

FIVE STAR

DECEMBER 16, 2022

IN THIS EDITION

STAND OUT AMONG YOUR
PEERS WITH A FUN AND
REWARDING COLLATERAL

EXCEPTIONAL FAMILY
MEMBER PROGRAM:
PROVIDING AID TO
SAILORS WITH SPECIAL
NEEDS DEPENDENTS



IKE AMBASSADORS

LEAD VISITORS ON TOURS OF IKE

STAND OUT AMONG YOUR PEERS

WHY BE AN IKE AMBASSADOR?

- BE MORE COMPETITIVE FOR ADVANCEMENT
- REPRESENT YOUR COMMAND TO THE COMMUNITY
- IMPROVE YOUR PUBLIC SPEAKING SKILLS
- INFORM THE PUBLIC ABOUT THE CAPABILITY, IMPORTANCE, AND VALUE OF TODAY'S NAVY
- MEET FAMOUS AND INFLUENTIAL PEOPLE

HOW CAN YOU JOIN?

- COME DOWN TO MAIN MEDIA, 03-180-O-Q, TO SIGN UP AND LEARN ABOUT REQUIREMENTS
- EMAIL THE PAO DISTRO: PAO@CVN69.NAVY.MIL
- E-5 OR ABOVE, EXCEPTIONS FOR E-4 ON CASE-BY-CASE BASIS



EDUCATE THE PUBLIC



FOSTER GOOD COMMUNITY RELATIONS

I DRANK, DROVE, KILLED, AND WE LOST: ERIC SMALLRIDGE SENTENCED 22 YEARS



Did you know that if you choose to drink and drive and get involved in an accident in which someone is killed that you can be sentenced to serve 15 years in a Florida Correctional Institution? Or if two people die in the accident you can spend 30 years locked away? Thirty years, think about that really hard. I didn't. I never thought it could happen to me. I thought the worst that could happen is that I could get pulled over and get a DUI. If that had ever happened, I'm sure I would have thought about it a little harder, but until then, no worries.

I knew people who got DUIs in high school. It really didn't seem like that big a deal. They paid their fine, lost their license for six months and caught rides with friends until they got their hardship license for school. An accident where someone gets killed, well, that was just not going to happen. Not in a million years did I ever think it could happen to me, or that I could end up where I am today.

My name is Eric Smallridge, or I should say, it was. My new identity is Inmate P22679. I am currently serving a 22-year sentence in the Florida Department of Corrections for my role in an accident that claimed the lives of two beautiful, twenty year-old girls, Meagan Napier and Lisa Dickson. I had been drinking. I have been incarcerated for a little over two years in which I have had plenty of time to think about the consequences of drinking and driving. Everyday I wish that I had taken DUI more seriously and heeded the advice not to drink and drive. I had a great life full of opportunity and promise, a wonderful family, lots of friends, a beautiful girlfriend and I had just received my bachelor's degree in Management Information Systems. In a split second, everything changed. It may be too late for me, but I really hope that telling you about the miserable realities of my life in a Florida prison will help you make better choices than I did.

Prison can be a very violent place. After all, many people here are incarcerated for horrible, violent crimes. There are murderers, rapists, child predators, drug pushers, aggravated batterers and more. Since I've been here, people have been stabbed, others severely beaten, and on one occasion, a guy had his finger bitten off. The institution where I am is supposed to be one of the least violent. I'll leave it to you to imagine what goes on at other Florida institutions. While violence is ever-present, it isn't what makes prison life so hard to endure. One of the hardest things is thinking about all that I had taken for granted in my life, and how horribly I have messed up not only my life, but also the lives of so many others.

Visiting with family and friends had always been a huge part of my life that I had taken for granted. It is especially difficult during the holidays and other special occasions like marriages and reunions. I never realized how very precious all those moments were and how much they meant to me, or how much it meant to my family and friends that I be there with them. Now that isn't an option for any of us.

In prison, no one can just "come for a visit." The only way I can visit with anyone is if they go through a long and

frustrating application process. Only 15 people can be on my approved visitation list at one time, and only five of them can come to see me on a given day. Those that are approved to visit have to drive about 100 miles each way and if five people are already there, they get turned away. Visitation conditions are far from ideal and privacy is nonexistent. We are allowed one hug as they enter and one when they leave. On a busy weekend, there may be upwards of 180 people visiting and everyone sits across from each other at these long common tables where sometimes everyone is trying to talk over each other just to be heard. The worst part is that I never imagined that my friends and family would have to be thoroughly frisked and I would have to be strip searched before and after every visit.

Hopefully I've already convinced you that prison is a miserable place that you never want to experience for yourself. I've told you about some of the things I used to take for granted when I had my freedom, but I still haven't told you about the very worst part of being in prison: Just being here. Every fence topped in circles of razor wire, every closed door, every wrinkled blue uniform, every barred window is a constant reminder of the wasted years ahead of me and the many innocent people's lives that have been adversely affected because of the accident I so ignorantly thought could never happen.

The two people I think about the most are the two that died in the accident I didn't think could ever happen. Meagan Napier and Lisa Dickson were only twenty years old. They had their whole lives ahead of them. I think about them all the time and it hurts. Everyday I ask God why I wasn't the one to die instead of them. If only I could trade places with them so they could realize the great lives they should have had, but I can't and they can't and I will live with that reality every single day of the rest of my life. I think about Meagan and Lisa's families and friends a lot, too. I agonize over what I could possibly do to ease their grief and return their loved ones to them. But I cannot do that either and it is more painful than any amount of physical torture that could be inflicted upon me.

If you have a drink, enjoy yourself but remember that driving simply is not an option. Don't risk it, not even once, because it only takes a split second to go from a great future to Inmate P22679. Please don't ever hesitate to designate a driver or to call a cab. Otherwise you may be riding in a police car or, God forbid, a hearse.

Writing this has not been easy for me. It is really hard to talk about my existence as Inmate P22679, the feelings of worthlessness, the fear that I will no longer be capable of contributing to society when I am finally released from prison in 2022, the feeling that I have failed myself and my family, and the sorrow I feel for the loss of two beautiful human beings Meagan and Lisa. I'm writing this for them, their families and mine. It never seemed possible that my life could turn out this way. I bet you don't think yours could either. Think again. I am living proof that it CAN happen to you!

EXCEPTIONAL FAMILIES DESERVE EXCEPTIONAL CARE

STORY AND LAYOUT BY MC3 FISCHER



According to the Center for Disease Control and Prevention, one in every 44 American children were diagnosed with autism in 2018. That means on USS Dwight D. Eisenhower (CVN 69), roughly 90 Sailors have or will have a child with autism. Autism is one of many conditions which may cause a Sailor's dependent to possess special needs. Often times, their special family member needs a host of support services and specialized medical care. Due to the transient nature of Sailors having to uproot their families every few years and set up a new home somewhere else in the world, continuity of care is paramount to that Sailor's peace of mind and mission readiness. They can't focus on the mission if their family isn't receiving the care and support they need.

The Exceptional Family Member Program (EFMP) is a detailing tool that limits the location to which sponsors can be assigned to ensure family members with special needs always have the care and support they require.

"It's given me great peace of mind to compartmentalize what's going on at home," said Lt. Dave Scott, one of IKE's EFMP coordinators. "The Navy has put me in a geographical location with adequate medical care to meet my son's needs."

EFMP has additional benefits other than assisting detailers in selecting orders.

"EFMP is the most mandatory program in the Navy that the Navy will not make you do," said Aviation Ordnancemen 1st Class Justin Rives, another IKE EFMP coordinator. "My daughter has autism and pica. EFMP helped qualify my family for the Tricare Extended Health Care Option (ECHO). They provided occupational and speech therapy. They also gave her an iPad that teaches her to spell and learn words or phrases."

Families that have a child with developmental delays or autism end up paying money out of pocket for these services. With Tricare ECHO, there is a \$25-\$50 copay for each service, and that caps out at

\$500 for the year. Once the \$500 copay cap is met, there is no longer a requirement to pay for services the rest of the year.

"I've been an EFMP member for four years," said Scott. "My son was born three months premature, and we were in the hospital for four months. That's when EFMP came to the rescue. They helped me take a leave of absence when my family needed me most."

Every EFMP member is assigned to a liaison who ensures the required paperwork is up-to-date and in the system properly. Liaisons also provide recommendations to entertaining and informational events beneficial to both the EFMP member and the sponsor.

EFMP enrollment is mandatory for any family member who requires access to special services. It's not limited to children.

To become an EFMP member, sponsors must fill out DD form 2792 and 2792-1. DD form 2792-1 is meant for any school-age child, meaning as soon as a child is in pre-kindergarten, they qualify to be an EFMP member.

"Once the DD form is filled out, you take it to a medical provider who will fill it out with the diagnosis or any important information," said Rives. "Once that's done, it gets taken to an EFMP coordinator at [Naval Station] Oceana or [Naval Health Clinic] Portsmouth. You can also bring it to me or Lt. Scott, and we'll help you finish anything that's missing. Once submitted, you'll be notified from Navy

Family Accountability and Assessment System in 45-60 days that



your dependent has been inputted into EFMP"

According to Scott, EFMP may not be at the forefront of Sailor's minds now, but when it does become a resource, it's the most important resource for them.

For more information on EFMP and what they can do for you, reach out to AO1 Rives or Lt. Scott. Their information can be found on the plan of the day.

**“THE EXCEPTIONAL FAMILY MEMBER PROGRAM IS
THE MOST MANDATORY PROGRAM IN THE NAVY THAT
THE NAVY WILL NOT MAKE YOU DO.”**



A01 JUSTIN RIVES & LT DAVE SCOTT: IKE'S EFMP COORDINATORS



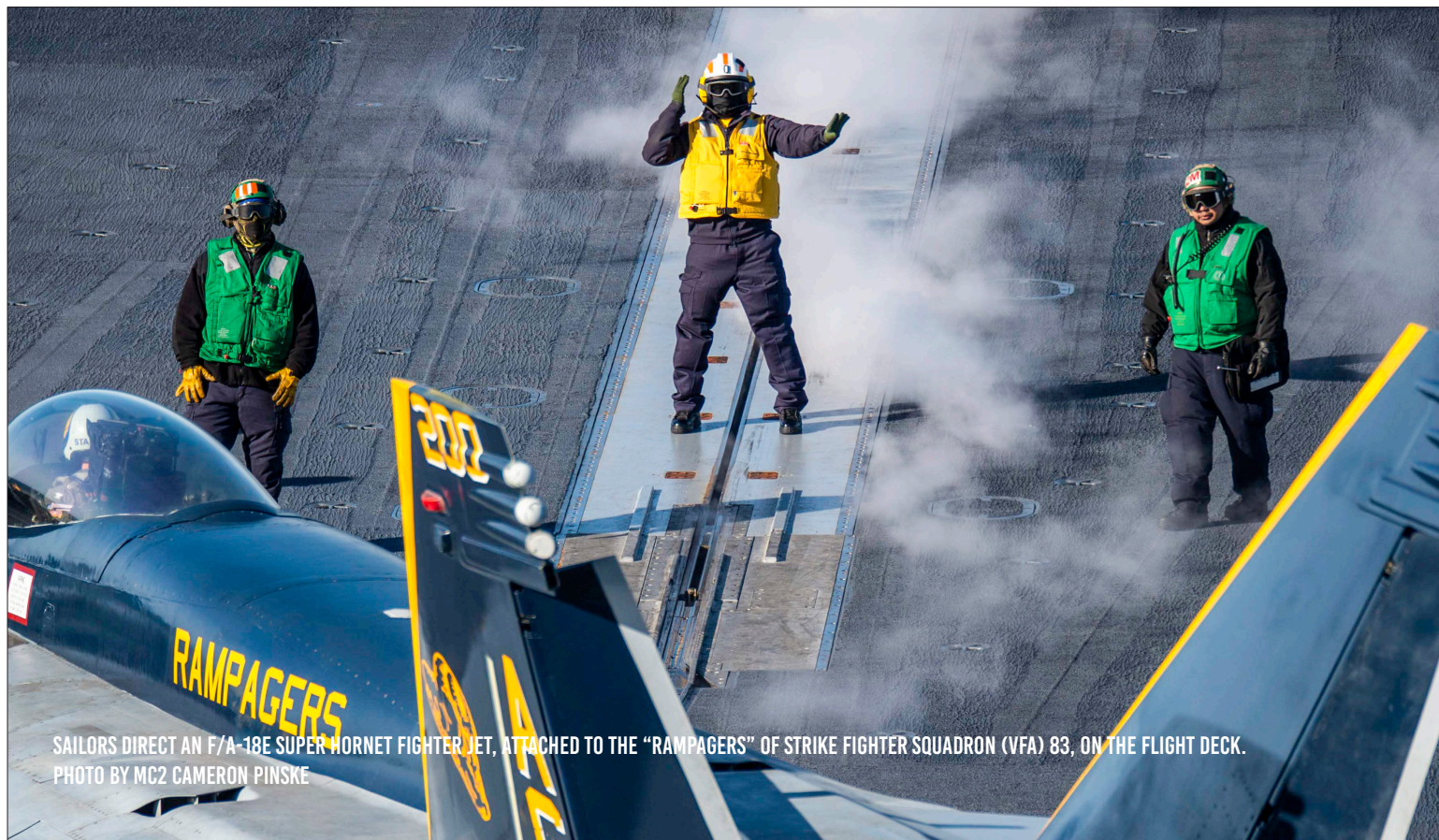
ABH3 PRESTIGE RUSICH, A SAILOR IN CRASH AND SALVAGE, STANDS BY IN CASE OF AN EMERGENCY ON THE FLIGHT DECK.
PHOTO BY MCSN TRENT HAWKINS



AOAN MICHELLE DALY RELOADS A M2A1 .50-CALIBER MACHINE GUN DURING A LIVE-FIRE EXERCISE.
PHOTO BY MC2 CAMERON PINSKE



ABH3 JUAN FIGUEROA STANDS AS A FLIGHT DECK OBSERVER UI ON THE FLIGHT DECK.
PHOTO BY MCSN TRENT HAWKINS



SAILORS DIRECT AN F/A-18E SUPER HORNET FIGHTER JET, ATTACHED TO THE "RAMPAGERS" OF STRIKE FIGHTER SQUADRON (VFA) 83, ON THE FLIGHT DECK.
PHOTO BY MC2 CAMERON PINSKE



ABHAN MADISON ADKINS

AIR/V-0

From: Asheboro, NC

Goals: Earn degree in psychology, become a Naval officer, and earn PHD

Favorite Ike Memory: Throwing paper planes in the hangar bay while watching Top Gun

Reason for joining the Navy: For new opportunities

MEDICAL APPOINTMENTS: AVOID THE LINE

Avoid the morning Sick Call line and schedule an appointment with a medical provider for the following:

- Chronic (greater than two weeks) health concerns or symptoms.
- Renewals and refills of long-term medications.
- Referral concerns.
- Women's wellness.
- Annual wellness for Sailors over 40 years old.

There are two convenient ways to schedule an appointment:

1. Send an email to ikemedical.appointments@cvn69.navy.mil containing your rate/rank, full name, a general complaint (share only to the level with which you are comfortable), and times/days that work for you. You will receive a reply from a medical representative with further details and instructions.
2. Stop by IKE Medical. Ask to schedule an appointment, and a corpsman will be happy to assist you.

IKE MEDIA

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