

DEPARTMENT OF THE NAVY

# NAVY REGION MID-ATLANTIC PUBLIC AFFAIRS OFFICE

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PRESS RELEASE

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## Local Sailor honored in the 2014 MCOY Awards

**NORFOLK, Va.** – (CNRMA) A local Sailor was honored as the Military Citizen of the Year (MCOY) during the 2014 Samuel T. Northern MCOY ceremony, hosted by the Hampton Roads Chamber of Commerce at the Norfolk Waterside Marriott today. The event was part of the 2014 Fleet Week Hampton Roads, running Oct. 4-20.

Electronics Technician 3rd Class Jasmin Lamanna, assigned to Naval Computer & Telecommunications Area Master Station Atlantic, Detachment Hampton Roads, was chosen as this year's honoree for her personal commitment and dedication to the community and the Navy.

Lamanna volunteered more than 430 hours assisting the Virginia Beach Department of Emergency Services last year as one of more than 1,150 volunteers who serve the City of Virginia Beach's 430,000-plus residents. Her duties included responding to emergencies, assisting with on-scene medical issues, accidents, and/or traumatic injuries.

She devoted more than 100 hours by helping to develop and train youth, ages 9-12, through drug education, leadership and character development at her command-sponsored Drug Education for Youth (DEFY) Summer Camp. DEFY is designed to enhance the quality of life for military personal and their families.

She also participated in three group volunteer events for the Ronald McDonald House Charity by providing home-cooked breakfast for eight families who were staying at the Ronald McDonald House.

"It feels really awesome to have won this award. I'm extremely grateful," said Lamanna after accepting her award. "I think that volunteerism is one of the most foundational things, as Sailors, that we can do ... giving back to the community is what it is all about."

The MCOY award is named after Samuel T. Northern, a local businessman who devoted most of his life to strengthening the relationship between the local community and the military. Since 1955, the MCOY award has been given annually to recognize a military citizen who has made the most significant contribution in the area of community service.

This year there were 37 nominees representing Navy, Marine Corps, Air Force and Army commands in Hampton Roads. The event was attended by members of the business community, the nominees, their family guests, and command leadership. The guest speaker was Congressman Randy Forbes, the U.S. Representative for Virginia's 4th congressional district.

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Navy Region Mid-Atlantic provides coordination of base operating support functions for operating forces throughout the region in support of the Fleet, Fighter and Family.

## Fleet Week Hampton Roads

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To view the entire 2014 Fleet Week Hampton Roads schedule of events, visit [www.cnic.navy.mil/cnrma](http://www.cnic.navy.mil/cnrma), “Like” [www.Facebook.com/CNRMA.PAO](http://www.Facebook.com/CNRMA.PAO), and “Follow” @CNRMA on Twitter. Join the conversation on social media by using #FleetWeekHR.

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