



Lincoln protects Sailors in time for flu season

STORY BY MC3 KAT CORONA
Penny Press Staff

USS Abraham Lincoln's (CVN 72) Health Services Department inoculated more than 2,000 Sailors Oct. 5-9 with the Flumist (live) vaccination to prevent influenza outbreaks during this flu season.

Unlike traditional, needle-injected flu vaccinations, Flumist is a painless vaccine that is sprayed into a person's nostrils. It contains a live, weakened virus rather than the dead strain used in traditional flu shots. The live strain of the virus is more effective because it changes every year as the influenza virus evolves, said Hospital Corpsman 3rd Class Jeffrey Allen of Lincoln's Health Services Department and native of Sacramento, Calif. This year the seasonal flu vaccine includes three strains of the most common circulating flu viruses.

Influenza is not the common cold, and can be a severe to life-threatening illness, which is why it is important to be immunized. Getting an annual influenza vaccine immunization protects many people from getting the disease or become severely ill.

"On average 260,000 people are hospitalized because of influenza and 30,000 of those people die," said Allen. "That's why it's important to get the vaccine to prevent the flu."

Health Services Department Sailors screened every Lincoln Sailor to ensure they were able to receive the vaccination.

"The Flumist can be received by most people under the age of 50 who are not pregnant," said Hospital Corpsman 3rd

Class Latoya Goldsmith of Abe's Health Services Department and native of Stockton, Calif. "There are several medical conditions that can disqualify a person from receiving the vaccination such as kidney, heart or liver problems or sensitivity to egg products. For those disqualified from the Flumist, we have the shot available."

Immunization remains the primary

protect vaccinated individuals, but also helps protect entire communities by preventing and reducing the spread of the virus.

In addition to their inoculations, Lincoln Sailors were given tips to help decrease the spread of the flu this season. They were reminded to wash their hands in soapy water often and to use alcohol-based hand sanitizers when they aren't able to get to a sink. They were also told to avoid close contact with people who are sick. Other tips to decrease the spread of the virus include staying at home from work, school and errands while ill, covering their mouth and nose with a tissue when coughing or sneezing and not touching their eyes, nose or mouth throughout the flu season.

Flumist (live) only combats the seasonal influenza virus and not the H1N1 virus. Defense Department has mandated all servicemembers receive the H1N1 vaccination as soon as possible. Lincoln's Health Services Department is ordering the vaccinations and will begin administering them as soon as they get to the ship, said Goldsmith.

Navy Medicine will be monitoring the seasonal influenza viruses carefully over the coming weeks and months and will be proactive in developing contingency plans to address any public health issues if required. Force health protection is the responsibility of every commander and servicemember and it is important for everyone to take the proper actions to protect personnel, beneficiaries, coworkers and family members against the seasonal influenza.



Photo by MC3 Sean Gallagher
Aviation Boatwain's Mate Electronics 2nd Class Julene Morgan receives her flu mist on board USS Abraham Lincoln (CVN 72) in preparation for the colder months.

method of reducing seasonal influenza illness and its complications, said Army Lt. Col. (Dr.) Wayne Hachey, director of preventative medicine for Defense Department Health Affairs. The seasonal influenza vaccine not only helps

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Know Your Shipmates



Photo and information gathered by MC3 Sean Gallagher

**CSSA
Mawobawe
Batawui**

Hometown:
Sioux City, Iowa

Quote:
"Do your job and do it well."

Hobbies:
Soccer

What I Like About My Job:
Serving the crew and making sure they get great meals.



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Local Stories

Lincoln helps Sailors kick smoking habit

STORY BY MCSN ROBERT ROBBINS
Penny Press Staff

Cigarettes are one of the few products sold legally that can harm and even kill people over time if used as intended. When a person lights up a cigarette and inhales its smoke, they ingest thousands of chemicals including at least 50 that are known to cause cancer.

USS Abraham Lincoln (CVN 72) recognizes the harm that smoking cigarettes can cause and has a treatment program available to Abe Sailors who are serious about quitting tobacco for good.

The four-week cessation program provides Sailors the support needed to kick the habit. Health Services Department holds classes every Thursday at 8 a.m., covering various methods of quitting, personalized treatment, and establishing a quit date.

"Tobacco use harms almost every organ in the body, and the U.S. suffers 444,000 tobacco-related deaths per year," said 2007's Surgeon General of the Navy Rear Adm. A. M. Robinson, Jr. "Quitting tobacco use is one of the best things you can do to improve health, quality of life and improve military readiness."

The facts about tobacco fatalities speak loudly according to the Centers for Disease Control and Prevention. In

2007, tobacco products are the leading cause of preventable death and illness. Tobacco use in the form of smoking alone takes about half-a-million lives every year.

Some of the harmful chemicals in tobacco smoke include ammonia, which is used as a toilet cleaner, acetone, used in nail polish remover, carbon monoxide, found in car exhaust, formaldehyde, used in embalming fluid, and tar, which 70 percent of which is deposited in smoker's lungs.

Smoking not only harms the body, but the wallet too. As stated by the Defense Department's Health Affairs Office, the Pentagon spent an estimated \$1.6 billion in 2006 to cover medical costs and loss of productivity due to tobacco-related illness in the U.S. Additionally, the Defense Department spent another \$3.9 million for smoking cessation programs.

"The costs of tobacco use are staggering to the health-care system and to the individual," said Robinson.

With all the free treatment options available to Sailors such as medications, nicotine patches and gums, why do Sailors around the fleet continue to jeopardize their health



and future?

Though the choice to start may be a relatively easy one, the choice to quit may take dedication and determination.

"The person has to want to quit, they have to actually try," said Lincoln's Smoking Cessation Program Coordinator, Hospital Corpsman 3rd Class (SW) Latoya M. Goldsmith, of Stockton, Calif. "They need to be sure that it's what they want. They need to be committed to it."

Sailors wanting to kick their habit should stop by Health Services for more information. Additionally, outside the command, resources are available to further assist those wanting to live a smoke-free lifestyle. The National Quitline is 1-800-QUIT-NOW, along with internet support: www.smokefree.gov, www.ucanquit2.org, and 1800quitnow.cancer.gov.



Around the Navy

Kitsap focuses on Sexual Assault Prevention

By MC2 (AW) MAEBEL TINOKO,
NAVY PUBLIC AFFAIRS SUPPORT
ELEMENT WEST, DET. NORTHWEST
Special to the Penny Press

Naval Base Kitsap (NBK) Bangor held an initial 36-hour Sexual Assault Victim Intervention (SAVI) victim advocate training from Oct. 5-9 for active duty and civilian personnel interested in becoming advocates.

Recently the Navy's SAVI title was changed to Sexual Assault Prevention and Response (SAPR) to align with the department of the Navy SAPR office and DoD policy. Key stakeholders were identified and charged in NAVADMIN 282/09 to reinforce Navy's SAPR program, which was established in 1994 under the name SAVI.

"The Sexual Assault Prevention and Response acronym is what SAVI is becoming," said Sharlyne Hays, instructor and sexual assault response coordinator, Naval Base Kitsap (NBK). "SAVI will still be a part of the greater program but SAVI is just the sexual assault victim intervention part of the SAPR program."

The name change aligns with the mission of the program, underlining the importance of both prevention and response.

"We hold initial advocate training quarterly for tenant commands," Hays said. "The purpose of the course is to educate active-duty service members on how to assist victims of sexual assault through the reporting process and procedures,"

SAPR advocates are trained person-

nel throughout the Navy available to educate Sailors and civilians about the crime of sexual assault, its consequences and how to prevent it.

"It's important for the Navy to have an advocate at every command so victims can get the help they need wherever they are stationed," said Gas Turbine System (Mechanical) 2nd Class Jeffery Baluyot, Intermediate Maintenance Facility (IMF), a Honolulu, Hawaii native.

"Every deploying command needs to have an advocate because when they deploy they need to be able to help victims while they are away from port," added Hays.

For more information about upcoming SAPR training in the northwest contact Sharlyne.hays@navy.mil or visit the website at www.navylifepnw.com.

CPPD launches redesigned Navy College website

By SUSAN LAWSON,
CPPD PUBLIC AFFAIRS
Special to the Penny Press

The Center for Personal and Professional Development (CPPD) and the Navy's Voluntary Education (VOLED) Program launched the newly redesigned Navy College Program (NCP) Web site Oct. 6.

The NCP site features several new enhancements to its Web-based tuition assistance (WebTA) application and also provides access to Sailor/Marine Ace Registry Transcript (SMART) records.

"Though we've provided access to WebTA in the past, our new Web site, unlike its older version, allows Sailors to complete all steps in the tuition assistance and education planning process online," said Mary Redd-Clary, VOLED program director.

"In the past, Sailors could start the TA

(tuition assistance) application process, but were then required to circulate a printed copy for review and approval through the chain of command. Now, Sailors and Marines can complete the entire process virtually, and the final step is the paper-based submission, in person or via fax, to one of the Navy's 52 Navy College Offices (NCO) for completion," said Redd-Clary.

Additional NCP Web site updates have been made in the form of portals to ensure the most comprehensive access to and support of Sailors educational counseling and planning.

The redesigned site includes tools required for Sailors to develop an interactive education plan with direct support from NCO counselors.

In addition to WebTA and SMART records access, this portal will also allow Sailors to search degree plans based on their ratings. These degree plans are offered through partner schools from the Navy College Program Distance

Learning Partnership (NCPDLP).

The NCP Web site has also incorporated an NCO portal, dubbed My Ed Office, which will allow counselors to access their NCPDLP partner schools' degree plans.

"This capability and reach-back mechanism will directly support the most efficient, timely and up-to-date information needed to develop Sailors' education plans," said Redd-Clary.

The NCPDLP partners will also have access to their own portal on the site, which will allow school representatives to continually maintain their schools' academic-related updates and ensure all degree programs based on Navy ratings are kept current.

For more information about the Navy College Program, visit <https://www.navycollege.navy.mil/>.

For more information about the Center for Personal and Professional Development (CPPD), visit <https://www.netc.navy.mil/centers/cppd/index.cfm>.

Around the Navy

President's advisor addresses domestic violence

By MC1(SW/AW) JENNIFER HUDSON,
NAVAL WEAPONS STATION CHARLESTON

Special to the Penny Press

As part of a Navywide initiative to spread awareness about domestic violence, Oct. 8, featuring a White House advisor on Violence Against Women, as the special guest speaker in Charleston, SC.

Lynn Rosenthal was appointed by Vice President Joe Biden and is one of the nation's foremost experts in domestic violence policy. She has worked at the local, state, and national levels to create an environment where violence against women is not ignored and perpetrators are held accountable.

"We are here today to reflect on what we are doing to raise awareness against domestic violence as a community and as a nation," said Rosenthal. "One of those ways we are doing this is by recognizing the 15th anniversary of the passing of the Violence Against Women Act (VAWA) of 1994. The Navy has continually been a contributor to this factor by bringing everyone together and stressing the importance of domestic violence."

Its reauthorization in 2000 and 2005 allows existing programs to combat domestic violence, sexual assault, dating violence, and stalking.

"One question that is usually asked is,

'Why do victims stay with an abuser?' The reasons why victims stay changes over time," said Rosenthal.

She went on to explain that in the beginning victims tend to feel like they can change the person, because they love them or because they want to save that relationship.

Over the years, the reasons evolve into fear - fear for both the physical safety and economic security of those abused and for children who may be involved.

"As difficult as this topic may seem, we are making a tremendous headway in reaching out to society. VAWA shows that our nation's policy makers recognize domestic violence as a devastating social problem," said Rosenthal.

"By applying a more comprehensive approach, we move one step closer to eradicating this issue. Currently, domestic violence is down nationally by 50 percent since 1996."

Guest speaker Elmire Raven, executive director of My Sister's House Inc., a local nonprofit organization, reflected on how women are not the only victims.

"Anyone can be a victim of domestic violence; men and children are not exempt from this. Domestic violence is a cycle and it is also a learned behavior," said Raven. "In our office, we are already starting to see second generation adults who have come

with their mother when they were kids and now they are returning as an adult with their own children."

Domestic violence does not always necessarily mean physical abuse. It can be implemented in ways such as: using coercion and threats, intimidation, emotional abuse, isolation, minimizing, denying and blaming, claiming male privilege, economic abuse, and even using children, threatening to hurt the child.

Along with My Sister's House Inc., People Against Rape (PAR), Inc., helps raise awareness in domestic violence by linking sexual assault to domestic violence, stating that in one out of every 10 cases, the victim was married, and in most cases were previously abused by their spouse.

PAR provides tools and assistance needed to help victims or survivors. They also provide education, prevention tips, and help raise awareness to the public about the issues involving sexual violence.

"Domestic violence knows no boundaries, it doesn't discriminate and it knows no race or gender," said Naval Weapons Station Commanding Officer, Capt. Glen Little. "We need to stay involved and be aware of the people who work around us, regardless of position or rank; this is where intrusive leadership needs to take place throughout the Navy."

Navy families encouraged to save for holidays

By JAMES FEE,
JOINT REGION MARIANAS PUBLIC AFFAIRS
Special to the Penny Press

The Navy's Fleet and Family Support Center (FFSC) encourages families to start saving now for this year's holidays.

According to a study by BIGresearch, the average American adult planned on spending \$832.36 on gifts, decorations, food, greeting cards and flowers in 2008. Even without a global economic recession that would have taken out a hefty chunk from the average

American adult's monthly budget.

For those who haven't been saving \$70 or so a month throughout the year for this year's holidays, FFSC suggests that, even though it's October, it's not too late and not at all too early to start making a financial plan for December.

"They have to think about how much they're going to spend for the holidays, instead of going overboard and buying everything they see at the store," said Pilar Pangelinan, financial educator for FFSC's Personal Financial Management Program.

Even for those who have been sav-

ing well in advance, it's important to have a plan for what you want to buy. Shoppers should also have a schedule and start buying gifts months ahead of time.

Making a budget and a shopping plan and expanding the idea of a gift beyond the material to the considerate may not only help make your holidays brighter but help you start your New Year off on the right foot.

"What happens come January is that they get hit with these credit card bills and they start the year off in debt," said Pangelinan.



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ANIZING
COLN
SAILORS
IN JIMMY CELLINI



Around the Navy

Quick hire of DON military spouses now possible

BY GEORGE MARKFELDER, DEPUTY ASSISTANT SECRETARY OF THE NAVY, (CIVILIAN HUMAN RESOURCES) COMMUNICATIONS
Special to the Penny Press

It is now easier for certain spouses of active duty Sailors and Marines to be hired by the federal government.

New Department of Defense hiring authorities took effect this fall, and the Office of Personal Management (OPM) issued final regulatory guidelines in the Federal Register under the title, "Noncompetitive Appointment of Certain Military Spouses."

"This is a super opportunity for certain spouses of active duty military members to serve their country directly, and to begin a great career with worldwide assignment opportunities," said Shirley Scott, director

of Human Resources Policy and Program Department at the DON Office of Civilian Human Resources.

Scott explained that the eligibility for this noncompetitive hiring authority falls into four major categories: (1) a spouse of an U.S. Armed Forces service member serving on active duty (not for training) for more than 180 days, provided the spouse relocates to the member's new permanent duty station; (2) a spouse of a military service member who is retired from active duty with a documented service-connected disability rating of 100 percent; (3) a spouse of a military service member who retired, was released or discharged from active duty and has a disability rating of 100 percent as documented by the Department of Veterans Affairs; or (4) a spouse of a military service member killed while on active duty. In the latter case, the spouse must be the un-

married widow/widower of the deceased service member to meet eligibility.

"Of course the intent of these regulations is to make it easier for the federal government to recruit and retain skilled and experienced employees," said Scott, "but also, when service members have a permanent change of station and the family moves, the spouse is typically forced to find a new employer at that new location. Allowing military spouses to at least compete for jobs that would otherwise only be open to current civilians or veterans provides us, the employer, with a greater pool of potential candidates. It is a win-win for us all."

For more information on the noncompetitive appointment of certain military spouses, contact the local HRO, and for information on current DON job opportunities, visit <https://www.donhr.navy.mil/default.asp>.

Sailors still "principal hope of America's future"

BY JOY SAMSEL, NAVAL EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS
Special to the Penny Press

Quoting Thomas Jefferson's description of American naval hero John Paul Jones, Rear Adm. Joseph Kilkenny, commander, Naval Education and Training Command, compared today's Sailors to that legendary seaman during his key note address at the Pensacola area Navy Ball Oct. 9.

Held at the National Museum of Naval Aviation, the event was attended by more than 500 military members and local dignitaries.

"The American Sailor has a long and distinguished genealogy," Kilkenny told the audience. "As I look around this room at the young Sailors, I can readily see the undaunted spirit and tenacity which were characteristic of one of our earliest naval heroes – John Paul Jones. He was described by Benjamin Franklin as the 'chief weapon of American forces in Europe', while Thomas Jefferson described Jones as the 'principal Hope of [America's] future efforts on the ocean.'

"The principal hope of America's future'. That is what I see when I look into the faces our Sailors," Kilkenny said.

The theme for this year's Navy Ball, which was hosted by Naval Operational Medicine Institute, was 'Honoring Sacrifice, Embracing Change, Continuing a Legacy'.

According to Kilkenny, Sailors live by different rules than other citizens around the nation. These guiding rules or codes include the Navy Core Values, and the Sailor's Creed.

"Creed is defined as a statement that someone believes in," Kilkenny said. "A creed is also called 'the epitome of principles', and the five short statements within the Creed are the embodiment of our Sailors. It encompasses the proud heritage of our Navy's past, as well as our future."

Kilkenny went on to quote Sailors from throughout the fleet about what the Sailors Creed means to them.

According to Petty Officer Second Class Philip McMullen, an Intelligence Specialist aboard USS Blue Ridge (LCC-19) in Yokosuka, Japan, the commitment to excellence

in the Creed is very important to him.

"There are many distractions enticing us to take shortcuts and not pursue excellence, so I make an effort each day to avoid that," said McMullen. "I try to pursue what is beneficial long-term, not short-term."

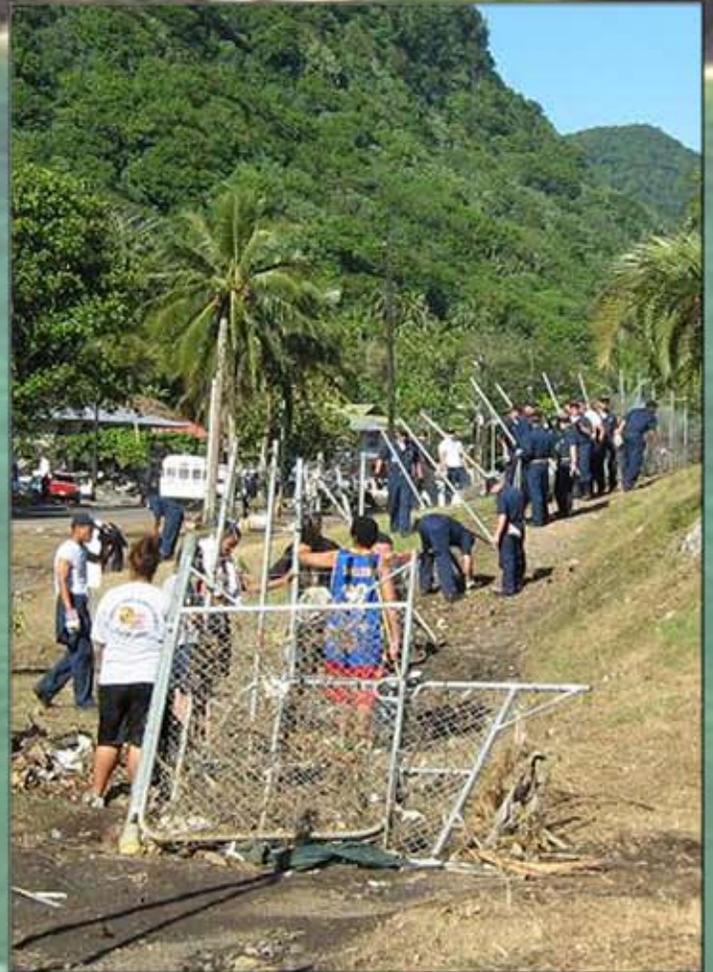
For Petty Officer First Class Chris Holland-Tuve, a storekeeper assigned to the Combined Joint Task Force-Horn of Africa as part of the United States African Command, it is the defense of the Constitution that rings true.

"I proudly serve my country's Navy combat team with Honor, Courage and Commitment," Holland-Tuve said. "It is by God's grace alone that I can exhibit any of these necessary traits. Honor inspires courage, and with courage comes the commitment to follow through, doing the right thing in difficult circumstances."

Kilkenny told the audience that, after 234 years of service to the nation, the Navy's core mission remains the same - to support and defend the Republic called America.

Concluding his remarks, Kilkenny said the Navy's job is not always easy and there are risks.

USS INGRAHAM COMES TO THE AID OF THE CITIZENS OF AMERICAN SAMOA



Recreational Reader



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2009 October

Naval Base Kitsap Fleet & Family Readiness Program

For more information
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 NFL Sunday Football	19 Racquetball Fall Classic Federal Resumes	20 Racquetball Fall Classic Time Management Anger Management	21 Racquetball Fall Classic Damage Control for Relationships: Intimacy 101	22 Racquetball Fall Classic Smooth Move IA Family Event: Fall Festival	23 Racquetball Fall Classic SAC Parent's Night Out Become and Entrepreneur: How to Successfully Start Your Own Business	24 NCAA Game Day Wenatchee Wine Tour
25 NFL Sunday Football	26	27 Conflict Management	28 Damage Control for Relationships: Money Personalities	29	30 Credit & Debt Management Fall Job Fair	31 NCAA Game Day Boo Bowl Halloween Party at Sams Halloween Party at the Lounge

2009 October

Naval Station Everett Fleet & Family Readiness Program

For more information
www.navylifepnw.com
 (425) 304-3571

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19 Separation TAP Vibes Monday Night Football Command Pumpkin Carving Contest (October 19-29) Ombudsman Assembly Paintball Monday	20 Separation TAP Art Adventures Positive Parenting Smooth Move Pool Tournament	21 Separation TAP Stress Management Transition and Relocation Assistance Coordinating Committee (TRACC) Movie Night at Pierside	22 Separation TAP Money and the Move Resume Writing Interview Skills Bingo Night	23	24 Saturday Swim Lesson Session Begins Movie Marathon Discover SCUBA
25	26 First-Term CONSEP Vibes Monday Night Football New Swim Lesson Session Begins How to Write Awesome College Apps and Essays Salvation Army Volunteer	27 First-Term CONSEP Art Adventures Positive Parenting Anger Management Madden Tournament	28 First-Term CONSEP Movie Night at Pierside	29 First-Term CONSEP Pumpkin Carving	30 Trunk or Treat Trunk or Treat Decorating Contest Trunk or Treat Volunteer	31 Fragrance Lake Day Hike

Final Thoughts

Editor's Top 10

Top 10 reasons we hate that it's getting cold.

10. All the geese from Canada. Have you seen the track and field by the gym?
9. You don't get the instant tan from the blistering sun when you walk outside.
8. It's going to get icy. As if getting off base after work doesn't take long enough without slipping and sliding.
7. If you want to wear the new camis you have to shell out a fortune for the jacket.
6. Your hands are so cold you have to wear gloves which makes texting difficult.
5. You can't cruise around with your window down unless you're playing the game freeze out.
4. You get the bright idea to drink hot chocolate, which burns your tongue so you can't taste anything for a week.
3. You have to wear more layers which means more laundry.
2. The rain is now life-threatening instead of refreshing.
1. It's the perfect season to catch the flu and/or cold.



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo by MCSA Jerine Lee

Aviation Boatswain's Mate (Fuel Handling) 3rd Class Donald R. Shelvin, of Houston, Tx., uses a chain link to connect a jet fuel hose to a wheel on the flight deck aboard the USS Abraham Lincoln (CVN 72).

The true cost of a DUI

- Minimum Fine: **\$390**
- Penalty Assessment: **\$666**
- State Restitution Fund: **\$100**
- Alcohol-Abuse Education Fund: **\$50**
- Blood or Breath-Testing Fee: **\$37**
- Jail Cite-and-Release Fee: **\$10**
- Driving/Alcohol-Awareness School: **\$375**
- License Reissue Fee: **\$100**
- Attorney Fees (average): **\$2,500**
- Auto Insurance Increase: **\$3,600 - \$6,600**
- Half Month's Pay for Two Months (E-3): **\$1859.70**
- Loss of Pay for One Year Once Reduced to E-2: **\$3492**
- Total: \$13,142.70 - \$16,146**

Is it worth it?