

SPEAR

News for and about the crew
of the USS L.Y. SPEAR

POINTS

Feb. 15, 1983



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FEBRUARY HOLIDAYS

Listed below are 21 items pertaining to the three holidays that are in February (Valentine's Day, Lincoln's and Washington's Birthdays). Can you find them all?

RED	HEART	PRESIDENT
BUGS	ARROWS	VALENTINE
LACE	KISSES	CHERRY TREE
LOVE	BACCHUS	GETTYSBURG
BEARD	LINCOLN	WASHINGTON
GANDY	DELAWARE	COSPOLIGHT
COFFIN	LOVE CARDS	SILVER DOLLAR

FREEDVALENTINEE
SMORRALLGORETYLISH
XCHERRYTREESKOLA
SALTRICILELEPHACIET
SHOTONIESAWRENDOAC
IDYRICALGLOWCOPIDES
EYETAIRIBACCOLEEE
ONEASTEREPRESIDENT
TORRETTTEEDDELEL



1st Class Mess opens

"It doesn't matter how technologically advanced our submarines are...the trick is that people make the Navy work."

This verification came from RADM S.D. Frost, Deputy Comptroller of the Navy at the Grand Opening of the L.V. SPEAR First Class Mess, Feb. 4.

RADM Frost is a "people" officer, according to CDR W.E. Scott, Supply Officer. The rear admiral said he has always worked for Navy people with the belief that "The (living) environment of the ship adds to the pride of the ship."

The newly remodeled space is "a resting place, a privilege" for the 145 first class petty officers onboard, said the mess's President RMI Michael Arkasoff.

Also speaking at the ceremony were CAPT T.M. Evans, Commander Submarine Squadron Six who said, "The morale of the ship is the heart of the ship."

GRPT R.F. Kelly, Commanding Officer, said the mess, which is dominated by a mountain mural, "is another step at making life better for the people that work so hard."

The Supply Department took the opportunity of the ceremony to award several of its personnel for their work.

CDR SCOTT - Letter of Appreciation
 LT LOFF - Letter of Appreciation
 LT SHIMMAN - Letter of Appreciation
 ENS BERGETTE - Letter of Appreciation
 REIC LOWE - Letter of Appreciation
 ENS FERRACION - Letter of Appreciation
 ENS BOONE - Letter of Appreciation
 ENS STREET - Letter of Appreciation

ENS COSTELLA - Letter of Appreciation
 ENS STROM - Letter of Appreciation
 ENS STROM - Letter of Appreciation
 EN OLDS - Letter of Appreciation
 RMI BART - Letter of Commendation
 EN PAULINE - Letter of Commendation
 WERS GROVES - Food Service Assistant of the month for DEC 82
 RMI BATHAS - Mess Management Specialist of the month for DEC 82
 RMI KING - Good Conduct Award list
 ENS VERTINEAL - Good Conduct Award list
 ENS SALTWOOD - Good Conduct Award list

Check tax return for accuracy

If you are one of the millions of taxpayers expecting a refund this year, the Internal Revenue Service says you may be able to speed things up by checking your return for errors and legitimacy.

The IRS says that a neat, accurate and carefully prepared return can be processed faster than one with several mistakes. And that can mean a fast refund.

Incorrect and hard-to-read returns can take several weeks to straighten out. The IRS also says that a mathematical error may not necessarily cause a delay. But the taxpayer expecting an exact amount may be inconvenienced by receiving a smaller refund.

•Begin preparing your return as soon as possible.

•Retain a copy of your return for your personal records.

•Remember to put a stamp on the pre-addressed envelope.



4 HM1 is Sailor of Year, Sailor of quarter is DT1

Two L.T. SPAR sailors whose enjoyment of their work is reflected in their "outstanding" professional performances, were honored by the command in view of the entire crew Feb. 4.

HM1 Joseph N. DeCristofaro and DT1 Jose Ortiz were selected as L.T. SPAR Sailor-of-the-Year and Sailor-of-the-Quarter respectively. The announcement was made by CAPT R.F. Kelly, during a live WJFF-TV feature presentation.

HM1 DeCristofaro always wanted to be a Hospital Corpsman. But when the Navy Beach, Florida native began his Navy career eight years ago, he didn't expect to specialize in his field of Preventive Medicine.

He became a Preventive Medicine Technician five years ago and has become devoted to the goal of "keep-

ing crew members from getting sick ... rather than treating illness."

HM1 DeCristofaro is now a nominee for SEMPER PARVUS Sailor-of-the-Year.

DT1 Ortiz grew up in San Diego, yet didn't consider joining the Navy until he faced the draft 15 years ago.

During Basic Training, he asked first to be schooled as a Seafitter, Sea Gun or Dental Technician. He was placed in the dental field, where the Navy most needed him. Directly after "B" school, he went to "C" school to learn his specialty of prosthetics.

DT1 Ortiz makes teeth. His is an exacting skill and art form and in these respects is similar to drafting.

His "excellence" in that field and leadership skills helped earn him the honor for the last quarter of 1982.

BLACK HISTORY MONTH



February is National Afro-American History Month. On base, a Spiritual Festival will celebrate the month-long observance of the contributions of Black Americans in this country.

The festival will be Sunday, Feb. 20 at 4 p.m. at the David Adams Memorial Chapel, Naval Station.

Featured will be guest speaker, New-croed Dr. Thomas Balk and Gospel choirs from USN K.S. LADD and Ft. Belvoir.

This month also marks several significant events in black history.

On Feb. 1, 1868 John S. Rock was the first black lawyer to practice before the U.S. Supreme Court.

CAPT T.S. Pughan, Jr., USN became the first black captain in the U.S. Navy, Feb. 1, 1966.

Harriet Tubman was the first black woman to be commemorated on a U.S. postage stamp, Feb. 1, 1975.

The first black news correspondent admitted to the House of Representatives was Percival L. Prudden of War World in New York. He worked from the Congressional press gallery Feb. 3, 1947.

On Feb. 12, 1885, Rev. Henry H. Garnet was the first black preacher to deliver a sermon in the House of Representatives. He was invited by President Lincoln.

Hiram R. Revelle from Mississippi was the first black U.S. Senator. He served in Feb. 25, 1875.

Mattie McMillen was the first Oscar-winning black woman in 1940. On Feb. 25 she won for her "Gone With the Wind" performance.

On Feb. 20, 1910 Emmet L. Ashford became the first black umpire to organize baseball. He worked for the Class C NY International League.

Chief honored by Boy Scouts

For "distinguished service to youth". THE Edward J. Walton has been granted the highest award of the Boy Scouts of America.

Chief Walton received the "Silver Beaver Award" from the Tidewater Council at a Jan. 23 ceremony. President Ronald Reagan is one of the co-signers of the citation.

At the public presentation, Joe Hoppel, WCRB-radio announcer noted Chief Walton "has been a community involved citizen, from Europe to the East Coast to the Pacific." He has been involved with Big

Brothers, Special Olympics and several scouting training programs.

Currently, Chief Walton is Scoutmaster of a troop in Virginia Beach (Stagosa Church of Christ) in Advance to the Order of the Arrow and teaches Christian Doctrine to youth at the Little Creek Base Chapel.

CHAMPUS allows claims waivers

A recently changed CHAMPUS regulation makes it easier for patients who are eligible for CHAMPUS, to obtain a waiver of the claim filing deadline, when the deadline has the patient's fault.

Normally, a claim must be in the hands of the claims processor no later than the last day of the year after the year in which the care was received.

Effective retroactively to April 9, 1981, certain exceptions may be granted for claims that were delayed by federal, state or local government institutions, for services they have provided.

Deadlines may also be extended if delays were caused by other health insurance companies which must pay part of the costs for particular services before CHAMPUS can make its payment.

Other waiver circumstances are:

*When a patient's eligibility was determined after the deadline;

*When there has been an administrative error in the program's headquarters, CHAMPUS office or by the claims processor;

*When the beneficiary or guardian is mentally incompetent; or

*When physicians or other medical professionals who have provided CHAMPUS care, mistakenly bill CHAMPUS directly.

Personnel awarded

The Navy Commendation Medal was presented to LT Edgar McGeary, Jr., on a Jan. 21 ceremony in the Wardroom.

The medal's accompanying citation commended LT McGeary's work as Assistant Intermediate Maintenance Activity Officer on the staff of the Commander in Chief Atlantic Fleet. It states that LT McGeary "utilized his in-depth technical knowledge to properly establish and monitor the fleet's priority for corrective actions."

Communications Department personnel receiving Letters of Appreciation, Jan. 28 were: 101 Victoria McLaughlin, ENS Bascom Wojnarowski, ENS Fidel Gonzalez, 031 Robert Craples and ENS Bernadette Costigan.

Commissaries lower surcharge

From the CMO's Navy Newsgram: Fairness of Navy Commissaries may see a slight decrease in prices. A recent memo issued by Secretary of Defense Casper Weinberger states that on April 1, commissary surcharges, applied on the cash register will be adjusted to five per cent.

The previous surcharge averaged six per cent and was applied to the shelf price of individual items.

The surcharge covers expenses such as rent, shipping costs and meat wrapping.



Asbestos program protects crew

By SSG JOSEPH DECHRISTOPARO

Asbestos, although prevalent in hundreds of industrial applications, is especially dominant in the ship-building industry. All but a few Navy ships in commission contain large amounts of asbestos. This asbestos is present in forms such as thermal insulation, pipe lagging, gaskets, flame tile, pipe flange liners and cement. It is estimated that there is still enough asbestos on some ships to be a potential personnel threat for at least 20 years.

Asbestos is a known health hazard. Inhalation of free, airborne asbestos fibers has been shown to induce "asbestosis", which can lead to lung cancer. Most symptoms of asbestos-related diseases do not manifest until 20 - 45 years after exposure.

Asbestosis is a fibrotic lung condition. Workers who have had excessive exposure to airborne asbestos suffer severe debilitating effects with this disease. Lung cancer is a fatal effect of exposure to asbestos. In addition, cigarette smoking has been shown to markedly increase complications of asbestos exposure, particularly lung cancer.

Now that this information has captured your attention, let us tell you what the U.S. SP4AR Medical Department and the Navy are doing to protect you.

The Asbestos Medical Surveillance Program was designed to determine who and how many Navy personnel have ever been exposed to asbestos. The program documents who has been significantly exposed and provides standard physical evaluations of these exposed personnel. The program also requires pre-placement physicals and annual follow-ups of asbestos workers.

The Asbestos Medical Surveillance Program questionnaire is administered to all Navy personnel to determine if they have ever been exposed to asbestos. A person who is determined to have been exposed is evaluated by a trained technician and enrolled in the Asbestos Medical Surveillance Program.

During the exposed worker's Naval career, he/she will be evaluated annually by means of an asbestos physician. The physical includes: a chest X-ray, respiratory tests and routine physical tests.

Completing the questionnaire may take five minutes; a physical may take a little over an hour.

Isn't you think an hour and fifteen minutes is worth your health?

Career Counselor's Corner

By NCE DENNIS L. CLINTON

Now you can get One Point Ahead!

The One Point Ahead coupon style book is being given to everyone who is reenlisting onboard the USS L.T. SPHINX (AS-26). This custom started December 1, 1982 just as soon as the books were available from the printers. It is not designed to be an incentive to reenlist, but to be a little something extra to help make the day a little more special for all of those concerned.

One thing included in the One Point Ahead book is a 48-hour liberty coupon, liberty starting the day of reenlistment. For a little extra relaxation, another 96-hour liberty coupon is included; liberty to be taken later, within a month.

The book doesn't stop there. It continues with a coupon for "Head-of-the-line privileges and a coupon for 30 days of one hour early liberty to help you beat the "going home traffic" the ups.

To provide a long-term memento of your reenlistment day, a very good discount price for an item you may special order through the Ship's Store is offered. And if that isn't enough, to give you an evening to remember, there is also a candle-lit "Turf Dinner for Two, for you and your date, on a day of your choosing.

All of this is in addition to pictures, certificates, a plaque and the ceremonial cake that you may already know about. It all goes together to make your reenlistment an event you'll remember for years to come.

Career progress noted

SE2 Michael E. Pomeroy, 6 years;

ST2 Harry L. Robinson, 6 years;

ST2 Michael E. Boston, 6 years;

EN1 Leonard M. Neate, 6 years;

ST2 Randall C. Sipes, 6 years

Recent reenlistees include:

How C-C-C-Cold Is It...?

Wind Chill Table

Source: National Oceanic and Atmospheric Administration

Wind Chill Index (Equivalent temperature above) Equivalent in cooling power on

exposed flesh under calm conditions.

Degrees Fahrenheit	Wind Speed (miles per hour)										
	5	10	15	20	25	30	35	40	45	50	55
40	35	30	26	23	20	18	16	14	13	11	10
35	30	25	21	18	15	13	11	10	8	7	6
30	25	20	16	13	10	8	7	6	5	4	3
25	20	15	11	8	6	5	4	3	2	1	0
20	15	10	6	3	1	0	-1	-2	-3	-4	-5
15	10	5	1	-2	-4	-5	-6	-7	-8	-9	-10
10	5	0	-4	-7	-10	-12	-14	-16	-18	-20	-22
5	0	-5	-9	-13	-17	-20	-23	-26	-29	-32	-35
0	-5	-10	-15	-20	-25	-29	-33	-37	-41	-45	-49
-5	-10	-15	-21	-27	-33	-39	-45	-51	-57	-63	-69
-10	-15	-21	-28	-35	-42	-50	-57	-65	-73	-81	-89
-15	-21	-28	-36	-44	-52	-61	-70	-79	-88	-97	-106
-20	-28	-36	-45	-54	-63	-73	-83	-93	-103	-113	-123
-25	-34	-43	-53	-63	-73	-84	-95	-106	-117	-128	-139
-30	-40	-50	-61	-72	-83	-95	-107	-119	-131	-143	-155
-35	-46	-57	-68	-80	-92	-105	-118	-131	-144	-157	-170
-40	-53	-65	-77	-89	-102	-116	-130	-144	-158	-172	-186
-45	-60	-73	-86	-99	-113	-128	-143	-158	-173	-188	-203
-50	-68	-82	-96	-110	-125	-141	-157	-173	-189	-205	-221



(Wind speeds greater than 40 mph have little additional cooling effect.)

Spotlight:





W-2 works . . .

When OSG Robert Mager describes W - 2 personnel, he speaks of the staff's diligence. "Even though we are short of people, we effectively perform all our jobs," he says.

And those jobs are several. Working on the L.T. SPEAR and Squadron Six submarines, W - 2 personnel spend about three-fourths of their working time in restricted spaces.

From the Fire Control Shop, efforts for repair and maintenance of submarine fire control systems is coordinated. These modern technical systems are "computer gear" and associated equipment that determine weapon calculations . . . and it tracks targets," describes PTG2 Harold Scadden. The petty officer simplified his description of tracking and target motion analysis by saying "It looks almost like an Atari game."

. . . with responsibility

But working with weapons is a serious responsibility that everyone in W - 2 speaks of when they talk about their jobs. TSG Deborah Goddahl says she especially appreciates the responsibilities inherent to working with small arms and standing Gunner's Mate duty.

PTG1 Sonny Dyle says that because he shares his father's hobby-interest in guns, he grew up feeling a joint sense of weapons and responsibility.

Small arms training — classroom and range-time — is conducted by W - 2 for all L.T. SPEAR and Squadron Six personnel. Therefore, training duties are almost constant.

W - 2 also maintains 11 top-side magazines and the armory. These house arms and ammunition ranging from .30 mm cannons to .22 caliber pistols.

As part of the Armory responsibilities, W - 2 arms and unarms the Security Alert Team Back-Up Alert Force and Reserve Force in various ship's spaces when necessary.

Finally, the division maintains the ship's Weapons Technical Library.

SGS George Davidson is W - 2 Officer; OSG Robert Mager is Chief Petty Officer. Other W - 2 personnel are: OSG1 Sonny Dyle, PTG2 Harold Scadden, PTG1 Harold Schiller, PTG1 Rich Wiley, PTG1 Sonny Dural and TSG Deborah Goddahl.

Chaplain's Chat . . .



"Chaplin, the 'good old days' are gone forever." This is what a friend of mine said to me as we were discussing world conditions. I had acquiesced by saying: "You mean the 'good old days' for you and me." Later I wondered if my reply was correct. After all, the "days" are not had, they are just an good an ever.

Of course, our thinking is influenced by the fact that many of us have lived through a period in the world's history of wars and rumors of wars and some of us are old enough to remember when at least the hearts and minds of people were not full of fear. While material resources have increased, it appears to me spiritual life has grown weak.

The tragedy of our predicament is that we do not recognize our weakness. We've become sure as lava flows to the times. We are rather full of pride over our material gains, but "what is a man profit", if he shall gain the whole world, and lose his own soul." So young people take the present situation for granted, do not recognize there is very much the matter with us.

The only ray of hope I see for all of us is church. Scientists see all you please, but we have surely reached the very brim of the precipice, and unless we seek refuge in those principles given us by the Son Of Galilee, we are sure to plunge ourselves over the brink. I admit this may not seem like a very pleasant contemplation, but most uneducated folks tell us it is a fact.

The "good old days" -ah, we shall yet see them. Maybe some who read these lines will actually experience what we term the good old days. But if we return to God he will have mercy and he will abundantly pardon. "And, if you please, that great chapter in the Book of Hebrews which relates the story of those who died in the faith, always looking for the Messiah, ever expecting him, yet never living will be same." God having provided some better things for us, that they without us should not be made perfect."

So, we who are Christian must never give up. Keep looking, "For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry." Do you believe this? Then, let us preach it to the world.

SPORTS

The L.Y. SPARK was again represented by both women's and men's basketball teams,

As of the first week of February, the men's team, with 8 wins and 7 losses, stood in 13th place in the 26-team International Forces Afloat League.

The women's team, with a 2 - 4 record, was in 3th place in the 8-team Interservice Service League.

The regular season for both teams ends this week.

The U.S. Boston Boys Club is looking for volunteer supervisors for the following youth activities:

--Hockey Club, Tues. evening;
--Bowling & Bobbin Club, Tues. evening;
--Swimming, Fri. evening; --Dancing, Thurs. evening; --Golf, Mon. evening;
--Gymnastics, Fri. evening; --Dumbbells, Sat. daytime and --Closed Circuit T.V. Club, Fri. evening.

Anyone interested should call the Boys Club at 635-8980. The club is at 3481 Asselin Garden Road.