



A European State of Mind: **Duty in Europe**

WWW.MEDIACEN.NAVY.MIL

All HANDS

MAGAZINE OF THE U.S. NAVY

SEPTEMBER 2001

The

Agony

of

Ecstasy

Features



Photo by PH2(AW) Jim Watson

14 Carpe Diem – Seize the Day

At Naval Training Center (NTC) Mayport, Fla., members of USS *Roosevelt* (DDG 80) are doing far more than just seizing the day. They're seizing the opportunity for camaraderie, teamwork and some fun while learning to take control of a ship during a simulated Visit, Board, Search and Seizure (VBSS).

20 A European State of Mind

Whether it's for travel, family ties or career enhancement, accepting orders to one of the Navy's European locations can be rewarding at many levels. From England to Italy and Spain to Greece, these opportunities are there to be had – no matter where you serve.

All Hands took a look at just a couple of the Navy's prime European duty stations, and discovered positive attitudes and improved quality of service abound.

40 Thrift Savings Plan (TSP)

Sailors can learn about the five investment funds available through this new program. Also included is a Navy Pay and Retirement booklet to assist in financial planning.

Secretary of the Navy
The Honorable Gordon R. England

Chief of Naval Operations
ADM Vern Clark

Chief of Information
RADM Stephen R. Pietropaoli
Commander, Naval Media Center
CAPT James M. Kudla

Chief of Publishing
CDR W. Scott Gureck

Deputy Chief of Publishing
& Print Media Coordinator
LT Brook DeWalt

EDITORIAL

Editor
Marie G. Johnston
Managing Editor
JOCS(AW) Dave Desilets

Assistant Editor
JO1 Preston Keres
Photo Editor
PH2(AW) Jim Watson

Editorial Staff
JO1 Joseph Gunder III
JO1 Craig Strawser
PH2 Aaron Ansarov
PH2 Robert Houlihan
PH3 Saul Ingle

DISTRIBUTION

Garland Powell

WEB DESIGN

DM1 Rhea Mackenzie
DM2 Vitmary Rodriguez

ART & DESIGN

Rabil & Bates Communication Design Co.

Creative Director
Debra Bates

Art & Design Director
Roger O. Selvage Jr.

Graphic Designer
Marco Marchegiani, Seth H. Sirbaugh

Digital Prepress Coordinator
Lisa J. Smith

PRINTING

Gateway Press, Inc.

GPO Printing Specialist
John Kennedy

All Hands (USPS 372-970; ISSN 0002-5577) Number 1013 is published monthly by the Naval Media Center, Publishing Division, 2713 Mitscher Rd. S.W., Anacostia Annex, D.C. 20373-5819. Periodicals postage paid at Washington, D.C., and at additional mailing offices.

Subscriptions: For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 or call (202) 512-1800. Subscription prices are: \$36 (domestic) /\$45 (foreign); \$6 (single copy domestic) /\$7.50 (single copy foreign).

Postmaster: Send address changes to *All Hands*, Naval Media Center, Publishing Division 2713 Mitscher Rd., S.W., Anacostia Annex, D.C. 20373-5819

Editorial Offices: Send submissions and correspondence to Naval Media Center Publishing Division, ATTN: Editor 2713 Mitscher Rd. S.W., Anacostia Annex, D.C. 20373-5819
Tel: DSN 288-4171 or (202) 433-4171
Fax: DSN 288-4747 or (202) 433-4747
E-Mail: allhands@mediacen.navy.mil
Message: NAVMEDIACEN WASHINGTON DC //32//

Authorization: The Secretary of the Navy has determined this publication is necessary in the transaction of business required by law of the Department of the Navy. Funds for printing this publication have been approved by the Navy Publications and Printing Committee.

42 The Hug Drug

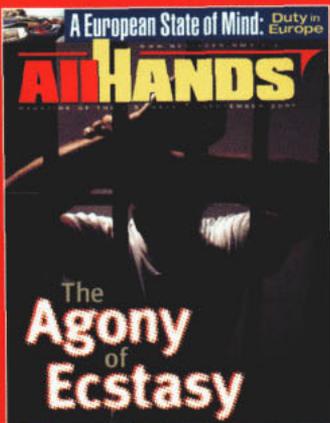
Does ecstasy have a hold on our Sailors and Marines? According to Steven Davis, a Marine now spending the next 10 years behind bars after being convicted for drug trafficking, the "hug drug" can be very persuasive. He says for those on ecstasy – the ravers, club kids, even *Sailors and Marines* – the only voice they really hear is the drug.



All Hands
WINNER

Departments

- 6 Around the Fleet
- 52 Twenty 4 Seven
- 54 Eye on the Fleet
- 56 The Final Word



On the Front Cover

Is ecstasy invading our ranks? *All Hands* takes you into the world of today's club-drug of choice, and lays out the activities of the rave scene and consequences for some of our Sailors and Marines. See story Page 42.

Photo by PH3 Saul Ingle

Next Month

All Hands presents "Any Day in the Navy." Take a look at today's Navy through the eyes and pictures of your shipmates.

Bronze
Anvil
Award
2001



Awards of Magazine
Excellence

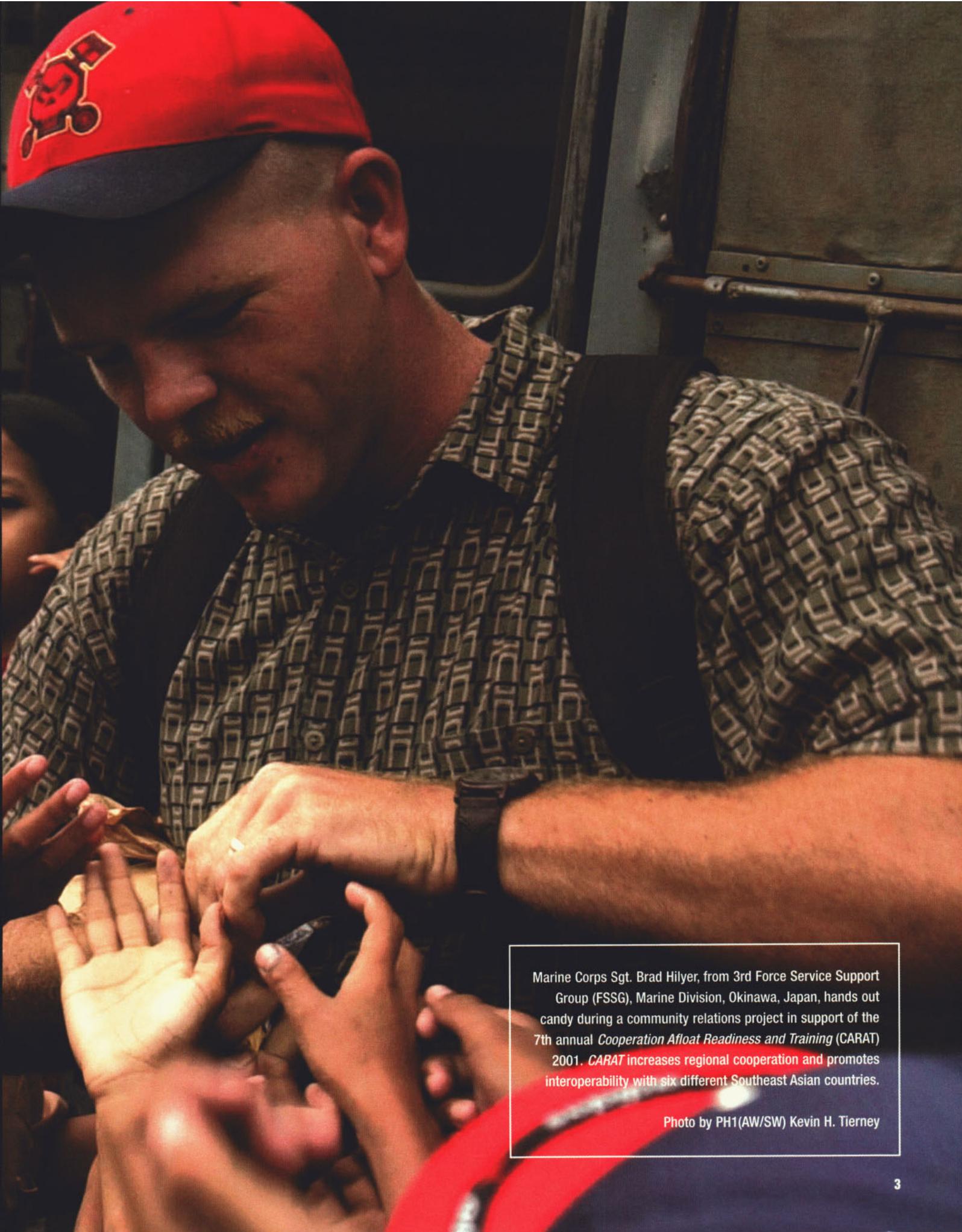
Check us out Online at:



www.mediacen.navy.mil

Hands of **Humanity**





Marine Corps Sgt. Brad Hilyer, from 3rd Force Service Support Group (FSSG), Marine Division, Okinawa, Japan, hands out candy during a community relations project in support of the 7th annual *Cooperation Afloat Readiness and Training (CARAT) 2001*. *CARAT* increases regional cooperation and promotes interoperability with six different Southeast Asian countries.

Photo by PH1(AW/SW) Kevin H. Tierney

Adult **Sandbox**





Situated just east of Naval Air Station Fallon, Nev., Sand Mountain provides YN1(AW) Michael Danziger and YN2 Michael Murray an opportunity to break loose from work and enjoy the local entertainment — a natural mountain of sand that is a mecca for sandrail and motorbike enthusiasts up and down the West Coast. On weekends, hundreds of thrill-seekers flock to the northern Nevada site to get an adrenaline rush and enjoy this regional pastime.

Photo by J01 Preston Keres

Around the Fleet

Editor,

As a World War II Navy vet (YN3), I read with pride the May 2001 *All Hands* dedicated to the actions of the personnel of USS *Cole* after the terrorist attack.

Our Navy has physically changed greatly in the past 60 years, but the dedication and sacrifice of its men and women have remained constant.

Thomas V. Philp Jr.

Editor,

I love the photography and all of the articles; I try to read it all each month.

I'm the mother of a Sailor assigned to USS *George Washington* and a veteran. I occasionally write about my daughter's Navy experience, incorporating her letters in the articles I write for a local newspaper. I also do short bios on Navy vets who served in World War II.

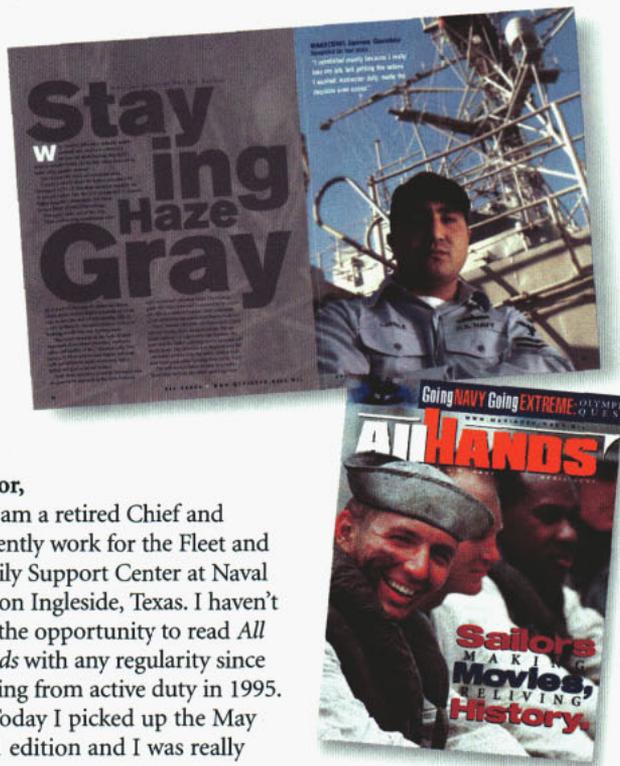
Just wanted to say keep up the great work.

Barb Wood
Southern Indiana

Editor,

I am a retired Chief and currently work for the Fleet and Family Support Center at Naval Station Ingleside, Texas. I haven't had the opportunity to read *All Hands* with any regularity since retiring from active duty in 1995.

Today I picked up the May 2001 edition and I was really



BY THE Numbers

5

The number of days it takes to complete the Visit, Board, Search and Seizure (VBSS) course in Mayport, Fla. (See story, Page 14)

10

The approximate number of hours it takes to get to the Austrian border from Naples, Italy. (See story, Page 20)

238

The number of positive screenings for ecstasy in 2000, compared to 34 positives in 1998. (See story, Page 42)

294

The number of 1+1 BQ rooms expected to be completed by FY03 at Capodichino. (See story, Page 25)

SHIPMATES



MESS MANAGEMENT SPECIALIST 1ST CLASS (SS) CLARENCE W. LIPFORD was selected White House Mess Sailor of the Year 2000. Lipford supervises 16 Sailors, boosts morale and generally maintains high standards across the board. He has also been nominated for Naval District Washington's Sailor of the Year 2000.



INFORMATION SYSTEMS TECHNICIAN 3RD CLASS CHAD THOMAS BOSER was selected as the 2000 Junior Sailor of the Year (JSOY) for Director, Communications Security Material Systems (DCMS) Washington, D.C., and the 2000 JSOY for the DCMS parent command COMNAVCOMTELCOM Washington, D.C., for the worldwide claimancy JSOY selection. Boser is a fleet support expert on CMS equipment and is part of his command's Auxiliary Security Force, Color Guard, basketball and softball teams.



AVIATION ELECTRONICS TECHNICIAN 1ST CLASS (AW) WILLIAM J. SNYDER, was recently named Sailor of the Year for Patrol Squadron 64, NAS JRB Willow Grove, Pa. His superior leadership while detached to PATRON Misawa, Japan Maintenance Control enhanced the squadron's mission.



AVIATION WARFARE SYSTEMS OPERATOR 3RD CLASS (AW/NAC) JOSE A. VACIO was selected as Junior Sailor of the Quarter onboard USS *Enterprise* (CVN 65). The El Paso, Texas, native is a Watch Supervisor in the Undersea Warfare Module and has proven to be a key player in a highly successful Joint Task Force Exercise which is the final qualification for a Battle Group prior to deploying. Vacio is also responsible for maintaining materials for the ship's Combat Direction Center.



Photo by JOC Robert Benson

Speaking with Sailors

These questions are from a recent MCPON all hands call:

impressed. You have come a long way.
Congratulations and keep up the good work.

Michael Keith
Relocation Assistance
Program Counselor
Fleet and Family
Support Center
Ingleside, Texas

Editor,
As a Leadership Instructor at the U.S. Naval Academy, I enjoyed getting a copy of your April 2001 edition of *All Hands* magazine to help keep me in touch with the latest from the fleet. Especially when teaching upper-class midshipmen, retention issues remain an entree on our menu of leadership discussion and strategizing. Understanding the way Sailors think is a key ingredient.

I found it ironic that, while the message inside your well-written story about the USS *Shreveport's* retention success came through loud and clear, the title, "Staying Haze Gray" almost obscured it for me and, I suspect, many others.

While perhaps more senior personnel hold the term "Haze Gray" near and dear to their hearts, maybe renaming the hue of our most recognizable Navy assets to something like "Combat Gray" would get us all a little more motivated and we could let go of the milk-toast "Haze" thing altogether!

Tradition certainly has its place, just not here.

LT Jim Conzelman
Instructor
U.S. Naval Academy

Q: Will serving as a Recruit Division Commander (RDC) help or hurt my career?

A: Serving in any role in the Navy does not automatically guarantee that you will be advanced in rate, but advancement rates among petty officers 1st class who are serving as RDCs have historically been very good. Selection boards look favorably upon Sailors who are involved in the "Sailorization" process, when a Sailor has a good record going into RDC duty and performs well in that capacity. That would include anyone who is involved in the initial training and development of new Sailors, including RDCs, recruiters and A-School instructors.

Q: What do you think of the idea of individual commands requiring Sailors to earn their command ball caps by qualifying in general damage

control before being allowed to wear the command ball cap?

A: I like the idea. I had my doubts about the idea when, as the Force Master Chief for Chief of Naval Education and Training, I first heard of the concept of earning the Navy ball caps following successful comple-

Wearing the command's ball cap sends a clear signal to new crew members that obtaining qualifications is important.

tion of battle stations in basic training. As it turned out, earning the right to wear the Navy ball cap became one of the most meaningful turning points in Boot Camp for recruits as they grew into Sailors.

I think the same concept could apply to individual commands. Having Sailors meet a certain level of standards before allowing them the privilege of wearing the command's ball cap sends a clear signal to new crew members that obtaining qualifications is important. ☑

Speaking with Sailors is a monthly column initiated by the Master Chief Petty Officer of the Navy as a way of reaching out to the men and women of the fleet, whether they are stationed just down the road or halfway around the world.

Pax River Sailors Literally “Accelerate Their Lives”

Two Sailors “accelerated their lives” for real as they rocketed down a runway here at more than 300 mph in “ShockWave,” a 36,000-horsepower jet truck. Mess Management Specialist 1st Class (SW) Francisco Buenaventura and AK2 Rodney Moats each sped down the runway a day apart after reenlisting with the Navy during the recent Naval Air Station Patuxent River’s Air Expo ‘01.

“When it came time to plan this, we wanted to see how we could capitalize on the Navy’s new recruiting slogan, ‘accelerate your life,’” said CAPT Pat Hovatter, Naval Air Station Patuxent River commanding officer. “So we came up with the idea that after these Sailors reenlisted in the Navy, we would have them jump in the jet truck, and accelerate the heck out of their lives.”

In front of the air show crowd, Hovatter conducted two separate reenlistment ceremonies. The two Sailors each signed on for another tour, and both got a ride in the ShockWave jet truck. The expeditious ride served as part of Air Expo’s afternoon entertainment and an added incentive to help “accelerate” the two Sailors’ careers.

“If I was given a chance to do it all over again, I would not hesitate for a minute to join the U.S. Navy because there is no other organization more proactive in developing its people and providing them with the tools necessary to succeed in their careers and lives,” Buenaventura said, a native of Manila, Republic of the Philippines.

Moats, from Abington, Md., added, “I love being in the Navy because I feel like I am a part of something important. We help change history.”

Story by Public Affairs Office, NAS Patuxent River, Patuxent River, Md.

CNO, MCPON Plot Course for CPO Mess of 21st Century

A new image of the Navy’s chief petty officer (CPO) mess was born in Dallas when Chief of Naval Operations ADM Vern Clark and Master Chief Petty Officer of the Navy MCPON(SS/ SW/AW) Jim Herdt recently hosted the first worldwide CNO-MCPON-

Command Master Chief (CMC) Conference.

The 748 command master chiefs and chiefs of the boat met to discuss “Building the CPO and the CPO Mess of the 21st Century,” and introduce a new way of thinking and defining the role of the chief petty officer community.

“We are sending a very clear message here today that this is the beginning of an investment

in our CPO mess,” said Herdt in his opening remarks. “Our goal is to build a mess that is more adaptive and agile. This is our chance to build the mess we want, a mess that you will continue to be proud to be a part of.”

The purpose of the conference was giving the CPO mess the tools to be prepared for change and the tools to build a CPO mess that will remain vital and relevant to the Navy well

into the 21st Century.

The CNO emphasized his support of the CPO community. “This is a very important day for us in the Navy,” Clark said.

Recalling one of his earliest experiences with a CPO, Clark recalled his arrival to his first ship in 1968. “I had been there for two weeks, assigned to the engineering department, when Master Chief Leedy walked up to me and put his arm around me and said ‘Mr. Clark, I like you and I’m going to teach you how to be a good officer,’” the CNO said.

Clark’s early experience with that master chief influenced not only his image of chiefs, but also his image of the command.

In the CNO’s first command policy statement, written as a lieutenant in 1974, he

wrote: “I am going to eradicate the idea that this command does not know how to use chiefs.” This concept policy has remained with the CNO through today.

Clark told the master chiefs that he considers them senior leadership and tasked them to partner with their commanding officers.

He said he sees a Navy that provides more responsibility to the chief’s mess and holds them more accountable for mission accomplishment. He also challenged the chief petty officer community to continue to grow, encouraging these leaders to read a book a month on leadership and management.

Herdt agreed, “The CPO



On assignment

mess needs to open its shutters and doors to new leadership and management ideas from outside of the military.” Herdt announced that he plans to update the CPO required reading list to include various leadership and management books.

In addition to the CNO and MCPON, guest speakers included retired VADM Lee Gunn, who heads the Executive Review of Naval Training, and Dr. David Cooperrider, author of the book “*Appreciative Inquiry*.”

Gunn explained several recommendations for naval education that are currently under review. His proposed initiatives include a greater use of electronic means to deliver training to the Sailor.

He discussed proposals such as online electronic training jackets formulated before they report to boot camp that Sailors could use throughout their careers. Gunn also discussed the idea of a resource Web site called “Ask the Chief” that could be used to help Sailors access the information they need to succeed.

While Gunn’s presentation offered the command master chiefs an in-depth view of new ideas for changes to Navy education, Cooperrider’s lecture provided them with a new way of looking at change.

Cooperrider’s theory of appreciative inquiry is a way of looking at change by focusing on an organization’s strengths rather than its weaknesses.

The goal of Cooperrider’s lecture was to give the command master chiefs new tools to achieve dramatic results in their CPO messes.

Herdt noted that appreciative inquiry was only one tool to help chiefs strengthen their skills. “If you go to the store you might see a tool of a particular brand,” Herdt said. “But that brand has many tools, and there are many different brands.”

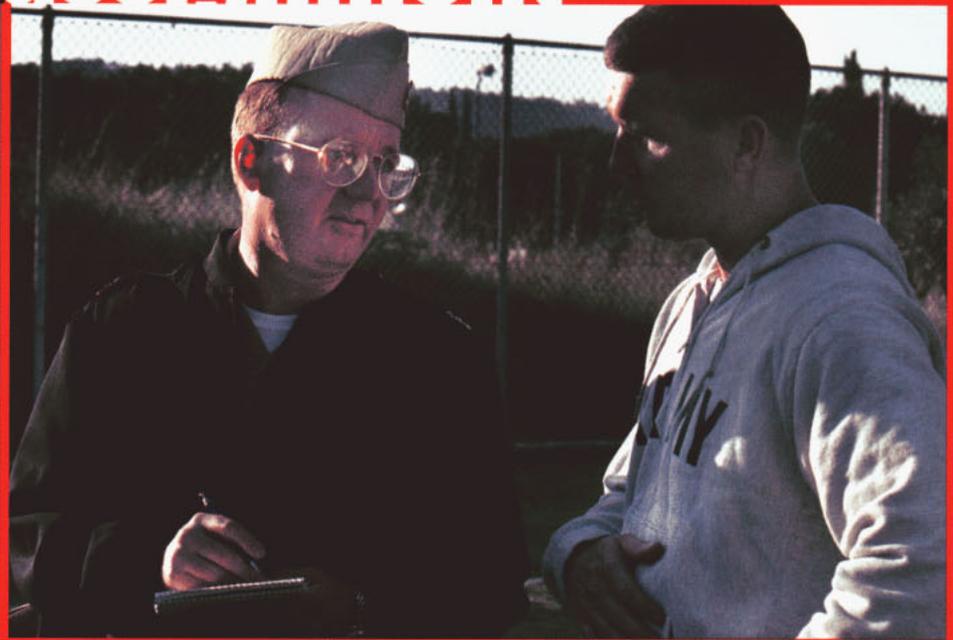


Photo by PMJ Saul Ingle

As a managing editor often stuck behind a desk and computer, it is a rare opportunity when I get to go out on the road and cover the fleet. So to be able to speak one-on-one with Sailors, listen to their stories and be a journalist was refreshing to say the least.

While covering duty in Europe, I was also able to experience what my fine staff of photojournalists goes through day in and day out, getting your story into your magazine. It served as an eye-opening reminder for me, the senior chief, to re-visit my rating roots and better appreciate the tremendous efforts of the extremely talented JOs and PHs who make up *All Hands*.

However, we couldn’t begin to consolidate everything great about serving in the Old World into just one issue. I can only recommend that you read the features enclosed, glance at the cultural images and then call your detailer for your next set of orders to Europe. ☒

JOCS(AW) Dave Desilets is the managing editor for All Hands.

The Navy’s senior enlisted leadership along with the CNO conceived this conference, Herdt explained. “This is more than a one-man show. The fleet, force and CNO-directed command master chiefs worked long and hard to develop the concepts delivered at this conference,” Herdt said.

Those concepts developed by the senior enlisted panel included the following statement that defines who and what a chief petty officer is and the core competencies common to all chief petty officers.

Chief petty officers are enlisted warriors who lead and

manage the Sailor resources of the Navy they serve. As such, chief petty officers are responsible for, have the authority to accomplish, and are held accountable for:

- Leading Sailors and applying their skills to tasks that enable mission accomplishment for the U.S. Navy;
- Developing enlisted and junior officer Sailors;
- Communicating the Core Values, standards and information of the Navy that empower Sailors to be successful in all they attempt;
- Supporting with loyalty the endeavors of the chain of command they serve and their

fellow chief petty officers with whom they serve.

Presentations at the conference also included a set of terminal learning objectives based on the core competencies that the training of every newly selected CPO will be directed towards achieving prior to pinning on their anchors.

For more information, contact MCPON Public Affairs at DSN 225-5591 or (703) 695-5591. ☒

Story by JOCS(SW) Brian Roscoe and HMCM Mark Hacala, MCPON Public Affairs, Washington, D.C.

Around the Fleet

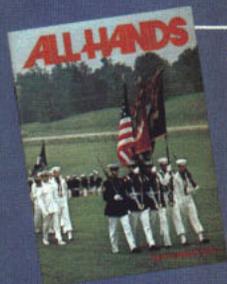
TIME CAPSULE

This month we look back in the *All Hands* archives to see what was going on in the Navy, 50, 25 and 10 years ago.



50 Years Ago – September 1951

In this issue we told Sailors about the job of the Navy lithographers working in the press gangs. We also reported on a Great Lakes Cruise that included trips up the Mississippi and Illinois Rivers for USS *Daniel A. Joy* (DE 585). Finally, we visited the Naval Experimental Parachute Unit, El Centro, Calif., as they tested the latest advancements in parachute technology.



25 Years Ago – September 1976

This month in *All Hands* we brought Sailors a photo feature story on the Ceremonial Guard in Washington, D.C. We also reported on the contributions that Hispanic Sailors have made to the Navy of the '70s and we also told Sailors about signing up to get a "BOOST" with Broadened Opportunity for Officer Selection and Training.



10 Years Ago – September 1991

We celebrated the return of troops from the Persian Gulf with parades in New York and Washington, D.C., and talked with Gen. H. Norman Schwarzkopf. We also visited Naval Training Center (NTC) Orlando to see how Sailors were becoming active in their community through volunteerism and we reported on what Sailors were doing to help the Kurds of Turkey recover from war.

"Early Promote" Is a Win for Sailors

Top-performing Sailors continue to compete for advancement to E-6 and E-7 at an accelerated rate through a change to the enlisted advancement system.

Last fall, the Chief of Naval Personnel approved a change to the enlisted advancement system that authorizes commanding officers to waive up to one year of the required time-in-rate (TIR) for Sailors in pay grades

E-5 and E-6 to compete for advancement.

The TIR waiver is specifically targeted to Sailors performing at a superior level who have received an "early promote" recommendation on their most recent periodic evaluation.

The initiative was approved in August 2000, just in time for the September advancement exam, but giving Sailors little time to study.

However, that factor did not slow down the top performers.

About 14 percent of those eligible for the early advancement test were promoted.

During the recent March 2001 exam (Cycle 171), the advancement opportunity for all E-5s going up for E-6 was 17.6 percent. The advancement opportunity for the same population of early-promote personnel who had the TIR waiver was 17.8 percent.

"What a powerful example that performance is being recognized," said VADM Norb Ryan, Chief of Naval Personnel. "So far, it's a win-win situation for our people and our leadership."

The issue of providing incentives for top-performing Sailors to advance more quickly was broached during visits to the fleet, where he continues to solicit ideas and suggestions from commanding officers, command master chiefs and Sailors.

Using the evaluation as a marker of performance, Sailors qualifying as early promote have already been identified as top performers. The program gives commanding officers another avenue for rewarding superior work performance.

For more information on the TIR waiver, see NAVADMIN 221/00 on the BUPERS Web site at www.bupers.navy.mil. ☒

Story by CNP Public Affairs, Washington, D.C.

That Cold May Be Tick Related

In recent years, the incidence of Lyme disease has become increasingly more common and widespread in the United States.

Lyme disease is passed to humans from deer ticks. If left untreated, it can lead to some very serious health problems.

Early symptoms of Lyme

disease show up three to 30 days after the initial bite, including fatigue, chills and fever, headache, muscle and joint pain, swollen lymph nodes or a skin rash called *erythema migrans*.

Erythema migrans is a red circular patch that appears at the site of the bite. The patch can grow bigger and vary in shape, depending on its location. The center of the rash may clear up as the rash spreads, causing a bulls-eye appearance.

According to Dr. (CDR) Gregory Martin, infectious disease service chief at National Naval Medical Center (NNMC), people sometime get only one of these symptoms. At other times, all the symptoms may appear.

Ticks have a two-year life cycle. The larvae transform into nymphs then to adults about the size of a mustard seed.

Not all ticks carry Lyme disease, which is most commonly spread to humans in the nymph stage of a tick's life.

Adult ticks are usually spotted more quickly because of their larger size. Tick larvae are not thought to carry Lyme disease, according to Martin.

Ticks crawl around in tall grass, shrubs and wooded areas. They wait for an unsuspecting victim to walk by, then brush against and latch onto the victim.

Ticks feed on blood by inserting their mouthparts (not their whole body) into the skin of a host animal, which is most likely a mouse, or a human, according to Martin.

Once the tick finds a host, it looks for a hairy area to begin feeding. On humans they usually crawl to places such as the groin, armpits or the scalp.

"Ticks also like to latch onto skin around the waistband and other elastic areas," said Martin. "When they reach an area where they can't go any further, they will stop and start feeding."

"It takes at least 48 hours of feeding to be able to transmit the infection into the host," Martin continued. "This could be good news for the unknowing human. It gives him time to find the tick and properly remove it."



But what happens if a person does not remove a tick before it transmits the Lyme disease?

Some people may have Lyme disease and not know it for months after the initial bite. They may have been misdiagnosed because most symptoms of Lyme disease mimic other illnesses.

Late signs of Lyme disease are arthritis, usually in large joints like the knees; nervous system abnormalities including numbness, pain and Bell's Palsy (facial paralysis); meningitis; or irregularities of the heart.

Lyme disease is sometimes difficult to diagnose. For instance, a blood test will sometimes show up negative for Lyme disease when someone is positive.

Laboratory tests for Lyme disease have not yet been nationally standardized. The

Food and Drug Administration approved a Lyme disease vaccine several years ago, but it is not recommended by doctors for routine immunizations unless a person works in the woods daily. The side effects of the vaccine are reportedly more harmful than the disease itself, according to Martin.

Lyme disease is treated with antibiotics under the supervision of a physician. Antibiotics are usually administered orally for 20 to 30 days, but may be given intravenously in more severe cases.

Patients treated in the early stages with antibiotics usually recover rapidly and completely.

Symptoms in some cases may continue or recur, making additional treatment necessary.

Varying degrees of permanent

damage to joints or the nervous system can develop in patients with late chronic Lyme disease.

There are several simple measures that can be used to prevent tick bites and the incidence of Lyme disease.

Wear long-sleeved shirts, tucked-in long pants and closed-toed shoes when moving through the woods or high grass, said Martin.

Campers and hikers should also walk on cleared trails where fewer ticks reside. Also, perform daily tick inspections after coming in from the outdoors.

Remove clothing, and wash and dry the clothes at a high temperature for more than 16 minutes. Ticks can't survive the constant heat.

Inspect your body carefully and remove attached ticks with tweezers instead of using bare hands to avoid leaving parts of the tick in the skin. Grasp the tick as close to the skin surface as possible, and pull straight back with a slow, steady force to avoid crushing the tick's body.

Story by JOSN Rebecca Whitney, assigned to NNMC Public Affairs, Bethesda, Md.

Household Goods Moves are Easier with Smart WebMove

Sailors and their families in the San Diego area can now arrange their household goods move over the Internet, thanks to a Web-based program that will soon be in use throughout the continental United States.

SMART WebMove was designed by the Naval Supply Systems Command (NAVSUP) to service routine moves and simple entitlements based on permanent change of station (PCS) orders.

The Web-based program currently serves only San Diego-based Sailors and their families on PCS orders who are moving household goods from that area to a new duty station or homeport within the continental United States.

SMART WebMove is easy to use. Eligible users simply fill out an online questionnaire to receive a report of entitlements available to them. The system enables members to fill out all necessary forms, arrange the move, and submit the forms to the FISC San Diego PPO via the Internet.

Personal information is encrypted as it is being trans-

Ricky's Tour

By J02 Mike Jones

mikejones43@hotmail.com



Green ID Cards Going Out of Style, Common Access Cards are In

Green is definitely passe. The green military identification card, that is, now that the common access card (CAC) is en vogue.

In fact, the CAC is not only replacing military ID cards, but also those of the DOD civilian workforce and many contract personnel.

The CAC is now the mandated standard identification card for all military, civilian, eligible foreign national and many contracted personnel. It features "smart card" technology — a computer chip that enables specific information about the cardholders and estab-

lishes positive digital electronic identification through the use of public key infrastructure (PKI), bar codes and a magnetic stripe.

Exactly what will change depends on how individual stations choose to use the card, but according to Allen, the big push for CAC is to support the security features of NMCI. "CAC will be the access token used for NMCI network logon," Allen explained, "and it will serve as the PKI token for digitally signing and encrypting e-mail."

"Once initial issuance has been accomplished, the technology will be exploited by DON with the potential to greatly improve business processes, information assurance,

mission effectiveness, and quality of life," Allen said. "The CAC may eventually contain department-wide and/or component-specific applications such as manifesting, deployment readiness, food service and medical/dental."

NAVIR is piloting CAC for DON, but some smart card applications are already in use at other Navy sites, including: SmartImmune and Smart Dental (at Naval Training Commands); warrior readiness and weapons issuance (on bases in Oahu, Hawaii); food service (at Naval Training Commands); and quarterdeck control and property accountability (on selected ships).

"By the end of FY02, every military member, Reservist, civilian employee and on-site contractor in the Navy will have a smart card that they will be able to use in their daily lives," predicts Rob Carey, director of the Navy Smart Card office. "Smart cards truly will be your passport to the e-world."

For more information about the new DOD smart card, go to www.dmdc.osd.mil. ☒

With the test phase nearing completion, CAC teams are forming at DOD sites coast-to-coast. The first Navy site on the West Coast to issue the new smart card was Navy Air Station LeMoore, Calif., where the card has been issued since early April.

"At this point the card is only being used for access to military bases," Allen said. "Right now CAC is just an identification card for the workforce, but eventually that will change."

INNOVATORS



mitted. Each user's account is password protected so that only individual users can access their records.

In the beginning of FY02, SMART WebMove will be installed at the Fleet and Industrial Supply Centers (FISC) at Jacksonville, Fla.; Norfolk; Puget Sound, Wash.; Naval Air Stations at Fort Worth and Corpus Christi, Texas, and the Naval Education Training Center, Newport, R.I. SMART WebMove will be expanded to the remainder of the continental United States throughout the fiscal year.

To access SMART WebMove go to www.smartwebmove.navsup.navy.mil. ☒

Story by NAVSUP Public Affairs, Mechanicsburg, Pa.

Constellation Sailors Stay Navy for More Than \$1 Million

Scores of Sailors aboard the aircraft carrier USS *Constellation* (CV 64) have been deciding to Stay Navy. As a result, the ship has disbursed more than \$1 million in selective reenlistment bonuses (SRBs) since getting underway for their six-month deployment.

"The Navy has raised its bonus caps to encourage its Sailors to stick around," said Navy Counselor 1st Class (AW) Steven Cullen, from Galt, Calif., of the career information office. This office provides Sailors information about the benefits of reenlisting.

A major incentive for reenlistment, the SRB has become even more enticing when "Connie" entered the Persian Gulf.

"In reality, the money has always been there," said Cullen. "Until recently, no one has paid much attention to it. The fact that we're in 5th Fleet's area of opera-

Story by Victoria L. Falcon, NAVAIR Public Affairs.

tion sweetens the pot because the money is non-taxable.”

At the end of a Sailor’s enlistment, the Navy can sometimes provide incentives to stay on board by rewarding them financially. Sailors choosing to reenlist may be entitled to SRBs up to \$45,000.

Fire Controlman 1st Class (SW) Todd Hollier, who works in combat systems, has been in the Navy for 10 years. After signing on for another six, he received a whopping SRB of \$45,000, more than double the one he received for his last reenlistment.

“The money was really the icing on the cake,” said Hollier, a native of Eunice, La. “I was going to reenlist anyway. I already have everything I need.” Hollier placed every nickel of his latest SRB into a retirement fund.

Cullen assures Connie Sailors that once they reenlist, they should not have to wait a long time to collect their SRBs. The turnaround time is normally eight to 12 days.

In addition to handing out some hefty checks, the career information office also provides a wealth of services to Connie Sailors who are rotating to different duty stations, getting out of the Navy, staying in the Navy, changing rates or going to schools.

“Basically, we are here for awareness — our job is to give our Sailors options,” said Cullen.

“I love the Navy and I love what I’m doing,” Cullen continued. “I believe wholeheartedly that there’s something for everyone here. We hope that we can make it worth everyone’s while to stay in.”

For more information about Navy retention initiatives, go to www.staynavy.navy.mil.

More information about USS *Constellation* is available at www.navy.mil/homepages/cv64. ☒

Story by EO1(SCW) Kevin

Cullen assigned to the Public Affairs Office, USS Constellation (CV 64).

200-Question Advancement Exam to Premier with January 2002 Chief’s Exam

A new 200-question enlisted advancement exam is coming to Navy test-takers everywhere, beginning with the Cycle 174 chief petty officer’s exam in January 2002. The Navy Advancement Center, which has been carefully preparing this new exam over the last six months, is reviewing and checking each step in the process to ensure a smooth transition from the original 150-question exam.

Changes to the exam include more questions covering professional military knowledge (PMK). Sailors will now be exposed to more PMK areas for study, and in doing so, will be better able to prepare themselves as leaders and managers in addition to being technically proficient individuals in their own rating.

As individuals advance in rank and move into more supervisory and management-type positions, a greater emphasis will be placed on PMK. Therefore, petty officer 3rd class candidates (E-4) will notice the smallest change to the exam.

Third class petty officers will receive a test with 150 rating knowledge questions (15 more than in previous cycles) and 50 PMK questions. The 2nd class (E-5) exam will cover 135 rating knowledge questions and 65 PMK questions, while the 1st class (E-6) exam will have 115 rating knowledge questions and 85 PMK questions. The chief petty officer exam will have an even split of 100/100 exam questions.

As in previous cycles, the bibliography for advancement (BIBS) for each exam is posted

on the Navy Advancement Center web site six months prior to the exam. Sailors visiting this site will find important information to help them prepare for their exam and be given the same references used by exam writers in developing the exams. Sailors can download a copy of their rating’s particular Advancement Handbook, which provides additional insight into exam preparation for rating knowledge.

For more information on the Navy Advancement Center and the upcoming 200-question advancement exam, visit the NAC Web site at www.advancement.cnet.navy.mil. ☒

Story by Naval Education and Training Professional Development and Technology Center, Pensacola, Fla.

Navy E-Learning Web Sites Now Available

The Chief of Naval Education and Training (CNET) has taken another giant step in support of its mission to “transfer more knowledge to more Sailors, faster and at less cost” with the official opening of “Navy E-Learning,” the next generation of distributed learning technology.

At the Navy E-Learning Web sites www.navylearning.com or www.navylearning.navy.mil, Sailors now have greater access to training, education and professional development information, and many more courses.

“The new Navy E-Learning Web site offers more than 800 information technology (IT), 350 professional soft-skill (management and leadership courses) and 37 military courses, via a single, integrated portal on the World Wide Web,” according to Bill Dyas, CNET’s head of the Distributed Learning Branch in the Education Training and

Strategies (ETS) division.

The information technology courses range in scope from beginning computer applications, such as Microsoft Word, PowerPoint, Access, and Excel, to Local Area Network/Wide Area Network (LAN/WAN) administration and programming/development, such as C++, Java and Visual Basic. Soft-skill courses will encompass leadership, management and other professional development curricula.

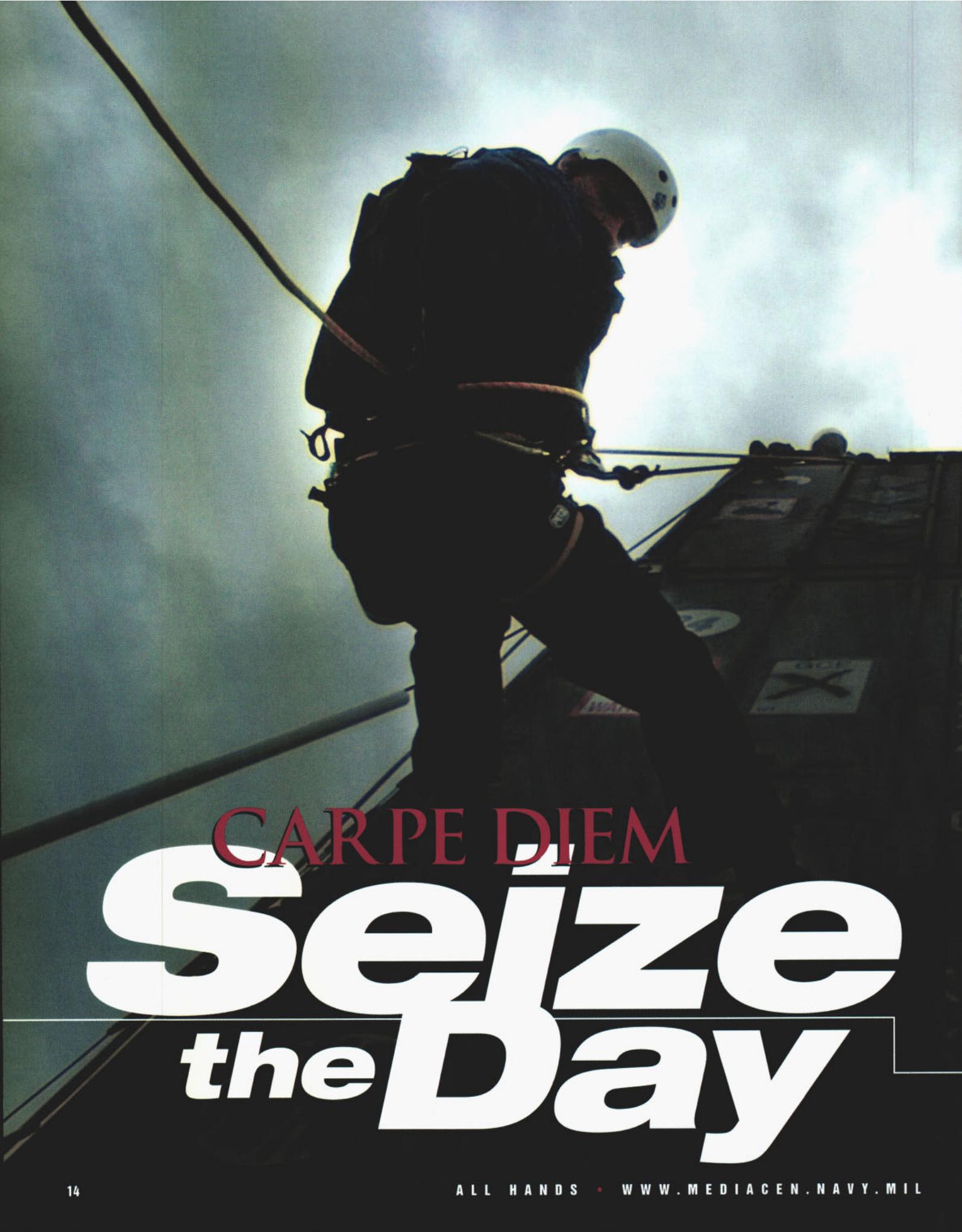
The Navy courses include Damage Control Petty Officer; Introduction to the Naval Reserves; the DON Chief Information Officer (DON CIO) Systems Thinking; and a variety of command and control, communications, computer and intelligence, surveillance, reconnaissance/information operations (CAIS/R) courses.

“Navy E-Learning is truly a big step forward for our Navy,” said MCPON(SS/SW/AW) James L. Herdt. “Our Sailors are the direct beneficiaries of the inspirational foresight and initiative of the coordinators and leader at the Chief of Naval Education and Training.”

The goal of Navy E-Learning is to provide access to courses that provide the knowledge and skills the Navy workforce needs to empower themselves and foster lifelong learning habits. Individuals logging into Navy E-Learning will be able to control the time, place, and extent of learning.

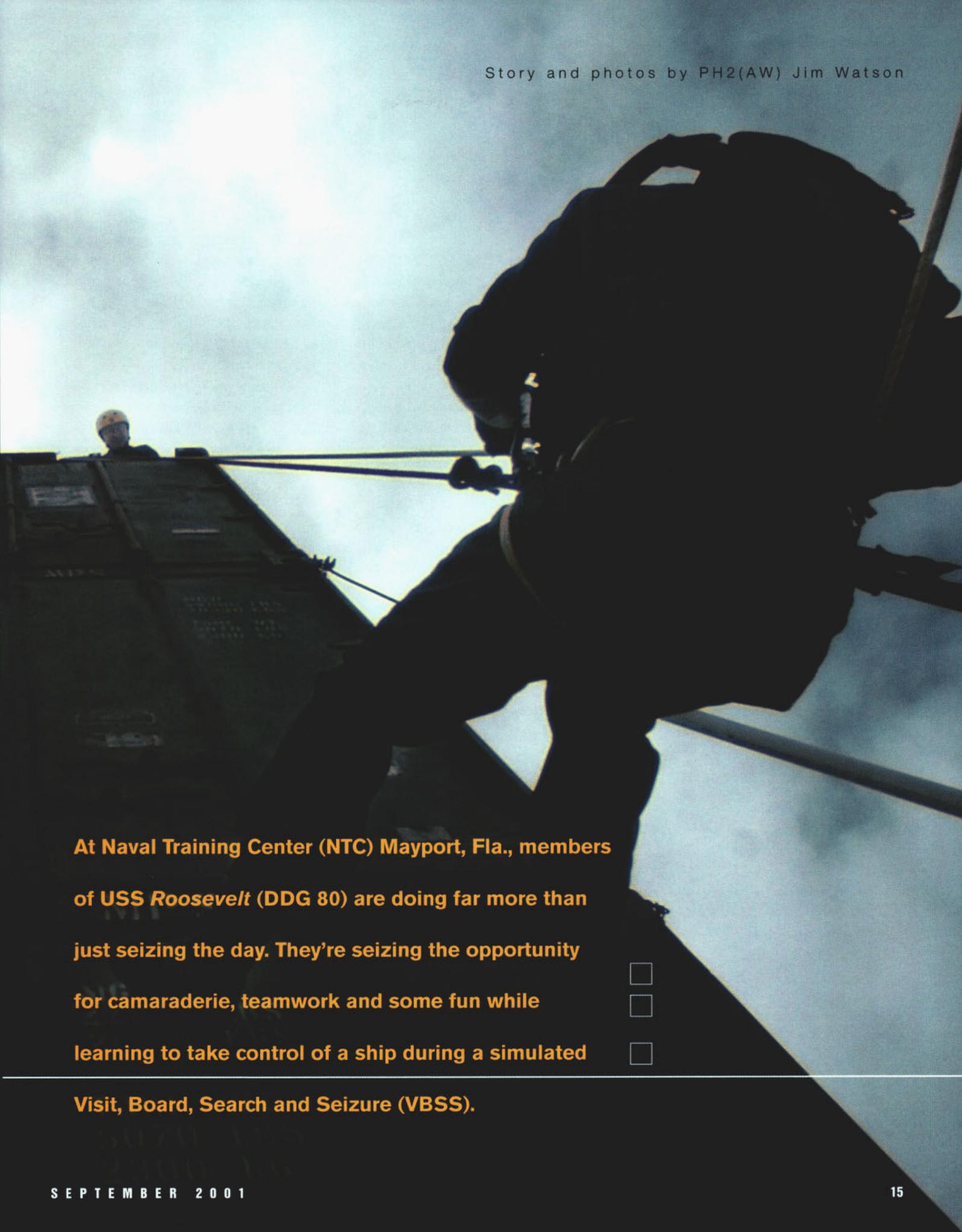
Herdt continued, “The Navy E-Learning is the perfect example of Sailors gaining more and more opportunities to grow professionally. You’d be hard pressed to find an organization that gives its people more opportunities to realize their full potential.” ☒

Story by CNET Public Affairs.

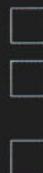


CARPE DIEM

Seize
the Day



At Naval Training Center (NTC) Mayport, Fla., members of USS *Roosevelt* (DDG 80) are doing far more than just seizing the day. They're seizing the opportunity for camaraderie, teamwork and some fun while learning to take control of a ship during a simulated Visit, Board, Search and Seizure (VBSS).



In the blink of an eye, everything can go wrong. One minute the practice-boarding is running smoothly, the ship's "captain" is complying and the boarding team has successfully checked most of the ship for contraband. Suddenly, everything goes wrong. A paintball travelling at 300 feet-per-second hits your shipmate. A decision has to be made. Do you abandon him, or do you try to return fire, drag him out and run for the boat?

"Every scenario is different, gentlemen," bellows VBSS Instructor Gunner's Mate 1st Class Monty Lane, holding his paintball rifle and standing over a Sailor covered in paint. "You are not SEAL teams going in with guns blazing. You are there as diplomats doing

a peaceful mission, and if all hell breaks loose, you leave. Of course, if you can get to your team member safely, and he is still alive, you do it."

"While it is well known that a member of your team could get injured while boarding a ship in hostile territory, 99 percent of all ship boardings run smoothly," adds VBSS Instructor Sonar Technician (Guided Missile) 1st Class (SW) Cecil Bazley. "This class should show all of you that there is the potential for hazards, but more than that, it should prepare you to see [hazards] before they occur, and as a team stop them from ever happening."

"Is this really what it would be like?" is a question many of the students ask themselves during the five-day course

that would introduce them to the basics of shipboarding. Adding to the realism are instructors who look the part, complete with "squared away" uniforms, well-prepared lesson plans, and exceptional military bearing.

Students are taught to rappell down three stories worth of shipping containers, to search those containers safely and thoroughly, and to take down and secure an individual who is a potential threat. But nothing could prepare them for the last two days of training where the instructors disappeared and resurfaced with a new look.

"Oh, hello my friend," says one of the ship's crew in a foreign accent. "What you do here?"

"Hello, we are just here to check out



During a hectic battle with the instructors, the students are faced with the decision of retreating to safer ground or laying down cover fire to rescue a fallen teammate who could still be alive. The VBSS students are taught they should always fall back if they encounter a deadly scenario such as this.



Left – As GM2 Haracio Maldonado radios the boarding officer that the crew is secured, the instructors, like GM1 Monty Lane (in civilian clothes), make it anything but easy for the students to corral the crew into one area.

CARPE DIEM Seize the Day

the ship,” says Mess Management Specialist 1st Class Duanne Spears, staring at what used to be his instructor, who is now dressed out in civilian clothes, long hair and a set of those glasses with the oversized fake nose. “Um, could you please move to this side of the ship.”

“For what for,” questions another of the ship’s crew in broken English as the others pretend not to understand the American Sailors and wander around the bow.

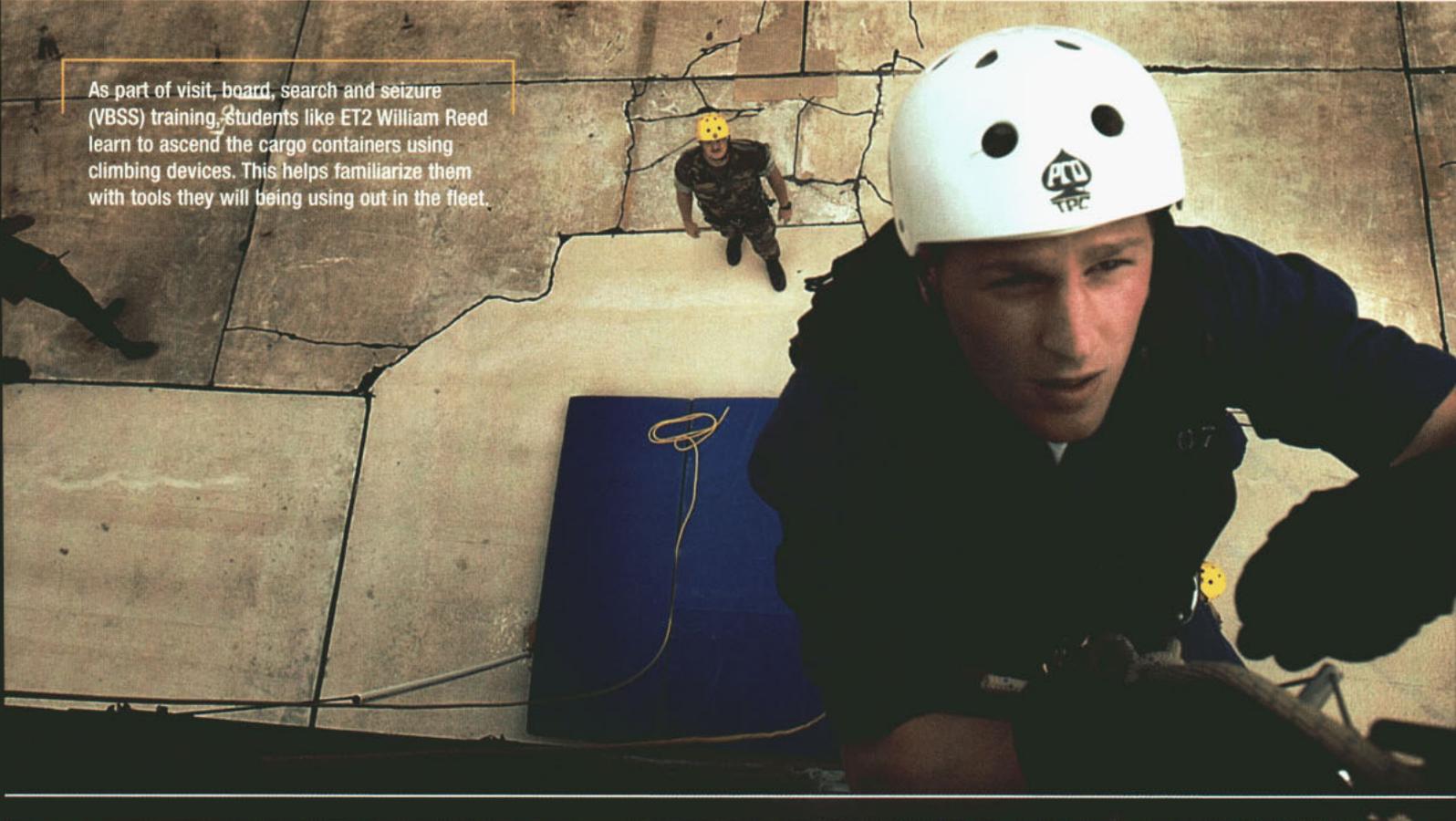
“Shake hands,” the crew member says as he and his shipmates move closer to the boarding team.

“Please, step back,” Spears says after shaking hands with the crew members. He adds a little more emphasis to his

voice, and look to his team for support. Yet, this training is over as quickly as it began, because the ship’s crew has positioned themselves to have the upper hand over the boarding team.

“OK. Training time out,” exclaims VBSS Safety Instructor Operations Specialist 1st Class (SW) William Walker, who was watching the whole scene from afar. “This becomes a potential threat when you don’t show force; you didn’t even ask if they had weapons on them. You don’t know this man; why would you shake his hand and let the others get out of control? And your team members — what are they doing? Just standing around not helping you? Letting them get close enough in case anything happens?”

Walker runs through various mistakes, like the handshake, which he explains, is OK once they are sure there is no threat posed by the ship’s crew. Scenarios are repeated several times, allowing the students to consider many possible hazards, and so that situations can be created that are increasingly difficult to control. The first scenario might start off with a crewmember that needs to use the head. That might lead to another where two crewmembers get into a brawl, or to one where a crewmember draws a



As part of visit, board, search and seizure (VBSS) training, students like ET2 William Reed learn to ascend the cargo containers using climbing devices. This helps familiarize them with tools they will be using out in the fleet.

weapon. "It's little things that will catch you off guard," an instructor reminds the students before moving into the next phase, where it will get all too real once everyone is armed with paint ball rifles.

The scenario goes just as the instructors expected it would. The boarding team walked into a dark room resembling an engineering space where they were immediately ambushed. Each member of the six-man team was hit, the paint indicating simulated wounds, their faces showing their hurt pride.

The opportunity for a Sailor to become a member of a boarding team, and to attend classes such as this puts extra excitement and education into what might otherwise be just be another day at sea.

Chief Electronic Technician (SW) Charles Hollis, the assistant boarding officer during the course and on the *Roosevelt*, said, "With this class, I'm able to go back and train junior personnel one day, and board a ship the next, looking for contraband. I just doesn't get any better than this."

But it does get better; better for the Navy that is. It's classes like VBSS, and various others throughout the fleet, that are helping retain Sailors; giving them the education they were looking for when they entered the service.

"When I came in, the Navy was at the tail end of its downsizing," said Gunner's Mate 2nd Class Dean Avellaneda. "Things may still be in transition, but every year it has gotten better. Whether you're talking

about the 50 percent retirement, up from 38 percent, or the educational benefits we now get. I have set a lot of Navy-related goals and I have many more to go before I even think about getting out."

Electronics Technician 1st Class (SW) Kevin Martini added, "The opportunity to be on this boarding team and take this class has greatly influenced my decision to stay onboard my ship and in the Navy."

The possibilities are endless as pointed out by Fire Controlman 2nd Class (SW) James Garret who intends on taking as many similar schools as possible before seeking a civilian career in law enforcement. And for Sailors like Avellaneda, this course is a stepping stone to further his career and possibly get him into the



Teamwork is the key to successful completion of visit, board, search and seizure (VBSS) training. Students, like GM2 Haracio Maldonado, learn the proper techniques of covering their teammates to ensure their safety.



Left – Action and energy levels remain high during the last two days of training. Students entering a mock engineering space, are faced with paintball fire to simulate a potentially dangerous boarding.

Special Warfare (SPECWAR) community.

"Before the Navy, I was an auto parts store manager in Long Beach, N.Y.," said Avellaneda. "Now, with my small arms and special tactics training, I am beneficial to my crew, the Navy and my team. It's teamwork that holds us together."

Everyone on the boarding team quickly found out, whether it was during the search, or during the seizure phase of the class, that teamwork was what it would take to make it through this class, and later out in the fleet.

"I think teamwork is an important part of retention in the Navy. The brotherhood you feel being in the Navy is like none other and this class really enforces every aspect of that. Teamwork is paramount here and we believe the students

take that back to their ships and promote a positive message," said Gunner's Mate 1st Class (SW) Edgar Bartley, one of two billeted VBSS instructors for the course.

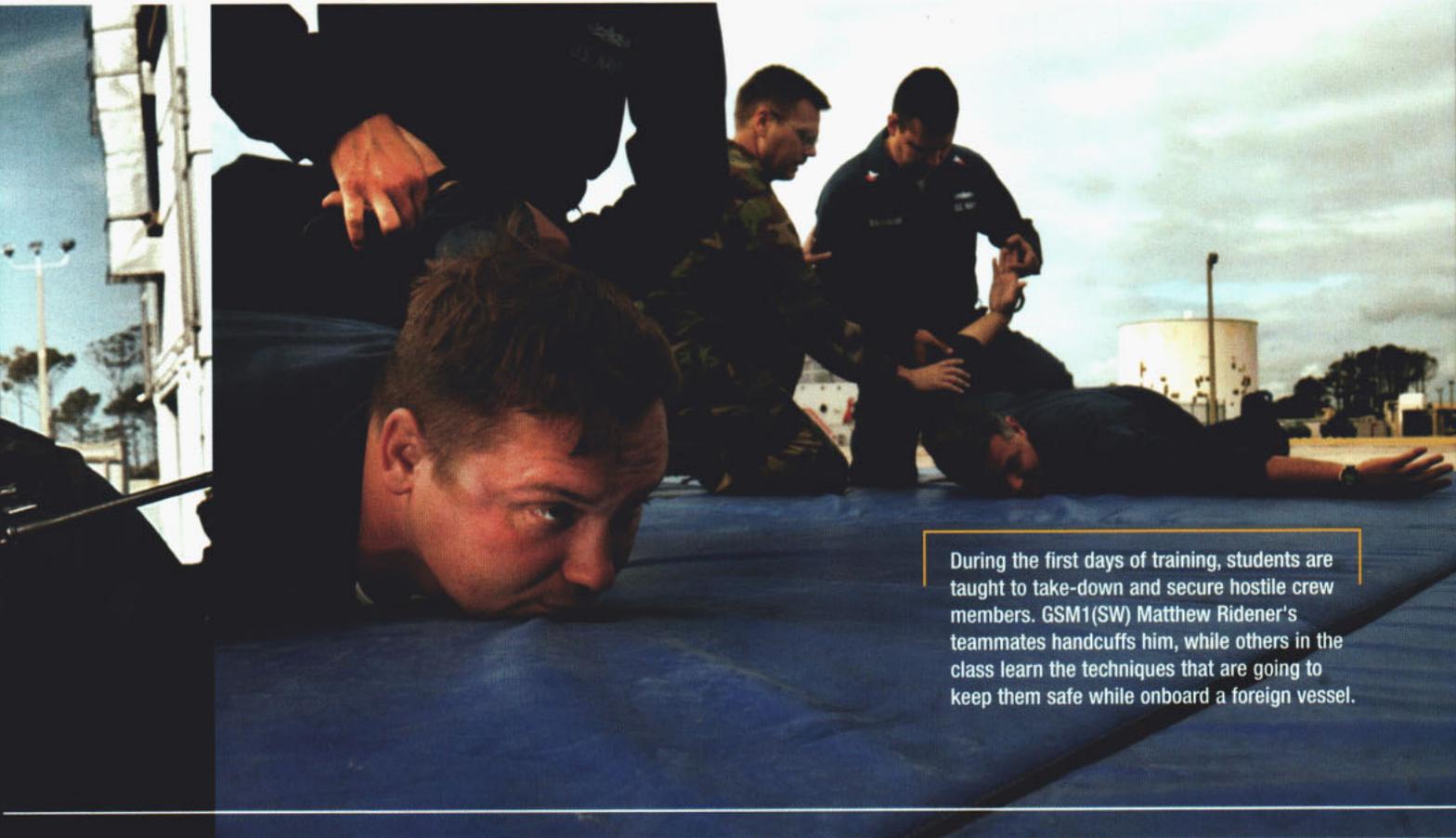
"We just have fun. Where else can you do this and get paid for it," continued Lane. "I stayed in the Navy because the detailer offered me this duty as an instructor. I'm getting a great deal of satisfaction knowing I am making a difference in a small community, and teaching it safely so they can get a lot out of it, stay alive and take on any situation they encounter."

All the instructors and students at VBSS are seizing different aspects of what the Navy has to offer, and even if they do

CARPE DIEM **Seize the Day**

leave NTC with a little paint on their uniforms, at least they know they have seized their futures through teamwork, education and the Navy. ☒

Watson is a photojournalist assigned to All Hands.



During the first days of training, students are taught to take-down and secure hostile crew members. GSM1(SW) Matthew Ridener's teammates handcuff him, while others in the class learn the techniques that are going to keep them safe while onboard a foreign vessel.



Left— The Galleria in Naples, Italy, one of the world's first indoor shopping malls, is also one of the many buildings where Sailors can see the elaborate architecture that can be found everywhere in Europe.

E



Above – On his second tour to Sicily, AD2 Franklin Varela, of AIMD power plants division, Naval Air Station Sigonella, loves being stationed in Europe.

Duty in Europe

Whether it's for travel, family ties or career enhancement, accepting orders to one of the Navy's European locations can be rewarding at many levels. From England to Italy and Spain to Greece, these opportunities are there to be had; no matter where you serve.

All Hands took a look at just a couple of the Navy's prime European duty stations, and discovered positive attitudes and improved quality of service abound.

European State of Mind

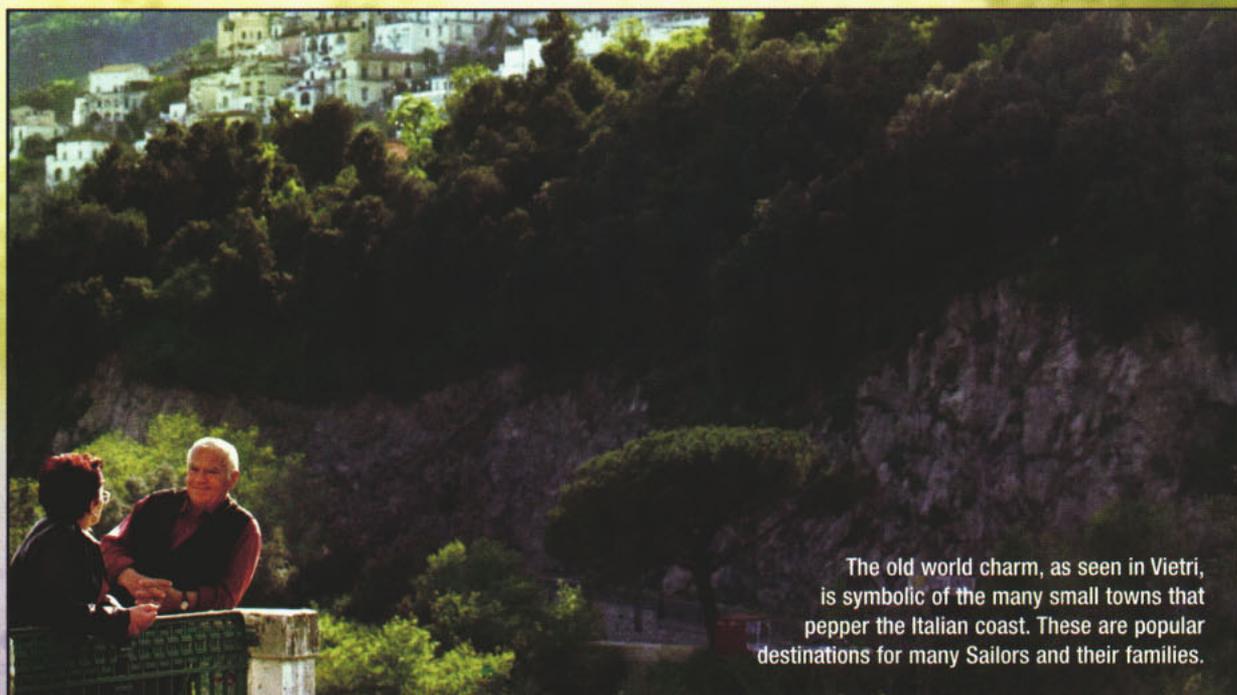


THE NAVY USED TO BE TOUTED AS AN “ADVENTURE”, then it was a “journey”, and now young people are prompted to “accelerate their lives” in the sea service. No matter how you look at it, a tour of duty in Europe will provide all three of

these elements, and more, if it is approached with the right attitude.

Much like first joining the military, which required a certain amount of mental preparation and understanding, the same is needed when considering orders to one of the Navy’s European billets. The different cultures will certainly require adjustment. The new locations will absolutely necessitate familiarization, and the languages will demand attention.

Duty in Europe could be a bad day in boot



The old world charm, as seen in Vietri, is symbolic of the many small towns that pepper the Italian coast. These are popular destinations for many Sailors and their families.

Leave Your Shoes at the Gate



THERE IS SOMETHING TO BE SAID FOR THAT “NEW” feeling, like the one felt in a new car with its unblemished shine and very distinguished smell. With new things, reminders of how near and dear they are to their owners are often seen and heard. How many times can a vehicle be washed in one day? Do people really have to leave the plastic on lampshades? And when will mom let folks sit on the new furniture?

At bases across Europe, Sailors and their families

are experiencing that “new” feeling, as shiny and bright naval facilities rise amid the Old World’s historic and ancient architecture.

The re-capitalization effort does not include that special floral scent hanging from a mirror, but rather provides an attractive host-country blend and local consideration for buildings that instantly invite users to a warm, fuzzy inside.

That warm, fuzzy feeling comes with a hefty price tag, but by all accounts, it’s money well-spent and more importantly it’s mission essential.

The Navy in Europe has shifted its philosophies of whole project management and financing.



camp if you're not in the right frame of mind, but it can also be the best time of your life and a cherished experience if you are properly prepared.

First and foremost, you need to be in a European state of mind. That is, completely accept and buy into the fact that Europe is not (*I repeat*) is not America, nor can it ever be expected to be "your" version of the United States. You will not always get your food, your television, your commercial goods, your music, etc. While the Navy strives to provide these things overseas, you cannot change the host country you are in and its affects, good and bad, on your lifestyle. All the compromising

Left – The new courtyard on Naval Support Activity Naples may look empty during working hours, but at the end of the day, Sailors come to the serene area to eat at the "Ciao Hall," visit the gym or shop at the exchange.

Right – Many local companies have received construction contracts on the naval bases of Europe. An Italian worker lays down tar on the roof of the new hospital at the Gricignano Support Site near Naples.

Duty in Europe



Instead of spreading construction dollars across the board, with a little going to each installation, plans call for large amounts of money going toward a single location for improvements on a grand scale.

"There is a focused capital improvement program that concentrates on one base at a time," said CDR Jeffrey Lamberson of the Commander, Fleet Air Mediterranean (COMFAIRMED) Facilities Staff. "This allows us to avoid a patchwork approach and supports our strategy of readiness, reduced cost, consolidated functions, more efficient infrastructure and improved quality of life."

The Navy areas included in the European re-capitalization are: Naval Support Activity (NSA) Souda Bay, Crete, with its new construction already completed; NSA Naples, Italy, which is near completion; and Naval Air Station (NAS) Sigonella, Sicily, that is just getting started. Future programs call for improvements at Naval Station Rota, Spain, and NSA Gaeta, Italy, with a



European
State of Mind

and adaptation will have to come on your part.

Choosing Europe

“There are two types of Sailors who choose duty in Europe,” said Force Master Chief Marty Kidder, of Commander, Fleet Air Mediterranean (COMFAIRMED). “They make an educated choice to see Europe, travel, experience the culture and maybe even [discover] their family heritage. Others make a calculated career decision.”

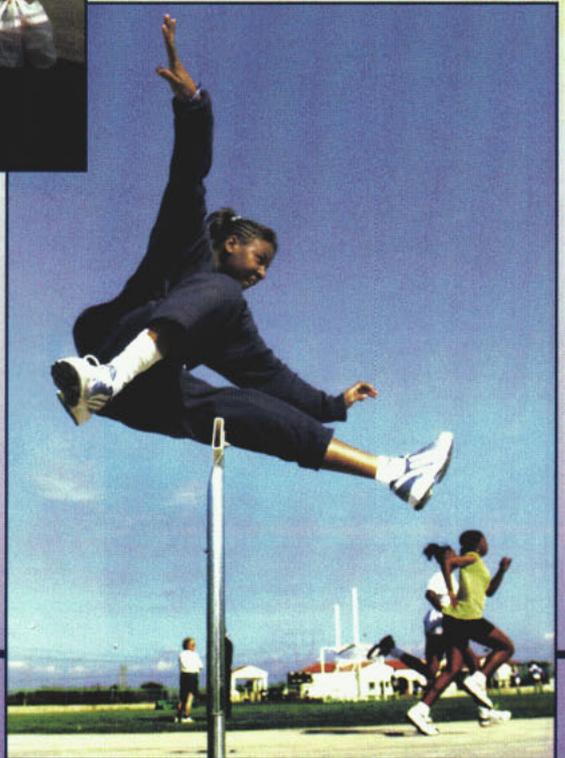
No matter what motivates your choice, the master chief advises Sailors to take Europe for “all it has to offer ... then go back to sea, even though you may be up for shore duty.”

This advice has important undertones as he said many European duty locations are being changed in category from Type 3 shore duty (counts as sea) to Type 6 preferred shore duty. So why go to Europe if it counts roughly the same as the states but it’s clearly different? Kidder said,



Above – Both serving as command sponsors, YN2 Jeffrey Heisler, of Navy Element Naples, and his wife, Pandora, carry groceries into a new housing unit for the Dungan family. As new families arrive in Naples, they are immediately moved into available units at the Gricignano Support Site.

Below – Alisha Killingsworth, a freshman at Naples American High School, practices running hurdles at the new DODDs learning institution’s track and field facility. Alisha enjoys being on a track team and traveling to sports events around Italy and Europe. “The competition is good, and I get to go places like Vicenza.”




Leave Your
Shoes at the Gate

possible consolidation at NSA La Maddalena, Italy.

“We are moving away from single-story, single function buildings,” said Lamberson. “Especially given the limited real estate, such as in Naples, we are stacking elements together. No longer is the exchange divided into different locations for lawn & garden and toys, for example.” He added that the consolidations are not only cost and energy efficient, but generally, more convenient to the user.

At NSA Naples, or Capodichino (Capo) as it is known, convenience translates into park the car

and walk because the buildings are intimately close on the very limited 56 acres. “Capodichino is a walking base, so, it made sense to create an Italian village where Sailors can live and work,” said Lamberson. Capo’s major facelift is part of the ongoing Naples Improvement Initiative (NII).

According to COMFAIRMED Facilities Staff sources, the construction at Capo will cost \$258

"This duty can be rewarding at many levels and can still be a positive move toward a well-rounded career."

In fact, he said it's hard to get some service members to move on and leave after their initial tour. Maybe that's because from the moment they arrive, Sailors and their families are made to feel welcome.

First Impressions

From a stocked fridge in Keflavik, Iceland, to hot meals waiting in Naples, Italy, sponsors are making a big difference in

how Sailors and their families first view their new European home. "We want them to feel important and part of the team; to say, 'They really wanted me here,'" said Kidder of a theater-wide sponsor program initiative. "It's not that sponsorship is new in the Navy, but commands in Europe have elevated it to a higher standard. It's the little things that count, that extra mile."

For Pandora Heisler, that meant baking homemade lasagna for the Dungan family, who she and her husband, Yeoman 2nd Class Jeffrey Heisler, of Navy Element Naples, Italy, were sponsoring. "I know how exhausted we were," recalled Pandora. "I



Duty in Europe

Right – Five-year-old Caila Dungan enjoys one of her favorite books, which came in her family's express shipment only two days after they arrived in Naples, Italy. Having the comforts of home in a timely manner helps families, like the Dungan's, adjust to living in Europe.



million, is 85 percent complete, started in 1988 and is scheduled to be completed in FY03. Its key quality of life projects include: a state-of-the-art gymnasium and Olympic-size swimming pool, two 1-plus-1 style bachelor quarters (BQ), a movie theater, a library, a chapel, a child development center (CDC) and a food court. The third and final BQ project has been awarded and construction should be finished in FY03, bringing the total number of new BQ rooms to 294. (There will be 294 1+1 modules, so they are capable of doubling them up to make

room for 588 Sailors. Current policy, though, has E-5 and above with their own room.)

Also part of NII, the U.S. Navy Support Site at Gricignano (20 minutes from NSA Naples) is being accomplished via an innovative lease-construct contract for \$440 million and is 65

didn't want them to have to worry about anything that first night." Before the Dungans even arrived, the Heislars set up their new on-base housing unit with temporary furniture, linens, and pots and pans. They even tracked down their express shipment.

"Sponsors play a big part in the first 24 hours," exclaimed Personnelman 1st Class (AW) Charles Dungan, after being on terra firma Italy for all of two days. "My chief even came out to the terminal

to meet us." He and his family – wife Schonna, 5-year-old daughter Caila and 4-year-old son Thomas – had been on the road for over six weeks between leave and PCSing.

Transferring to any duty station is an ordeal, but crossing many time zones make European moves that much more tiring. "I'm ready to crash," sighed Schonna, almost too tired to talk. But still, she managed to express her excitement of finally arriving in Italy.



Above – A teacher at Naples American High School helps a sophomore at one of the many computers students have ample access to. Being able to e-mail friends stateside and surf the Web helps teens adjust to life in Italy.

Right – The Inter-Cultural Relations Class teaches Sailors and their families things that the local nationals take for granted – like how to buy a train ticket.



Duty in Europe

percent complete. The work there began in 1995 and will be done in FY04. New facilities already in place include 876 family housing units, a high school and elementary school, another CDC, recreation fields and a housing welcome center.

A village forum is currently under construction which includes a Navy Lodge, chapel, library, youth center and restaurant. It is scheduled to open in FY02. A new medical and dental facility is also under construction and will be completed later that year as well.

With more than two-thirds complete, families at the support site are reaping the rewards of living new now. Alisha Killingsworth, a freshman at the new high school, practices her 110- and 300-yard hurdles on a new track. "I like the school." She says the new building and being in Italy "gives you something. You have bragging rights."

Like excited new homeowners, the Dungan family, who had just arrived in Italy and received one of Gricignano's new housing units, can't believe how nice they really are. "We didn't expect

“Hello?! When are we going to get here again?! I hear it costs about \$20 for a tour bus to Rome. I’m going to Rome!”

Overcoming the expected and unexpected

Getting to Roma, and elsewhere around Europe, is explained to Sailors during their Inter-Cultural Relations (ICR) program. Each ICR varies according to the area in Europe it serves and focuses on local living and customs. Folks arriving in Napoli

receive two days of classroom information on basic language, security, personal safety, money, and food. They also get a two-day field trip downtown, where they are taught how to use public transportation, shown a few of the historic sites, exposed to markets and restaurants, and given some general history of the region.

“Volcanoes make me nervous,” commented Cryptologic Technician Seaman Recruit Sarah Haggerty, while gazing across the Bay of Naples at the looming Mt. Vesuvius during her ICR



Left – The fresh fish from the open air markets of Naples is a major source of income for the people of the harbor city.

Right – At the fishing docks, Sailors can see the heart of the Neapolitan society. Here, a local fisherman repairs his nets after a long day on the water.



them to be so big. They’re really big,” exclaimed wife and mother Schonna Dungan. She likes the private balcony off the kitchen and the enclosed courtyard just outside the apartment door. “It will be great for the kids to play in on rainy days.”

With so many projects on such a large scale, you might think some of the aesthetic details would be lost. Not so, according to Ralph Luca, the director of NII. “We wanted it to be modern, but we didn’t want the Italian flavor to be lost,” said Luca, who is an American of Italian descent. “We didn’t want to lose the

flavor of the host country and its culture.”

That local taste meant including a center piazza surrounded by the command administration buildings and the galley appropriately named the Ciao Hall. Tree-lined walks and nostalgic street lights add to the base’s small town ambiance.

He said that the whole concept of rebuilding in Naples was triggered some years ago by Navy officials concern of seismic



European State of Mind

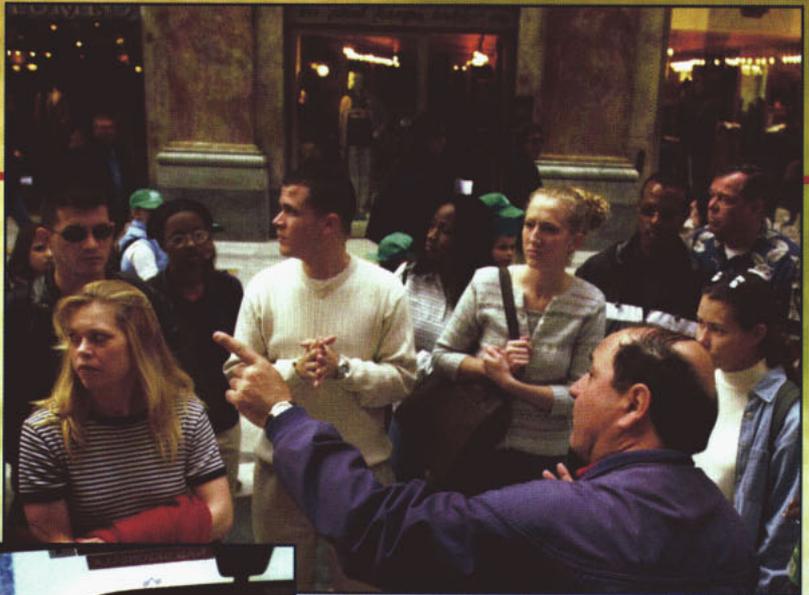
trip. Still, the Fresno, Calif., native assigned to NSGA Capo was rightly impressed. "Whoa! It's pretty cool to be here. I want to save money, go on tours and send videos to mom."

Playing back the tapes she records before mailing them home could be a problem if she doesn't have the right VCR or TV. Televisions in Europe operate on a different

signal (PAL) than in the United States, which uses an NTSC signal. Along with a different voltage, 220 volts, European electronics are just one of the things Sailors and their families must adapt to.

For Mess Management Specialist Seaman

Right – The Inter-Cultural Relations Class is a great way for Sailors, and their spouses, to learn the basics of European life.



Left – With many different signs and traffic habits to watch for, driving in Italy can be stressful. DM2(SW/AW) France Briand, of NAS Sigonella's public affairs office, keeps a sharp eye on the road as she navigates the busy streets of Catania, Sicily.

Duty in Europe



Leave Your Shoes at the Gate

activity in the region, especially in Agnano, where old support facilities, such as the exchange and hospital, are situated inside a large volcanic crater. The Navy already relinquished a good portion of its Agnano installation when new buildings became ready. Plans call for the old site to be vacated by 2005.

To relocate support assets to Gricignano and more operations to Capo, the Navy had to lease quite a bit more land (200 acres), but only enough as to be "reasonable to the taxpayer." An arrange-

ment was developed, which called for the Navy to start paying rent to the Italian developer only when the contractors completed new facilities. This required a lot of negotiation and effort all the way to Congress, said Luca. "In the end, the Navy saves money."

According to Luca, the savings didn't come without some local hitches. Twice, Italian authorities, who were concerned about the developer's land acquisition and the discovery of ancient artifacts, stopped NII at the support site.

Apprentice Blaine Garver, of Naval Support Activity Naples bachelor quarters staff, that means viewing her favorite soap, "Young & Restless," on a local station. "It's pretty weird," she says of watching it in Italian, but she is able to follow it. "It helps me learn the language." However, service members and their families don't have to suffer through watching their TV shows or listening to music in a foreign tongue, as American Forces Network broadcasts television and radio programming at many locations throughout the European theater.

Of her first year in Italy, Garver says she misses her family

and that it was tough at first to adjust, not only to her first duty station in the Navy, but also being overseas. "I get a lot of packages, letters and pictures from home, and I make a lot of morale calls (DSN access to stateside phone service that significantly reduces the cost of making a call to the states).

Talking the talk

Speaking Italian, Spanish, Greek or the queen's English seems to be one of the biggest problems to tackle. "Being away from home and not knowing the language was the hardest thing,"

In the bustling metropolis of Naples, billboards advertising everything from the latest movie to the oldest wine, are plastered to the sides of buildings.



He added that there has also been much cooperation and collaboration with Italians, especially in the development and construction of the new steel-framed hospital. "There was a learning curve" to get local contractors to use U.S. seismic and building safety codes. "But we used Italian materials. Two cultures have been working together, and we have a strong commitment from the Italians."

Living and working amid the Italian architecture suits

Chicago-native Builder Constructionman Marshawn Jackson just fine. Assigned to NSA Naples Public Works [also getting a new building at Capo], he likes the room he shares with one roommate in BEQ II at Capodichino. "It was originally 'the Q' to be in," he brags with a new owner tone. His quarters are equipped with a full bath and a kitchenette that has a microwave and refrigerator. It is also furnished with a recliner.

Living in luxury as well in new barracks is Mess Specialist



European State of Mind

recalls Carrie Feliciano, originally from Bremerton, Wash. "At first, I didn't know anything, except beans – fagoli (pronounced fah-sho-lee). But once you get used to it, it's time to go."

She and her family – husband, Aviation Boatswain's Mate 2nd Class Michael Feliciano of Naval Air Station II Fire Dept at Sigonella, Sicily, their 18-month-old son, Andrew, and 5-year-old daughter, Alyson, are finishing up a two-and-a-half-year tour on the southern Italian island.

Despite a language barrier, which she overcame better than mom and dad at times, Alyson thought, "Italy was beautiful. I liked the playgrounds." The Felicianos saw more than monkey bars and swings, traveling to Italy's mainland and touring the gorgeous Amalfi Coast. Now, they are trying to "squeeze in as much as possible" before they leave for their next duty at Whidbey Island, Wash. But Carrie vowed, "We plan on coming back [to Europe] after our next tour."



Walking through the crowded streets, Sailors can see what day-to-day life is like for an Italian in the busy port city of Naples.



Leave Your Shoes at the Gate

Seaman Blaine Garver, from Virginia Beach, Va., who is assigned to the BQ staff at Capo. She says her 1-plus-1 room "works out well. We get along. It's like having a roommate, but having privacy at the same time," noted Garver of the separate rooms that share a bathroom in between. "Sometimes we bump into each other if we both have to get ready at the same time, but otherwise, it works."

Garver has made her room home, displaying her slight bovine fetish throughout her large quar-

ters. "I have a passion for cows."

Unlike its metropolitan cousin, livestock fit right in the rural countryside that surrounds NAS Sigonella, and its re-capitalization reflects that looks. Known as "the hub of the Med," the naval air station's construction plan is called SIG 2.1.

LCDR Dodd Naiser, the program's management officer explained the project's naming. "We liken it to software. We began in the year 2000 with SIG (Sigonella Improvement Gameplan) 2.0.

Others are already on their second tour in Europe, like Aviation Machinist's Mate 2nd Class Franklin Varela, assigned to AIMD Power Plants division at NAS Sigonella. Serving first in Italy from 1993-97, he and his family got their choice to return a year-and-a-half ago. "We love Europe. There's been no bad experiences," he remarked. That's not to say there weren't adjustments to be made by the Varelas. He said they miss not having the big chain discount stores and home improvement warehouses around, especially on returning this second time. Still, he says he'd take "overseas in a heart



Duty in Europe

Above – Sailors often will decorate their homes with pottery from the many shops in the Naples area.

Right – Sea urchins are not a delicacy in Spain. However, they are traditionally found on almost every street corner in Cadiz during pre-Carnival festivities. Cadiz, only 20 minutes from U.S. Naval Station Rota, is the second most popular city in Spain to visit during Carnival – rivaled only by Tenerife in the Canary Islands. Spaniards typically dare, or even double dare, their friends to try the salty, gooey and very slimy insides of the spined creature. The sea urchin is eaten like a clam – only with a bit more caution – and tastes like slimy salt water.



Photo by JOC Jan McMillan

Bottom Right – Spanish men and women typically dress up in traditional Andalusian outfits for annual spring and summer fairs. These *caballeros* and *senoritas* are at the *Feria del Caballo*, or Horse Fair, held every May in Jerez de la Frontera – the town that gives its name to sherry. Jerez is located 30 minutes from U.S. Naval Station Rota.



Photo by PHIL(AW) Ronald Heppner



European State of Mind

beat” over duty in America.

The conveniences of home, that we take for granted, are often missed. In Italy only two days and the Dungans have already discovered that their electrical service is not as reliable as it was in the United States. However, the Housing Self-Help program provides items that makes life easier. “We’re glad we get free light bulbs [from the Self-Help program],” added Dungan.

Drive, shop and eat

Driving can be another major adjustment. Coming to Naples, Chicago-native Builder Constructionman Marshawn Jackson said he had to learn to drive all over again, despite his past big city experience. But now, he drives “like a Neapolitan.”

When he returns to America, Jackson, will bring an additional new skill with him – the art of shopping. “I haggled and haggled,” he happily recalled,



Duty in Europe affords Sailors a once in a lifetime opportunity to see historic and wondrous landmarks, such as the Vatican in Rome.



Leave Your Shoes at the Gate

A year later, we have the 2.1 version.” In total, Sigonella’s facelift will cost \$570 million, and will rebuild four-fifths of NAS I and two-thirds of NAS II – the two areas that comprise base facilities outside the city of Catania.

“Buildings will have tile roofs and earth tones to blend into the local landscape,” Naiser said. “The chapel altar even looks toward Mount Etna [the island’s active volcano].” He said its placement was given aesthetic consideration for this reason. He added that NAS II, like Capo, would have a

plaza feel with a central walk and parking all around the perimeter, leaving the fence line clear of buildings. “This was not only done for consolidation, but also for anti-terrorism and force protection concerns.”

Naiser added that construction on such as large scale has long-lasting benefits, including immediate energy savings and reduced long-term maintenance costs. “For example, by building everything across the board, we purchase one type of heating and AC unit. This means in the future, we only have to

of a fancy Turkish rug he purchased. "At first, I was afraid to shop out in town, and I basically stuck to the Navy Exchange. But now, I'm out there!" He added, that once you know a few key words, it's easy. "I use sign language... there's always a lot of hands moving."

One of the other benefits of duty in Europe is trying the various cuisines that are special to each culture. In Rota, Spain,

for example, tapa hopping is a popular past time for Spaniards and Americans alike. Tapas are traditional bite-size- portions of an endless variety of Spanish foods and are usually served with a drink. There are hundreds of tapa bars around Rota, and each tends to have their own specialties.

"We like to walk around and stop at a tapa bar and have a drink and some fried squid and peppers," said Personnelman Seaman Gabriela Nicolescu, from Rota's Personnel Support Detachment. "My favorite tapa is the *pimienta fritos* or fried peppers."



Above – At Regional Headquarters Southern Europe in Naples, Italy, Italian soldiers and other foreign military members await the morning call to colors, so they can raise NATO's 18 nation flags.

Right – Narrow alleys and side roads bustle with life in Naples.

order one brand's parts, and maintenance personnel only need to be familiar with that type of unit versus half a dozen different kinds like we have now."

Not nearly as complete as NII, SIG 2.1 has a ways to go with its completion slated for 2009. By then, Sailors there will benefit from more than 23 new projects; one of which is called MEGA III, a complex that houses a recreation and fitness facility, a dining hall, a chapel, administration and security offices, a telecommunications center and a community building.

Folks currently stationed at the Mediterranean hub are





European State of Mind

What about the family?

Cultural exposure, such as food, is one reason military families choose duty in Europe. For the Dungs, preparing for their tour in Italy meant getting their kids adjusted ahead of time. Schonna had bought language videotapes for the kids, and now her daughter proudly recites *pomodoro pollo* (Italian for tomato and chicken) because, said Caila, "Mommy got us a movie."

Families end up staying in Europe due to their

perception of safer surroundings. "The DODDs schools are safer, and the local communities are safer for our children," explained Navy Element Command Master Chief Bruno Capista, who has spent 14 years of his naval career in Italy. While Italy and other European locations share the same petty crimes seen in the United States, violent crimes are extremely rare.



Left – Elements of the new bachelor quarters (BQ) at Naval Support Activity Naples mimic the surrounding European architecture.

Below – During a USO day-trip of the Almafì Coast, ITSN Crystal Campos and IT3 Amanda Mancuso, both on their first Navy tour at Comander Fleet Air Mediterranean, are awed by the Italian region's postcard beauty.



already excited as they see the early stages of construction. "I wish I could stay longer to see it all," said UT2(SCW) Leroy Brisco, who currently works at NAS II sewage treatment facility. Of his unsung but vital service to new and old buildings alike, he added, "If folks don't know we're back here, we're doing an outstanding job."

On and off duty, re-capitalization is improving the quality of service for Sailors in Europe. A new carrier pier and refueling station at NSA Souda Bay provides more efficient fleet support for battle groups on deployment in the region. A new postal and supply warehouse with flightline access at Capo helps Sailors better move mail and material



Leave Your Shoes at the Gate

The places you can go

Religious Programs Specialist 3rd Class Michael Nutt is discovering life in Italy is “way different” from his small hometown of Pembine, Wis. “I love it; I picked it here,” said Nutt of his first three months in Europe. He’s told his mom repeatedly, during their bi-weekly phone calls, that he hopes to either get a

new BMW automobile while stationed in Italy or to get married. “I’m surrounded by magazine covers,” he declared of the many beautiful Italian women he’s seen. Nutt hopes to find romance in the canalled-city of Venice. If not for love, he’ll go because of the low cost, he exclaimed, “I can afford it from here!”

Above – Heavy equipment and hydraulic cranes are common sights at the Gricignano Support Site in Naples. Buildings like the new Exchange and commissary are due to open in 2004.

Right – EOCN James Brett, of NMCB-40, levels the site for a new sports complex at Naval Air Station Sigonella. Seabees are building complete projects and assisting host contractors at many other new construction sites, saving funds and ensuring proper standards are met.

E Duty in Europe

to ships overseas. And a new passenger terminal at Sigonella serves the thousands of military personnel and their families who PCS through the Mediterranean and on to the Middle East.

“The value of Sailors stationed here [in Europe], and the service they provide, is huge,” stated COMFAIRMED Force Master Chief Marty Kidder. He added that for





European
State of Mind

The Dungans plan on taking advantage of the central location in Europe that Naples provides. An 8 to 10 hour drive and they can be at the Austrian border. A little further, and they'll visit Germany. "When we got married, I promised my wife I would show her the world," noted Dungan. "It took me nine years and joining the Navy, but now I can do that."

International Experience

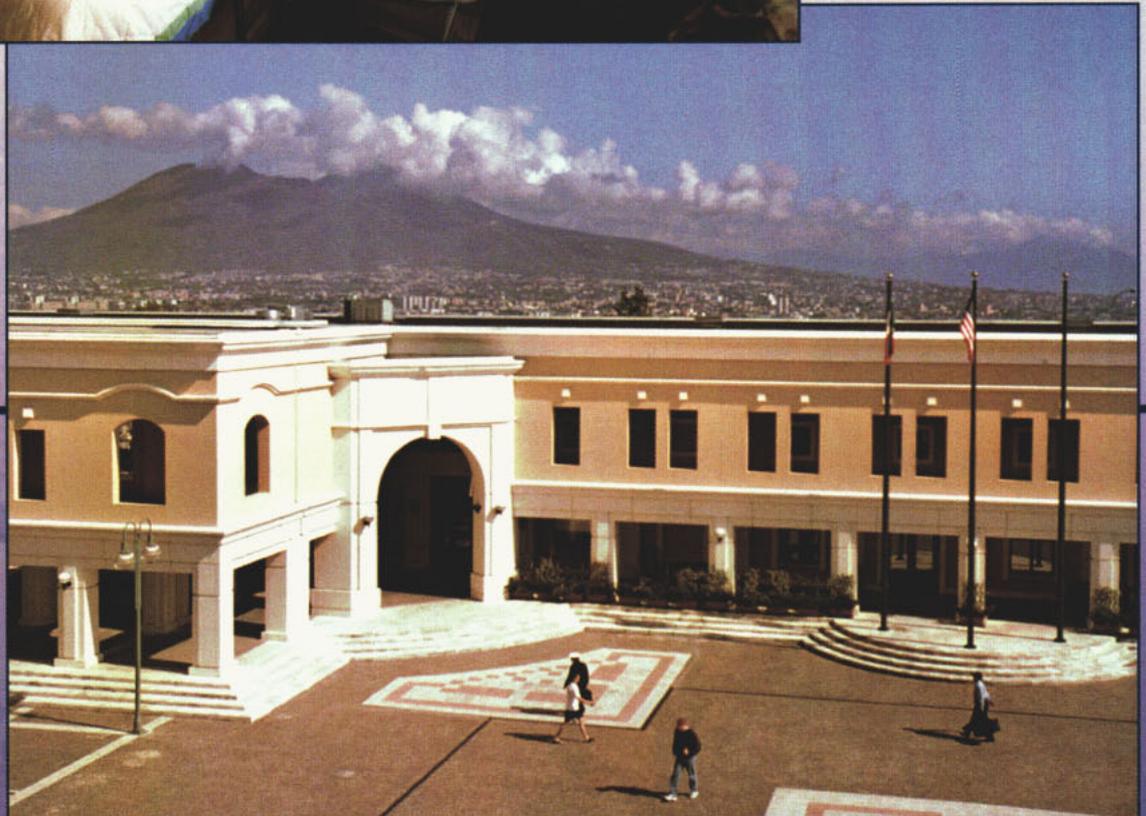
Traveling is not the only way many Sailors see Europe. Day-in and day-out, they work side-by-side with their counterparts from other militaries. One way this is done is by serving in a NATO billet.

"Music is the international language," claimed Master Chief Musician (AW) Manuel Rivera-Cepeda, assigned to the Regional Headquarters Allied Forces Southern Europe band in Naples.



Left – With her room decorated with stuffed cows, MSSA Blaine Garver, assigned to Naval Support Activity Naples bachelor quarters staff, appreciates the private/semi-private arrangement of her new 1-plus-1 room.

Below – With Mount Vesuvius in the background, Naval Support Activity Naples has recently been remodeled in an Italian style to blend with the host country environment.



Leave Your
Shoes at the Gate

“Allegro, forte ... it’s the same in all languages.”

Musician 3rd Class Benjamin Kelly adds, “The Greeks and Italians bring their music to the table, and we learn their customs like their holiday music.”

For others, it is about serving where the action is. “We could hear the mortar rounds 10 to 15 clicks away,” recalled Yeoman 2nd Class Stephen Russel, a four-year NATO veteran assigned to Striking Forces South who served in the Balkans. “In Kosovo, Croatia, ... seeing the mission operations first hand — that’s the experience.”

Positive Attitude

Regardless of what you intend to gain from your tour in Europe — career or travel, having positive expectations of your host country is paramount. “At first, I didn’t like the culture,” said high school freshman Jon Till, who attends Stephen Decatur High at NAS Sigonella. “But now, I know it’s how they live, and I can appreciate it.” He added that coming to that healthy understanding, “has been pretty cool.”

Information Systems Specialist 3rd Class Amanda Mancuso, of COMFAIRMED, echoed the same sentiment. “I hated it at



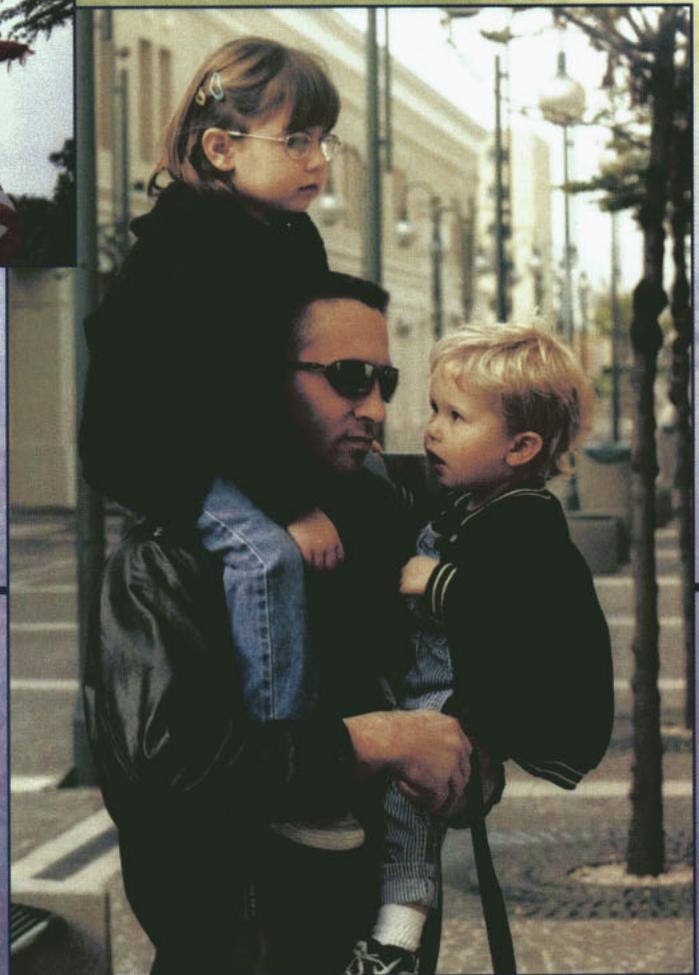
Above – NATO duty is one option for Sailors wanting to serve in Europe and work alongside their foreign military counterparts.

Right – LCDR Rich Rutkowski, of COMFAIRMED, strolls the tree-lined plaza at NSA Naples with daughter, Robin, and son, Ryan. Having a new child development center, mini-mart, movie theater and food court all in walking distance from work proves very convenient to many Sailors and their families.

personnel to do their jobs and live accordingly requires the infrastructure investment the Navy is now making. “Without the military and civilian personnel at our bases in the region, the Navy would need, at least, another battle group in the area to get the job done.”

NII and SIG 2.1 aren’t alone in improving quality of service to the fleet. Re-capitalization at Naval Station Rota, Spain, is still in the planning stages, and it looks to reduce the U.S. footprint on the joint Spanish base while enhancing mission function. The \$200 million vision calls for the demolition of 120 buildings and the construction of nearly 30 new structures, including

Duty in Europe





European
State of Mind

first, but it has grown on me,” she remarked of her year and a half in Italy. Like many, Mancuso was able to discover family roots in Europe, visiting relatives in Sicily for the first time. “We communicated even though I didn’t know Italian. I’ll never forget it.”

You don’t have to know the language, but it certainly helps. However, with the right European state of mind, you can have an adventure, your Navy journey can continue and you’ll be living

large in the acceleration lane — but, it just might be on the other side of the road! ☑

For more information on European duty, check out the following web site: www.duty europe.navy.mil

Desilets is the managing editor and Ingle is a photojournalist for All Hands.



Above – At the end of a memorable tour, the Feliciano family enjoys one of their last Italian meals before leaving NAS Sigonella, Sicily.

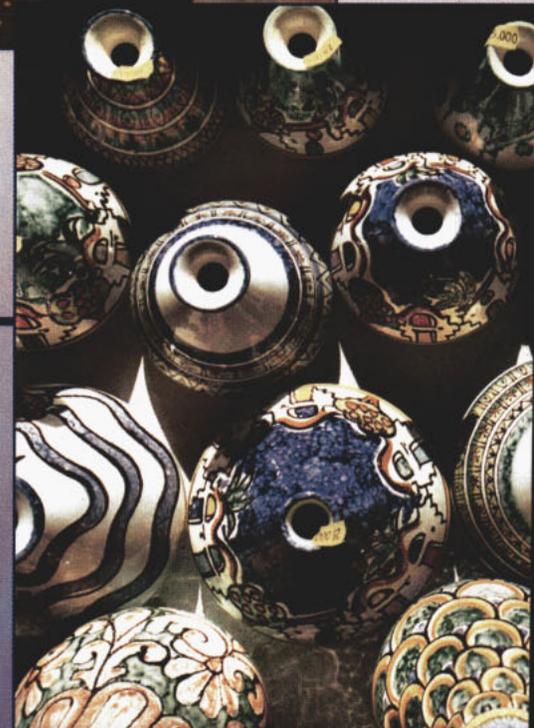


Leave Your
Shoes at the Gate

a new command operations center, exchange, commissary and school along with improvements to the port facility.

As “new” as naval bases across Europe are, and will become, folks may be prompted to take off their shoes and leave them at the gate when they arrive. It may not be a local custom or tradition, but it could be the rule set by new owners, the Sailors, to appease that certain feeling. ☑

Desilets is the managing editor and Ingle is a photojournalist for All Hands.





Top – Forty-five minutes south of Naval Support Activity (NSA) Naples, Vietri is a great place for Sailors to escape from the big city hustle and bustle and relax in the tranquil small seaside town.

Above – Sunlight pours through the spring thunderclouds to accent some of Italy's famed sculpture.

Left – Ceramics are a major source of income for many of the locals in Italy. Sailors often leave their host nation with hundreds of dollars worth of vases, bowls and plates.

The Thrift Savings Plan

The Thrift Savings Plan (TSP) opens to service members on **Oct. 9**. It's a retirement and investment plan that's been open to civilian government workers since 1987. Congress extended the plan to members in uniform in 2000. If you want to enroll, here's what you have to do:

- See your disbursing office during the "open season" from **Oct. 9 to Dec. 8, 2001**.
- Choose which investment plan is right for you. To help you decide, we've explained the five TSP funds:

(1)

1. Government Securities Investment (G) Fund

This fund is invested in short-term non-marketable U.S. Treasury securities that are specially issued to the TSP. This one is free from fluctuations in the value of securities due to changes in overall market rates. This is the safest of the funds.

(2)

2. Fixed Income Index Investment (F) Fund

This fund is a mix of U.S. Treasury and federal agency securities corporate bonds (both within and outside the United States), mortgage-backed and foreign-government securities (although traded in U.S. dollars). This fund offers the opportunity for increased rates of return over the long-term, as compared to the G Fund. But the possibility exists for negative returns, which result in losses.

The next three are stock index funds. They give you the ability to diversify your investments among a broad range of stocks.

(3)

3. Common Stock Index Investment (C) Fund

This is a large company stock fund. It follows the Standard & Poor's 500 (S&P 500) stock index, which consists of 500 stocks, making up about 77 percent of the market value of U.S. stock markets. The risk is that the value of stocks can decline sharply, resulting in a loss.

Savings Plan

4. Small Capitalization Stock Investment (S) Fund

This is the TSP's small and medium company stock fund. The S Funds tracks the Wilshire 4500 stock index, which consists of the common stocks of smaller companies not included in the S&P 500 index. Stock of small and medium companies tend to be more volatile than the stock of those in the C Fund's S&P index.

5. International Stock Index Investment (I) Fund

This is TSP's international stock fund. The I Fund tracks the Europe, Australia and Far East (EAFE) stock index, which consists of common stocks of large international companies in 20 countries. I Funds tend to be more volatile, and therefore riskier than C or S Fund investments. Also, international investments carry the risk of foreign currency fluctuations.

Decide how much you want to invest. Members will initially be able to contribute up to 7 percent of their basic pay. That limit will rise to 10 percent by 2005 and become unlimited by 2006. There is no limit to the amount of special pays, bonuses and incentive pays members can contribute.

Service members pay no federal or state income taxes on contributions or earnings until they're withdrawn.

For more information about the Thrift Savings Plan, go to:

www.tsp.gov/uniserv/



Story and photos by PH2(AW) Jim Watson

Stopping the Ecstasy Grip

SEPTEMBER 2001

43

Overheated and on the verge of dehydration, ravers dance on through the night. The glow sticks in their hands create a mystical scene that the users see as tracers and blurs, caused by the side effects of ecstasy.



Hey man,
welcome back.
What's my name?

Yeah, the lights, they're pretty cool, huh? Look at those glow sticks move. No, I wouldn't hurt you or anyone else. I'm the one that makes you feel good when everything else in your life sucks. Work, family, whatever — they all disappear when I'm here. I can make the world what you want it to be.

Oh, yeah! I see her, too. Go ahead, give her a hug. It's OK, I'll make you strong, confident, willing to come out of your shell. There's no reason to be shy when I'm around. Feels good doesn't it? What? What am I doing? Oh,

Man, I thought you knew me by now. Just call me X, E, XTC, Adam, Doves - whatever you're most comfortable with. What's that? No, I don't think you're an addict. That is, unless we are talking about your lust for fun. What took you so long this time? Oh, money problems. I understand, it takes so much more of me to get to this level now, huh?

just hug her and pay me no mind. I'm a little hungry and you don't need these neurons anyway. What's a neuron? I told you, it really doesn't matter. You have plenty for you and me. Here, I'll release this. That way you can forget your troubles. A little more serotonin and you'll be in heaven. Now doesn't that feel good?

What's that?
Your heart's beating too fast?
Nah, it's not me.
That's just because you're excited

about getting a hug. Would I lie to you?
Hey! You still there? Hellooo?! Get up!
Enjoy the rave. Nights like these are few and far between! Why aren't you talking

Stopping the Ecstasy Grip

to me anymore? That's OK, there is really nothing left to destroy in here. In a way, MY JOB IS DONE!

For those on ecstasy — the ravers, club kids, even *Sailors and Marines* — the only voice they really hear is the drug.

"Nothing could have made me stop using and selling ecstasy, except if I would have known [how the drug would effect me] and where I would end up,"

With its prominent DJs and techno-music headlining the party, ravers can wait in line for several hours to enter the club.





Wandering the streets during the early morning hours, ravers find the effects of ecstasy show them a scene filled with tracers and blurs of movement. That is a dangerous situation, since their minds could easily manipulate reality and place them in harms way.



Since ecstasy is so prominent in the rave culture, the local law enforcement is at large outside any rave, looking for drug distributors and users. A number of service members have been arrested by NCIS in the last year for selling and buying ecstasy.

said Steven Davis, a Marine now spending the next 10 years behind bars after being convicted for drug trafficking.

He said, "The first time you walk into [a rave club] it's completely different than any place you've ever been. It's a shock at first. The lights, the music, it's all based around the hallucinogenic drug."

Standing in line for hours outside the club, sitting in traffic just to get to the party; none of it matters. Ultimately, the end justifies the means. Attendees get their two pills — or sometimes more, since the body eventually develops a tolerance level to the drug — and they ultimately end up spending most of their money on the fantasy and euphoria it provides.

According to medical experts, the excitement ecstasy users feel and the hallucinations they see, help to displace the need for food and water. Dancing into the wee hours of the morning, users push their bodies to terrifyingly high levels of dehydration. They sing, they laugh, they share, and they think they care about each other. "I'm letting others see my inner beauty, without shame, without anxiety. I'm so happy," they say to all who will listen.

Rave clubs usually close around sunrise, and by then, the partygoers are ready to sleep — hard.

"I have seen people come down off ecstasy and sleep like the dead," said an undercover Naval Criminal Investigative Service agent whose name cannot be disclosed. "There was nothing you could do, or say, that was going to wake them up. That's just how hard this drug can be on the body, and what it takes out of you in the end." The undercover NCIS agent got the in-depth rave experience while part of a three-month ecstasy drug sting outside Marine Air Ground Task Force Training Command (MAGTFTC), Twentynine Palms, Calif., that resulted in numerous arrests for both buying and selling ecstasy by service members.

Unheard of just three years ago, military arrests for Methylenedioxyamphetamine (MDMA), or ecstasy as it is

commonly called, are commonplace now. Drug testing by all the services has shown ecstasy use to be 12 times what it was two years ago. And although less than 1 percent of all service members have tested positive for the illegal drug, recent research by NCIS has shown ecstasy use is on the rise. Another problem of use is that it often leads to drug trafficking, as users are lured by both the easy money and a cheaper way to support their own addiction.

"The main thing I thought after [my first night at a rave] was I just spent \$75 on three pills, and knew I would do it

Stopping the Ecstasy Grip



Former Marine Steven Davis was arrested for drug distribution while serving in the Marine Corps.

again," said Davis. "Automatically I thought, 'Where do I get these cheaper?' You have got 5,000 people in the club, and 4,000 of them are on the drug. In my mind, the money outweighed the risk and the damage I was going to do."

Within the club, Davis says the idea of the drug being safe is well promoted. No one seems to think they are in danger.

"They can't come up with anything wrong with the drug, so why not take it," said Davis. "That's everybody's idea in that scene. It is taking over crack, it's taking over cocaine, marijuana. It's taking over everything. [Ecstasy] is the drug of choice for, I would say, 90 percent of the

people who use drugs."

Like other generations, this drug has defined today's youth culture. The '60s had LSD and marijuana, and the '70s had speed. The '80s took on cocaine and the '90s proved to be the years of crack cocaine. Today, according to NCIS officials, the club drug is making its mark — in society and on the users. Unfortunately, users are often oblivious to its true effects, focusing instead on the short-lived sensations they receive while high.

MDMA enters the body primarily orally in the powder condensed pill form. From there it goes straight to the brain



Above – Rick Warmack, assistant special agent in charge, looks over a safety briefing, while other NCIS agents ready themselves for an ecstasy drug sting in Twentynine Palms, Calif. Without using force, the team successfully arrested numerous Marines for drug trafficking and ecstasy use.

Below – Like a scene from a movie, NCIS agents burst through the door of a hotel room in Twentynine Palms, Calif., where they had been watching a Marine buy drugs from an undercover NCIS agent.



on a roller coaster ride of intense speed, producing effects to stimulate neurons in the brain to release serotonin. Ecstasy also blocks the mechanisms by which nerve cells can remove serotonin from their surroundings, which dramatically increases its levels within the brain.

"So I took [ecstasy] for the first time ... and I took three ... and I was shocked by what it made me feel like," said Davis.

Increased levels of serotonin, combined with the lights and techno beat of the rave club, makes users feel euphoric. What they don't realize is that their heart is now working overtime, their jaw has tightened, and their body temperature has risen to a dangerously high level. Seizures and muscle rigidity are side effects of ecstasy, as is a condition called Serotonin Syndrome, which is characterized by uncontrollable increases in body temperature and blood pressure – conditions that can lead to a heart attack.

User's bodies go into sensory overload, which is why a great deal of the rave scene features paraphernalia such as brightly colored bracelets, necklaces and glow sticks for visual stimulation, as well as filter or gas masks coated with menthol vapor rub for sensory stimulation and the use of baby pacifiers to inhibit teeth clenching. None of these, however, reduce the greatest risks – dehydration and hypothermia.

"I would see them spend \$100 for tickets into a rave, \$200 for ecstasy, and then spend their last few dollars on glow sticks, rather than water," said the undercover NCIS agent. "Of course many would try to make up the cash they just spent by selling drugs; ecstasy, acid, ketamine. It kills you to see intelligent, hard-working kids like these, and they're in trouble. Most of the time I would play nursemaid and buy a bottle of water here or there. Or the water would just get

Stopping the Ecstasy Grip

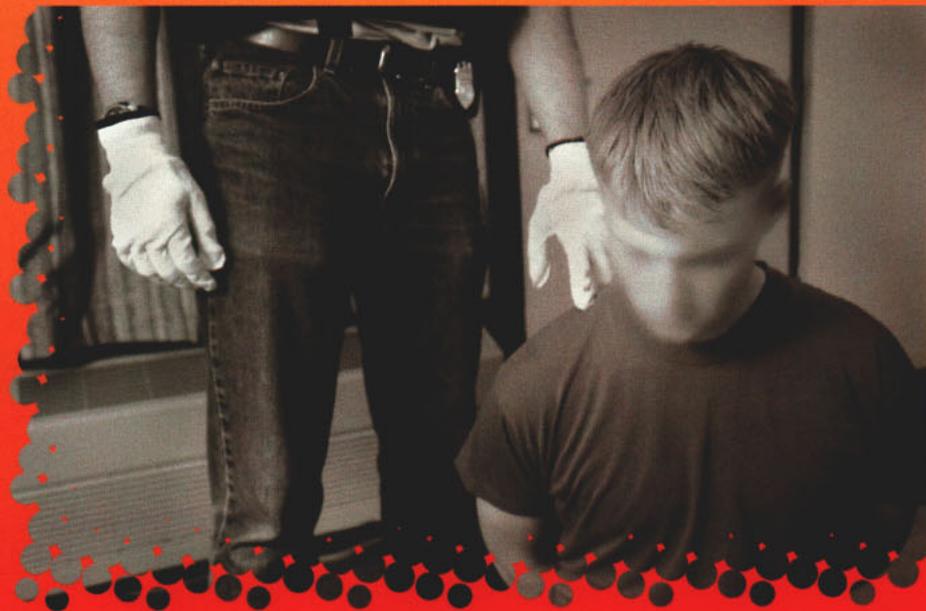
MDMA is safe, the owners say they are drug free, offering testing on the pills to make sure they are not laced with any other drug.

"If this is such a legitimate party and they claim there is no drug use, then why is there a medical staff ready to treat overdoses? Why is that necessary?" said Kunigonis.

While raves are common in almost every area of the nation now, some more than others are indicative of the life style, packing in tens-of-thousands of eager drug users to dance with death and forget their problems, and sometimes, even their friends.

"I was in a crowd of 40,000 people – an entire football stadium full of ravers and bleachers, with four different tents with different electronics. People were still waiting in line, a couple of miles back on the highway hours later just to get in after it had started," said the undercover NCIS agent. "After I left, one of the Marines present at the rave got arrested for dealing, and then needed to get bailed out. The Marines he came with kept on partying till the rave was over, and then decided they should do something about their friend."

By the time the undercover NCIS agent got back to the scene, the ravers had been up for 24 hours, buying and using drugs, trying to get a ride to make it back for formation the next day. Their friend ended up spending three days in jail and then was discharged from the Marines Corps.

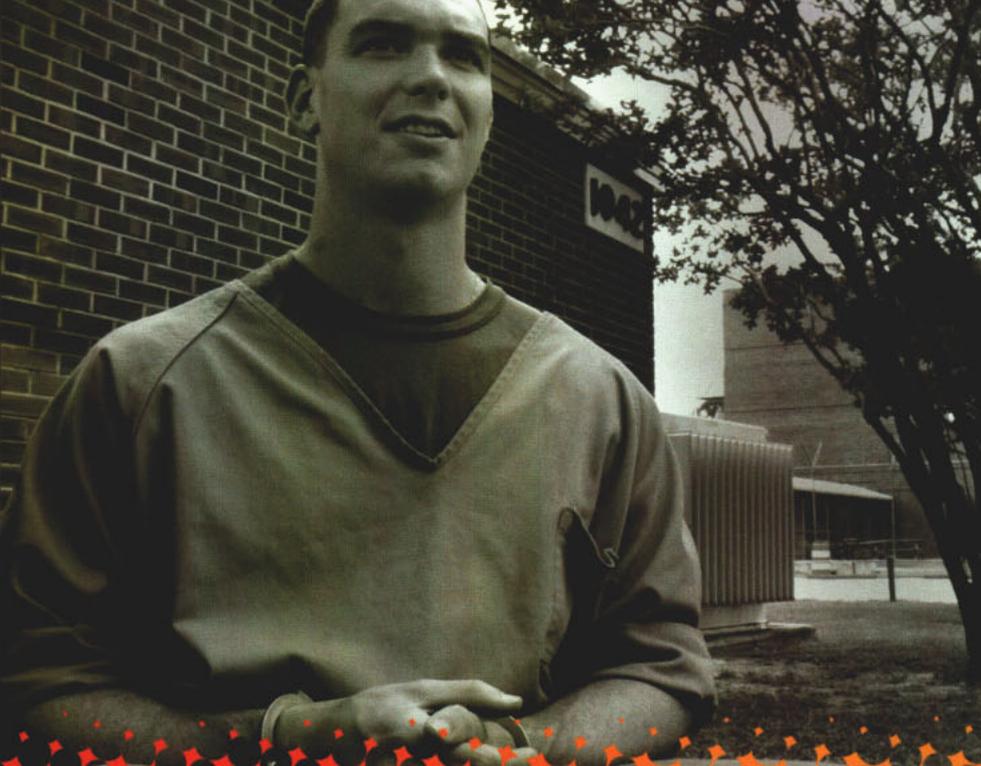


A Marine sits in handcuffs, after being caught in the room where an ecstasy deal had gone down. The Marine had allegedly been dealing to, and buying from an undercover NCIS agent for close to three months.

"We have a documented case of an ecstasy user whose body temperature was 104 degrees three full hours after being pronounced dead," said NCIS Supervisory Special Agent Edward Kunigonis.

ripped from my hand by a thirsty raver, and passed around until it was gone."

Many would say the problem lies in the rave scene; that they make it easy to get the drug, and promote the drug itself as safe. Since the clubs do not offer alcohol, you don't have to be 21 to get in, making the club scene very popular to junior service members. Of course, this makes them susceptible to ecstasy pushers. Since many of the clubs feel



Left – Steven Davis was initially sentenced to 18 years in the brig at Camp Lejeune, N.C., later reduced to 10 years. He has given up this time that cannot be replaced, all because he decided the risk of using and selling ecstasy was worth the money he would make.

Bottom – When urine bottles arrive at the toxicology labs, a technician barcodes each bottle for tracking purposes. A sample from each bottle is then poured into matched bar coded test tubes to undergo an initial screening test.

“The ultimate end is this,” said Davis standing outside the **jail** in his orange **convict** jumpsuit and handcuffs. “You wake up everyday and you’re looking out bars ... I can’t leave ... I can’t go home ... I can’t see my family. If you start this lifestyle, it ends up here. Whether it’s **one** year, two years, 10 or 18 – **it ends up here.**”



"The only thing he cared about was the rave scene," the undercover NCIS agent said. "The fact that he was kicked out of the Marine Corps and had to do three months in jail was nothing. He was more worried about being away from the rave scene for three months than anything else."

Service members who use ecstasy face more than just jail time and a dishonorable discharge – they risk losing their life because of the widespread belief that ecstasy is harmless.

Besides death from dehydration or heart failure, users are more likely to die from accidents caused by mental impairment.

"Basically [a USS *Carl Vinson* Sailor] stepped out of a car that was doing 40 miles-an-hour, and sustained fatal injuries as a result," said Kunigonis. "There have also been other accidents where, in many cases, the driver appeared to be completely unaware there was a curve ahead – driving straight off the road."

Actions like these are why many people have reported feeling they started something they cannot control and have become fearful that they couldn't control their actions.

"The majority of the rave crowd think it is the greatest thing out there," said the undercover NCIS agent. "They want someone – anyone – to try it, and to share in their experience. Living under the impression that it will be out of their system before they can get drug tested and caught."

The Armed Force's toxicology labs are taking care of that; finding more and more drug users through improved technology. Today, MDMA is found through the initial testing for five other drugs, amphetamines, cocaine, marijuana, opiates and phencyclidine (PCP) or LSD. Once a service member is found to have amphetamines in their system, the test is redone, breaking down the chemical structure to identify and quantify the actual drugs present that came up positive on the initial screen. Although the

military is not searching directly for MDMA, finding its counterpart in the amphetamine group always leads them to it.

"We get a definitive positive or negative on every sample received," said Army Capt. Ellen Kurt, deputy commander of Forensic Toxicology Drug Testing Laboratory (FTDTL) Fort Meade, Md., when asked whether or not they can afford to test every sample received. "People may believe we just test one or two in a box, but you can be assured if you are called to take the test, one of the labs is going to run it for drugs."

The Fort Meade laboratory is one of six military drug laboratories involved in the drug testing of samples from active duty, Reserves, National Guard and recruits.

With the Navy and Marine Corps *zero tolerance* policy, a positive test result can lead to one of two places: processing out of the service or jail. If caught dealing drugs while in the service, members need to know that the consequences are far stiffer for them than a civilian.

"The ultimate end is this," said Davis standing outside the jail in his orange convict jumpsuit and handcuffs. "You wake up everyday and you're looking out bars ... I can't leave ... I can't go home ... I can't see me family. If you start this lifestyle, it ends up here. Whether its one year, two years, 10 or 18 – it ends up here."

It's time that cannot be replaced. And no magic pill or feeling is going to help you here. The only *trip* you will be making is to your cell ... or to your grave. ☒

Watson is a photojournalist assigned to All Hands.

Stopping the Ecstasy Grip

If you or any of your shipmates are involved with ecstasy, please contact your command DAPA representative to seek some professional help before it's too late. For more information on how the drug affects personality disorders, mood swings and the general chemistry of the body, go to:

Truth. The Antidrug:

www.theantidrug.com

Navy Personnel Drug Testing:

navdweb.spawar.navy.mil

Office of National Drug

Control Policy: www.whitehouse

drugpolicy.gov, or the

Drug Enforcement Administration

(DEA): www.usdoj.gov/dea/

demand/demand.html

twenty **4** seven



ALVARADO

“I”

Being an Emergency Medical Technician (EMT) boils down to being ready for every emergency in every aspect of life," said Hospital Corpsman 2nd Class (FMF) Arturo Alvarado, stationed with Branch Medical Clinic at Marine Corps Air Station

mystery what these Sailors will see in the next few minutes. "Sometimes there are slow nights when nothing happens, and sometimes it seems like the night will never end. We always hope that no one gets hurt on our watch, but it is good to know that when something does happen, we are here and ready for it."

The EMTs of MCAS Miramar get an average of 35 calls a month, "which may not seem like much," said Alvarado, "but if you are one of those calls, it's good to know that you have trained professionals

READY TO SAVE LIVES"

(MCAS), Miramar, Calif. Alvarado is one of 23 Navy corpsmen who are trained as EMTs and who man three ambulances at MCAS.

The idea of emergency medicine has been around for hundreds of years and has resulted in the saving of millions of lives. The ability to react fast is what keeps these people on the front lines of the battle for life or death.

"We stand EMT watch every five nights, and I consider it an excellent training environment to keep our skills sharp," Alvarado said. With every call, it is a

who are ready and able to treat your needs. I'm also proud of the fact that no matter what time of the day, on duty or off, I won't be the one who stands around an injured person and wonders, 'What do I do?' I'll be able to jump in there and give help with total confidence." ❧

Ansarov is a San Diego-based photojournalist assigned to All Hands.

Eye on the Fleet

EYE ON THE FLEET is a monthly photo feature sponsored by the Chief of Information Navy Visual News Service. We are looking for **HIGH IMPACT,** quality photography from **SAILORS** in the fleet to showcase the American Sailor in **ACTION.**



RODEO CASUALTIES

Members from Naval Hospital, Okinawa, evaluate victims in a fox hole during Emergency Medical Technician Rodeo 2001 at Misawa Air Base, Japan.

Photo by PH1 Andrew J. Miller

HANGING BY A THREAD

Personnel assigned to deck department on board USS *Harry S. Truman* (CVN 75) steady the Admiral's Barge with lines as it's lowered into the waters off the coast of Marimas, Turkey.

Photo by PH2 (SW/AW) Aaron J. Lebsack



HELPING HANDS

SEABEES from Naval Mobile Construction Battalion (NMCB) 1, Gulfport, Miss., start to rebuild a bridge in the Shoalwater Bay training area, Australia, during Exercise *Tandem Thrust*.

Photo by U.S. Air Force Staff Sgt. Jeremy T. Lock

FILL 'ER UP

BM2 Roberto P. Antikoll connects a pelican hook during an underway replenishment between USS *Blue Ridge* (LCC 19) and HMAS *Success* (OR 304), while on Exercise *Tandem Thrust* off the coast of Australia.

Photo by PH1(SW) Wade McKinnon

TO BE CONSIDERED

forward your high resolution (5"x7" at 300 dpi) images with full credit and outline information, including full name, rank and duty station. Name all identifiable people within the photo and include important information about what is happening, where the photo was taken and the date.

Commands with digital photo capability can send attached .jpg files to: navynewsphoto@hq.navy.mil

Mail your submissions to:
NAVY VISUAL INFORMATION DIV.
NAVAL MEDIA CENTER,
2713 MITSCHER RD., S.W.
ANACOSTIA ANNEX, D.C.
20373-5819

WATER WARRIORS

LT John Hughes, a member of Helicopter Combat Support Squadron (HCS) 5, beats a member of the 36th Air Force in a 100 meter freestyle event, during Warrior Day at Andersen Air Force Base, Guam.

Photo by PH1 (SCW/SW) Braxton Plunkett

Seize the Moment & Cry

Story by JOCS(AW) Dave Desilets

A positive attitude and great facilities will certainly make your tour in Europe enjoyable and productive, career enhancing and memorable. But if you don't watch out, you may also come away with something just as rewarding as promotion and travel. I'm talking about an intangible, yet describable, element of the cultures you will be exposed to. While Europeans may value our blue jeans and fast food, you will discover that their way of life is just as embraceable.

When I first began to work at now-Regional Headquarters Allied Forces Southern Europe, I had a very American approach to my work. In a NATO military environment, business is conducted in a different manner and at a different pace, which can be frustrating if you are not used to it. So, my impatience would get the best of me. Both my Italian lieutenant colonel and civilian deputy repeatedly took me aside and told me to let things go, relax, be patient ... to not let work and things out of my control consume me. This approach to life, they said, was healthier and certainly very Neapolitan.

Not to say that my host country colleagues weren't ambitious and passionate about their work too, but they seemed to have a better sense of priorities and a clearer frame of mind when it came to understanding life's obstacles. Along with their food, history and culture comes an inherent philosophy of relative importance that serves them well and is definitely worth adapting.

To point out this mantra of Italian existence, I have a recent observation from my latest journey and a tale from my past.

On the first evening of my return to the Campania region, I was driving along with *All Hands* Photojournalist Photographer's Mate 3rd Class Saul Ingle, pointing out the beauty of the countryside and reminiscing about why I missed Italy so much. My trip down memory road was abruptly halted by a major traffic jam at the Caserta toll exchange. We sat in a long line that quickly became many tangled tangents of cars in complete disarray. I then exclaimed why I wasn't

glad to be back, as we waited for over an hour to go 500 yards.

During our lack of forward progress, I observed how those around me were handling the delay. In the Fiat next to me, a group of young men were taking the opportunity to court an auto full of young women beside them. They were trying their best to be funny – making gestures and faces, and need I say – progress. The opposite sex seemed quite pleased with all of the attention.

Amid bumpers, horns and exhaust, a man and a young boy from a vehicle two lanes over strolled to a nearby van, opening its door and breaking into what appeared to be a family conversation of catch up and hugs. Ahead of us, other people were having fun of their own, laughing and goofing around.

Everywhere, folks, for the most part, were smiling, talking and even kissing. For them, the jam was a delay, and they still tried to make headway. But it was also a moment in life which they managed to seize to the fullest.

As another example of Italians' passion for living, and for food, I am reminded

of a story from a soldier whom I met while on a Partnership for Peace exercise in Slovenia. Over dinner, my friend, Bombardo, tells me of how much he likes young wild boar from his home island of Sardinia. He said the boars reside in the island's mountains and are difficult to catch and prepare.

He worked hard, saved his money and went to a well-renowned restaurant one night, anticipating the mouth-watering, savory and tender meat of the expensive delicacy. After some wait, the perfectly prepared little boar was put before him, and he said his stomach smiled while he began to cry ... cry because it was so good, yet so small, he knew it would be over soon.

A tour of duty in Europe can be much like Bombardo's meal. It can be just as good, and time may fly in the face of its sweet rewards. Furthermore, if you've adopted the locals' way of life and appreciation for living, you too could be crying before it's over. ☒



Photo by PH3 Saul Ingle

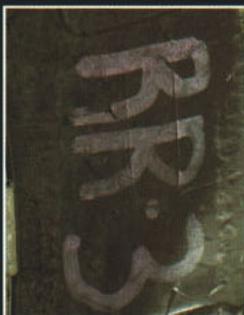
A local man takes a moment to rest in front of the Royal Palace in Naples, Italy.

10Xteaser

This calibration substance will find those who are committing a crime. What is it?

Photo by PH2(AW) Jim Watson

Last Month's Answer:



There are many NASCAR retread tires used by drivers at Rattlesnake Raceway, in Fallon, Nev. This Goodyear happens to be one of Dale Earnhardt's right-rear tires and is now ATCS(AW) Richard Baum's own tread for the dirt.

Photo by J01 Preston Keres

Go to our web site at www.mediacen.navy.mil or wait for next month's inside back cover to learn the answer...

DK2 Jennifer Dunlap

Got out of the Navy after her first enlistment.

Returned to active duty one year ago.

24 years old and owner of a new home.

“The Navy offers me the ability to invest
and the chance to retire before I’m 40 years old.”



“I’m staying.”

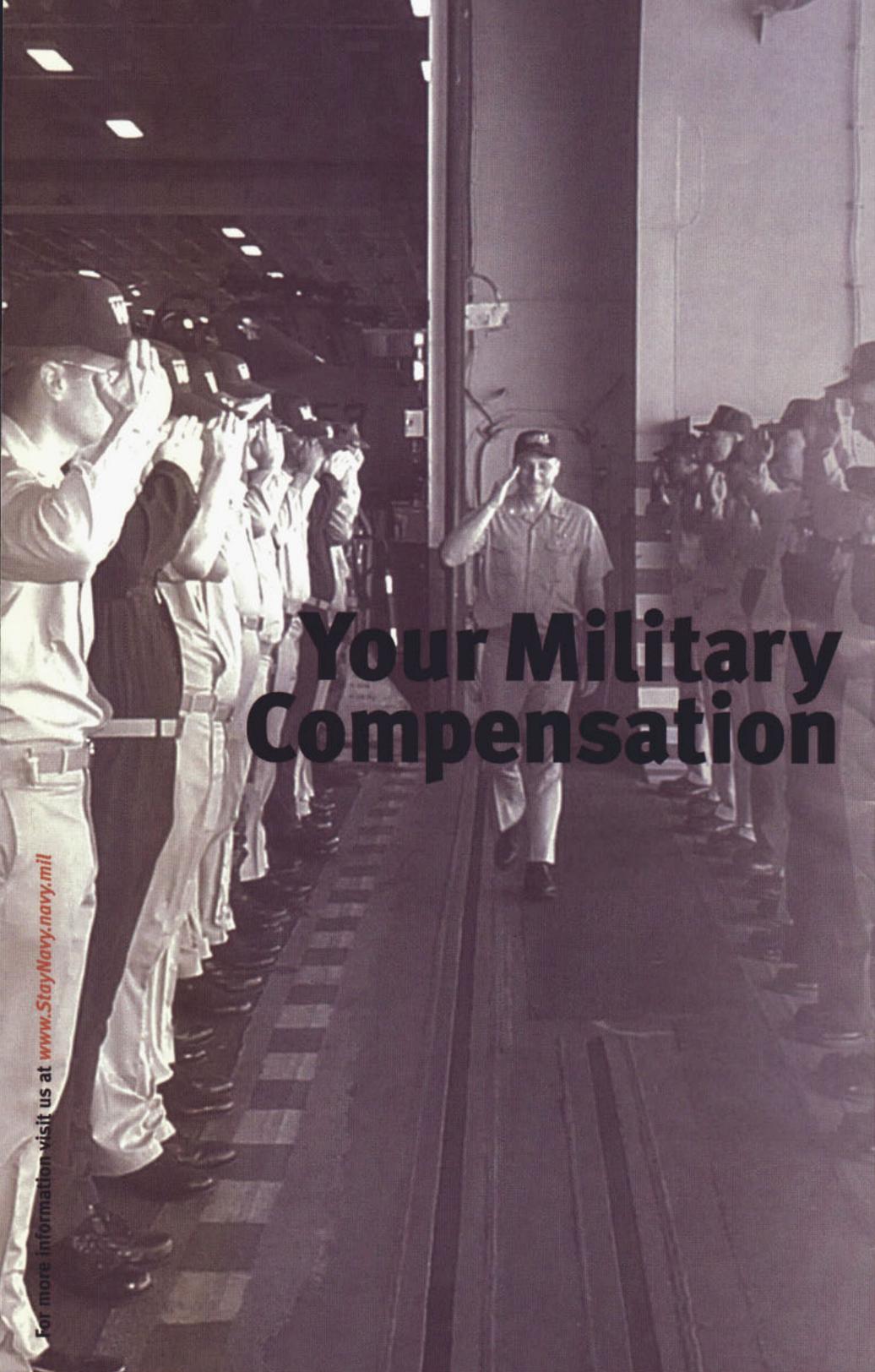
www.staynavy.navy.mil

The Navy provides you much more in compensation for your hard work than just what's shown on your Leave and Earnings Statement (LES). This booklet is meant to help you understand the total value of your Navy compensation

Navy Pay & Retirement

A Complete Package

and benefits package. If you're interested in understanding the value of your retirement, or knowing how much you would have to make in a civilian job to equal your Navy pay, this booklet is for you.



Your Military Compensation

For more information visit us at www.StayNavy.navy.mil

The military compensation system includes dozens of separate pays, allowances and benefits. The most visible and easily measurable of these earnings may be classified as direct compensation, which shows up as earnings on your **Leave and Earning Statement (LES)**. This includes several allowances that are tax-free, making them more valuable than they appear, as well as **30 days of paid vacation per year**. Indirect compensation includes **comprehensive medical and dental care, commissary and exchange savings, and tuition assistance**. Other valuable fringe benefits that are often **free, or available at discounted prices, include legal, educational and family services, life and disability insurance, tickets and tours, and quality childcare**.

Direct Compensation

- ◆ Basic pay
- ◆ Special pays
- ◆ Incentive pays
- ◆ Re-enlistment bonuses
- ◆ Tax-free allowances
 - Subsistence allowance
 - Housing allowance
 - Clothing allowance
- ◆ Combat zone exclusions
- ◆ 30 days paid leave per year

Indirect Compensation

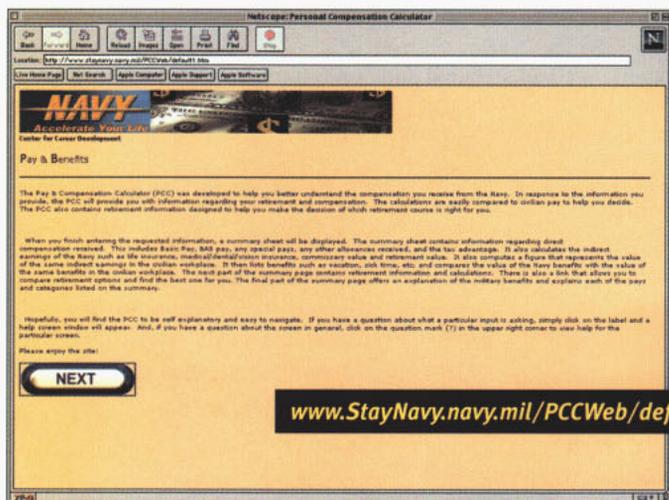
- ◆ Inexpensive life insurance
- ◆ Comprehensive medical & dental care
- ◆ Commissary & exchange savings
- ◆ Retirement value
- ◆ Tax advantage
- ◆ Tuition assistance
- ◆ Disability benefits
- ◆ Sick leave
- ◆ Death & survivor benefits

Valuable Fringe Benefits

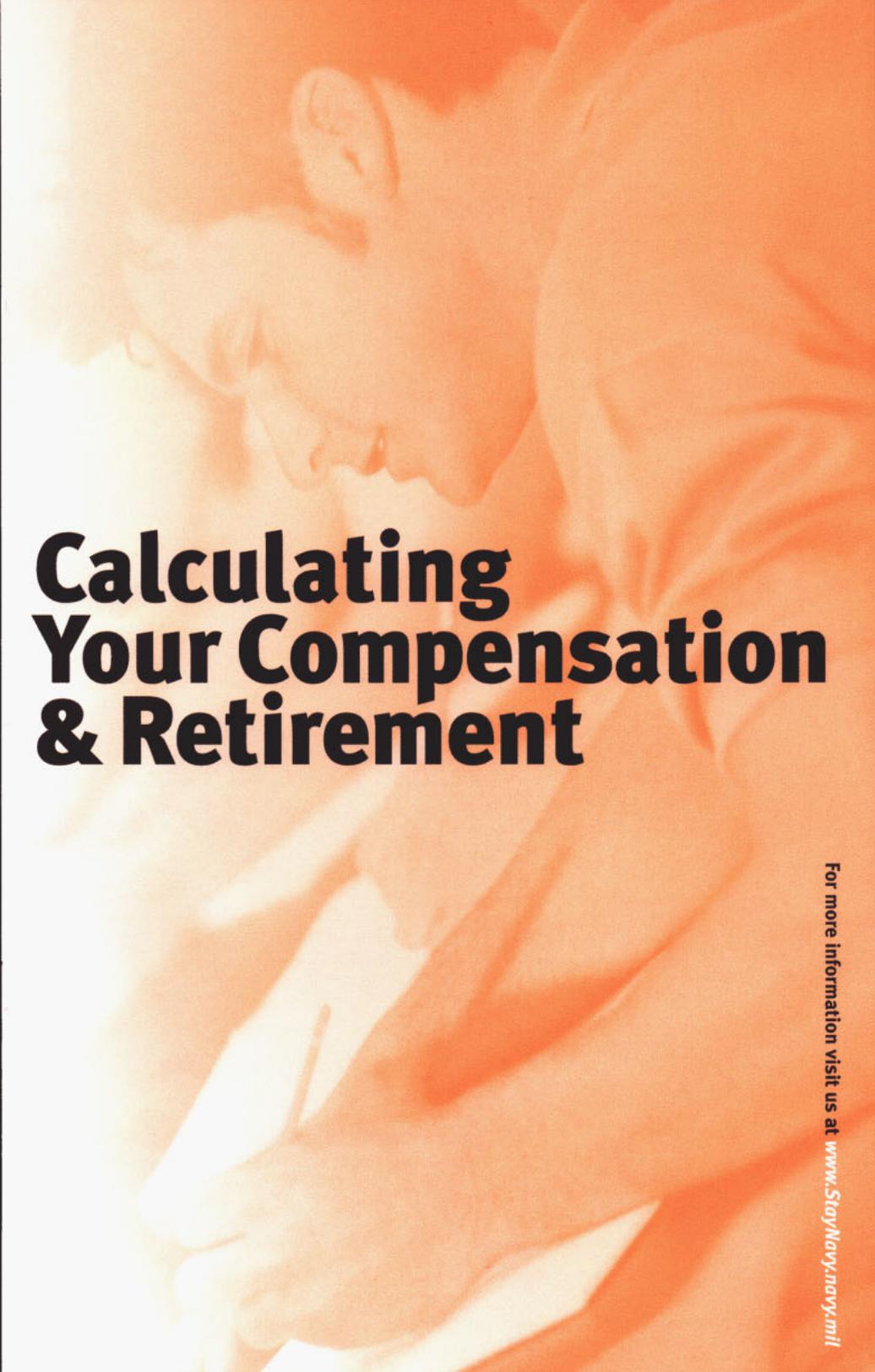
- ◆ Free basic legal services
- ◆ Generous retirement plan after 20 years
- ◆ Free disability insurance
- ◆ Educational services
- ◆ Family services
- ◆ "Space-A" travel
- ◆ Quality child care at reasonable rates
- ◆ Regular professional training & education
- ◆ Inexpensive MWR facilities & opportunities
 - Fitness centers
 - Golf courses
 - Movie theaters
 - Equipment rentals
 - Tours
 - Hobby shops
 - Flying & scuba clubs
 - Swimming pools
 - Tennis courts

You don't have to be a financial planner or accountant to figure out how much money you could retire with after serving in the Navy, or how much you would have to make as a civilian to equal the direct and indirect compensation you receive for your service. Pushing pencils and calculator buttons, shuffling through tax tables and paperwork... all this has been replaced by the **Pay and Compensation Calculator (PCC)** found on the **Center for Career Development (CCD)** web site at:

www.StayNavy.navy.mil/PCCWeb/default1.htm



The PCC takes you through a few easy steps, asking for your rank, year of birth, when you entered the service, number of dependents and duty station zip code at time of retirement. This CCD Web service also accounts for any special pays and selective reenlistment bonuses.



Calculating Your Compensation & Retirement

For more information visit us at www.StayNavy.navy.mil

Location: <http://www.staynavy.navy.mil/PCCWeb/page1.asp>

NAVY MILITARY Accelerate Your Life

PAY & BENEFITS

Personal Information 2

Please fill in all fields before you continue

Last of Name:

Expected Base Rate at Retirement:

Last of Name at Retirement:

Number of Dependents:

Year of Birth:

Marital Status: Married Single

Gender: Male Female

Show Special Pay?

www.StayNavy.navy.mil/PCCWeb/page1.asp

Most importantly, the PCC does the math for you, eliminating tax rate searches and hair-pulling headaches. The result is a comprehensive Pay and Compensation Calculation sheet, which breaks down your current pay and anticipated retirement pay. It also compares your figures to relative civilian job compensation. The easy to read and understand summary provides a printable reference to aid in your decisions about staying Navy.

Location: <http://www.staynavy.navy.mil/PCCWeb/summary.asp>

Skip to:

Pay and Compensation Calculation

	Military	vs	Civilian ¹
Direct Compensation			
Base Pay	\$1424		\$17,086
BASE (COMPA/GIS)	\$258		\$3,367
BAIF	\$936		\$11,332
Special Pay	\$0		\$0
Other Allowances			
Clerk Allowance	\$0		\$20
The Allowance			
FICA	\$215		\$1,379
PICA	\$301		\$1,511
Suburban Transferral Allowance			\$0
Indirect Savings			\$410
Life Insurance/Retirement Benefits ²			\$1,251
Medical/Phone Cost ³			\$0
Dental Cost ⁴			\$0
Occupancy Allowance			\$0
Retirement Value			\$0
Total Indirect Compensation			\$14,575
Expected Base Rate			\$25,458
			\$25,458

Additional Benefits for Compensation	Military	Your Job Offer
Post-Vacation	30 days	
Post-Travel	9 days	
Post-Base Camp	varies	
MCOE (Overtime, post club, gulf, etc.)	included cost	
Health Coverage	10% savings	
Spouse 50% Travel	Free (within 50 miles)	

www.StayNavy.navy.mil/PCCWeb/summary.asp

For a detailed explanation of compensation factors, see page 11.

Navy Life... Getting Better Every Day

- ♦ **REDUX retirement plan repealed.** Now every service member can retire at **50%** of base pay under either the **Final Pay** or **High-3** retirement plans. Both of these plans include full **Cost of Living Allowance (COLA)** increases.
- ♦ Expanded **Selective Re-enlistment Bonus (SRB)** eligibility and amounts.
- ♦ A new **Thrift Savings Plan**, beginning **October 2001**, offers participants the same type of savings and tax benefits that many private corporations offer their employees under 401(k) plans.
- ♦ **Lifetime medical treatment and prescription drug coverage** is now guaranteed to military retirees under an overhauled **TRICARE** program.
- ♦ **Reduced out-of-pocket housing costs** from **19%** in 2000 to **15%** in 2001, with a commitment to completely eliminate them by 2005.
- ♦ Commanding officers now have the authority to **cut one year from the advancement cycle for outstanding E-5s and E-6s.**
- ♦ **Revamped training cycle** allows units to increase their duty section rotation, giving service members more time at home while in port.
- ♦ **Eliminated a number of major inspections** to reduce sea time between deployments.

Is the Grass Greener on the Other Side?

Sailor

- ♦ Responsibility comes earlier
- ♦ Mission-oriented focus
- ♦ Attend schools while drawing full pay
- ♦ Camaraderie & esprit de corps
- ♦ Predictable promotion & advancement
- ♦ Job security
- ♦ Generous retirement plan after 20 years
- ♦ Plenty of time for a second career
- ♦ New & interesting job every 2-3 years
- ♦ Opportunity to live and travel overseas
- ♦ Relocation part of a normal career
- ♦ Watch & other after-hours duty

Civilian

- ♦ Responsibility comes later
- ♦ Profit-driven focus
- ♦ Limited educational opportunities
- ♦ "Dog eat dog" mentality
- ♦ May have to request/negotiate promotions
- ♦ Could get "pink slipped" anytime
- ♦ Less generous retirement plans
- ♦ Fitting in a second career may be difficult
- ♦ Same job for many years
- ♦ Fewer overseas travel opportunities
- ♦ Relocation often required for a promotion
- ♦ Overtime & shift work

Did You Know?

- ♦ **66%** of Social Security beneficiaries over **65** derive at least half of their income from Social Security.
- ♦ Only **13%** of all 401(k) plans are valued at more than \$100,000.

Myths About Civilian Life

“Civilian medical care is better.” — TRICARE is very similar to civilian HMO care plans except that the Navy does *not* deduct a co-share payment each month. In the military, most prescriptions are provided free, and there is a **\$1,000** per year catastrophic cap on medical costs not covered under TRICARE for your protection.

“Affordable insurance is available everywhere, and my next job will offer a disability plan.” — Up to **\$250,000** of level-term **Serviceman's Group Life Insurance (SGLI)** coverage is available to service members regardless of age, occupation or pre-existing health conditions. Military personnel are provided with long-term disability coverage at no charge while fewer than **55%** of full-time civilian employees are covered by even a short-term disability plan. Additionally, while Navy retirees enjoy available medical benefits, fewer than half of the largest civilian employers offer medical insurance to their retirees.

“Most companies offer a pension, so I don't need the Navy retirement.” — While approximately half of all full-time employees in medium to large companies participate in a pension plan, only **3%** of those employees may retire under age **55** with less than 30 years of service. The Navy fully funds a retirement plan that features no pay deductions for its members. Additionally, only **3%** of civilian retirement plans feature automatic COLA increases to protect retirees against inflation. **100%** of Navy retirees receive COLA increases.

“Once I get out of the Navy and start a 401(k), I'll be set for my retirement years.” — In fact, only **35.8%** of all full-time employees participate in tax-deferred savings plans, such as the 401(k), where you put money away for retirement and employers help with matching contributions. The Navy fully funds your retirement, with no reduction based on your age.

“As a civilian, I won't have to stand watch, work late or move any more.” — If you're willing to accept a relatively low-paying job with little responsibility, this is probably true. If, however, you are interested in better pay, more responsibility and regular promotion opportunities, you can expect to put in extra hours and to relocate from time to time. Salaried employees in supervisory positions routinely work more than 40 hours a week, are often tied to cell phones and beepers 24/7, and usually without any additional compensation. Additionally, few companies offer 30 days of paid vacation each year.

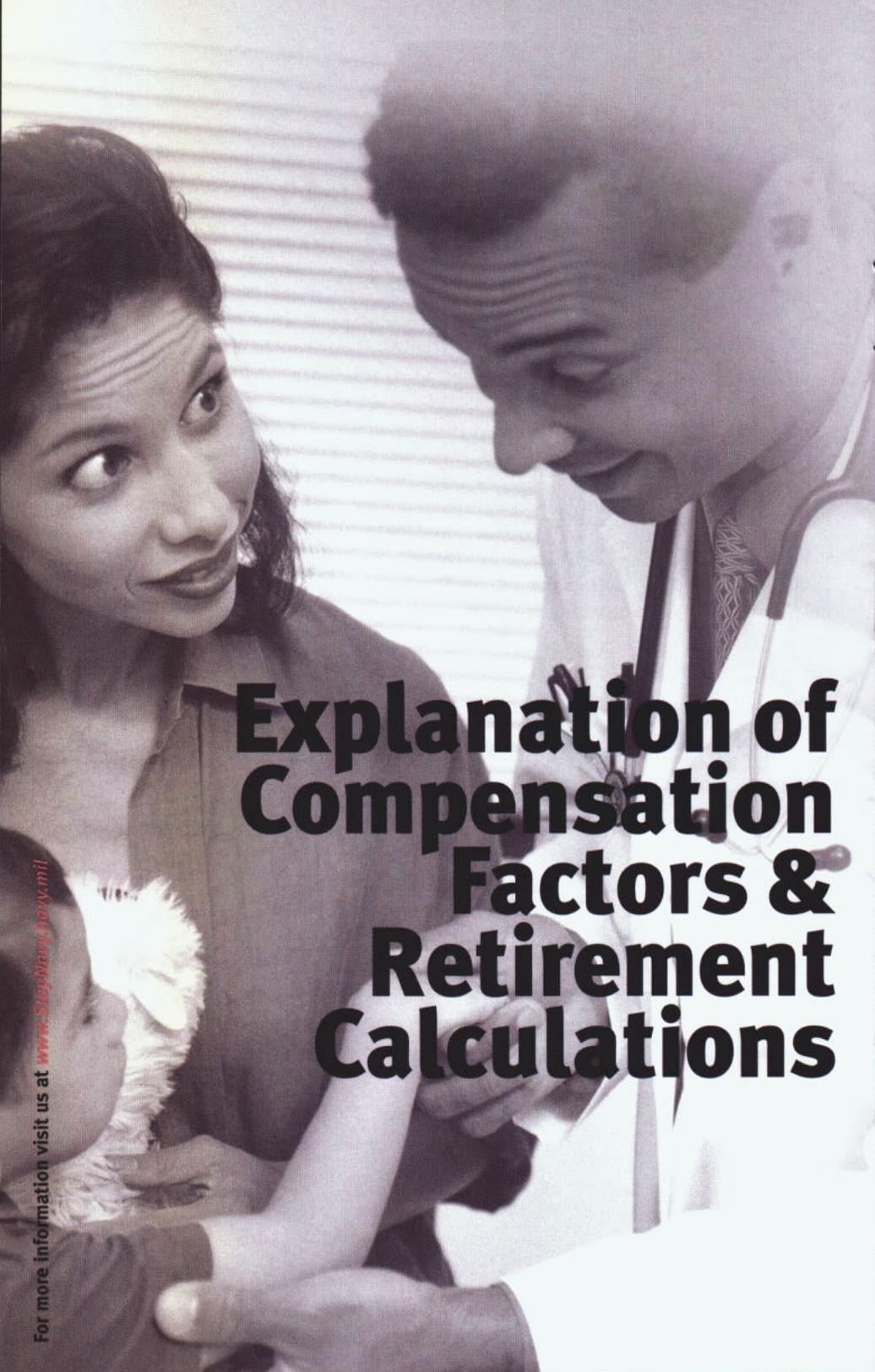
Leisure & Recreation Benefits

	Sailor	Civilian
Fitness center or gym	Free or affordable	Expensive
Swimming pool	Free or affordable	Expensive
Golf	Affordable	Expensive
Movie/theme park/concert tickets	Deep discounts	Fewer discounts
Equipment rental	Affordable	Expensive

Median Monthly Gross Earnings for Various Civilian Jobs

All White Collar	\$3707	All Blue Collar	\$2527
Engineers/Architect	\$4630	Precision Production	\$3083
Physician	\$6730	Electronic Repair	\$2946
Registered Nurse	\$4024	Heating/AC mechanic	\$2829
High School Teacher	\$3844	Electrician	\$3435
Social Worker	\$2442	Production Supervisor	\$3431
Clinical Technician	\$2832	Machinist	\$3520
Health Technician	\$2620	Welder and cutter	\$2959
Electronic Technician	\$3097	Assembler	\$2252
Computer Programmer	\$3579	Bus Driver	\$2461
Legal Assistant	\$3304	Material Moving Sup.	\$3701
Training Specialist	\$3524	Police and Detective	\$3243
Purchasing Agent/Buyer	\$4312	Correctional Officer	\$2633
Management Related	\$3714	Food Service Supervisor	\$2425
Wholesale Sales Rep.	\$3338	Health Aid	\$1797
General Office Supervisor	\$3207	Cleaning Service Sup.	\$2141
Distribution Supervisor	\$3342	Child Care Worker	\$1432
Computer Operator	\$2520	Automobile Mechanic	\$2884
Personnel Clerk	\$2439	Electrician Supervisor	\$4425
Insurance Adjuster	\$2586	Industrial Equip.Operator	\$2453
Secretary	\$2583	Construction Laborer	\$2153

Median earnings taken from the 1998 Bureau of Labor Statistics, National Compensation Survey assuming a 40-hour work week in the Washington DC/Baltimore area.

A black and white photograph of a doctor in a white coat and stethoscope examining a baby held by a woman. The doctor is looking down at the baby, and the woman is looking towards the camera with a slight smile. The background shows horizontal blinds.

Explanation of Compensation Factors & Retirement Calculations

For more information visit us at www.StayNavy.navy.mil

Compensation Factors

- ♦ **BAS (Basic Allowance for Subsistence)** — This calculation based on the “rations-in-kind not available” rate. Add to your income even if not paid directly to enlisted members, since the cost of dining aboard ship/station must be replaced in a civilian salary.
- ♦ **BAH (Basic Allowance for Housing)** — Tax-free allowance paid to cover 85% cost of living off base or ship if entitled. For single members living in ship or barracks the current BAH-II rate (not adjusted for locality) should be added since this amount must be replaced in a civilian salary. If you live on base, increase the current BAH rate by 15% since the government pays for 100% of the cost of housing. If your BAH rate is not known, approximate using BAH-II tables provided.
- ♦ **Clothing Allowance** — Enlisted members get a yearly clothing allowance on the anniversary of their initial allowance for uniform maintenance.
- ♦ **Tax Advantage** — Your pay has a tax advantage because all allowances you earn are tax free, as are any pay and bonuses while in a combat zone. Federal tax rates are 15, 28, 31 or 36%. FICA tax is made up of Social Security tax at 6.2% on the first \$80,400 and Medicare is a flat 1.45%. You may also add your state tax rate if known.
- ♦ **Active Duty Death & Survivor Benefits** — This amount represents the cost difference of comparable life insurance to provide the same security in case of death, such as \$250,000 of Servicemembers Group Life Insurance (SGLI) and the \$6,000 death gratuity. Dependency and Indemnity Compensation (DIC) provides \$911 per month for a surviving spouse, until remarried, and \$229 per month for each child, plus additional veterans benefits.
- ♦ **Medical/Dental Care** — This figure represents the average cost-share that white-collar workers must pay out of their paychecks for equivalent HMO-style coverage. The latest Bureau of Labor statistics show that 54% of employees don't have dental coverage through their employer.
- ♦ **Commissary Value** — A 1999 market survey of more than 500 items has shown that using the commissary saves a service member an average of 27% over other food markets. A yearly savings is computed based on multiplying this rate times USDA estimates for food cost for the number of dependants.
- ♦ **Disability (not included)** — Bureau of Labor statistics indicate that 57% of civilian employers do not even offer short-term disability. Replacement cost of similar coverage has not yet been calculated.

Retirement Calculations

- ♦ **Monthly Basic Pay at retirement pay grade** — Make an assumption of your pay grade when you retire and look on the pay charts to determine what that pay grade makes at 20 years of service. For members entering service after July 31, 1986, the highest 36 months of pay may be averaged for the closest approximation.
- ♦ **Monthly Retirement/Retainer Pay** — Since the repeal of REDUX in FY2000, all members are eligible to retire with at least 50% of their Basic Pay. For every year of service after 20 add 2.5% of base pay.
- ♦ **Lump sum needed to pay equivalent amount for 40 years** — This figure is what a civilian would need to have saved to retire at the same time and with the same pay out for 40 years. Does not include the estimated \$2,642 per year medical expenses saved over Medicare beneficiaries.
- ♦ **Monthly contribution needed to save for 20 years to match that lump sum (or Retirement Value)** — The contribution required by a civilian to have a lump sum able to pay out the same amount as your retirement.



For more information visit us at www.StayNavy.navy.mil