

Captain's Call Kit

WINTER 1999/2000



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CCK survey

CCK articles may be easily copied for posting on command bulletin boards. Articles may also be used for Plans of the Day, Captain's Call, SITE-TV, the command newspaper or reading and reference purposes. This quarter's articles include the following:

If you have any suggestions or comments for articles or ways to improve CCK, please write, call or fax a comment to:

Editor, Captain's Call Kit,
Naval Media Center, Bldg. 168
2713 Mitscher Rd., SW
NDW, Washington, DC 20373-5819

Website: www.mediacen.navy.mil
Message address: NAVMEDIACEN WASHINGTON DC //32//
E-mail: <pubs@mediacen.navy.mil>
DSN 288- or (202) 433-4380, Fax: (202) 433-4747

Captain's Call Kit, Winter 1999/2000

NAVY COLLEGE PROGRAM

On Oct. 1, the Chief of Naval Education and Training (CNET) implemented an enhanced voluntary education program which will streamline and expand the opportunity for Sailors to pursue college degrees during their Navy career by building, to the maximum extent possible, on the academic credit Sailors earn for Navy training and on-the-job work experience.

Called the Navy College Program (NCP), the program serves as the umbrella for the current components of voluntary education, and adds several new features, which integrate all components into a single system. The program is being introduced in three phases during the next year.

"In the past, young people joined the Navy to get money to go to college after their service," Chief of Naval Operations ADM Jay L. Johnson said. "Now, young people will join the Navy to go to college while serving their country. This is a powerful notion, and one that will benefit the Sailor, the Navy and the nation. It's a wonderful homerun for the Navy and we're very excited about it."

"As the Navy College Program is phased in during the coming year, we believe it will help provide focus for our Sailors who want to get a college degree on their own time, at their own pace both ashore and while they're deployed," said CNET VADM John Craine.

New features of the program will be introduced in three phases.

On Oct. 1, Navy Campus offices were renamed Navy College Offices. Sailors can visit academic advisors at the offices for advice on

which degree path to choose. Office facilities are being upgraded to meet Navy College Office standards and will be staffed with additional academic advisors.

To expand the availability of information on NCP and academic advice, a new Navy College Center in Pensacola, Fla., was established to provide Sailors easy access to information about the NCP. The center, manned by educational

counselors seven days a week, 15 hours a day, is accessible through e-mail, a 1-800 number, DSN access and

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— ADM Jay L. Johnson, Chief of Naval Operations

through the NCP website.

Also, beginning Oct. 1, every Sailor graduating from Boot Camp and evaluated "A" schools and "C" schools received a summary transcript showing the American Council on Education's (ACE) recommendation for academic credit. Boot Camp graduates receive three college credits toward physical education credit. Currently 89 percent of Navy initial training and 36 percent of follow-on training has been evaluated by ACE for recommended credit, with the plan to have 100 percent of initial training and 76 percent of follow-on training evaluated by Oct. 1, 2000.

Another unique aspect of the NCP is the rating-specific roadmap. Rating-specific roadmaps outline the ACE recommended college credit for Navy training and rating-related work experience across a Navy career. This roadmap will assist Sailors in making informed choices on their selection of a college degree program. Rating roadmaps are available on the NCP website and from local Navy College Offices.

VISIT THE WEBSITE TODAY AT www.navycollege.navy.mil

NCP Phase 2 is Underway Now!

You are a college student – get that degree!!!

In Phase 2 (January 2000 - Sept. 30, 2000) Sailors can access, view and download copies of their transcript. Also, Sailors may request a copy of their SMART transcript from their local Navy College Office or the new Navy College Center in Pensacola, Fla. The Sailor/Marine Corps American Council on Education Registry Transcript (SMART) is a computer-generated transcript that will automatically record the recommended college credit a Sailor earns for military training and work experience. Sailors can also submit official copies of their SMART to academic institutions of their choice.

Sailors can get copies of their SMART transcript on-line via the Navy College Program at <http://www.navycollege.navy.mil>.

Also during this phase of the program, using Service members Opportunity Colleges-Navy (SOCNAV) as the foundation, partnerships with colleges and universities have been established to develop rating-specific degree options so that these institutions will accept, to the maximum extent possible, college credit for Navy training and experience. This enhances the current network of 85 colleges and universities supporting Navy education programs.

Additionally, the goal of the new NCP partnerships is to simplify acceptance, enrollment, residency requirements and the acceptance of college credit transferred from other academic institutions. The new education partners will develop degree roadmaps to allow Sailors to easily see how credit earned from Navy training and work experience, off-duty education and credit-by-examination fit into a specific degree program.

During Phase 3 (October 2000 and beyond), the

Navy College Program will evolve into a fully mature program. Navy College Offices will continue to be upgraded, availability of academic advice will continue to expand and Sailors will have more degree options available, including rating-related degree programs maximizing the credits earned from Navy training and job experience. Reevaluation of initial skills and continued evaluation of follow-on training will be

conducted and additional Navy College Learning Centers will be opened to provide Sailors an opportunity to improve job skills and prepare for college.

“The Navy College

Program will simplify and enhance opportunities for Sailors to pursue a college degree wherever their Navy career takes them, and it will continually remind them that they’re earning college credit while they continue to serve,” explained Craine.

The CNO added that personal development begets professional development. “This is a program that’s going to make our Sailors more capable of doing their jobs,” Johnson said.

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*— ADM Jay L. Johnson,
Chief of Naval Operations*



For more information about the Navy College Program, visit your local Navy College Office; call the Navy College Center at DSN 922-1828 or 1-877-253-7122; or visit the website at www.navycollege.navy.mil

Information Technology courses continue on-line

In a continuing effort to provide easy access to training, the Chief of Navy Education and Training (CNET) has announced the continued availability of Information Technology (IT) courses on the World Wide Web. More than 300 web-based courses are available at no cost to DON personnel, including Navy and Marine Corps active and Reserve personnel and civilians.

Ships of five battle groups, USS *John C. Stennis* (CVN 74), USS *Harry S. Truman* (CVN 75), USS *Theodore Roosevelt* (CVN 71), USS *Abraham Lincoln* (CVN 72), and USS *Dwight D. Eisenhower* (CVN 69), in addition to 12 remote sites, have installed the entire set of courses on their internal computer network.

Distribution of the IT courses via CD-ROM is limited to ships and remote sites that are unable to access one of the below Internet sites.

Courses are available on-line covering beginning computer applications, including Word, PowerPoint, Access, Excel, LAN/WAN administration, CISCO router and programming development courses in C, C++, JAVA and Visual Basic to name a few.

The IT courses may be accessed at any of the following websites. All the sites, except CNET, can be accessed from home or work.

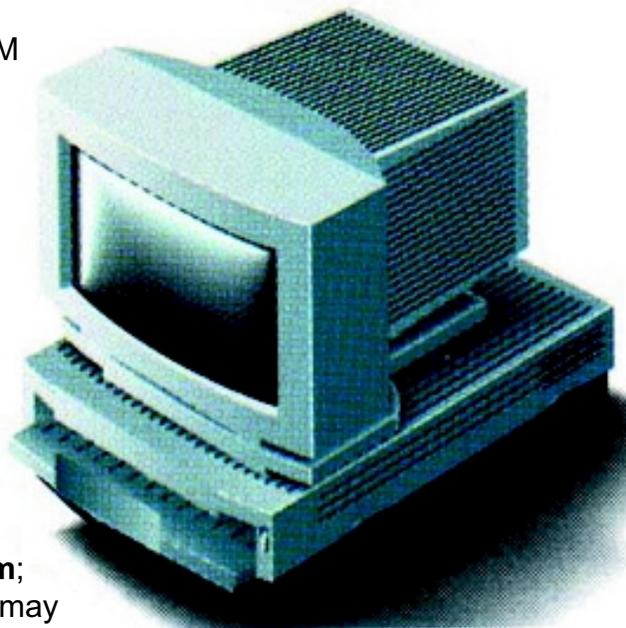
A. Commercial site - <http://usn.netg.com>; due to high usage of this site, faster service may be available at the East Coast Norfolk and SPAWAR sites.

B. East Coast Norfolk area - <http://dl.damneck.navy.mil>

C. West Coast SPAWAR site - <http://192.215.136.73>; this is a new URL address for the SPAWAR site.

D. Pensacola (CNET) site - <http://www-cbt.cnet.navy.mil>; this site is available to CNET commands only.

NAVADMIN 294/99 provides more information on courseware access and registration for the on-line courses. Information is also available under "Technologies" on the CNET website, www.cnet.navy.mil



READY FOR THE RECRUITING CHALLENGE? THE NAVY NEEDS YOU!



Detailers at Navy Personnel Command are looking for volunteers to help man the Navy of the future.

“We need to maintain our recruiting momentum, and we are primarily looking for E-4 and E-5 volunteers who are eligible for shore duty,” said RADM Hamlin B. Tallent, assistant commander, Navy Personnel Command for Distribution. “It has been clearly demonstrated that this group has the potential to meet or exceed the productivity of some of our best recruiters.”

Although FY99 was a very successful year for recruiting as more than 52,300 recruits joined the Navy team, this year presents more challenges, including a higher accession goal of nearly 60,000 recruits.

“There are plenty of exceptional Sailors out there in the fleet who can step up to the plate and get the job done,” Tallent emphasized. “We’d like them to call their detailers, if they’re eligible for shore duty, and we’ll try our best to put them in a recruiting station where they’d like to serve.”

Recruiting duty also offers several incentives, such as \$375 special duty pay per month; choice of recruiting assignment location; sea duty credit for many recruiting locations; and meritorious advancement opportunities through E-7.

For more information, please contact your detailer:

PERS-4010 at DSN 882-3861/
3877/3879

or (901) 874-3861/3877/3879;
or the Recruiter Selection Team at
DSN 882-9147
or (901) 874-9147.



Photo by PH2 (SW/AM) Kevin H. Terry

Recruiters rely heavily on telephone contacts to quickly reach as many people as possible.

OVERSEAS SCREENING REQUIREMENTS CHANGE

Navy officials have announced several changes aimed at completing a high-quality screening of all Sailors in less than 30 days from receipt of orders to assignment to overseas commands.

The changes are designed to resolve readiness issues for overseas units and improve quality of life for Sailors.

The changes, announced in NAVADMIN 297/99, will be reflected in the next updates to the Officer and Enlisted Transfer Manuals. The January 2000 revisions to Chapter 4 of the Officer and Enlisted Transfer Manuals addressing the policy changes are currently available on-line at the BUPERS/NAVPERSCOM website at ***www.bupers.navy.mil/pers451***

The changes include financial criteria that will permit petty officers third class and below to be assigned overseas if their debt-to-income ratio does not exceed 30 percent; petty officers second class and above will now qualify for overseas assignment if they do not have existing, unresolved severe indebtedness.

Enlisted evaluation guidelines have also changed to permit overseas assignments for Sailors who receive a positive recommendation for retention and are at a minimum progressing toward advancement.

The responsibility for ensuring a prompt and accurate overseas screening of personnel receiving orders to an overseas assignment remains with the commanding officer of the transferring command. Upon receiving a Sailor's orders to an overseas location, the transferring command will initiate the overseas screening immediately by readdressing the message orders to their servicing medical treatment facility within one workday, and transmitting a screening status message to all concerned organizations within 15 days.

In addition, the Bureau of Medicine and Surgery (BUMED) has released a new "Medical, Dental and Educational Suitability Screening for Service and Family Members" form that expands authorization to conduct screenings to physician assistants, nurse practitioners and independent duty corpsmen.



Additional details can be found in NAVADMIN 297/99, or by visiting the BUPERS/NAVPERSCOM website at ***http://www.persnet.navy.mil/pers451/index.html***

For more information, please contact the Overseas Screening Program Manager, CDR Steve Ruth, at DSN 882-4191 or (901) 874-4191, or e-mail at ***p451@persnet.navy.mil***.

SURFACE WARFARE OFFICER CONTINUATION PAY AUTHORIZED

The Navy's first Surface Warfare Officer Continuation Pay (SWOCP) bonus has been introduced.

The SWOCP bonus is an incentive aimed at enhancing junior officer retention among surface warfare officers. The bonus will pay a surface warfare officer up to \$50,000 to stay in the community to complete their full department head tour.

"There is a bright future for the Surface Warfare Community," said RADM Mike Mullen, director, Surface Warfare.

"I see SWOCP as only one part of a real commitment to improve the Surface Navy as a whole," said CDR Kenneth Rome, executive officer, Surface Warfare Officers School Command.

"The Surface Warfare Career Incentive Pay sends a clear signal about the surface warfare community's strong commitment to our junior officers," said Rome. "This incentive pay is one of several initiatives to preserve our community's long-term health by nurturing our most precious asset — our people. It isn't so much about the money as it is about our young officers realizing that the surface warfare leadership views them as pivotal to effecting the cultural changes required to sustain the preeminence of surface warfare in the 21st century."

More information on SWOCP can be found at the PERS-41 web page, www.persnet.navy.mil/per41/



Significant changes to SRB program

The Chief of Naval Personnel has announced three significant changes to the Selective Reenlistment Bonus program. The changes, announced in NAVADMIN 271/99, became effective Oct. 1. First, the \$30,000 cap on the maximum bonus paid to most Sailors has been removed. The award level is now based on the standard SRB award computation up to the statutory bonus limit, which is currently \$45,000.



The second change is the addition of an SRB reenlistment option for Sailors not currently in SRB critical skills and who have insufficient time to complete training for a critical skill prior to the end of their obligated service. Provided Sailors meet the desired training eligibility requirements, and the member's detailer and community manager agree, these Sailors may extend their current enlistment up to 48 months, as directed by the detailer, to complete training and then reenlist for SRB.

The third change is for first-term Sailors who may now cancel up to 24 months of non-operative extension of enlistment to immediately reenlist provided they meet certain restrictions.

Current award levels remain as detailed in NAVADMIN 132/99, except for the addition of four more ratings: aviation machinist's mates, legalmen, master-at-arms and fleet Navy counselors.

As a pilot program, three TAR skills along with two aircrew specialties were added. These ratings are: air traffic controller, electronics technician, radioman and aircrew NECs 8226 and 8252.

The current SRB NAVADMIN is available on the BUPERS homepage at www.bupers.navy.mil. For further information, contact Naval Personnel Command (PERS 815, SRB Help Desk) at DSN 882-2526/3213 or (901) 874-2526/3216.

Check out the NEW Navy Voting Assistance website



The Navy Voting Assistance website — <http://www.persnet.navy.mil/pers66/nvap/> — has links to a variety of other useful sites to assist you in making responsible voting decisions. The links include:

- * Federal Voting Assistance Program (FVAP)
- * Federal Voting Assistance Guide
- * Logistics (voting assistance supplies)
- * Voting Information Newsletter (VIN) for voting assistance officers (VAOs) and others
- * Project Vote Smart: Voter registration and election dates by state
- * Project Vote Smart: Candidates and elected officials (federal and state)
- * ELECTnet: (Federal, state and national resources)
- * Dates: (Presidential and state primaries)

If you have any questions not answered by the website, please be sure to contact your local command VAO.

Corneal refractive eye surgery update

The Bureau of Medicine and Surgery (BUMED) released new corneal refractive surgery physical standards and waiver policies for general accessions into the Navy and Marine Corps, as well as active-duty personnel currently serving in undersea/diving/special warfare, surface warfare and air warfare communities.

Refractive surgery is designed to reduce or eliminate the need for glasses or contact lenses. There are currently four types of procedures: Radial Keratotomy (RK), Photorefractive Keratectomy (PRK), Laser In-situ Keratectomy (LASIK), and Intracorneal Ring Implantation (ICR).

Under the new policy, all forms of refractive surgery are considered disqualifying for general new accessions into the Navy or Marine Corps, but can be waived if specific eligibility criteria are met. Currently, PRK is considered the procedure of choice for such candidates, though other procedures may be evaluated for waivers on an individual case basis. For applicants seeking appointment in warfare communities, PRK is the only form of refractive surgery that will be considered for waiver at this time.

This policy has the greatest affect on the Navy and Marine Corps aviation communities. Navy and Marine aviators will now join submariners and surface warfare officers in obtaining a waiver to undergo PRK surgery, although it will be on a limited basis initially. Aviators who meet the eligibility criteria for PRK surgery may elect to have the procedure if they are accepted into a Navy-sponsored clinical study, and are granted prior permission from their commanding officers.

Personnel in Diving and Special Warfare communities do not need a waiver for corneal refractive surgery as long as the procedure performed is a PRK. They must also have prior approval from their commanding officers.

Active-duty members not assigned to warfare



A patient receives a numbing anesthetic prior to PRK surgery.



Photo by PH2 Ted Banks

Medical staff perform photo refractive keratectomy (PRK) by using a laser to correct refractive errors in the eye, which improves the patient's visual acuity.

communities can elect to have any type of corneal refractive surgery performed through the Navy, or alternatively at their own expense in the civilian sector, as long as they receive authorization from their command. It is important for them to realize that if they have a procedure other than a PRK, and subsequently seek appointment in a warfare community, they will be considered disqualified and potentially may not be eligible for waiver consideration.

Naval Medical Centers San Diego and Portsmouth, Va., are currently the only centers in the Navy performing PRK surgery. Additional centers may be stood up in the future. The Navy PRK centers are intended to serve active-duty personnel primarily in war-fighting communities. Limited opportunities may exist at these centers to treat other active-duty service members.

Points of contact are:

For general accessions:

CDR L. Grubb, (202) 762-3482

For Undersea/Diving/Special Warfare:

CAPT. J. Murray, (202) 762-3449

For Surface Warfare:

CAPT J. Montgomery, (202) 762-3466

For Air Warfare:

CAPT C. Barker, (202) 762-3451

DSN prefix for these numbers is 762.

More information about the physical standards and waiver policies is available on the BUMED homepage at www.navymedicine.med.navy.mil. Under the "What's New" section, click on "Corrective Eye Surgery Information."

Protect yourself from identity theft

Identity theft and credit card fraud are the fastest growing white-collar crimes in the United States.

Two major contributing factors are the rise in on-line credit applications over the Internet and the tremendous proliferation of credit cards. Members of the Navy and Marine Corps are more susceptible than the general populace.

Identity theft involves someone using your identifying information to acquire goods or services in your name through the use of credit or debit cards, checks or other documents.

Identity theft generally starts when a criminal obtains your name and Social Security Number. Using this information and a false address, he will obtain credit cards and other identification, such as a driver's license. At this point, your identity has been stolen.

Often, victims know nothing of the crime until they are contacted by debt collection agencies regarding unpaid credit card bills, bad car loans, etc. The long-term implications for you and your credit rating are very serious. Victims may spend months or years trying to clean up their credit records, and the process can be very stressful.

Several factors, such as frequent moves, physical separation and reliance on remote-access to financial services, make military members more vulnerable to identity theft. Take steps to prevent and detect identity theft.

Steps to preventing identity theft:

- Write or call your Department of Motor Vehicles and ask to have your personal information protected from unauthorized disclosure;
- Do not use your mother's maiden name as a password on your credit cards;
- Thoroughly review all bank, credit card and phone statements for unusual activity;
- Remove your Social Security Number from checks, driver's license and other forms of identification, if possible;
- Close all unused credit/bank accounts, destroy old credit cards and shred unused credit card offers;
- Order your credit report once a year and look for anomalies;
- Do not leave outgoing credit card payments in your mailbox;
- Do not discuss financial matters on wireless or cellular phones;
- Do not discuss financial matters with anyone who calls you on the phone;
- Always use secure sites for Internet purchases;
- Do not carry your Social Security card in your wallet;
- File or shred all credit card, bank and other financial statements.

The first line of defense is awareness. To detect identity theft, watch out for:

- Unusual purchases on your credit cards;
- Bank statements that don't agree with personal records;
- Unexplained changes in your bank access code;
- Missing credit card bills or other mail;
- Unusual calls regarding your personal or financial information;
- Unexplained charges on phone or other consumer accounts.

If you suspect that someone is illegally using your identity or making charges in your name, immediately call the organization handling the account and follow up with a letter. In addition, contact the police and your local office of the Naval Criminal Investigative Service (NCIS). The NCIS Computer Crime hotline is 1-800-287-9917.

If you want more information about identity theft, visit the NCIS website at www.ncis.navy.mil





QOL Mall website hailed by GSA

The U.S. General Services Administration (GSA) recently conducted a national survey of more than 200 websites on the World Wide Web and selected two as the best of several dozen government sites.

One of the top two was the Navy's LIFELines Quality of Life (QOL) Mall at www.lifelines4qol.org

"LIFELines graphic presentation is amazing, allowing citizens and Sailors stationed worldwide to wander through a virtual mall via the Internet" delivering services and information to improve their quality of life, according to the GSA survey. LIFELines is "one of the best examples of transactional service delivery around."

The QOL Mall has four wings: Community and Family Support; Special Support; Food, Shelter, Jobs and Other QOL Basics; and Leisure Pursuits. Each wing has storefronts that military personnel and their families can click on to access QOL support services.

Also available are financial services as well as career and employment assistance. All 26 stores in the mall currently contain valuable community resources. As the technicians say at LIFELines, "When the LIFELines vision is fully realized, military personnel around the world will need only one site for information and on-line QOL transactions."

LIFELines' transactional services include:

- Links to military exchange catalogues;
- 1-800 National Mail Order Pharmacy Refill program;
- On-line newsstand with all national newspapers, wire services, search engines and more;
- Feedback Forum for service members and their families;
- Links to Defense Finance and Accounting Services and other financial support services.

Key features of the QOL Mall include:

- Adult education/distance learning;
- Quality-of-life electronic business transactions;
- Hosted chat rooms with quality of life experts;
- Quality-of-life self-assessment learning games to test knowledge and build life skills;
- Hotlines, help-lines and CARE-lines for emergency support 24 hours a day, seven days a week;
- Quality-of-life newsstand and library, including numerous informational and technical desk guides, manuals, newsletters, directories, kits, etc.;
- Quality-of-life audio and video clips and messages from senior leaders;
- Hundreds of electronic links to community resources;
- Quality-of-life broadcast capability to tell the LIFELines story and deliver information in the mediums most frequently used.

Those interested in more details should call CAPT Bill Hendrix (hendrix.william@hq.navy.mil) at DSN 288-3974 or (202) 433-3974 or CDR Rudy Brewington (brewington.rudolph@hq.navy.mil) at DSN 288-3865 or (202) 433-3865.

Health Watch: Stocking that medicine cabinet is not a pain

Every home and barracks room should have an adequately stocked medicine cabinet to treat minor illnesses and injuries.

Buying the least expensive and most frequently needed medications is recommended, because medicines become less effective over time. Medications should be replaced every three years or as soon as they expire. Always read the label before taking any medication. Because a medicine does not require a prescription, never assume it is safe. Remember to keep all medications out of the reach of children.

Below is a list of medications recommended for your medicine cabinet:

- Bandages and adhesive tape — To cover and protect minor wounds. Use bandages to keep dirt out of wounds, protect blisters, and keep the edges of cuts together. Keep the bandage clean and dry.

- Antiseptic cleansers — To clean minor wounds. Pour hydrogen peroxide onto the wound and clean with a cloth. Repeat until no dirt remains under the skin. Paint iodine onto the wound and surrounding area, leave on for a few minutes, then rinse off.

- Thermometer — To measure the body's temperature. Fever is used to help diagnose illness. The best places to measure the body's temperature are in the mouth and rectum. Oral thermometers should be placed under the tongue with mouth closed for two to three minutes. The mercury in thermometers is poisonous. Small children should not use them if it is possible they may bite down on the thermometer and break it. Rectal thermometers should be used with a lubricant and inserted about one inch into the rectum for about two minutes.

- Pain and fever medications — To relieve pain and reduce fever. Acetaminophen in the proper dosage is often very safe for people of all ages. Aspirin is used for pain relief. Aspirin can cause Reye's Syndrome in children and shouldn't be used without a physician's approval. Ibuprofen and naproxen are effective relieving pain and reducing fever / inflammation, but can cause upset stomach.

- Antacids — To relieve upset stomach by neutralizing stomach acid. Antacids help decrease heartburn, ulcer and gas pains, and stomach upset.

- Baking Soda — A weak solution can soothe the skin and relieve itching. A strong solution it can draw fluid and swelling out of a wound while cleansing it.



- Syrup of Ipecac — To induce vomiting if poisoning occurs by eating a plant or drug. Call the Poison Control Center immediately.

- Antihistamines and decongestants — These are used to treat allergy symptoms.

- Cold tablets — To help relieve some of the symptoms of colds and flu.

- Cough syrups — Expectorants are used to liquefy secretions, making it easier to expel mucus.

- Diarrhea remedies — For persistent diarrhea, use a product with kaolin, pectin, or bismuth.

- Hydrocortisone cream — Applied to the skin to help relieve itching and rashes. Prolonged use (greater than two weeks) can cause thinning of the skin (atrophy).

- Sunscreen agents — To prevent sunburn. It allows the wearer to be outdoors for greater periods of time.

- Elastic bandages — To treat sprains. They provide gentle support and help reduce swelling. Wrap the bandage toward the trunk of the body allowing room for movement.

For more information please consult the Healthwise Handbook, available through your TRICARE Service Center, or contact the Health Care Information Line (HCIL) at 1-800-917-4372 in the United States. Additional information can be obtained at www.navymedicine.med.navy.mil.

CCK SURVEY

We are considering changing our CCK delivery system and would like your input!

Please mark your delivery preference and fill in the name and address information so we may serve you better.

Preferred delivery:

E-mail delivery

Hard copy delivery

Please complete the following information:

Name/Rank/Title: _____

Command: _____

Address: _____

E-mail address: _____

Comments:

You may E-mail or fax your response to LT Brook DeWalt at:

E-mail: dewalt@mediacen.navy.mil

Fax: DSN 288-4747 or Com (202)433-4747

Thanks for helping us improve CCK!