

EURAFSWA READER





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For All Who Serve: Past and Present

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REGION COMMANDER'S PERSPECTIVE



I want to thank all of you for the hard work done in the first month of 2015. January was a busy month and, as usual, you have all performed brilliantly. I want to take this opportunity to recognize a few of your accomplishments and significant events. NSA Souda Bay was honored as runner-up in the CNIC 2015 Installations Excellence Award (Small Commands), while NSA Bahrain masterfully hosted several high level officials including the recently appointed US Ambassador to the Kingdom of Bahrain, William Roebuck and the Department of Energy Deputy Secretary, Dr. Liz Sherwood-Randall. NAS Sigonella along with Region, successfully conducted Exercise Neptune Arrow, a base wide drill which involved public works, environmental representatives and the Italian military. Finally I want to recognize all the progress that is being made at NSF Deveselu. NSF Deveselu military construction is well underway and on schedule and the missile defense facility construction, now more than 50% complete, has all been accomplished while hosting a constant flow of distinguished visitors. These are but a few of the exceptional achievements we can all take pride in supporting around the Region. I look forward to seeing firsthand what we will accomplish in the coming months.

February is Black/African American history month. In this month we celebrate Americans of African descent whose work in science, art, business, and politics has shaped the course of American and world history. Please take advantage of some of the local educational and cultural events in honor of Black/African American history month. One of our guiding principles throughout EURAFSWA is integrity. Men and women who act with integrity are our greatest assets. Integrity is a combination of matching words and deeds, guided by truth. We have a long history in our business of accepting nothing less in our military and civilian teammates than the highest ethical standards and integrity. I expect nothing less, and I have yet to be disappointed. Region EURAFSWA is made up of men and women of superb character that allow us to ethically deal with the challenges of today, and make proper, conscious decisions. Your integrity is why we succeed!

Our success is also tied directly to the magnificent support of our friends and families. They embody the resilience and generosity that makes our communities strong and our achievements possible. Thank you for your unfailing support!

As always, take care of yourself, take care of your Shipmates and take care of your family!

RADM Jack Scorby
Commander, Navy Region Europe, Africa, Southwest Asia



PROJECTING POWER PRESIDENTIALLY

By IC1 Nick Robbins, CNREURAFSWA Public Affairs

Often, the observance of Presidents' Day in the United States goes very much unnoticed. Local newspapers splash ads of "President's Day Sales!" and a day off from work in the coldest month of the year. But have you ever stopped to think about this important day of recognition?

We have holidays honoring mother and father, as the Fourth Commandment specifies; we have holidays honoring Christopher Columbus, an Italian-born explorer; and Rev. Martin Luther King, Jr., that 20th-century hero; we have days honoring trees, love, which is the 14th of this month, our flag, workers and veterans. But on Presidents' Day, since 1971, we honor all 44 presidents of the United States. These men for the last 238 years have shaped the lives and future for Americans and citizens all around the world.

The day falls in between the birthdays of Lincoln and Washington, whom we used to honor separately - Washington for guiding our country's birth and Lincoln for keeping our country together and eliminating one of the worst violations of democratic principles ever--condoned human slavery. Their achievements were absolutely world changing making them great presidents.

Granted, there is no unanimity as to what constitutes greatness in a president. However, the US Navy has a way to honor presidents: we name the most powerful ships in our fleet after them, Nimitz-class aircraft carriers.

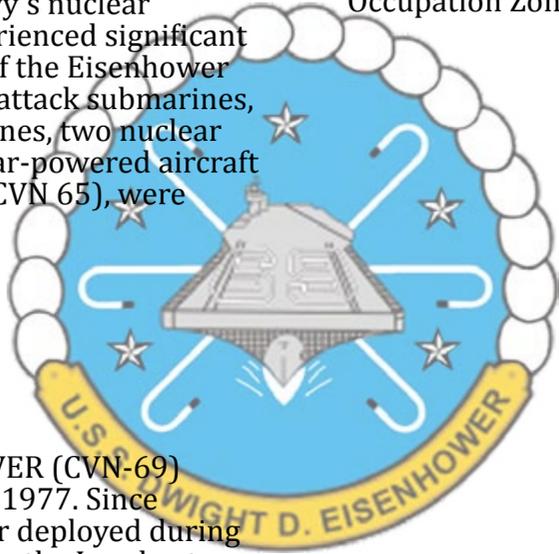
We currently have seven active Nimitz-class aircraft carriers named after presidents. Each of these presidents and carriers have significantly shaped our nation and advanced liberty around the world. There are currently two Ford-class aircraft carriers under construction, PCU Gerald R. Ford (CVN-78) and PCU John F. Kennedy (CVN-79). The article will not cover these PCUs because their future crews have yet to have the opportunity to defend freedom abroad.



I like IKE

Dwight D. Eisenhower was the 34th President of the United States (1953-1961). His enduring accomplishments include: he launched the Interstate Highway System; the Defense Advanced Research Projects Agency (DARPA), which led to the internet, among many invaluable outputs; the National Aeronautics and Space Administration (NASA); driving peaceful discovery in space; the establishment of strong science education via the National Defense Education Act; and encouraging peaceful use of nuclear power via amendments to the Atomic Energy Act.

It was during President Eisenhower's administration that the Navy's nuclear shipbuilding program experienced significant growth. In the eight years of the Eisenhower administration, 29 nuclear attack submarines, the first 14 Polaris submarines, two nuclear cruisers and the first nuclear-powered aircraft carrier, USS ENTERPRISE (CVN 65), were authorized.



IKE

USS DWIGHT D. EISENHOWER (CVN-69) was commissioned Oct. 18, 1977. Since commissioning, Eisenhower deployed during Operation Eagle Claw during the Iran hostage crisis in 1980, as well as the Gulf War in the 1990s, and more recently in support of U.S. military operations in Iraq and Afghanistan. In response to Iraq's invasion of Kuwait (gulf war), Eisenhower became the first carrier to conduct sustained operations in the Red Sea, and only the second nuclear-powered aircraft carrier ever to transit the Suez Canal. Eisenhower served as a ready striking force in the event Iraq invaded Saudi Arabia, and participated in maritime interception operations in support of a United Nations embargo against Iraq. Deploying in February 2000 (Operation Southern Watch) and returning that August on the "Millennium Cruise", for the first time Ike's embarked aircraft dropped ordnance in combat while supporting Operation Southern Watch's No-Fly Zone over Iraq.

5-Star Leader

Eisenhower was one of five in the history of the United States Army five-star general and he served as Supreme Commander of the Allied Forces in Europe. Eisenhower had responsibility for planning and supervising the invasion of North Africa in Operation Torch in 1942-1943 and the successful invasion of France and Germany in 1944-1945. Eisenhower planned and carried out the Allied assault on the coast of Normandy, the liberation of Western Europe and the invasion of Germany. Following the German unconditional surrender, Eisenhower was appointed Military Governor of the U.S. Occupation Zone.



G.W.F.

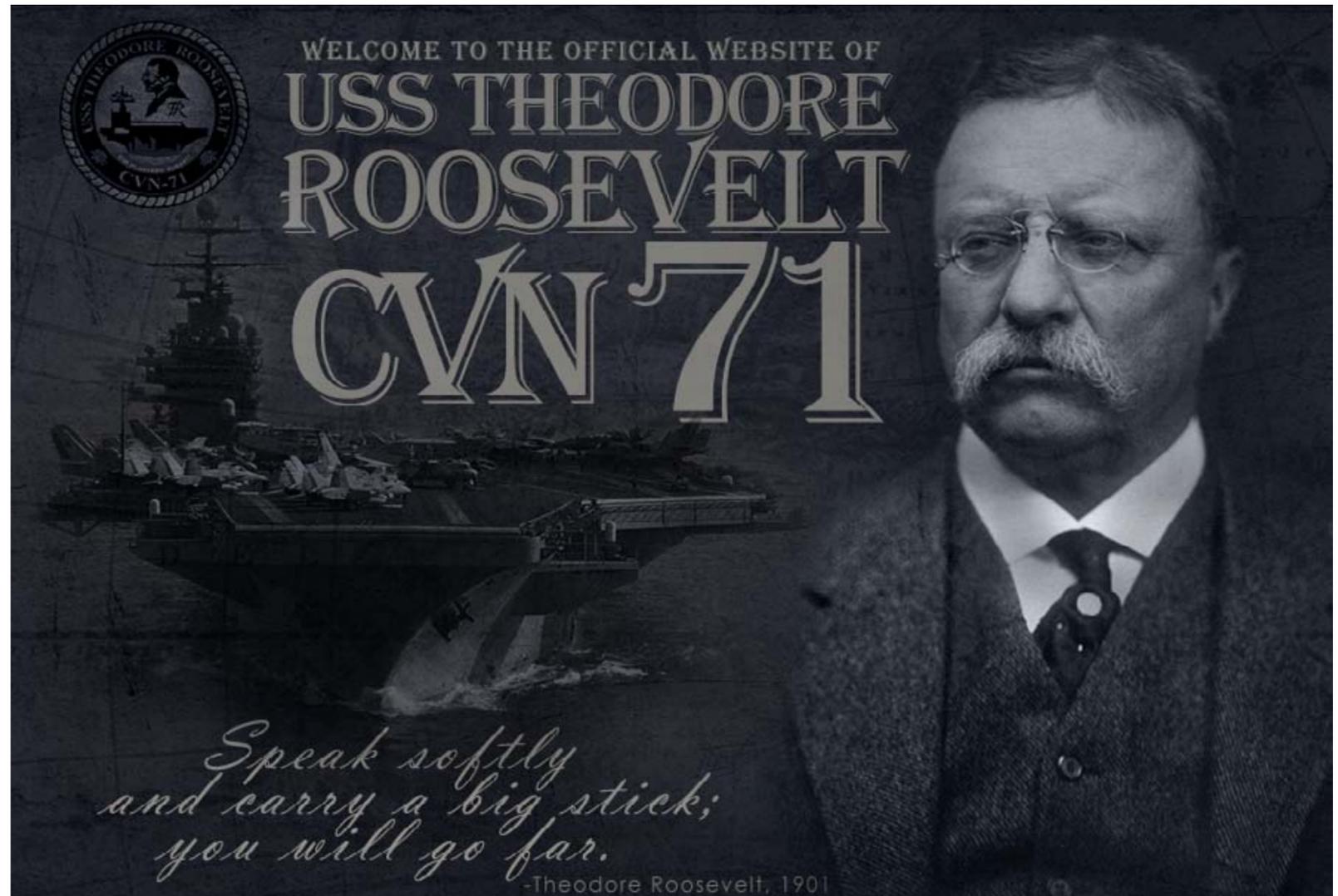
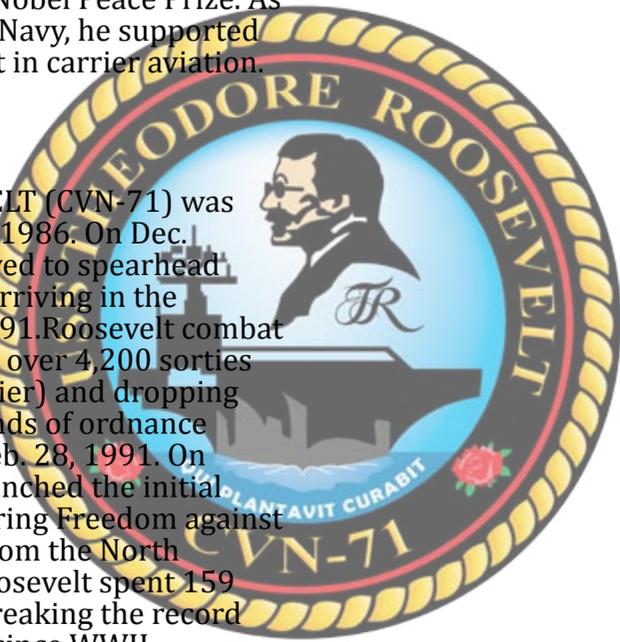
Theodore Roosevelt was the 26th President of the United States (1901-1909). He was the Vice President to William McKinley. Roosevelt became President after McKinley was assassinated in 1901. He at age 42 was the youngest person to become president. Roosevelt is known for saying "Speak softly and carry a big stick" this notion is exemplified by his creation of the Great White Fleet and sending them on a peaceful world tour. He negotiated an end to the Russo-Japanese War, for which he won the 1906 Nobel Peace Prize. Roosevelt was the first president to fly and the first to submerge in a submarine, as well as the first American to win the Nobel Peace Prize. As Assistant Secretary of the Navy, he supported research and development in carrier aviation.

The Big Stick

USS THEODORE ROOSEVELT (CVN-71) was commissioned on Oct. 25, 1986. On Dec. 28, 1990 Roosevelt deployed to spearhead Operation Desert Shield, arriving in the Persian Gulf on Jan. 16, 1991. Roosevelt combat operations included flying over 4,200 sorties (more than any other carrier) and dropping more than 4,800,000 pounds of ordnance before the cease-fire on Feb. 28, 1991. On Oct. 4, 2001, Roosevelt launched the initial strikes of Operation Enduring Freedom against al-Qaeda in Afghanistan from the North Arabian Sea. Theodore Roosevelt spent 159 consecutive days at sea, breaking the record longest period underway since WWII.

Rough Rider

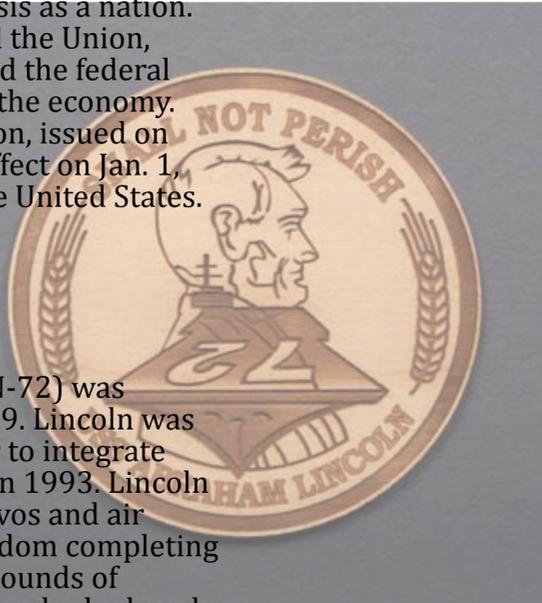
During the 1898 Spanish-American War, TR resigned to go to battle. He organized the First U.S. Cavalry Regiment "The Rough Riders" and saw action at San Juan Hill. Returning from Cuba a hero, Roosevelt was elected Governor of New York in 1899, and resumed his work for reform. He tightened control of sweatshops and pushed for government supervision of utilities and insurance companies. While at Harvard, Roosevelt began a systematic study of the role played by the US Navy in the War of 1812. He went on to publish his findings in the book "The Naval War of 1812".





Liberator Abe

Abraham Lincoln was the 16th President of the United States (1861-1865). Lincoln led the United States through the Civil War—our bloodiest war and greatest moral, constitutional and political crisis as a nation. Winning the war, he preserved the Union, abolished slavery, strengthened the federal government, and modernized the economy. The Emancipation Proclamation, issued on Sept. 22, 1862, and put into effect on Jan. 1, 1863, freed all the slaves in the United States.



Abe

USS ABRAHAM LINCOLN (CVN-72) was commissioned on Nov. 11, 1989. Lincoln was the first Pacific Fleet carrier to integrate female aviators into the crew in 1993. Lincoln helped deliver the opening salvos and air strikes in Operation Iraqi Freedom completing 6,500 sorties and 1.6 million pounds of ordnance. On Dec. 26, 2004 Lincoln deployed to provide humanitarian assistance to the people affected by the Sumatran Earthquake and Tsunami.



The Founding Father

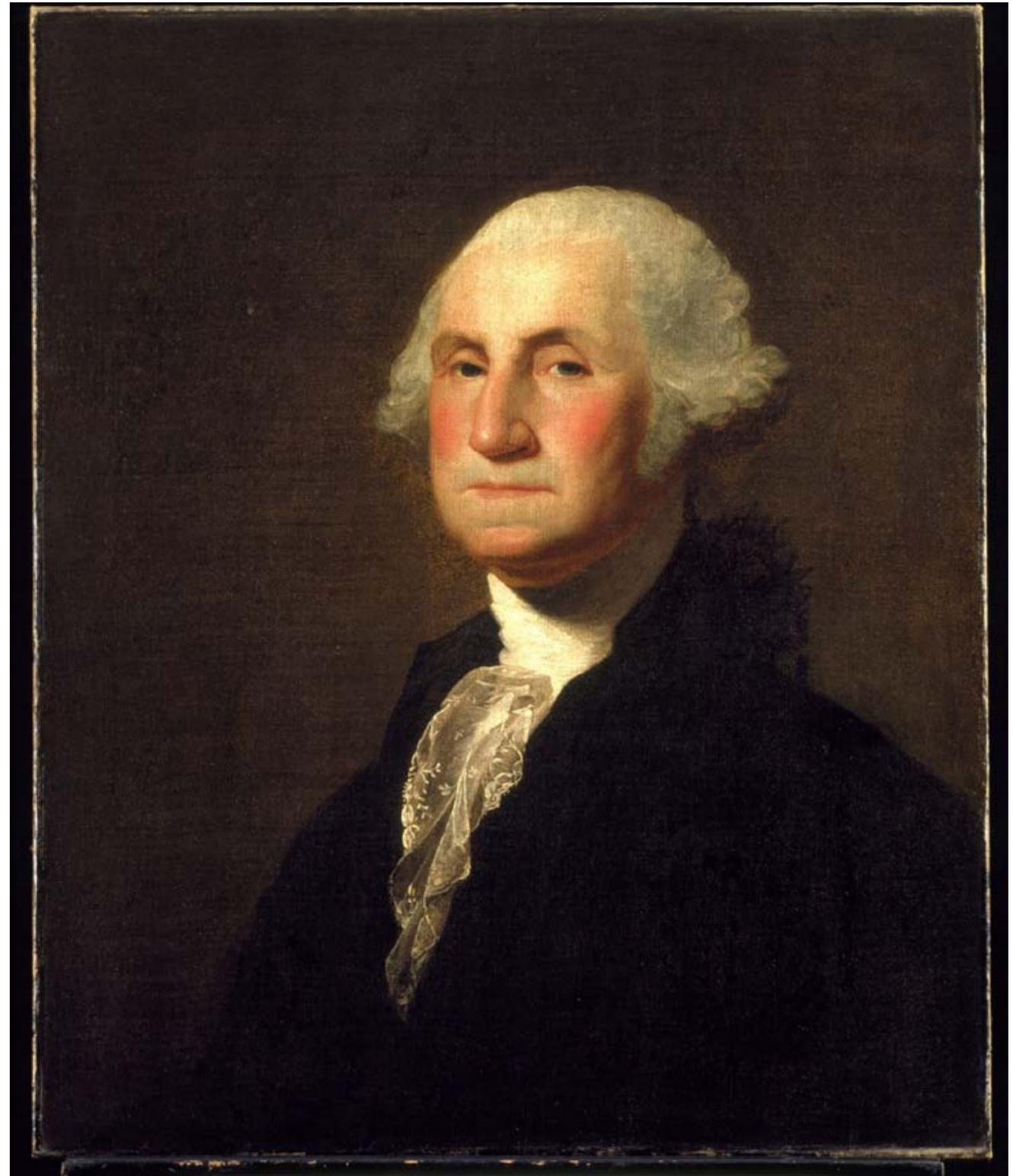
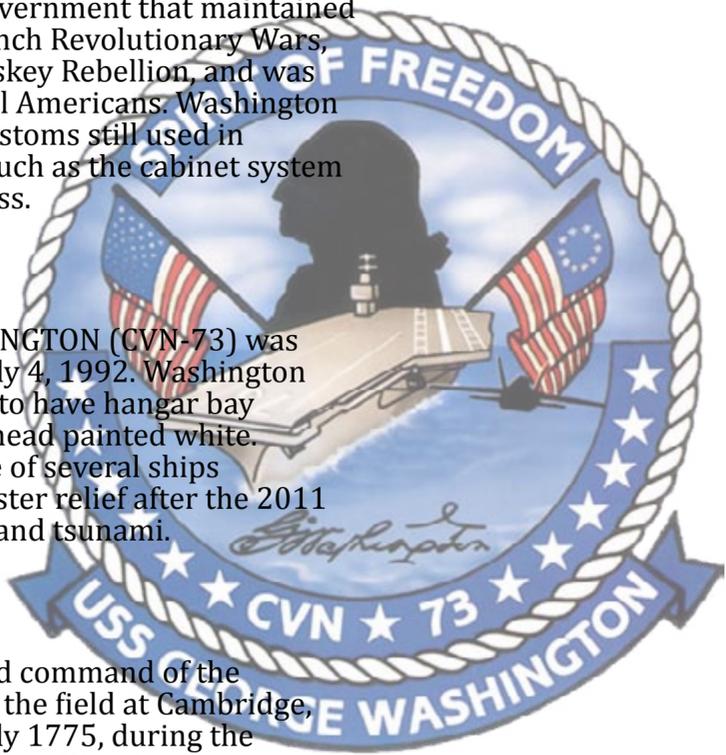
George Washington was the first President of the United States (1789-1797). He presided over the convention that drafted the United States Constitution, which replaced the Articles of Confederation and remains the supreme law of the land. Washington was unanimously elected President by the electors in both the 1788-1789 and 1792 elections. He oversaw the creation of a strong, well-financed national government that maintained neutrality in the French Revolutionary Wars, suppressed the Whiskey Rebellion, and was generally loved by all Americans. Washington established many customs still used in government today, such as the cabinet system and inaugural address.

GW

USS GEORGE WASHINGTON (CVN-73) was commissioned on July 4, 1992. Washington was the first carrier to have hangar bay bulkheads and overhead painted white. Washington was one of several ships participating in disaster relief after the 2011 Tōhoku earthquake and tsunami.

General George

Washington assumed command of the Continental Army in the field at Cambridge, Massachusetts, in July 1775, during the ongoing siege of Boston. Washington had three roles during the war. In 1775-77, and again in 1781 he led his men against the main British forces. Although he lost many of his battles, he never surrendered his army during the war, and he continued to fight the British relentlessly until the war's end. He authored the overall strategy of the Revolutionary war and was the inspirational key to victory. Washington was the embodiment of armed resistance to the Crown.



The Buck Stops Here

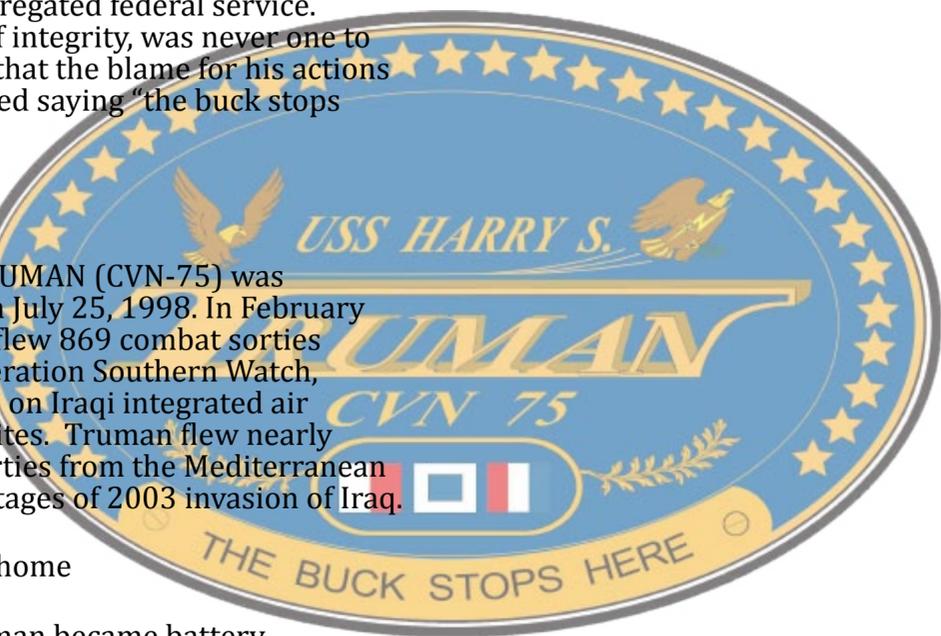
Harry S Truman was the 33rd President of the United States (1945-1953). Under Truman, the Allies successfully defeated Germany and Japan to end World War II. Truman strongly spearheaded the creation of the United Nations. He coined the Truman Doctrine, contain communism, which was the nations policy until the fall of the Soviet Union. Truman re-desegregated federal service. Truman, a man of integrity, was never one to let subordinates that the blame for his actions is was often quoted saying "the buck stops here."

Give 'em Hell

USS HARRY S. TRUMAN (CVN-75) was commissioned on July 25, 1998. In February of 2001 Truman flew 869 combat sorties in support of Operation Southern Watch, including a strike on Iraqi integrated air defense system sites. Truman flew nearly 1,300 combat sorties from the Mediterranean Sea in the early stages of 2003 invasion of Iraq.

Everyone comes home

In July 1918 Truman became battery commander in an artillery regiment in France during World War I. His unit was Battery D, 129th Field Artillery, 60th Brigade, 35th Infantry Division. On November 11, 1918, Truman's his artillery unit fired some of the last shots of World War I towards German positions in Hermeville before the armistice took effect at 11 am. Under Truman's command in France, Battery D did not lose a single man.



The Great Communicator

Ronald Reagan 40th President of the United States (1981–1989). As president, Reagan implemented sweeping new political and economic initiatives. His supply-side economic policies advocated reducing tax rates to spur economic growth, controlling the money supply to reduce inflation; deregulation of the economy, ending what was at the time the worst economy since the Great depression. Reagan also put in place the foreign and military policy which led to the collapse of the Soviet Union. Reagan was known as the Great Communicator because he saw his audience as the people and not political leader, regardless of the country he was speaking in. He aimed for three basic traits in his speeches simple, clear and sincere.

The Gipper

USS RONALD REAGAN (CVN-76)
Commissioned on July 12, 2003. USS Ronald Reagan departed San Diego on Jan. 4, 2006, on her maiden deployment to conduct naval operations in support of Operation Iraqi Freedom and Operation Enduring Freedom, as well as to conduct maritime security operations in the Persian Gulf. Reagan performed humanitarian assistance and disaster relief operations in the Philippines on June 24, 2008 after that country was devastated by Typhoon Fengshen, killing hundreds from the central island regions and the main island of Luzon



Bush 41

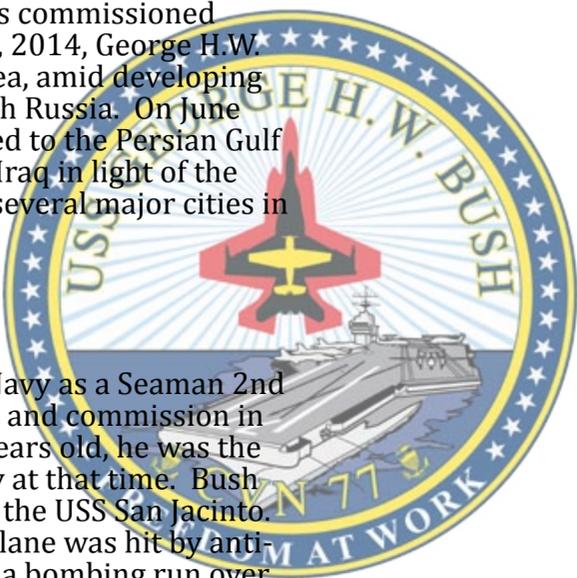
George H.W. Bush was the 41st President of the United States (1989–1993). After 40 years of superpower stalemate, historic events became almost commonplace: The fall of the Berlin Wall and the reunification of Germany; the end of the Cold War and the flowering of democracy in Eastern Europe; the emergence of a new partnership with Russia, anchored by the historic arms reduction treaties, START I and START II. Bush marshaled a 30 nation coalition to oppose Iraq's invasion of Kuwait Desert.

Freedom at Work

USS George H.W. Bush was commissioned Jan. 10, 2009. On March 5, 2014, George H.W. Bush operated near Crimea, amid developing tensions over Ukraine with Russia. On June 14, 2014 Bush was ordered to the Persian Gulf to protect US interests in Iraq in light of the Islamic State takeover of several major cities in that country.

Bravery under fire

Bush enlisted in the U.S. Navy as a Seaman 2nd Class. Receiving his wings and commission in June 1943 while still 18 years old, he was the youngest pilot in the Navy at that time. Bush flew torpedo bombers off the USS San Jacinto. On Sept. 2, 1944, Bush's plane was hit by anti-aircraft fire while making a bombing run over the Bonin Island of Chichi Jima. Although the plane was severely damaged, he completed his strafing run on the targeted Japanese installation before flying towards sea to bail out. Mr. Bush was able to bail out successfully and was rescued by a Navy submarine, the USS Finback. For his courageous service in the Pacific Theater, Mr. Bush was awarded the Distinguished Flying Cross and three Air Medals.





Happy Presidents Day

Presidents Day is an American tradition where we honor all the men who have led our nation. The Navy further honors these men of distinction by making them the namesake of an iconic symbol of American naval might. As we celebrate another Presidents Day we should think about the 44 Americans who have held that office. They are no different than any of us, just regular people, who through hard work, preservation and luck rose to the highest office in or nation. The seven men described in this article distinguished themselves as statesmen while their namesakes had distinguished themselves as liberators. So Happy Presidents Day to our past and future leaders.



Happy President's Day





Celebrating Spanish Style

Dia de los Tres Reyes

A group of kings on a decorative float pass through a crowd of people in Jerez de la Frontera during the Three Kings parade, Jan. 5. (U.S. Navy photo by Mass Communication Specialist 2nd Class Grant Wamack)

By Morgan Over, NAVSTA Rota Public Affairs

The holiday season is now more than a month behind us, but reflecting on the holidays brings about nostalgia for the trees, lights, carols, and glitter as we fly into the New Year. For most Americans, once Jan. 2 arrives - if they have not already done so - it's time to take down the synthetic tree or toss out the live Charlie Brown-inspired tree, popular in Spain, and get on with the year. It's time to plan for the upcoming long weekends and scramble at the last minute for a Valentine's Day gift or Spring Break travels. In Spain, however, the holiday season doesn't truly end until after Three Kings Day, or "Dia de los Tres Reyes," on Jan. 6.

For many children throughout the world, Santa brings gifts in a sleigh guided by Rudolph, and his eight reindeer friends, and visits every house in one night. Guided by NORAD's "Santa Tracker" it's easy to see where Santa has been and how many gifts he delivered. In Spain, however, most children don't wait up the night of Dec. 24 to ensure Santa has eaten his cookies and drank his milk. Instead, they await the arrival of three men on camels.

"They come late from India, Arabia and the Orient to bring these presents to Jesus and all the kids around the world" on the night of Jan. 5, said Rota, Spain's Tourist and Commerce Director, Pilar Ruiz.

In the Christian church, Jan. 6 is Epiphany, which officially ends the Christmas season. The evening of Jan. 5, parades take place throughout Spain celebrating the Three Kings and the coming day. To kick off the festivities, each town welcomes the Three Kings - Gaspar, Melichoir, and Balthasar - for a day full of activities. In Rota, the Three Kings aren't necessarily men. A unique program called Estrella de Ilusión, female city hall representatives are nominated for the role of Gaspar, and based on the popular election vote in October, get to



Gaspar, one of the Three Kings, tosses candy to adults and children during Rota's Three Kings Day parade, Jan. 5. (Photo used with permission from the City of Rota Press Office)



The Three Kings and Royal Postman emerge from Rota's City Hall, Castillo de Luna, amidst confetti and kids during the Three Kings Day arrival ceremony, Jan. 5. (Photo used with permission from the City of Rota Press Office)



The Three Kings, right, present frankincense, gold and myrrh to the Holy Family as part of the Three Kings Day ceremony, Jan. 5. (Photo used with permission from the City of Rota Press Office)

wear the crown, and the beard. The Three Kings emerge from Rota's City Hall, Castillo de Luna, waving to the crowd before progressing to a living nativity. In the scene, the Three Kings present their gifts - frankincense, gold, myrrh - to the Holy Family. From there, the parades begin! When Americans think of a holiday parade, it may involve local school bands, floats, and Santa riding on a fire truck closing out the parade. In Spain, however, it's like a mash-up of a holiday parade meets Mardi Gras. With elaborate floats created by the city's festivity department, floats from Spongebob Squarepants to camels covered in fine linens parade through the narrow streets of Spain as children eagerly await the arrival of the Three Kings. Not for the faint of heart, the parades are full of activity and sweets. And by sweets, we mean candy. Lots of it. There should be a warning label for tourists; wear a helmet when attending these parades as the candy is not gently tossed to willing hands but instead flung like a projectile seeking its target. It's no wonder many parents of small children don colorful umbrellas as the floats pass.

As the parades last into the darkness, children go home and prepare their gifts for the Kings; it is a long journey after all. Each family has different traditions, but a letter is written and typically water and hay is left for the camels, while a small glass of milk or sherry - popular in this region - await the Kings. Legend does not explain how the Kings enter the homes but Ruiz said, "it's magic." Children go to sleep dreaming of what the Kings will bring them, and hoping they don't end up with *cavón negro* (black coal), which is black candy, in their pile of gifts.

"When kids are not nice and they didn't behave right, parents threaten them, 'If you didn't behave right the Kings are going



A decorative float passes under orange trees and Christmas lights in Jerez de la Frontera during the Three Kings parade, Jan. 5. (U.S. Navy photo by Mass Communication Specialist 2nd Class Grant Wamack)

to bring you black coal.' You can find it as a sweet in the shops," said Ruiz.

Unlike Christmas where brightly papered gifts flood the base of a tree, gifts are typically left in small piles in the living room for each child. As families awake the next morning they eagerly delight in a traditional morning cake of Roscón de Reyes.

Roscón de Reyes is a traditional cake that can be found at nearly every bakery throughout the kingdom. A round cake that looks more like sweet bread with some sugary confection on top, the cake also has a small baby Jesus inside or a bean.

"In our Roscón, we have a little king wrapped in a paper, and also a bean. If you get the King or the Jesus you have to wear the crown," said Ruiz. "If you find the bean, you have to buy the Roscón next time."

Going back to Mardi Gras, this is similar to the King Cake only not as sweet. The Roscón cake typically has caramelized fruit on top such as oranges and apples, to something as puffy as marshmallows. Not something to be made at home, bakeries throughout the country stand ready for pick-ups for people to enjoy on Jan. 6.

"The other day I went to a bakery in Rota and they have been doing this for three days, non-stop. It's something you give for that day. You eat it on the morning of the 6th for breakfast. It lasts all day," said Ruiz.

While dreams of sugar plums and fairies may no longer dance in the heads of children, the gifts from the Three Kings and the magic behind them last well into the New Year. Well, at least until school resumes on Jan. 7.



COLOR RUN

with a purpose

By MC2 John Benson,
NSA Bahrain Public Affairs



Bahrain collaborated with Fleet and Family Support Center (FFSC) in presenting the "Color Run with a Purpose" onboard Naval Support Activity (NSA) Bahrain. The event was recognizing: Yellow-Suicide Prevention Awareness, Teal-Sexual Assault Awareness, Purple-Domestic Violence Awareness, and Pink-Breast Cancer Awareness.

Morale Welfare and Recreation (MWR) Bahrain in collaboration with the Fleet and Family Support Center (FFSC) hosted the Color Run with a Purpose onboard Naval Support Activity (NSA) Bahrain Jan. 15.

More than 400 participants ran two laps around NSA I with volunteers at various stations along the route throwing colored cornstarch. Following the run was a concert at Mario's Courtyard where information about different awareness campaigns was being distributed.

Organizing an event such as this didn't happen overnight.

"Planning for the event started late October," said Donald Wells, community activities director for MWR Bahrain. "To ensure that everything I needed would get here in time I had to start early."

Wells also reached out to other base organizations for help.

"In November, I was approached by Donald Wells about partnering with MWR for this event," said Glen Colbert, work and family life supervisor at FFSC. "I offered my suggestions, ensured that we had the marketing material for the event which were: Sexual Assault Prevention, Domestic Violence Prevention and Suicide Prevention.



The topics aren't pleasant, but we can be excited about preventing bad things from happening to our Sailors and their families."

The event wouldn't have been possible without the help of more than 70 volunteers from various tenant commands.

"We decided it would be a good event to get involved in," said Aerographer's Mate 3rd Class Gianna Conroy, event volunteer. "Our responsibilities included setting up tables, hanging colored balloons around base and throwing colored cornstarch on runners. It was a lot of fun and if you weren't here you really missed out!"

In addition to decorating for the event, there were others providing medical assistance.

“I was part of the volunteer team providing medical support,” said Hospital Corpsman 2nd Class Charles Cintron, assigned to Naval Branch Health Clinic Bahrain. “My team was standing in different spots along the run ready to provide medical help to anyone if they needed it.”

The color run was a new experience for many people.

“I’ve never done something like this!” said Aerographer’s Mate 3rd Class Robert Brimer, event participant. “Running with large groups of people through huge plumes of powder was so much fun! Also, being able to visit different booths and talk to people about sexual assault prevention, domestic violence prevention and suicide prevention is more effective than any general military training.”

The feedback from event participants seemed unanimous.

“People definitely enjoyed the color run,” said Colbert. “We saw individuals, teams, families and people dressed in crazy attire. They asked questions, learned things and had fun doing it!”

For others the run was a relief from the after-holiday blues.

“Many of us here in Bahrain are away from family and friends so these events help provide us with entertainment plus educate us with the different awareness campaigns,” said Cintron. “The MWR does a great job organizing these events and that’s why I enjoy volunteering with them.”

The color run was the biggest event so far in 2015 and plans may already be in the works for another run later this year.

“We are definitely going to have another color run in the future,” said Wells. “Next time we will hopefully add more colors!”



Bahrain collaborated with Fleet and Family Support Center (FFSC) in presenting the “Color Run with a Purpose” onboard Naval Support Activity (NSA) Bahrain. The event was recognizing: Yellow-Suicide Prevention Awareness, Teal-Sexual Assault Awareness, Purple-Domestic Violence Awareness, and Pink-Breast Cancer Awareness.



Credentialing Opportunities On-Line



COOL

NASSIG Recycling: Returning the Favor

By MC3 Ramon Go
NAS Sigonella Public Affairs Staff



Base Operating Support Contract (BOSC) employees collect recyclable materials on Naval Air Station (NAS) Sigonella, Jan. 9. Recyclables are routinely collected and delivered to a collection agency for processing in downtown Catania. (U.S. Navy photo by Mass Communication Specialist 3rd Class Ramon Go/Released)

Ever wonder why it appears that the garbage truck picking up recyclables does so without separating them? If so, you may be asking yourself, "why should I take the time to recycle in the first place?" This report is intended to dispel that myth while informing the community of the many benefits to Naval Air Station (NAS) Sigonella's recycling program.

Things are not as they appear. The yellow garbage truck collecting the waste many spend good time collating may seem like a hodgepodge operation doomed to ever fulfill its true purpose, when in fact, the truck collects one type of recyclables at a time. As they begin their rounds, recycling trucks collect just one classification of recyclables at a time. If it's plastics, the truck will stop at each recycling station on site until all plastics are collected. The team will then create a divider inside the truck to make a distinct separation for the next recyclable type. With the divider in place the truck makes a second round, then third, and fourth until all recyclables are collected throughout the site.

"We understand the perception some of our residents have that make it seem as if the trucks are carelessly mixing the items that many residents are taking good time to separate," said John Rovero, Deputy Public Works Director for NAS Sigonella. "But that is not the case. Our contracted recycling trucks are indeed making good on the efforts of the community and getting that waste to landfills where they are being properly disposed of and ultimately recycled for the benefit of all."

Reclaiming used items is not the only perk to this initiative. Cmdr. Deanna Carpenter, NAS Sigonella's Public Works Director, says the program also makes Sig' Citizens better stewards toward our Sicilian neighbors and the lands they will call home long after most of us complete our tours here.

"By recycling these materials, we are reducing the volume we are putting in the landfills," said Carpenter. "Landfills are overfilled all over the globe, including here in Sicily. As technology progress, recycling used materials instead of using raw materials increases energy conservation productivity to generate benefits for the community."

Base Operating Support Contract maintains the 57 recycle bins scattered throughout NAS Sigonella many sites. The truck is under contract to maintain a non-overflowing

container. Collecting recyclables can vary depending on its location; especially in high-traffic areas in the base.

“After we finish collecting all of the recyclable materials, we go to a facility in Catania where the materials are separated and made into cubes, then delivered to various facilities that deal specifically with only that type of material,” said Fabrizio Rubino, site manager of Impresa Pizzarotti.

Carpenter and Capt. Christopher Dennis, NAS Sigonella’s commanding officer, along with other base leaders, have taken great strides to reinforce recycling here – a main branch of the “Resource Conservation” pillar of Sig’ Citizenship – and are committed to streamlining the recycling program’s efficiency while continuing to encourage the community to be better agents of the materials we’ve been blessed with.

The recycling program contains three phases:

Phase 1: Interior collection bins and containers that are color-coded with diagrams.

Phase 2: External collection bins and containers that are color-coded with diagrams.

Phase 3: Desk-side recycling – a small container (just like your office trash can) for you to place paper, soda cans, juice bottles and any recyclable items brought into the workplace. Once full the items should be taken to the closest exterior recycling container and sorted accordingly.

“We are trying to make it easier by giving people opportunities to choose well,” said Carpenter. “Keeping the recyclable commodities separated is vital to us to turn a large volume of items to the collection agency in Catania.”

Unfortunately, this doesn’t always happen. When pizza boxes and used batteries are carelessly tossed into the glass bin, that bin is now “contaminated” and will be discarded as landfill trash despite the conscientious efforts of the rest who properly discarded their glass.

“Resources are not endless, therefore, the more we recycle the more resources we will have in the future,” said Alessandra Contarino, quality control inspector for waste management. “Our main goal is to recycle 65% of the trash we produce. The higher that percentage becomes, the more we see the economical benefits by not having to pay more taxes and space used on the landfill while harming less to the environment.”

Recycling helps to not only maintain a healthy home and work environment, but a means in which Carpenter said allows this community to be better ambassadors toward our Italian hosts.

“The recycling program is your chance to exercise smart decisions that affect the whole community,” said Carpenter. “We are making strides to make it easy to recycle for individuals and we want to build that trust. I [challenge] all of Sigonella citizens to ask themselves, “why not recycle?”



Base Operating Support Contract (BOSC) employees collect recyclable materials on Naval Air Station (NAS) Sigonella, Jan. 9. Recyclables are routinely collected and delivered to a collection agency for processing in downtown Catania. (U.S. Navy photo by Mass Communication Specialist 3rd Class Ramon Go/Released)

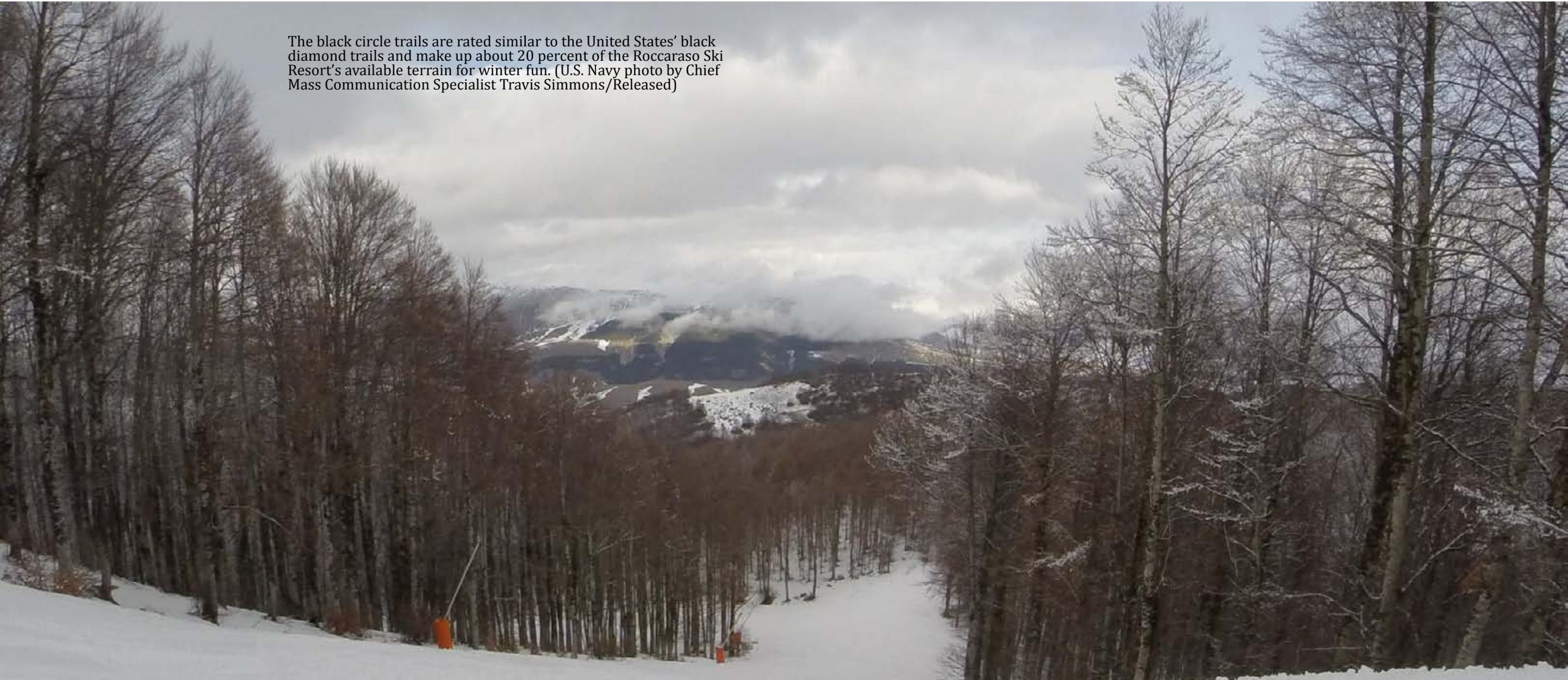
Roccaraso has 23 lifts and 71 runs at its fullest operation. Take advantage of a U.S. weekday holiday to get your run of the mountain and nearly no queue for the lifts.

Where the SNOW Falls

A sponsor recently told a new arrival that it never snows in Naples. Two days later, temperatures plummeted and flurries fell for part of the night. It may have been less than an inch for most of Naples, but it was a big deal for everyone who normally only see snow atop the distant hills or on the ever-present Mount Vesuvius.

Written by MCC Travis Simmons

The black circle trails are rated similar to the United States' black diamond trails and make up about 20 percent of the Roccaraso Ski Resort's available terrain for winter fun. (U.S. Navy photo by Chief Mass Communication Specialist Travis Simmons/Released)



This rarity was fun for most, but a surefire way to see snow is to head to the largest ski resort in Southern Italy. Roccaraso and other connected ski resorts are 150 kilometers northeast from Naples and roughly a two-hour drive from Gricignano di Aversa.

Located in the region of Abruzzo, the Roccaraso ski area has been open for more than 100 years. With a peak of just over 7,000 feet, it provides some impressive views and some long trails to get you back down to the base, which has an elevation around 4,000 feet.

The mountains mostly consist of a base of man-made snow to begin and end the season. If there hasn't been recent snow, you can expect to go down some packed and groomed snow - which

isn't the Swiss Alps, but it's better than nothing. There are 23 lifts and 72 trails with more than 2/3 of them currently open. A few of those lifts are drag lifts and two are cable cars.

It may take you a minute to build up the nerve to use the drag lift, but they open up a few additional trails if you make the commitment. If you're a snowboarder, it's a bit harder than just sitting back on the small disc and letting the cable pull you up with your skis helping guide you. A small distraction can result in a snowboard taking a detour with the rider being drug up the mountain face first - stay focused.



The mountain at Roccaraso reaches an elevation of just over 7,000 feet, allowing for 61 miles of trails with the longest run covering three miles worth of distance. (U.S. Navy photo by Chief Mass Communication Specialist Travis Simmons/Released)



Café and food bars can be found littered all over the mountain near many of the ski lifts. Lamp heated dishes of pasta, sausages and greens can be found or you could just go with the normal bar snacks. There are plenty of espresso machines everywhere, as well as a small variety of beer and bottles with contents able to give that extra level of warmth for your insides.

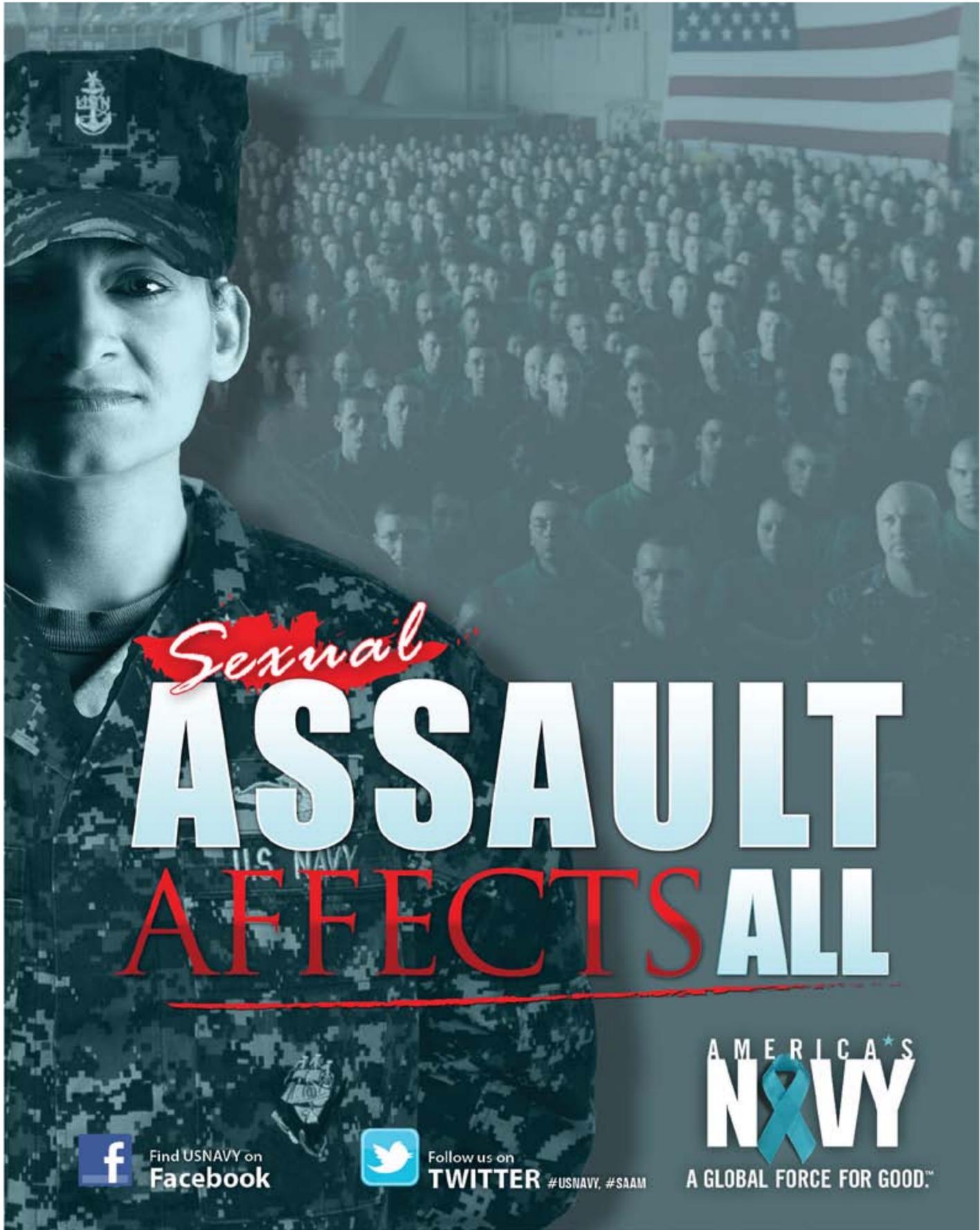
Roccaraso has 40 percent of its trails for beginners, 40 percent marked for intermediate and the last 20 percent are black circles, which are considered for experts. These have steeper sections and trees closer to the edges of the trail, so know how to control your velocity before pointing yourself down one. The black circle trails can be a rewarding ride with more fresh snow to carve through since not as many people throw themselves down these trails.

For the out of the ordinary experience, call up the few businesses that allow you to go snow-kiting or heli-skiing. Their availability depends on mountain and weather conditions, but could make a pretty interesting day trip for those needing to take it to the next level.

There are lessons available for the kids and even a section with conveyer belts and intertubes to slide down a gentle hill over and over and over again. Basically, there's something for everyone.

MWR's Navy Outdoor Recreation facility, located on the Support Site of Naval Support Activity Naples, offers bus transportation every weekend of the ski season. Even though they advertise a three-hour return trip, as long as everyone makes it back to the bus on time and there's no traffic, it can easily be a two-hour return ride. The bus is a great option for when the mountains get a decent amount of snowfall and you're not sure if your Naples beater car can make the last couple of hills (at least without snow chains in the trunk).

The on-base shop has skis, snowboards, helmets and sleds all available to rent. You can take advantage of their decent prices, even if you're going your own way and not taking the bus. Give the Navy Outdoor Recreation center a call at 081-811-4947 and start planning your next trip.



Sexual
ASSAULT
AFFECTS ALL



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SEXUAL ASSAULT & PREVENTION

By Mass Communication Specialist 1st Class Julia A. Casper
Camp Lemonnier Public Affairs



Amy Mallory Smith, Camp Lemonnier Sexual Assault Response Coordinator conducts training with victim advocates Information Systems Technician 1st Class Alex Burgess and Information Systems Technician 1st Class Jomar Romero. The training is being conducted for standard familiarity throughout U.S. Naval bases. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)

As a continued effort to eliminate sexual assault within the Department of the Navy (DON), Camp Lemonnier is taking proactive measure to ensure compliance with the Navy's Sexual Assault Prevention Initiative, NAVADMIN 181/13.

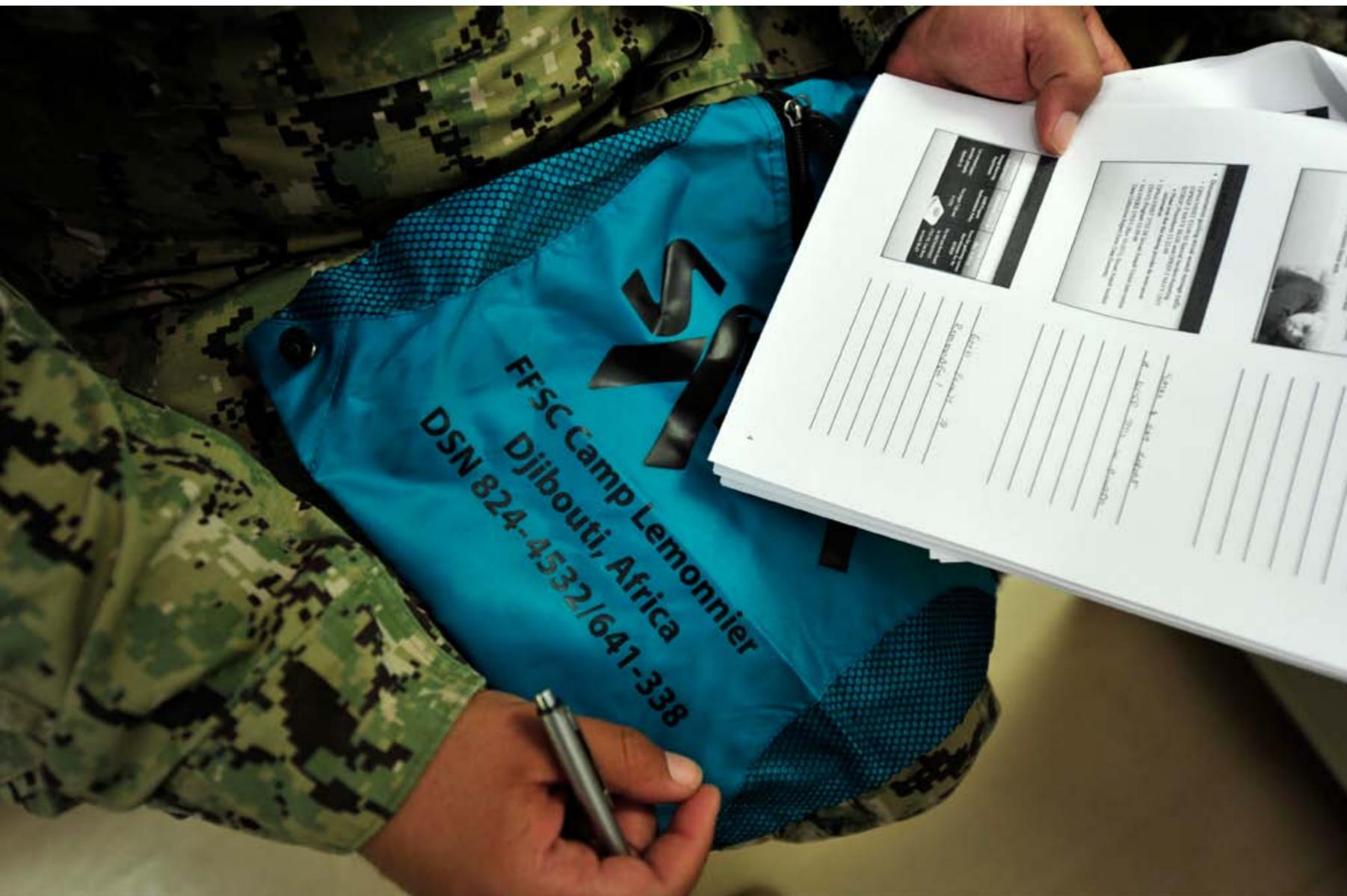
Camp Lemonnier's goal is to provide an environment where sexual assault is prevented and to promote essential culture changes within its ranks so that sexual assaults do not affect the Navy's overall mission readiness and capability.

"We are working on educating service members on how to be responsible," said Amy Mallory-Smith, Camp Lemonnier's Sexual Assault Response Coordinator (SARC). "At the same time we are providing opportunities for service members to become fully-qualified victim advocates here at Camp Lemonnier." A SARC provides a consistent and standardized point of contact to coordinate sexual assault victim care, and directly works with base leadership to keep them aware of current sexual assault data, and current Sexual Assault Prevention and Response (SAPR) guidelines. As Camp Lemonnier's SARC, Amy is licensed clinical social worker and has been working with veterans affairs for over six years. She arrived here in the Horn of Africa area of operation in October 2014.

"I have spent much of my time in the veteran's affairs community working with survivor of sexual assault, and coming here was an opportunity for me to be a direct contributor to the prevention of sexual assault and get ahead of the problem," said Amy.

Currently there are three victim advocates at Camp Lemonnier and one SARC, with 15 service members waiting for their credentials to be signed off by the National Organization for Victim Assistance, in Washington D.C. There are scheduled classes every quarter for service members to become victim advocates. The next class is scheduled to be in February.

"The DON has made sexual assault prevention a priority," said Capt. Matt O'Keefe, Camp Lemonnier commanding officer. "It is important that we ensure our service members know what programs are out there, and what options/services are available for them while deployed in this area of operation."



Information Systems Technician 1st Class Jomar Romero, deployed to Camp Lemonnier reads over training material for Sexual Assault Prevention and Response training. The training is being conducted for standard familiarity throughout U.S. Naval bases. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)

One of the initiatives in the NAVADMIN include that commands raise command leadership visibility with roving patrols lead by chief petty officers or junior officers (O-1 to O-3) and include junior petty officers to deter conduct that could lead to any level of sexist behavior, sexual harassment or sexual assault.

"There has been one official report of aggravated sexual contact encounter in this fiscal year at Camp Lemonnier," said Amy. "That is one too many. I don't want individuals to think that sexual assault automatically means rape. There are various different levels of what sexual assault includes, and it can be as simple as unwanted contact."

Sexual Assault Prevention and Response is a fundamental component of the readiness area for the initiative which consolidates a set of objectives and policies, new and existing, to maximize service member's personal preparedness. The DON is working aggressively to prevent sexual assaults, to support sexual assault victims and to hold individuals accountable.

"I believe our efforts here (Camp Lemonnier) will encourage more service members to do the right thing on and off working hours," said O'Keefe. "I would like to see, with all of our active leadership and strong support that cultivates a command climate of respect, and professionalism, that we will be able to prevent and possibly all together stop sexual assault at Camp Lemonnier."

"I love being able to help someone. That is the most important thing to me," said Amy. "It is meaningful to me that I can foster an environment where service members are enabled to make a difference."

April is Sexual Assault Awareness Month mandated by the Department of Defense, and focuses its efforts to raise awareness on sexual assault and promote positive behavior.

Additional information on the Navy's SAPR program can be found at www.sapr.navy.mil.

If you or someone you know has been a victim of sexual assault, needs crisis intervention, physical or emotional support, referrals to military or civilian resources, and/or need information on reporting options available, please call DSN 311-824-4532, 77-709-865, or visit <https://safehelpline.org> - someone is available 24-hours- a-day, seven days a week.



Master-At-Arms 2nd Class Marcus Clinkscales, assigned to Naval Security Force (NSF) Bahrain, is awarded the Navy Achievement Medal for his actions when coming to the aid of a severely injured Erin Stone, who is a military spouse, found lying in the street, Jan. 15. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Steve Smith/Released)



Morale Welfare and Recreation (MWR) Bahrain collaborated with Fleet and Family Support Center (FFSC) in presenting the "Color Run with a Purpose" onboard Naval Support Activity (NSA) Bahrain. The event was recognizing: Yellow-Suicide Prevention Awareness, Teal-Sexual Assault Awareness, Purple-Domestic Violence Awareness, and Pink-Breast Cancer Awareness.



United States Army Capt. Jessica Dowling, Camp Lemonnier, veterinarian (left) prepares to toss a toy to Talpi, Master-at-Arms 2nd Class Monique Rios's military working dog, January 9, 2015. The toys were donations sent to the military working dog unit from friends and family members of Camp Lemonnier's Expeditionary Medical Facility. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)



Sailors assigned to Camp Lemonnier, Djibouti exercise during Chief Petty Officer 365 (CPO 365) physical fitness program, January 7, 2015. Chief petty officers and first class petty officers, participate in CPO 365, a year-round training initiative that helps prepare first class petty officers to become chiefs. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)



Service members throughout Camp Lemonnier participated in a MLK remembrance day walk, service and ceremonial cake cutting to honor the Martin Luther King Jr. Day holiday. Later on in the evening service members participated in a MWR sponsored 5k honoring MLK day. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)

Jen Goncalves, lead singer of Hip Kitty, is joined on stage by service members during a performance at Camp Lemonnier. Hip Kitty is on tour with Armed Forces Entertainment traveling to perform at various bases. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)



Sailors and family members gathered on the Capodichino parking garage of Naval Support Activity Naples, Italy to watch the New Year's fireworks explode in front of Mount Vesuvius and all around them. (U.S. Navy photo by Chief Mass Communication Specialist Travis Simmons/Released)



More than 200 Sailors from Naples-area commands took the E-7 Navywide advancement exam in the Child and Youth Programs Gym on the Support Site of Naval Support Activity Naples Jan. 15. (U.S. Navy photo by Chief Mass Communication Specialist Travis Simmons)



Craig Karges performs a mind reading trick during a free magic show for service members and their families Jan. 10 at the Naval Support Activity (NSA) Naples' Support Site Reel Time Cinema Theater. Karges entertained with mind reading, levitation, and illusions. (U.S. Navy photo by Mass Communication Specialist 3rd Class Robert S. Price/Released)



A collection of World War II and piston-driven aircraft. As Italy was both an Axis and Allied power the Air Force Museum has German, British and American aircraft displayed alongside it's locally-built aircraft of the era. (U.S. Navy photo by Seaman David R. Krigbaum/Released)



The Italian Air Force Museum's early aviation and World War I hangar has a replica Wright Flyer, two ace-flown Spad fighters as well as the last German Lohner L.127 seaplane, a war trophy captured during the Great War. (U.S. Navy photo by Seaman David R. Krigbaum/Released)



Rear Adm. James McNeal, commander, Naval Supply Systems Command Global Logistics Support (NAVSUP GLS), left, addresses Sailors and Marines during an all hands call at Naval Air Station (NAS) Sigonella, Jan. 12. NAVSUP GLS provides Navy, Marine Corps and joint and allied forces with operational logistics capabilities via network of eight subordinate NAVSUP Fleet Logistics Centers (FLCs) based around the world. (U.S. Navy photo by Mass Communication Specialist 3rd Class Ramon Go/Released)



Sailors at U.S. Naval Air Station (NAS) Sigonella recite The Sailors Creed before taking the Chief Petty Officer's exam January 15, 2015. More than 130 1st Class Petty Officers took the advancement exam at the NAS 1 gym. (U.S. Navy photo by Mass Communication Specialist 2nd Class Donovan Patubo/Released)



Staff Sgt. Lexi McCurdy demonstrates a rear choke technique during an Army Combative Level I training aboard Naval Air Station (NAS) Sigonella, Jan. 8. NAS Sigonella provides logistical support for Commander, U.S. 5th and 6th Fleets and NATO forces in the Mediterranean area. (U.S. Navy photo by Mass Communication Specialist 1st Class Tony D. Curtis/Released)



Sailors aboard the forward-deployed Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) prepare lines as the ship prepares to pull into Marathi NATO pier facility. Donald Cook, the first of four Arleigh Burke-class destroyers to be forward-deployed to Rota, Spain, is serving on a scheduled patrol to the U.S. 6th Fleet area of responsibility as part of the president's phased adaptive approach to European ballistic missile defense. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)



Sailors aboard the forward-deployed Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) toss lines as the ship moors at the Marathi NATO pier facility during a scheduled port visit. Donald Cook, the first of four Arleigh Burke-class destroyers to be forward-deployed to Rota, Spain, is serving on a scheduled patrol to the U.S. 6th Fleet area of responsibility as part of the president's phased adaptive approach to European ballistic missile defense. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)

The forward-deployed Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) pulls into Marathi NATO pier facility during a scheduled port visit. Donald Cook, the first of four Arleigh Burke-class destroyers to be forward-deployed to Rota, Spain, is serving on a scheduled patrol to the U.S. 6th Fleet area of responsibility as part of the president's phased adaptive approach to European ballistic missile defense. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)



Sailors assigned to American Forces Network Souda Bay pose for a group photo after volunteering with the children at the Chania Boys Center. The Sailors volunteered their afternoon to play sports with the kids and provide lunch, taking part of the community outreach spirit of Naval Support Activity Souda Bay. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeffrey M. Richardson/Released)

Master-at-Arms 1st Class (EXW) Billy Young stands post as part of the temporary assigned duty (TAD) security personnel at Naval Support Facility (NSF) Deveselu, Romania. (U.S. Navy photo by MC2 Luke B. Meineke/Released)

AUSTERITY and OPPORTUNITY

By MC2 Luke Meineke, CNREURAFSWA Public Affairs

THIS winter has seen 31 continuous days without sunshine. The base is encircled by farmland and mired in mud. Living conditions are minimalistic, temporary. Ten months stretch ahead of you when you first arrive. Ten months in the rural Romanian Plain near the border with Bulgaria. Ten months in Olt County, Romania.



Naval Support Facility (NSF) Deveselu, newly-established and due to officially open this year, sits on the former Romanian air base awash in construction and contractors. For the serving members assigned there, mostly security and construction personnel, their jobs are to protect and maintain the base as part of NATO's ballistic missile defense (BMD) system.

Because they are the first service members to be assigned to NSF Deveselu, and because the base is still in its development, those stationed at NSF Deveselu adjust and acclimate to ascetic conditions.

"When we first got here it was interesting," said Master-at-Arms 1st Class (EXW) Billy Young, the base Weapons Leading Petty Officer (LPO). "We moved into these wooden trailers lined with fifteen beds. But it's really not that bad. We could be living in a tent eating MREs every day."

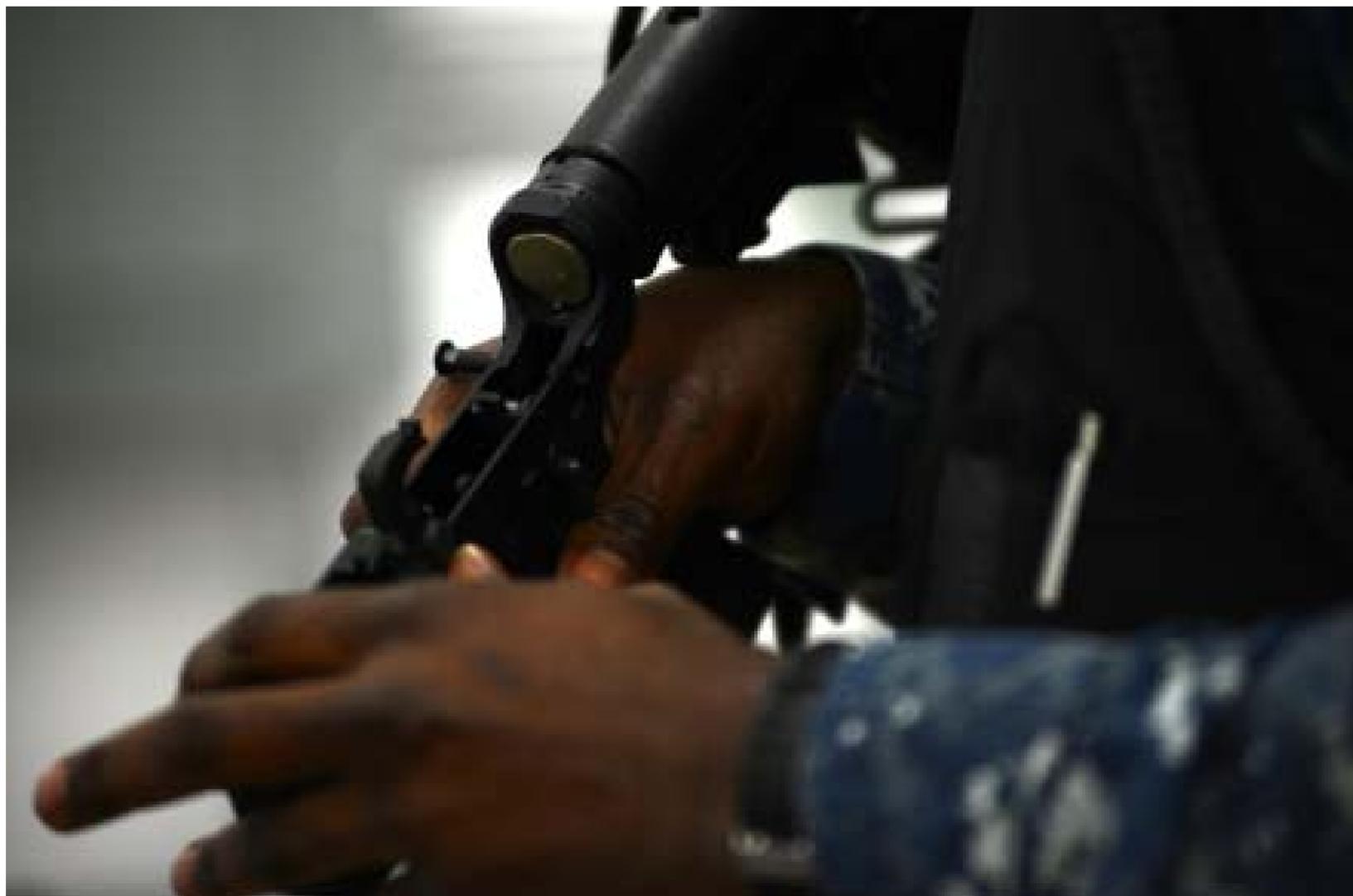
Coupled with the temporary living and working conditions necessitated as the base is literally built from the ground up, Young said being stationed in Romania pushes one to face new and varied dissimilarities.

"You have the base, and that's pretty much as American as you get around here," Young said. "Then, once you leave that gate, you are in Romania, for real. You see Gypsies, horse-drawn carriages, hear an unknown language – it's a different world."

Those differences, though, are what Young appreciates most. He understands for some being stationed overseas can be a culture shock, especially at the first and only U.S. base in Romania. Having served tours overseas throughout his Naval career, mostly in the Middle East, has helped him transition. However, he said his experience in Romania has been unique so far. "I was in Abu Dhabi, Dubai, Bujara, Jebel Ali," Young said. "In those places, they see a lot of Americans. Here, there were virtually no Americans before this base opened. We're probably more of a culture shock to them – the way we spend our money, the way we eat, the way



Master-at-Arms 1st Class (EXW) Billy Young cleans his rifle at Naval Support Facility (NSF) Deveselu, Romania. Young operates as part of the temporary assigned duty (TAD) security personnel at NSF Deveselu. (U.S. Navy photo by MC2 Luke B. Meineke/Released)



Master-at-Arms 1st Class (EXW) Billy Young cleans his rifle at Naval Support Facility (NSF) Deveselu, Romania. Young operates as part of the temporary assigned duty (TAD) security personnel at NSF Deveselu. (U.S. Navy photo by MC2 Luke B. Meineke/Released)

we dress.”

That outlook, keeping an open mind, and his outgoing personality has helped him greatly. Really, though, Young feels the Romanian people have been the reason why he has had such a good tour so far.

“They are very, very welcoming here,” Young said. “Once you get passed the language barrier, they are so welcoming, so respectful. I’ve made friends here. They’ve shown me things that I wouldn’t have known existed. And anything I could want or need they are willing to help with.”

Young said his friends have shown him Romanian customs, taught him the Romanian language, and fed him traditional Romanian meals, including slanina, a delicacy of pork fat that he will probably avoid in the future.

With five months remaining of his tour at Deveselu, Young said he is excited to learn more of Romania’s history and culture through the travel opportunities unique to this part of the world. Budapest, Brussels, and Bran to see Dracula’s Castle are the highlighted places he plans on visiting before his tour is complete.

“That is the single best thing about being stationed in Romania: the opportunity to see and experience a different world,” Young said. “However, you’ve got to keep an open mind here. The more open your mind is, the more you are open to trying new things, the better your life here will be. You will see and experience so much with that attitude and it’s especially true here in Romania.”

That is his advice for those Sailors who will be stationed at NSF Deveselu in the future: to take full advantage of the opportunities unique to a posting in Romania.

“Get off the base,” Young said. “There is so much to see off the base. It’s easy to get stuck spending all your time on the base, but you really shouldn’t because you’ll end up missing so much. And the women are some of the most beautiful women in the world.”



**NSA Souda Bay's MWR
Hosts 2015 Super Bowl
XLIX Party**

Story by MC2 Jeffrey M. Richardson
NSA Souda Bay Public Affairs



U.S. Naval Support Activity's Morale Welfare and Recreation (MWR) is holding a 2015 Super Bowl party in their bar and grill, Shipmates, February 2, for all hands.

Though not technically a religious holiday, the Super Bowl has traditionally had fans yelling and waving their hands for being saved... by a first down. However, this Super Bowl party doesn't exclude those whose fandom isn't making them do backflips over the snack table.

"Whether you're a fan of football or not, the parties on Super Bowl Sunday abound and you're more than likely to end up eating nachos somewhere as you watch two teams battle it out for the title," said Mrs. Soula Vasilakis, MWR's recreation specialist. "The Super Bowl Party is an American tradition no matter where you are in the world, and unfortunately for anyone stationed overseas, (to include NSA Souda Bay), the game doesn't come on until the wee hours of the morning but that doesn't stop MWR from hosting a party for our service members. "

In order to get everyone into the spirit of competition, MWR will also host other activities that everyone can participate in.

"We will have football bingo, Super Bowl trivia, 100 squares and a football toss competition," said Vasilakis. "We have ordered supplies to decorate Shipmates and hope to receive them in time to make the space look festive. There will be all kinds of finger foods offered to absolutely include nachos because you can't have football without nachos!"

Joining in the fun of hosting the party is NSA Souda Bay's First Class Petty Officer Association (FCPOA).

"It's an opportunity to allow our junior Sailors and off base personnel football fans to show their team spirit," said Interior Communications Technician 1st Class Isaac Martinez, President of the FCPOA.

"MWR and the First Class Petty Officers will provide food, drinks and activities."

As the Super Bowl represents only the best teams from the American Football Conference and the National Football Conference, not everybody's team ends up making the cut through the playoffs. This however doesn't mean it will be any less fun for those involved.

"Even though my team isn't in the Bowl this year, I am still very much looking forward to getting together with everyone, watching the game and helping to support Souda Bay's finest," said Martinez. "There will always be years where your team isn't in the Bowl but everyone gets together anyways to watch the game and enjoy spending time with one another."

In the weeks prior to the Super Bowl, the FCPOA ran a chili cook off competition where the winner would have their chili featured as part of the buffet for the entire command.

"Other than the game, food is the highlight of any Bowl party and when it comes to chili, everyone always "makes the best," said Martinez. "We thought that having a chili cook off leading up to the game would be a great way of showing off some of the talented and creative Sailors we work with, get everyone involved in the spirit of things and have some great food."

With their focus of promoting and hosting events for base personnel, Mrs. Vasilakis understands why the championship is important to so many people.

"The Super Bowl is an American tradition. What would our MWR be if we didn't offer a Super Bowl Party?!" said Vasilakis. "It's important that our Sailors still feel that "taste of home" and MWR will do just that by staying open, providing fun during the game, free food and hopefully some good old fashioned rivalry until the game is over."

No matter which team takes home the trophy for Super Bowl XLIX, everyone wins when getting together to celebrate a classic American pastime.



1261



**If you tell where
he's going . . .
He may never
get there!**

1261

Published for the United States
by the Office of War Information

Remember the Constitution

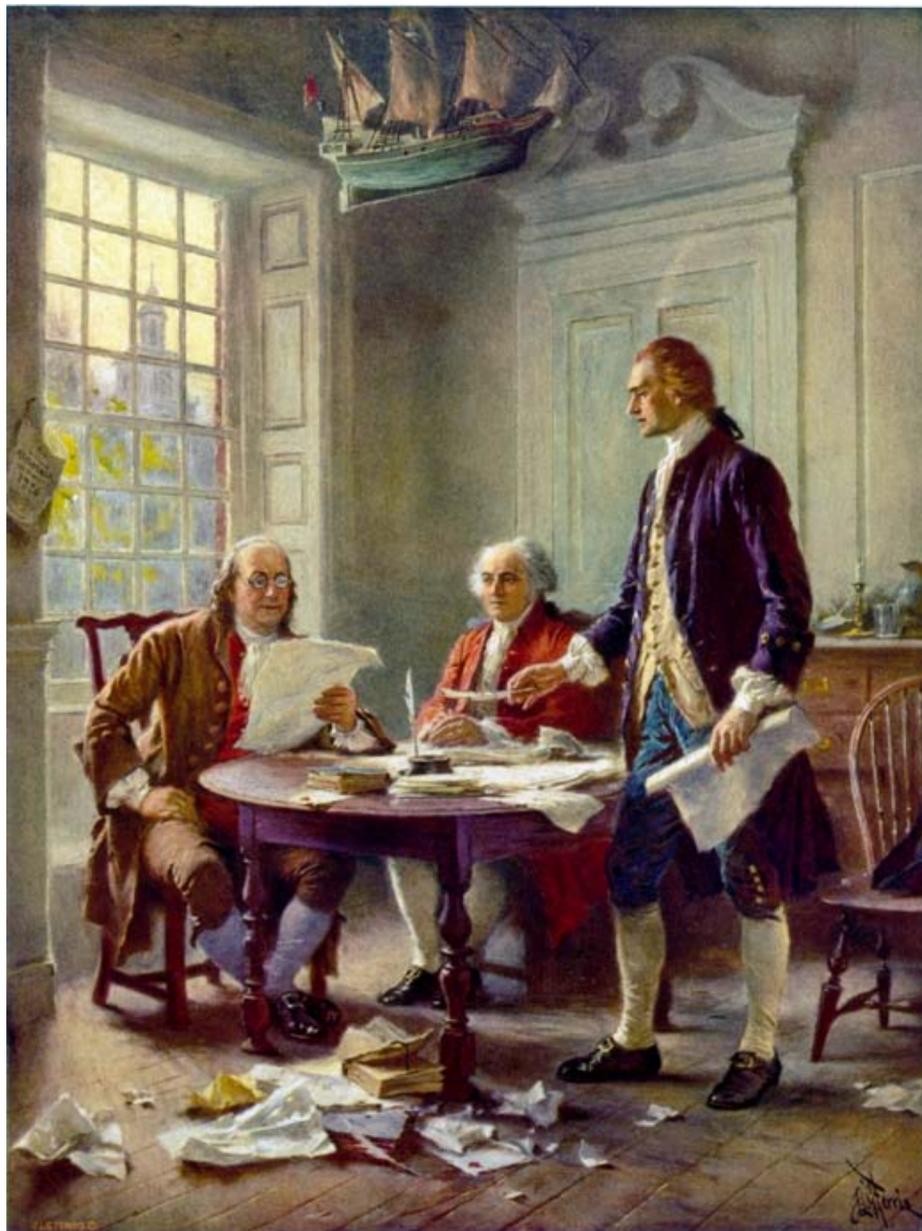
By Lt. Cmdr Robert Johnson, CNREURAFSWA
Public Affairs

"In every generation, the world has produced enemies of human freedom," President Bush reminded us in his remarks at the National Cathedral. **"They have attacked America because we are freedom's home"**

The Declaration of Independence eloquently announced America's separation from England and proclaimed new principles of legitimate political authority. It was the United States Constitution, however, that actually formed "a more perfect Union" and continues to secure "the Blessings of Liberty to ourselves and our posterity."

Eleven years after the Declaration, from May 25 to September 17, 1787, delegates convened in Philadelphia to create a new constitution for governing the new nation. Not only were there leaders in the fight for independence, such as Roger Sherman and John Dickinson, and leading thinkers just coming into prominence, such as James Madison, Alexander Hamilton and Gouverneur Morris, but also legendary figures, such as Benjamin Franklin and George Washington. John Adams declared the three-and-a-half month convention "the greatest single effort of national deliberation that the world has ever seen."

Their challenge was to create the institutional arrangements for securing the rights promised in the Declaration of Independence and preserving a republican form of government



that reflected the consent of the governed, all the while severely restricting state authority so as to prevent government tyranny. Their solution was to create a strong government of adequate but limited powers, all carefully enumerated in a written constitution. In addition to an energetic executive, a bicameral legislature and an independent judiciary, its structural arrangements include a system of separated powers-giving each branch different functions and responsibilities so that none dominates-and federalism, which divides authority between the national and state governments. That the framers could agree on such a government was, according to George Washington, "little short of a miracle."

Since its ratification in 1789, the Constitution has secured our fundamental rights, recognizing an unprecedented degree of human freedom at the same time that it upholds the rule of law. The monumental exception, of course, was the institution of slavery-recognized by the letter of the Constitution, condemned by the words of the Declaration-which eventually required a civil war to right. Nevertheless, the Constitution has provided the framework for the people of America to build a great, prosperous and just nation unlike any in the world-a nation that those few delegates, as optimistic as they were, could only have imagined.

As a nation, we must now relearn much what, in peace and prosperity, we have forgotten. To be sure, we must relearn the fact that the world is a dangerous place and-sixty years after the last foreign strike on our soil-that we are not immune from attack. Democracies are too



often blind when it comes to threats to their freedom. But, if in this moment we are to strengthen our resolve and deepen our patriotism, we must also relearn-and our political leaders must rekindle our dedication to-America's principles and purposes.

Winston Churchill, at the time of the Blitz, when German air raids were devastating London, said that "the world is witnessing the birth throes of a sublime resolve." But he also warned the British people that "this is only the first sip, the first foretaste of a bitter cup which will be proffered to us year by year unless, by a supreme recovery of moral health and martial vigor, we arise again and take our stand for freedom as in the olden time."

As we raise the flag, and explain to our children what is happening to our nation, let us not forget the calling of our time, and take our stand for freedom. Remember the Constitution.

BLACK

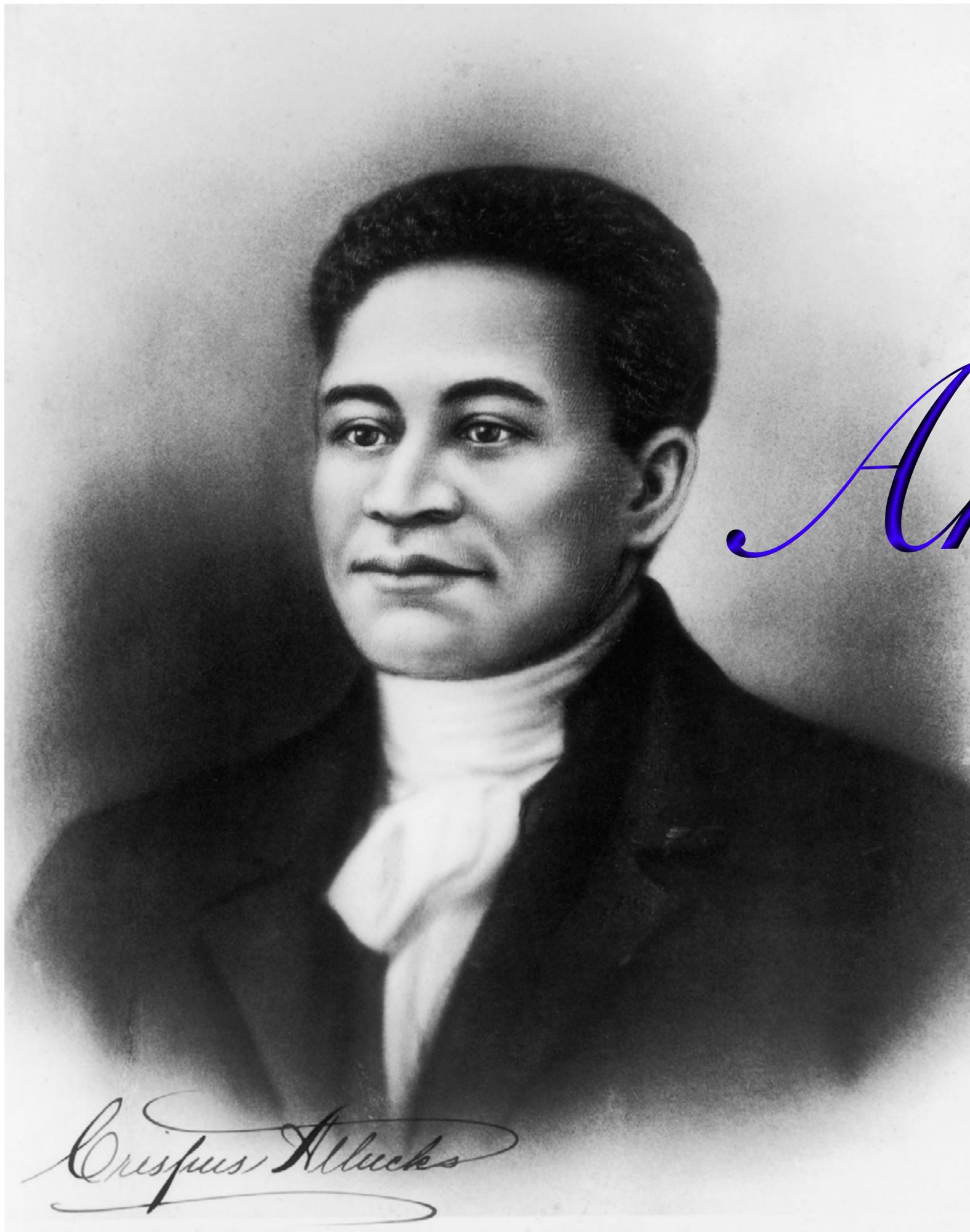
The word "BLACK" is rendered in large, bold, white-outlined letters. Each letter is filled with a collage of black and white photographs. The 'B' shows a man playing a trumpet. The first 'A' features Barack Obama. The second 'A' depicts a portrait of Frederick Douglass. The 'C' contains images of a protest and a person's face. The 'K' includes a woman with a afro and a man in a suit.

HISTORY

The word "HISTORY" is rendered in large, bold, white-outlined letters. Each letter is filled with a collage of black and white photographs. The 'H' shows a man singing. The first 'I' depicts a man in a suit. The 'S' features a man with a placard that says "53". The 'T' shows a man's face. The 'O' contains a woman's face. The 'R' depicts a man in a suit. The 'Y' shows a man's face.

MUSIC

The word "MUSIC" is rendered in large, bold, white-outlined letters. Each letter is filled with a collage of black and white photographs. The 'M' shows a young girl's face. The first 'U' depicts a man singing. The 'S' features a man's face. The 'I' shows a woman's face. The 'C' contains a woman's face. The 'I' depicts a woman's face. The 'C' shows a woman's face. The 'S' features a man's face. The 'I' shows a man's face. The 'C' contains a woman's face. The 'I' depicts a woman's face. The 'C' shows a woman's face.



An *American* Hero

By Lt. Cmdr. Robert Johnson,
CNREURAFSWA Public Affairs

February is African American/Black history month. I have always described this month as American history done by Blacks month. This is because every history and heritage month is intended to show the positive affect that group has had on the United States and the world as a whole. With this as the criteria I want to talk about one of my favorite and little know figures in American history, who was Black Mr. Crispus Attucks.

Although African Americans were among the earliest casualties of the American Revolutionary War, Crispus Attucks was the first person to give his life for American independence. Attucks an escaped slave turned Sailor, played a major role in the first confrontation between the rebellious colonists and the British military.

As a short reminder the citizens of the colonies specifically Boston in this case disliked the oppression and arrogance of the local British army garrison, and the long, cold winter did little to cool their tempers.

Early in the evening of March 5, Crispus Attucks joined several of several of his fellow sailors as they talked and warmed themselves by a public fire. Suddenly, the group sharing the fire became aware of excited voices in the street followed by the ringing of the town's alarm bell. Attucks raced to the door to discover the snow-covered streets filled with men moving toward the British headquarters on King Street. Some of the men seemed to get angry, while other attempted to stop the mob's progress. A few began to flee. Attucks stopped a man leaving the scene and asked what was going on. The man explained that a British soldier had refused to pay after receiving a haircut and then beat the barber when he demanded his money. Other colonists came to the support of the barber as more soldiers appeared and threatened to shoot if the mob did not disperse. The colonist begun to heckle the men in uniform and reluctantly began to drift away. Laughing at the verbal threats, the soldier



Depictions of the Boston Massacre.





The Boston Massacre memorial on the Boston Common (above) and the Boston Massacre grave marker in the Granary Burying Ground (below).



marched back to their barracks.

Several accounts of eyewitnesses describe what happened next. Although the stories vary somewhat, all agree that a "short, stout, curly haired" black man rushed forward and urged the hesitant crowd to stand up against the soldiers. With a leader now in charge, the colonists followed Attucks to the barracks, where they threw snowballs and rocks at the building and its guards. The frightened sentinels called for reinforcements.

Attucks picked up a heavy piece of firewood and shook the club at the soldiers as he dared them to fire. The swelling mob behind him surged even closer to the barracks. Despite the things hurled by the crowd and the threats of the club-wielding Attucks, the British soldiers adhered to their instruction to fire only upon the orders of their officers.

British Captain Thomas Preston arrived and ensured that his men held their fire as he unsuccessfully attempted to convince the mob to disperse. His efforts only made the Colonist more enraged. Attucks, along with a dozen other men, advanced, and Attucks began striking a soldier's bayonet with his club. Then he swung his club at Preston's head. As the officer countered Attucks' blow the man dropped his weapon.

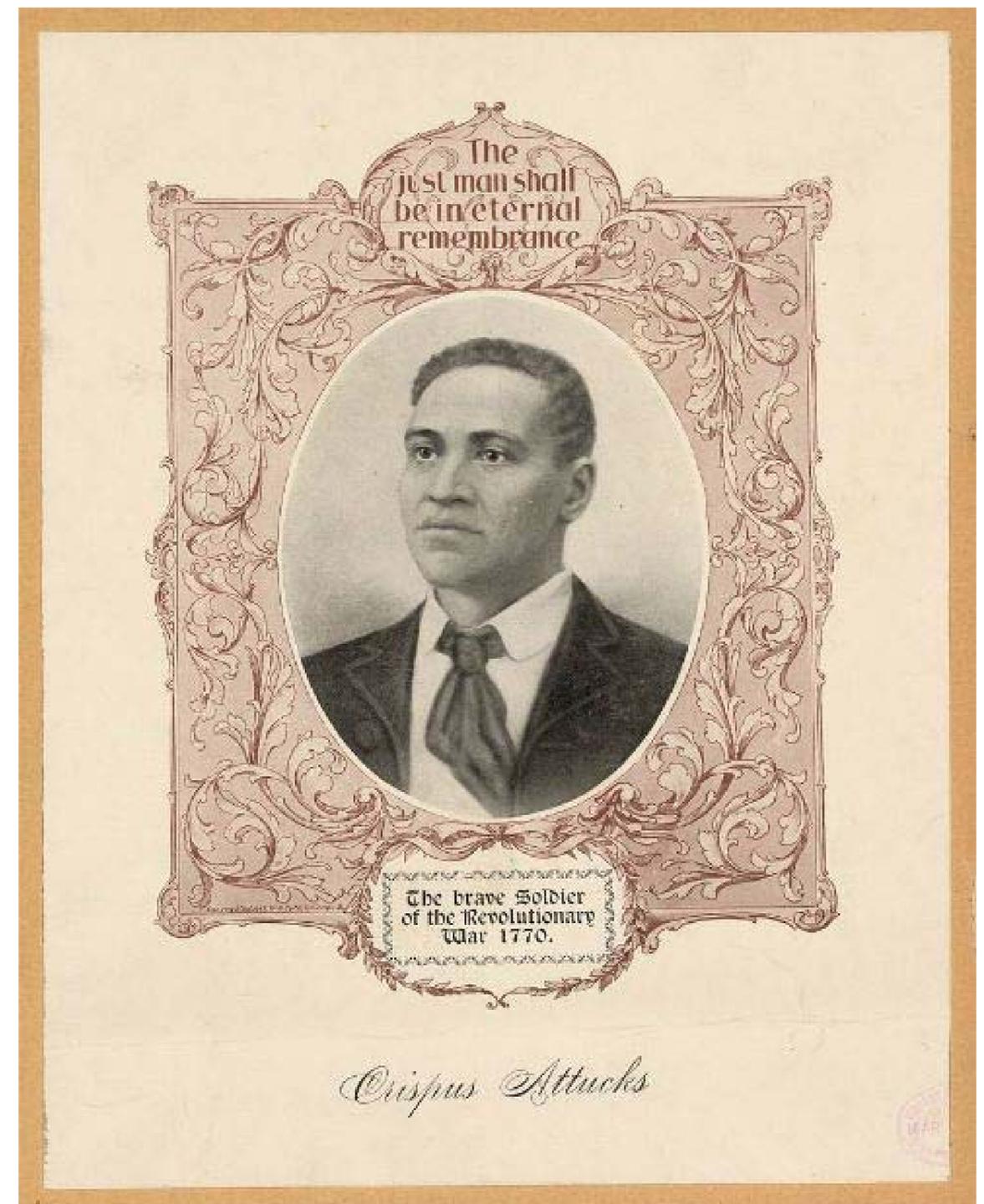
Instantly, Attucks seized the musket. The soldier also grabbed for the gun and the two struggled for control. In fight for the musket the soldier stumbled and fell onto the icy ground. The colonist laughed and, now confident that the

soldier would not shoot, began to chant, "Why don't you fire? Why don't you fire? Attucks, leaning on this stick, mockingly stared at the wet, muddy redcoat. Humiliated, the British soldier regained his feet and fired directly into Attucks chest. Instantly, the other soldier shot into the crowd.

Attucks and five others lay dead or dying in the street. Despite his color, the colonists hailed the dead Attucks as a hero and the first casualty of the American Revolution. The event would later be known as the Boston Massacre. The Boston Massacre is considered one of the most important events that turned colonial sentiment against King George III and British Parliamentary authority. John Adams wrote that the "foundation of American independence was laid" on March 5, 1770, and Samuel Adams and other Patriots used annual commemorations of the event to fulminate against British rule.

Crispus Attucks saw oppression and decided to stand and fight against it. His stand and death is one of the most significant events in American, world and black history.

Numerous other Black Americans distinguished themselves throughout American history. I think it is appropriate that during Black history month we remember that black patriots also contributed to the establishment of America as fighting men of valor on side of the freedoms and liberties we enjoy.



3 Stories for



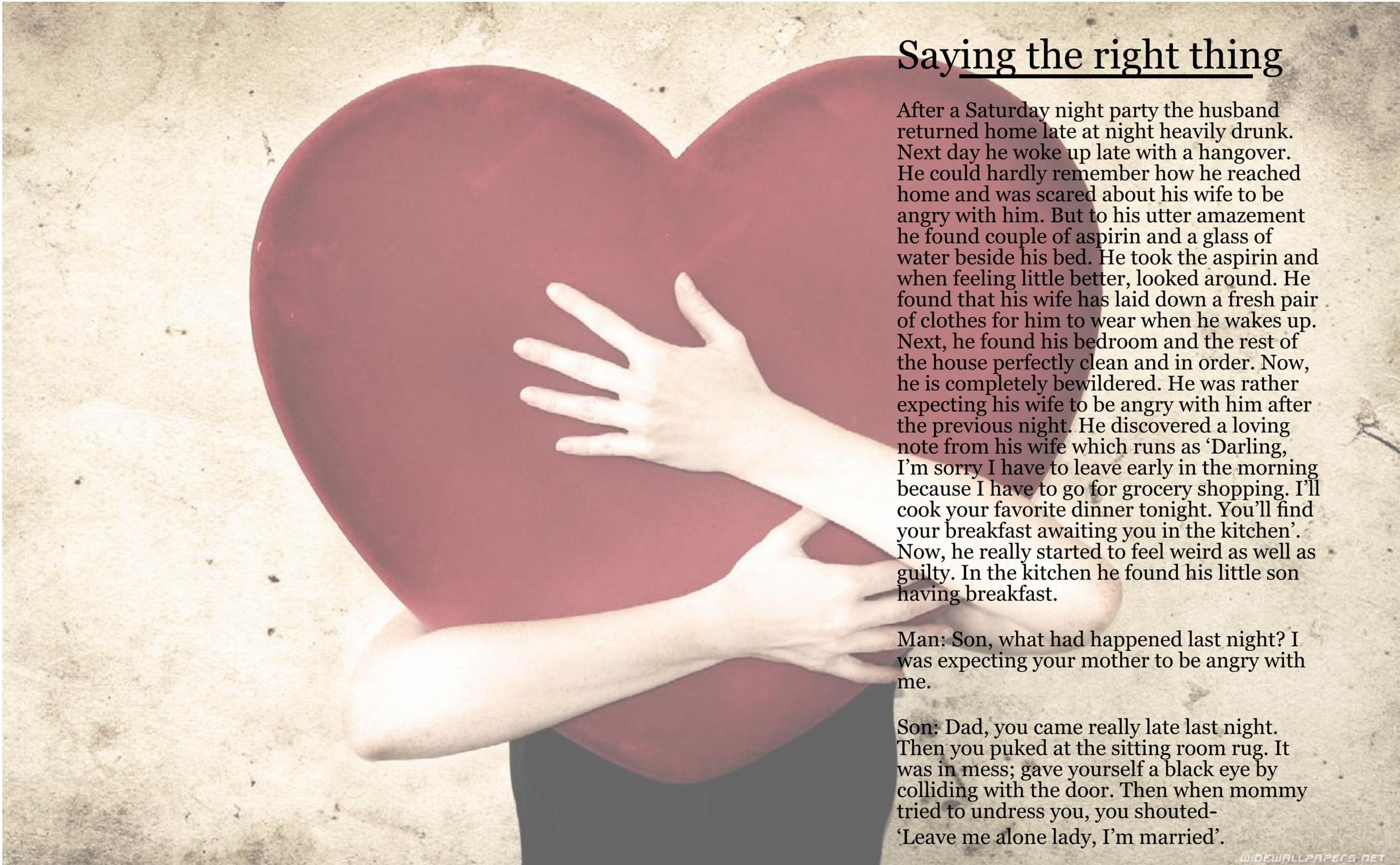
Valentine's Day

Over breakfast one day, a woman asked her husband, "You don't know what day this is do you?"

Feeling that his love for her was being questioned he answered in a huff, "Of course I do! How could you accuse me of forgetting?" With that he kissed her and left for work.

Later that morning, the doorbell rang, and when the woman opened the door, a flower delivery guy handed her a box of a dozen beautiful pink roses. Early that afternoon, a silky gift wrapped box of her favorite fancy chocolates were delivered to the house. Later in the afternoon, the local jeweler dropped off a little box with the most beautiful diamond earrings. By early evening, the woman couldn't wait for her husband to get home. As soon as he walked through the door she ran up to him and kissed him full on the lips.

"You wonderful loving man you," she declared. "First the flowers, then the chocolate and then the earrings!" she exclaimed. "If you treat me this wonderfully on World Environment Day, I can't wait to see what you'll do for Valentine's Day!"

A person is seen from the chest up, holding a large, solid red heart against a textured, light-colored background. The person's hands are visible, resting on the heart. The heart is the central focus of the image.

Saying the right thing

After a Saturday night party the husband returned home late at night heavily drunk. Next day he woke up late with a hangover. He could hardly remember how he reached home and was scared about his wife to be angry with him. But to his utter amazement he found couple of aspirin and a glass of water beside his bed. He took the aspirin and when feeling little better, looked around. He found that his wife has laid down a fresh pair of clothes for him to wear when he wakes up. Next, he found his bedroom and the rest of the house perfectly clean and in order. Now, he is completely bewildered. He was rather expecting his wife to be angry with him after the previous night. He discovered a loving note from his wife which runs as 'Darling, I'm sorry I have to leave early in the morning because I have to go for grocery shopping. I'll cook your favorite dinner tonight. You'll find your breakfast awaiting you in the kitchen'. Now, he really started to feel weird as well as guilty. In the kitchen he found his little son having breakfast.

Man: Son, what had happened last night? I was expecting your mother to be angry with me.

Son: Dad, you came really late last night. Then you puked at the sitting room rug. It was in mess; gave yourself a black eye by colliding with the door. Then when mommy tried to undress you, you shouted- 'Leave me alone lady, I'm married'.

Get to the Point

This is a story about Joe who wants to pop the big question to the woman he loves.

When Joe met Betty he immediately fell in love with her. She also seems to be enjoying his company greatly. After going around for some time Joe decides to pop the big question to Betty. Mustering all his courage one day he walks up to Betty.

Joe: Ummm...Betty?

Betty: Yeah Joe

Joe: You know it is really great to be a bachelor but after a period every man needs someone in his life-who will make him feel like a hero, whom he can claim as his own, who will love him unconditionally, who will be caring and remains true to him all the time.

Joe was happy as understanding draws to Betty eyes. He started to feel elated. Then Betty nodding her head in agreement said 'I understand what you mean and I totally agree with you, Joe. Let's go and see where we can find a puppy for you.'

I can always be worst
A man was walking across the road when he met with an accident. The impact on his head caused him to be in a coma for two days.

When he opened his eyes, his wife was by his side.

He told her (in tears), "When I was struggling with my studies in the University, I failed again and again. Sometimes I even have to re-take my papers. You were there by my side, encouraging me to go on trying."

She squeezed his hands as he continued, "When I went for major interviews and failed to clinch any of the jobs, you were there, cutting out the job ads for me to apply..."

He added, "...then I started working in this little firm and finally got a big contract. I blew it because of a small mistake. But you were still there for me."

His wife was in tears.

The man said, "I finally got a job after being laid off for quite some time. But I never seem to be promoted and my hard work was not recognized. I remained in the same position from the day I joined the company till now. You are still beside me..."

His wife's tears trickled down as she listened to him, "And now I met with an accident and when I woke up, you are here with me. There's something I really like to say to you..."

She flung herself on the bed and hugged her husband, sobbing with deep emotion. Finally her husband said,

"I think you bring me bad luck."

REGION VOICES

What were your New Year's resolutions and how are you doing keeping them??



**Remelyn May Jone, Emergency Dispatch Center Operator
Camp Lemonnier, Djibouti**

My New Year's resolution is to continue to make progress in my career and spend more time with my family.



**Legalman 2nd Class (SW) Megan L. Brossman
Region Legal Service Office Detachment Rota, Spain**

My New Year's resolution is to drink more water and eat less candy. My love for candy is strong and unyielding. I am doing well on the water intake and I drink about a gallon a day.



**Mass Communication Specialist 3rd Class Devin Menhardt
NAS Sigonella Public Affairs**

My New Year's resolution is to start college, I started taking my first course at Central Texas College. I'm attending a Computer Business Class.



**Logistics Specialist 2nd Class (SW) Linda Marquette
NSA Souda Bay**

I don't make New Year's resolutions as I try to live every day to its fullest and I don't need a resolution to help me with that.



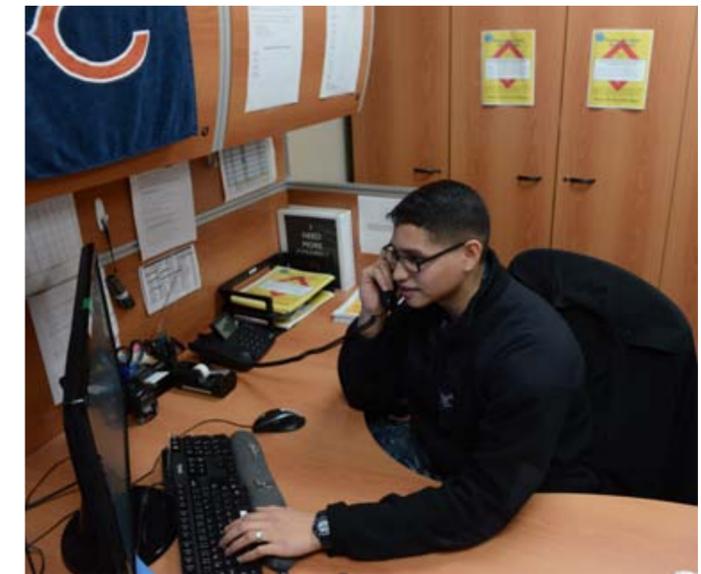
**Yeoman 2nd Class (SW/AW) Ingry L. Pimentel
NSA Naples**

One of my New Year's Resolutions is to completely stop drinking soda. After finding out how unhealthy it is and what it does to our organs, I decided to cut it out. Not to mention being in tip-top shape for our semi-annual PRT's!



**Master-at-Arms 3rd Class Gavin Boomer
TAD NSF Deveselu**

My New Year's resolution was to start college classes as a Business major. I'm on track so far; I start classes at American Military University in February.



**Yeoman 2nd Class Daniel Rivera
CNREURAFSWA**

My New Year's resolutions were to prepare for my next duty station, my first ship, obtain my designators, and make first class for my newborn son. So far I'm on track with everything.