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# Coastal Courier

Naval Support Activity Panama City

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NAVAL SUPPORT ACTIVITY PANAMA CITY



2013 INSTALLATION EXCELLENCE AWARD

## The Coastal Courier Naval Support Activity Panama City

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### Inside this issue:

NSA PC Arbor Day Ceremony	2
Caring for Kids	3
Navy Achievement Awards	4
Letters of Appreciation	5
Celebrity Readers	6
Correcting Credit Report Errors	7
Healthy Recipe Contest	8/9

## Brashear's Son Shares Memories, Father's Legacy During NSWC PCD 2013 Black History Month Celebration

By Jacqui Barker, NSWC PCD  
Public Affairs

PANAMA CITY, FL— Phillip Brashear excused himself from the room while event attendees watched a 2007 video of his father, U.S. Navy Master Diver, Carl Brashear (Ret.), as he drove the Firestorm 30 Fire Boat named in his honor. It is just one of several namesakes bestowed in Brashear's honor, and memories the U.S. Army reserve chief warrant officer shared during the Naval Surface Warfare Center Panama City Division (NSWC PCD) 2013 Black History Month celebration held in Panama City, Fla., on Feb. 5, 2013.

Another memory CW04 Phillip Brashear shared was his father's belief that "speeches were for general officers, and politicians" and therefore Brashear did not write a speech but spoke directly "from the heart." Rather, he eloquently wove an uplifting message of perseverance, and belief in "something greater than ourselves" into his appearance at the Bay County U.S. Navy base.

"My father never allowed us to use the words 'I can't,' in our house when we were growing up. We always had to try and if we failed, that's okay, as long as we tried," he said. "My father grew up poor, joined the Navy, got an education and beat alcoholism. If my dad can beat that, then you have no excuse."

It's that same message that got Brashear through a tour in Iraq as a helicopter pilot in 2006, and the same message he relayed to U.S. Navy Sailors on Feb. 4, 2013 during a visit to Naval Diving and Salvage Training Center also in Panama City, Fla.

"There are white people in this room that are not responsible for slavery, but their debt to society is to ensure it never happens again. My dad, and other people like him, opened the doors for us to go through today. I wouldn't be here without the Tuskegee Airman," said Brashear. "My father put Little Creek, Va., and Panama City Beach, Fla., on the map. These are the places his career endured and his legacy lives on stronger here today where you're preparing future divers."

Brashear talked about this father's youth as a poor, uneducated child who grew up not far from his mother, who was highly educated, his father's 'can do' attitude and how he preferred the use of the word disabled over handicapped. He also unveiled the Hollywood curtain and dispelled a few truthful theatrical inaccuracies of his father's life depicted in "Men of Honor." **See BRASHEAR pg. 2**



Standing left to right are: African American/Black Employment Program Manager Dr. Jermaine Kennedy; NSWC PCD Commanding Officer, CAPT Scott Pratt; CW04 Phillip M. Brashear, Navy Experimental Diving Unit Commanding Officer CAPT Keith Lenhardt; and Naval Support Activity Panama City Commanding Officer CDR Anthony J. Anglin. (Photo by Jonathan Gibson/Released)

## Brashear's Son Shares Memories (cont'd)

"Being the son of Carl Brashear has been a trip. I lived like any other kid," he said, as he paused to praise military wives. "There were three things he shared with me to be a viable citizen in our society. One, we have to work for substance. Two, get an education and that never stops. Three, believe in something greater than yourself. We have to give young people these values. My father is being honored during Black History Month, but we still have a lot in the country to accomplish."

Brashear has followed in his father's footsteps, not as a U.S. Navy diver, rather as a service member passionate and grateful about his career. In September 1981, Brashear enlisted in the U.S. Naval Reserves and served as an engine mechanic at VAW-78 on E-2B and E-2C Hawkeye aircraft. In 1985, he became a RH-53D Sea Stallion helicopter air crewman at HM-18 where he served until September 1989, but it was becoming a pilot that he dreamed about.

"Flying on the back of Navy helicopters was great but I really wanted to fly, but I didn't have a degree," he said. "I talked with an Army National Guard recruiter who said if I joined them, they'd send me to flight school so I left the Navy and joined the Virginia Army National Guard."

In 1991, Brashear graduated from the U.S. Army Warrant Officer Flight School Program as a qualified UH-1 helicopter pilot. In January 1994, he was assigned as a National Guard Technician in Sandston, Va., from April 1994 to May 2001. It was during this time Brashear realized his parent's mantra of furthering education and he earned his Bachelor of Science degree in organization management development from Bluefield College. Between October 2001 and April 2001, Brashear deployed in support of Stabilization Force Ten in Bosnia-Herzegovina and in 2005, served as a Blackhawk Test Pilot in the Virginia Army National Guard and from January 2006 to February 2007, he deployed to combat again in support of Operation Iraqi Freedom. Halfway through his tour in Iraq, Brashear received a Red Cross message that his father was in the Portsmouth Naval Hospital and gravely ill. For five days, Brashear sat with him, picked him up while nurses changed bed linens, and embraced each moment of his father's last days.

"I thought he was going to walk out of the hospital. That Tuesday afternoon, I held his hand as the last breath left his body," he said.

Brashear returned to duty in theatre and in 2007, he retired from the U.S. Army National Guard and then joined the U.S. Army reserves in April 2009 where he began to fly the Army's CH-47 Chinook helicopters.

"I still love flying today," Brashear said.

As Brashear continues to share his father's story of unity in his role as the Carl Brashear Foundation president, he also serves as a UH-60 Weapon System Support manager at Defense Logistics Agency (DLA) in Richmond, Va., and serves as a U.S. Army reserve helicopter pilot stationed in Ft. Eustis, Va.

## NSA Dedicates Arbor Day Ceremony to Former Cultural Resources Manager

Naval Support Activity Panama City gathered to plant a fringe tree in memory of the installation's former cultural resources manager, Jim Sartain, during an Arbor Day ceremony January 18, 2013. Sartain was a key figure in establishing NSA PC as a "Tree City USA". Environmental Manager Mike Clayton, left, planted the tree assisted by members of the Sartain family. Pictured (left to right) Mary Nuanes, Briana Sartain and Tina Sartain, NSA PC Executive Officer LT Bobby Kenning and Public Works Officer LT Cmdr. Kendall Chapman. The flowering tree is a member of the olive family (*Chionanthus virginicus*). (Official Navy Photo by Mass Communication Specialist 2nd Class David Didier)



## CARING FOR KIDS: FROM FAMILY CARE PLAN TO ADOPTION

By LT James D. Carson, JAGC, USN

Being a parent myself, I know how stressful it can be to ensure that your children will be taken care of, be it for an hour or for the length of a deployment. We want what is best for them. As parents, we need to understand all legal means available to ensure that our children are cared for in our absence; this will in turn prevent legal complications and our children getting caught in the crossfire .

Some of these legal means include: Family Care Plan, In Loco Parentis Powers of Attorney, Guardianship, and Adoption.

### FAMILY CARE PLANS

Single parent service members, dual-military couples with dependants, or those who have a legal custody arrangement with a non-spouse are required to have a Family Care Plan per OPNAVINST 1740.4D and DODINST 1342.19. A family care plan includes form NAVPERS 1740/6 signed by both the servicemember(s) and the party, who is to care for the child(ren).

Family Care Plan are not legal documents. The person named to care for the children cannot enroll the children in school, make medical decision, and if a custody dispute arose, in a court of law. This is only an administrative tool the military uses to ensure that servicemembers have all their ducks in a row in order to maintain worldwide assignability. It is a military requirement that can be changed at your election, but it has no legal effect.

### IN LOCO PARENTIS POWER OF ATTORNEY

A Power of Attorney (POA) is a legal document authorizing someone else to do something that previously only you were able to do; however, there is no legal obligation for any third party (school, hospital, etc.) to accept it. If a third party does accept it, the document assures them that they will not be sued.

An in loco parentis POA can be used to authorize someone else to make decisions for the benefit of your children. These POAs expire after a specified period of time. They are practical because they are fairly easy and quick to create. Most legal offices can draft one up on a walk-in basis. If you need someone to be able to make decisions for the benefit of your children for you for a short period of time, and In Loco Parentis POA may be the way to go.

These types of POA cannot be used to enroll a child in DEERS. Also, some schools may not accept it; for this reason, it would be wise to first determine whether the school has its own forms/POA they would like you to fill out.

### GUARDIANSHIP

If you need someone to take care of your child for about a year or more, you should seriously consider guardianship. A guardian is a court-appointed individual, who accepts responsibility for the care of a child. Obtaining a guardian does not cut off the biological parent's rights. A guardianship requires court intervention which means that a petition needs to be filed at family court. Some jurisdictions allow pro se (without an attorney) filings, but it is always encouraged to hire one in order to ensure the guardianship is done correctly.

After the petition is filed, a court investigator may interview the petitioner, the child, and the biological parents to make a recommendation. After giving an opportunity for all parties to speak, and considering the best interests of the child, the court will grant or deny the request. Normally, all parties are consenting, but guardianship can also be awarded in cases of abandonment or neglect. While the biological parents are still legally responsible for financially supporting their children, often the guardian shoulders this responsibility. The guardian can expect court oversight until the guardianship expires, when the child turns 18, or when the judge says it's no longer necessary. Third parties are more likely to accept proof of guardianship over an In Loco Parentis POA.



*“As parents, we need to understand all legal means available to ensure that our children are cared for in our absence.”*



See CARING pg. 4

## CARING FOR KIDS (cont'd)

### ADOPTION

Adoption requires termination of the biological parent's rights. This is also court ordered, so it requires some time and money. Unlike a guardianship, it lasts forever. The child is treated as if they were biological. All parents rights or responsibilities are transferred to the adopting parent. Again, if you are thinking of adoption, you should utilize an attorney to ensure everything goes correctly.

As parents, we need to be educated on these issues to that we can make the best decision for our children. Please come a see a Legal Assistance attorney to further flush out these options and what they may mean to you and your family. You can find us a [www.jag.navy.mil](http://www.jag.navy.mil) under the tab "Legal Services" at "Legal Assistance."

Please visit us at [http://www.jag.navy.mil/legal\\_services/rlso/rlso\\_southeast.htm](http://www.jag.navy.mil/legal_services/rlso/rlso_southeast.htm) for more information or to find out the location of the nearest legal assistance office.



## Navy Marine Corps Achievement Medals Awarded



GM1 Kraicek



STS2 Smit



MC2 Didier

Thursday, February 28, 2013,  
Navy/Marine Corps Achievement  
Medals were presented to GM1 Ja-  
son Kraicek, STS2 Ryan Smit and  
MC2 David Didier by CDR A. J. Anglin,  
Commanding Officer, NSA PC.

(U.S. Navy photos by Mass Communication  
Specialist 2nd Class Kevin B. Gray/Released)

## Letters of Appreciation



BM1 Segarra



MC2 Didier



EN2 Ater



RP3 Brett Persinger



EN2 McMaster

Thursday, February 28, 2013, Letters of Appreciation were presented by CDR A. J. Anglin, Commanding Officer Naval Support Activity Panama City to BM2 Joel Segarra, MC2 David Didier, EN2 Charles Ater, RP3 Brett Persinger, EN2 Thomas McMaster and OS1 Roger Wilkerson (not pictured) for their work and participation in Naval Surface Warfare Center Panama City Division's Black History Month Celebration.

(U.S. Navy photos by Mass Communication Specialist 2nd Class Kevin B. Gray/Released)

## NSA PC Celebrity Readers

Friday, March 1, 2013, NSA PC participated in the 'Celebrity Reader' program at Northside Elementary School. Sailors read to and answered questions about their careers with students as part of the program.

(U.S. Navy photos by Mass Communication Specialist 2nd Class Kevin B. Gray/Released)



CDR Anthony Anglin, Commanding Officer, Naval Support Activity Panama City, reads a book to students at Northside Elementary School.



Religious Programs Specialist 3<sup>rd</sup> Class Brett Persinger, reads a book to students at Northside Elementary School as part of the school's 'Celebrity Reader' program.



LT Bobby Kenning, Executive Officer, Naval Support Activity Panama City, answers questions from students at Northside Elementary School.

## Recently at the Courthouse

From CNRSE Office of Counsel

Navy Region Southeast recently heard the following courts-martial cases and forwarded to all bases for their information.

At a General Court-Martial convened on board NAS Jacksonville, a Marine Corporal was acquitted of engaging in sexual contact with an incapacitated person and committing indecent conduct.

At a General Court-Martial convened on board Joint Base Charleston, South Carolina, a Lieutenant Junior Grade was found guilty of failing to obey a lawful general order, making a false official statement, and conduct unbecoming of an officer and gentleman. The military judge sentenced the Accused to 60 days confinement and to be dismissed from the naval service.

At a General Court-Martial convened on board NS Mayport, a First Class Petty Officer was found guilty of wrongful sexual contact, indecent exposure, wrongfully requesting to engage in sexual activities, and false official statement. The court-martial sentenced the Accused to 10 months confinement, reduction in rate to E-1, forfeiture of all pay and allowances, and a Bad Conduct Discharge.

At a Special Court-Martial convened on board Joint Base Charleston, South Carolina, a First Class Petty Officer was found guilty of unauthorized absence. The military judge sentenced the Accused to 60 days confinement and Bad Conduct Discharge.

At a General Court-Martial convened on board NAS Pensacola, an Ensign was found guilty of rape. The court-martial sentenced the Accused to 4 years confinement and to be dismissed from the naval service.

Courts-martial in Navy Region Southeast are tried with few exceptions at NAS Jacksonville, NS Mayport, and NAS Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial. Adjudged sentences may be modified by pre-trial agreement or clemency.

## Correcting Credit Report Errors

By Cynthia L. Catalan, Civilian Legal Assistance Attorney, Mayport Legal Assistance Office, FLSO SE

Are you thinking about borrowing money to buy a home or car? Do you need a line of credit to make home repairs? Have you applied for a new credit card? If your answer to any of these questions is “yes”, it is important to make sure information on your credit report is accurate and up to date. Even if you are not planning on borrowing money, your credit report has special importance if you are an active duty military member, DoD civilian employee or contractor who required any level of security clearance. If you fall into any of these categories you must undergo a security clearance background investigation which is subject to periodic review. The investigation will identify any adverse information contained in your credit report such as judgments; property repossession; or delinquencies on debts (90 days delinquent or more on current debts and/or 180 days delinquent or more on debts in the previous 7 years).

You should review your credit report before you submit any credit applications and well before your security clearance is up for renewal. Reviewing your credit report in advance will provide an opportunity to correct information. Since September 2012, the federal government, through the Consumer Financial Protection Bureau, has been actively monitoring and conducting on-site investigations to assure that the credit reporting agencies are complying with the law. Previously, there was not much federal oversight. Now may be the best time to correct any inaccurate information on your credit report.

How do you go about correcting errors on your report? You need not hire a “credit repair” company! The first step is to obtain a credit report from each of the three major nationwide credit reporting agencies: Equifax, Experian, and Trans Union. Each maintain your personal information and individual credit history Under the Fair Credit Reporting Act (FCRA), you are entitled to receive a free report from each credit reporting agency once a year. Since creditors are not required to submit information to all three of the agencies, your credit report from one agency will likely contain different information from the others. Initially, you should request a report from all three. Afterwards, you can stagger your request once every four months to take full advantage of the free report allowance (for example, you can request a report from Equifax in January, Experian in May, Trans Union in September and Equifax again the following January and so on). To obtain your free report, request it online through [www.annualcreditreport.com](http://www.annualcreditreport.com) (a central website maintained by the three agencies), call 1-877-322-8228, or request it by mail by filling out the Annual Credit Report Request form and mailing it to Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

Once you receive your reports, closely inspect your personal information and each entry. Although you can make corrections or submit a dispute online, it is recommended that you submit a dispute in a written letter to the credit reporting agency clearly explaining the dispute and requesting the inaccurate information be removed, corrected or updated. It is in your best interest to also include supporting documentation. The following are the addresses for the three credit reporting agencies:

Equifax	Experian	Trans Union
1550 Peachtree Street, NW	701 Experian Parkway	555 West Adams Street
Atlanta, GA 30309-2468	Allen, TX 75013	Chicago, IL 60661

After receiving your letter, the agency must initiate an investigation and notify the entity that provided them the information of your dispute with a copy of the information you provided. When notified, the entity must conduct its own investigation. Once complete, that entity must provide the credit reporting agency with a report of the outcome. If your dispute result in a change, the agency must provide you with the results along with a free copy of your credit report. If your dispute is not resolved, you can place a statement of the dispute in your credit file.

Taking the time to review your credit report can save you from a headache down the road. If you would like help with this process, you can meet with an attorney at the Regional Legal Service Office Southeast. Please visit us at [http://www.iag.navy.mil/legal\\_services/riso/riso\\_southeast.htm](http://www.iag.navy.mil/legal_services/riso/riso_southeast.htm) for more information or to find out the location of the legal assistance office closest to you. You can also contact Mark Kinkade, Financial Services Counselor at the Fleet and Family Services Center, (850) 235-5611, [mark.a.kinkade.ctr@navy.mil](mailto:mark.a.kinkade.ctr@navy.mil).



During NSA PC's 'Military Saves' week, Ms. Tasha Carter, Director of the Consumer Services Division with Florida's Department of Financial Services (FLDFS) gave a presentation aptly named "Financial Frontlines". She covered a variety of personal topics that make up their department's new website aimed at providing financial resources and information to help Florida's 58,000 service men and women. The Financial Frontlines website includes online training that can be accessed individually or for large training groups.

<http://www.myfloridacfo.com/yymm/financialfrontlines/default.aspx>.

(U.S. Navy photos by Mass Communication Specialist 2nd Class Kevin B. Gray/Released)

## Navy Nutrition Healthy Recipe Contest

Warm up your microwaves. Navy is searching for the best original recipe for the 1st Annual Healthy Recipe Contest. Now through 31 March 2013, service members may submit an original recipe containing at least one key healthful ingredient and prepared within the confines of unaccompanied housing.

Think healthy takes a lot of work or can't taste good?

We want to find those of you who see things differently and doing things well. Share your recipe and contribute to a collection of great meals with limited preparation and ingredients.

1. Recipe Contest Goal: The goal of the contest is to develop a collection of easy, delicious and nutritious recipes and recognize creative ways Sailors around the fleet are making healthy nutrition choices easy. So, how do you eat healthfully while living in bachelor quarters with limited storage space and cooking options? Recipe contributions will be organized in an online cookbook to provide barracks-dwellers fast, easy-to-prepare foods that will meet their nutrition needs, are economical and leave you feeling great.

2. Who can enter? Any active duty or reserve Navy personnel.

3. How do I enter? Fill out the Entry Form certifying that the recipe is an original recipe and email to NavyPRT@navy.mil not later than 2359 Eastern on 31 March 2013.

a. Your recipe must be original and must

- i. have five (5) different ingredients or less (not counting herbs/spices, salt and pepper, water, oil, or non-stick cooking spray). (A bag of salad contains multiple vegetables but would count as one (1) ingredient.)
- ii. use five (5) or fewer containers (bowls, dishes) or utensils (spoons/spatulas) to prepare.
- iii. be prepared in five (5) steps or less
- iv. be prepared in 30 minutes or less (preparation and cooking time).
- v. include a photo of the prepared item

b. If the recipe requires heating or cooking, it must include microwave directions.

c. Recipes will be accepted in seven (7) categories:

- i. Breakfast
- ii. Sandwich/wrap
- iii. Vegetable
- iv. Starchy side
- v. Snack
- vi. Main Course (Entrée)
- vii. Sweet Treat

d. Nutritional guidelines to keep it healthy. For more information go to [www.choosemyplate.gov](http://www.choosemyplate.gov)

i. Ingredients: Must include at least one or more of the following:

1. Fruit
2. Vegetable
3. Whole grain (whole grain pasta, whole wheat bread)
4. Lean protein (chicken, fish, tofu, shrimp, beans, eggs)
5. Low-fat dairy (1% or non fat milk, low fat yogurt)

ii. Nutrition profile. Goal is to limit highly processed foods which may be high in added sugar, salt and fat. Guidelines align with standards established in the Go for Green® stop light food identification program.

1. Single item entrée (such as chicken breast): 300 Calories; 10 grams fat; 480 mg sodium
2. Full entrée (such as a sandwich or casseroles): 500 calories; 18 grams fat; 800 mg sodium
3. Starch side (potato, rice, pasta); 200 calories
4. Vegetables: 100 calories
5. Sweet treat: 150 calories; 6 grams fat

ii. How to figure out nutrition profile. Add the amount of calories, sodium and fat for all ingredients and divide by the number of servings the recipe makes. You may use the USDA food database for individual ingredients at <http://ndb.nal.usda.gov> or product packages and websites.

e. Each recipe may only be submitted once, but enter as many times as you like with different recipes. Entries will be accepted at NavyPRT@navy.mil between 0001 on 01 March 2013 and 2359 Eastern time on 31 March 2013.

### 4. Judging

a. Judging will be on:

- i. Creativity of recipe name

See **NUTRITION** pg. 9

- ii. Simplicity of recipe
- iii. Taste
- iv. Appearance

b. Judges have the option of disqualifying any recipe previously published, such as but not limited to those in cookbooks, in magazines, from food companies, on food blogs or recipe websites and winners in cooking contests. Finalists will be required to certify, on information or belief, that their recipes are their original creation and have not been published or publicized and have not previously won a cooking contest.

c. Final judging will be done by a panel of barracks residents and food experts. Decisions of the judges are final in all matters relating to this contest.

#### 5. Disclaimer

a. Contest entry grants Navy Nutrition the right to publish, use, adapt, edit and/or modify the recipe included with the entry in any way, in any and all media worldwide, without limitation.

### NAVY NUTRITION RECIPE CONTEST ENTRANT DATA FORM

Contest Year 2013

Individual Name: \_\_\_\_\_ Rank/Rate \_\_\_\_\_

Organization: \_\_\_\_\_

Command Address 1: \_\_\_\_\_

\*Command Address 2: \_\_\_\_\_

City / APO / FPO: \_\_\_\_\_ State: \_\_\_\_\_ Zip-Code: \_\_\_\_\_ - \_\_\_\_\_

Work Phone Number: DSN: \_\_\_\_\_ Commercial: \_\_\_\_\_

Work E-mail address: \_\_\_\_\_

I understand that my name and duty station assignment information may appear in a publicly released news story.

I certify, on information or belief, that this recipe is an original creation and I am not submitting a published or publicized recipe. I certify that I have not previously won a cooking contest using this recipe. I further certify that this entry meets the criteria established in rules outlined for Navy Nutrition Healthy Recipe Contest. I certify that, to the best of my knowledge, this recipe has not been previously published, in cookbooks, in magazines, by food companies, on food blogs or recipe websites or by winners in other cooking contests.

Signature of Applicant (must be signed) \_\_\_\_\_

\*If PCS is anticipated prior to May 2013, please include new unit address.

Recipe Name: \_\_\_\_\_

Category: \_\_\_\_\_



**PANAMA CITY, Fla. (March 5, 2013) An MH-53E Sea Dragon helicopter assigned to (HM) 14 lands at Naval Surface Warfare Center Panama City Division after conducting airborne mine countermeasure training the Joint Gulf Test Range in the Gulf of Mexico (U.S. Navy photo by Ron Newsome/Released)**