



Photo by Navy Seaman Michelle L. Kapica

Sailors stay mission ready

Navy sailors perform as many sit-ups in two minutes as they can as part of the mandatory Physical Fitness Assessment held at the Parade Field here May 25.

Navy Det names student Sailor of the Quarter

**By Navy Seaman Recruit
Tracey L. Whitley**

Navy Seaman Sandra E. DeMunnik was named Sailor of the Quarter at Fort Meade's Navy Detachment May 1 for her efforts as a section leader and for being an overall exemplary sailor.

DeMunnik is no stranger to taking on responsibility, she said. Her life experiences have shaped her into the role model she is today.

"It was a surprise to be chosen because of who I was up against," DeMunnik said.

Although DeMunnik won the award and is considered a role model herself, she too has a few

people she seeks out for guidance when she is unsure of herself in a situation, DeMunnik said.

"My fellow nominees are the ones I look up to," she said. "They are my role models."

Navy Seamen Matthew Daniels and Michelle L. Kapica were the two candidates also nominated for the award.

DeMunnik believes no matter what task is being asked of her, it is imperative that she does her best possible work because the little things are what people see, she said.

"People notice your attitude whether you're cleaning the

bathroom or standing watch," DeMunnik said.

Leadership isn't about setting out to gain recognition for doing a job, it's realizing that the job has to be done and doing it anyway, DeMunnik said.

"She has a get-up-and-go attitude with everything she does and that is very important when you're in a leadership position," said Navy Petty Officer 1st Class James Copeland, a military training instructor at the Navy detachment. DeMunnik's mindset is the reason she was chosen for student sailor of the quarter, he said.

Volunteers on trail to success at Patapsco

By Seaman Michelle L. Kapica

Three sailors from the Navy Detachment here volunteered to help renovate a trail at Patapsco Valley State Park in Elicott City May 19.

The trail maintenance day was organized by Amy M. Lutsko, a park technician and the Maryland Conservation Corps supervisor for the park.

The work took place where the one mile-long trail follows Sawmill Stream at the park.

The main focus for the day was to re-route a 100-foot section of the trail that ran dangerously close to a steep drop off, said Lutsko.

Lutsko, armed with a chain saw, tackled large tree stumps, while other volunteers including Seaman Apprentice Justin Stumberg cleared rocks and undergrowth.

The new trail is situated approximately 12 feet farther into the woods, said Lutsko. This will help keep visitors from falling over the edge, she said.

Three springs that cross the trail had become clogged up and boggy areas had developed, said Lutsko. Seamen Michelle L. Kapica and Meagan E. Klein assisted the corps workers with re-situating various heavy rocks to allow water to pass

over the trail and improve drainage.

Pruning back the trail keeps visitors safe from head and eye injuries, said Justin G. King, a corps member. Kapica and King pruned the trail, allowing just enough head room for the average visitor. Decaying trees were also removed for safety reasons.

The trail features many varieties of fern native to the U.S. that are not found in other areas of the park, said Lutsko. These include maiden hair, Christmas, ostrich, simple and sensitive ferns. Ferns that grew on the re-routed section were transplanted rather than destroyed, she said.

Lutsko coordinates all of the trail maintenance for the park and relies heavily on volunteer assistance and corps members to get work done, she said.

"Volunteers are the backbone of the workforce here," said King. "None of it would get done without volunteers."

The park covers approximately 16,000 acres and has over 30 miles of riverfront, said Lutsko. The trail that volunteers worked on is the only multi-use trail in the park so it is one of the most frequently used, she said.

"Everybody uses our trail



Photo by Navy Seaman Michelle L. Kapica
Navy Seaman Meagan E. Klein makes a trench to aid in drainage of a trail at Patapsco Valley State Park in Elicott City May 19.

systems, whether they're equestrians, mountain bikers, hikers or runners," said Lutsko.

Lutsko has worked at the park for over six years and said she hopes the trail improvements will attract more visitors to the park.

The next trail maintenance day is scheduled Saturday. For more information contact Kapica at the Navy Detachment.

MTI Spotlight

MC1 James D. Copeland

Hometown: Chicago, Ill.

Hobbies: Web site building, volunteering on major holidays for homeless people and exercising

Favorite football team:

Chicago Bears

Favorite music:

Jazz - Miles Davis

Best NBA Live record:

44 three-pointers in one half

Time in service: 9.5 years

What's next: MC1 Copeland hopes to go to Hawaii or Japan.

Advice: Be careful, enjoy life and exercise.

Habitat for Humanity

Volunteers are needed to help the Arundel branch of Habitat for Humanity renovate homes in Brooklyn, Md. June 16 and 23.

Work may include painting, gardening, fitting windows or other home construction projects.

Transport will be provided. This event will depart from the Navy Detachment at 7 a.m. and is scheduled to return by 4 p.m.

Sign up for on the Navy student bulletin board or contact Seaman Michelle L. Kapica for more information.

Cardboard Boat Race

The 17th Annual Cardboard Boat Race is scheduled June 23 in Oxford, Md.

The Navy Detachment is hoping to put together a team of sailors to construct a vessel and sail it to victory.

The boats may have a wooden frame with only three board feet per contestant, but must use cardboard for the body of the boat.

More information to follow on the Navy student bulletin board.

Father's Day

Don't forget dad on Father's Day, June 17.