeal membrane oxygenation (ECMO) life support system was being prepared. The machine allows a critically ill patient’s heart and lungs to rest and recover while the device pumps and oxygenates their blood. Thane was placed into a coma and the machine took over. However, the machine required a full body supply of blood just to start it up.

“This is where the command shined, as there was a very large need for blood,” said

One boy’s struggle through illness, surgeries and near death, and a NIOC family’s hope that they can be as strong as he is

“Life just sucks sometimes, and is not fair.”

at bay. Anywhere that a needle had been, a scratch, anything could spring a leak and you could walk in and find pools of blood.”

The Welkers were forced to stand by day after day and watch their son battle for his life. A mere 15 days could be the difference between life and death for their young boy.

“That was pretty damn heart wrenching,” said Welker. “Second only to the fact that we had to basically be hopeful that another child would die and the family would be willing to give up their baby’s heart; that can damage you a bit deep inside.”

And then a miracle. Ten days later the Welkers were informed that a surgeon was en route with a new heart.

“We were so excited,” said Welker. “I remember we cried when the news came through. Only a handful of days had passed, but it seemed like so very long waiting. Of course, the reminder of the death of an infant girl, someone’s daughter, knocked me back enough to be happy but also so sad for another family who did not have a second chance to even say goodbye to their child. I am very grateful, and will always be, to the family for giving us the heart.”

“We arrived at the hospital and watched 13 people move my son into surgery,” said Wendy. “He left us gray and weak and came out pink and hot and just throbbing with energy!”

But there was barely any time for a

celebration. Once home the family faced even more challenges. Many of the things Thane went through left some measure of damage and his physical injuries were numerous.

“Having your chest cracked and not walking for 40 days can undo a lot,” said Wendy.

Then, the unthinkable happened.

This past year the Welkers noticed other issues arising, to include their first official rejection in the seven years since the transplant. Then in October Thane had some unexplained swelling and was rushed to the hospital to have the swollen lymph nodes removed. In December, the family found out that their little boy had cancer.

“Cancer is bad, but treating it causes some very bad things,” said Wendy.

“I had to take Thane to the ER because he was vomiting blood and this thick mucus,” said Wendy. “Turned out that it was the lining of his esophagus. That was a week in the hospital.”

“He is still ill,” said Welker. “The transplant will always be something we have to deal with, and the chemo left one of his kidneys pretty broken – nearing the verge of needing a new one.”



“We are looking for ways to protect him for as long as possible, as he cannot have transplanted kidneys for two years after an all clear from the cancer,” said Wendy.

While the family is done with the chemo and radiation therapy, the accutain is there to mature those cells which were susceptible to becoming cancerous. During Thane’s last PET scan in July the family was told that he showed no signs of active cancer.

“I cried pretty damn hard,” said Welker. “I am tearing up now, actually. It is not normal for me to feel helpless, but that was one hell of a victory speech by the doctors.”

Another difficult aspect of Thane’s illness was finding the time and doing the right thing for his older sister, 14-year-old Brenna.

She was six when this all started, and it has shaped her as a person. She’s been seeing a counselor since she was in 5th grade, just to make sure she had a neutral third party if she needed it, said Welker.

“Life just sucks sometimes and is not fair,” said Brenna.

“She is a lot like Wendy and I,” said Welker. “We put it in gear and go. We do not believe in boo-hooing or lamenting what we are going through since that does Thane no good at all.”

“He has a tough road ahead of him, but he always meets his challenges with a smile,” said Wendy. “What else can we do? We have to be as tough as him, at the very least. He relies on us for that. I can say that he has taught us that much.”

Welker still wonders what the future holds for his boy, but one thing is for sure. His son is tougher and braver than Welker could have ever imagined. Most kids his age are dealing with scrapes and bruises from school yard scuffles and the likes. Not many can say their wounds came from fighting death - and winning.

Thane with his sister, Brenna, after his heart transplant while he was an inpatient in Cardiology at The Children’s National Medical Center.

Alice Springs MCPON Rick West visits down under



By MC1 (SW) Abraham Essenmacher and Terrina Weatherspoon
Office of the Master Chief Petty Officer of the Navy

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy Rick D. West, returned from a 10-day visit to Australia Sept. 16, where he attended the Western Pacific Naval Symposium (WPNS) for senior enlisted leaders in Sydney to discuss maritime security issues affecting the region's navies.

"This gathering of multinational Navy enlisted leaders was very productive for all involved," said West. "Communication is the key to success, and this symposium was an outstanding forum

for leaders to share ideas."

Prior to the symposium, MCPON visited U.S. Sailors based at the Navy Information Operations Detachment, Alice Springs, Australia, who are supporting operations in the Pacific theater.

This is the first time a MCPON has ever paid a visit to this site. He had a round robin with the Sailors to get a feel of the command. Then he began to talk about his initiatives, which mostly revolve around advancement, getting back to the basics and the CPO 365 program.

After that he fielded questions from Sailors about the proposed changes to the retirement system, Navy uniforms, sea/shore schedules and PTS.

Due to his schedule he only had a few hours to spend with Alice Springs Sailors but he commented on how impressed he was with them.

"The Sailors here are a stellar example of a small group accomplishing great things, said West. "Their efforts so far from home are impressive and an example of what our Sailors can achieve anywhere in the world."

MCPON met with senior enlisted members of 15 different navies whose expertise and vision for military presence in the Pacific were aimed at unifying joint operations and goals. Discussions included best practices on issues in the naval services and exchanging ideas to enhance mutual interests.

The Western Pacific Naval Symposium aimed to increase naval cooperation in the Western Pacific by providing a forum for discussion of maritime issues, both global and regional, and in the process, generate a flow of information and opinion between naval professionals leading to common understanding and cooperation.

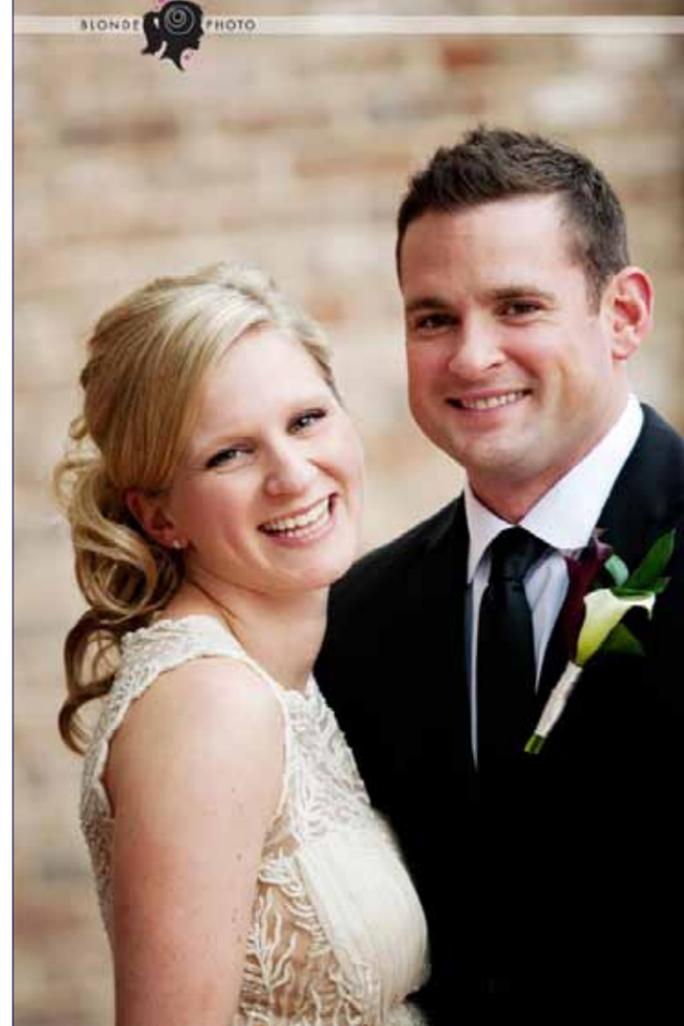
"It's important that we continue to explore how we can conduct business as a global force for good with gatherings that involve different nations," said West. "While we have different backgrounds and experiences, we also share many of the same values which are truly great strengths to build upon."

Multinational cooperation takes place through a range of informal arrangements, bilateral and multilateral activities, to formal government-to-government agreements.

"By building and continuing our communication and collective expertise, we'll be able to respond more efficiently to maritime threats and natural disasters, as well as develop overall global maritime security," said West.

MCPON will now take the information gained from his visit in Australia and share it with senior naval leaders in Washington.

*Editor's note: MCPON West is the 12th MCPON in the Navy. He graduated from Northwest Georgia High School in 1981 and immediately joined the Navy. He was selected as MCPON on Dec. 8, 2008.



Ms. Quinn Peyser and Senior Chief Jay Hankins wed in Annapolis, Md. September 30th. Congratulations to Mr. and Mrs. Hankins. We wish you nothing but happiness in your future!

Photo taken by Jaime Windon of theblondephotographer.com

We Need YOU!

The public affairs office wants to publish your creative works. Artwork, poetry, photographs...send it to us. It could end up published in the Anchor Watch and/or on the command Website.

We are also interested in reviews of the latest and greatest technology, video games, cars...whatever! If you have tried something and you feel like it is amazing...or horrible, send us a review telling us why. It could end up published!

We also want to start an announcements page. If there is a significant event in your life, tell us. New baby? Wedding? Retirement? Let us include it on our announcements page.

And finally, like us on Facebook! "Navy Information Operations Command (NIOC) Maryland"

With you....

*I move from each moment to the next
All is fleeting and lost by the moment after
These breaths I draw come and go
My world caught in dull flow
You don't know baby, You don't know
You don't know that*

*I want to hear you
Breathe again,
And be again*

*This moment can't grow cold
The tighter I hold, the further it goes
Time is fleeting
Leaving all to memory
My own re-run show
Oh baby you don't know*

*My heart only beats
When enveloped in synergy
It's a procession defined by you
A light only seen off your skin
A world cast by your silhouette
You don't know that
When I see you and I can breathe again
When I hear you and I can see again
I won't last forever
So keep hitting replay
Just stay*

*My heart only beats
When enveloped in synergy
A procession defined by you
A light only seen from your skin
A world cast by your silhouette
You don't know but
When I see you and I can breathe again
When I hear you and I can see again
But it won't last forever
So keep hitting replay
And stay*

*The air is still again
Now a distance between beats
My thoughts are grey
And so is the world
I'm not moved without you
I should be with you
So hit replay
I want to touch you*

Lyrics by Petty Officer 2nd Class
Jaison Renkenberger

Welcome Aboard!



Taylor Marie Hall was born September 4, 2011. She weighed 8lbs 10 oz. and was 18.5 inches long. Congratulations to Petty Officer 2nd Class Melissa Hall and her husband, Brian.



Hail to the Chief!

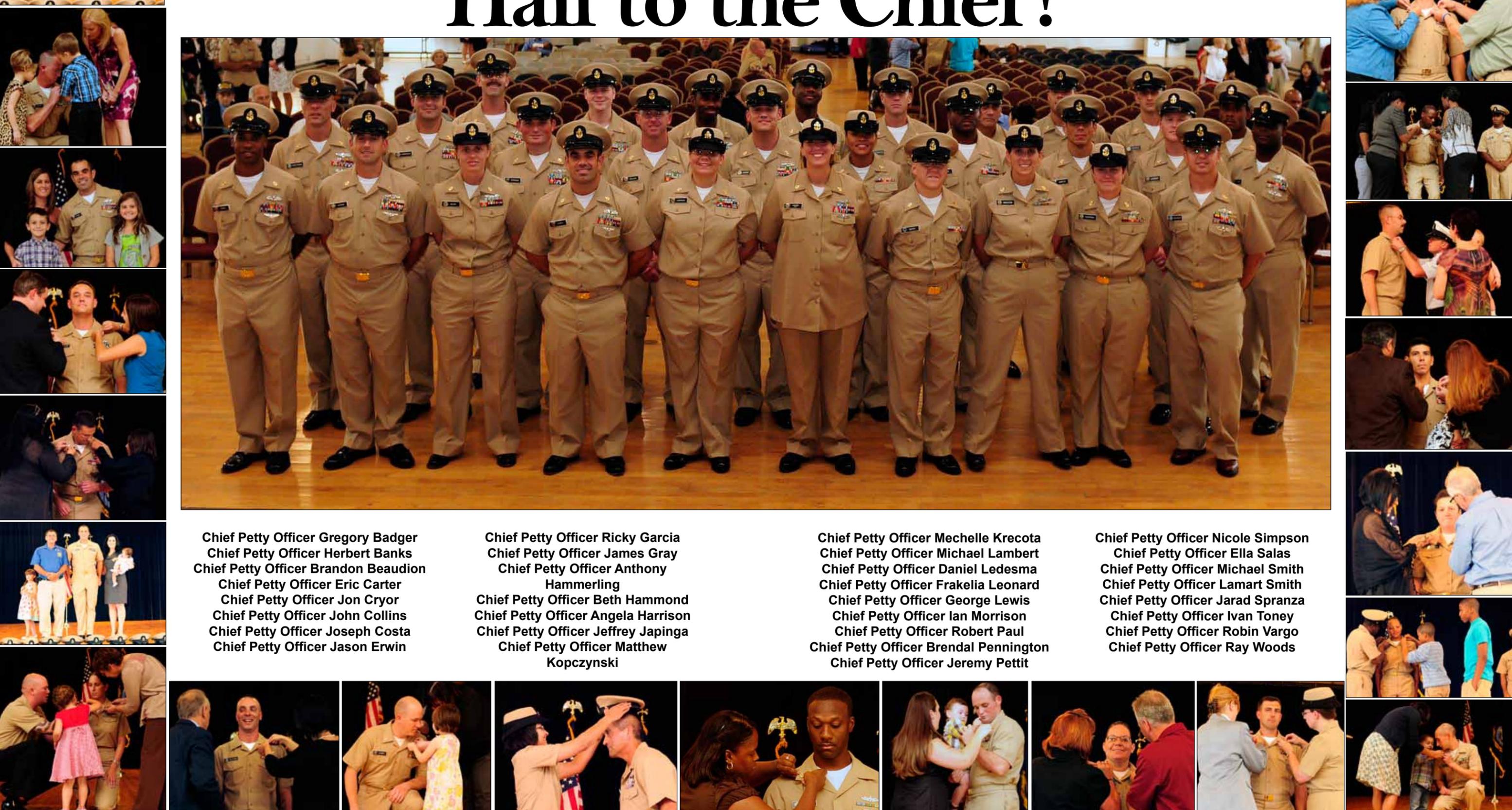


Chief Petty Officer Gregory Badger
 Chief Petty Officer Herbert Banks
 Chief Petty Officer Brandon Beaudion
 Chief Petty Officer Eric Carter
 Chief Petty Officer Jon Cryor
 Chief Petty Officer John Collins
 Chief Petty Officer Joseph Costa
 Chief Petty Officer Jason Erwin

Chief Petty Officer Ricky Garcia
 Chief Petty Officer James Gray
 Chief Petty Officer Anthony Hammerling
 Chief Petty Officer Beth Hammond
 Chief Petty Officer Angela Harrison
 Chief Petty Officer Jeffrey Japinga
 Chief Petty Officer Matthew Kopczynski

Chief Petty Officer Mechelle Krecota
 Chief Petty Officer Michael Lambert
 Chief Petty Officer Daniel Ledesma
 Chief Petty Officer Frakelia Leonard
 Chief Petty Officer George Lewis
 Chief Petty Officer Ian Morrison
 Chief Petty Officer Robert Paul
 Chief Petty Officer Brendal Pennington
 Chief Petty Officer Jeremy Pettit

Chief Petty Officer Nicole Simpson
 Chief Petty Officer Ella Salas
 Chief Petty Officer Michael Smith
 Chief Petty Officer Lamart Smith
 Chief Petty Officer Jarad Spranza
 Chief Petty Officer Ivan Toney
 Chief Petty Officer Robin Vargo
 Chief Petty Officer Ray Woods



A wooden door with a sign that says "Santa's Workshop" and a note that says "Gone To MIOCMD Holiday Party". The door is set in a brick wall. The door has two panels, each with a sign. The left panel has a sign that says "Santa's Workshop". The right panel has a sign that says "Gone To MIOCMD Holiday Party". The door is decorated with two sets of reindeer antlers and two horseshoes on each panel. The door is set in a brick wall.

Santa's
Workshop

Gone To
MIOCMD
Holiday Party

DECEMBER 8TH AT THE BWI MARRIOTT
7P.M. - 11P.M.

DRESS WILL BE EVENING ATTIRE.

TICKETS ARE AVAILABLE FROM DEPARTMENT REPRESENTATIVES.

E-4 AND BELOW: \$10 E-5 AND E-6: \$15 E-7 AND ABOVE: \$20