



# MWR's ITT Travel Show sets up for success

By Jay Cope, NAS Whiting Field Public Affairs

The first time anything is attempted, there are expected to be hiccups in the process, but if there were any issues with Information Tickets and Travel's (ITT's) first ever travel show at Naval Air Station Whiting Field, they weren't evident.

For several years, Marcy Allen has been building up the ITT program with the hope of bringing the travel expo to NAS Whiting Field, and the fruition of that dream was better than she imagined.

"The event exceeded our expectations. It was truly amazing. Something like this doesn't work unless people support it, and we had support from every part of the base and Wing," she said. "It meant a lot to be part of such a successful event."

As the smallest, and final base on the travel expo's panhandle tour, expectations were muted for attendance. They didn't need to be. When the tally was finalized, far

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Michelle Bell looks on as Lt. Cmdr. Jim Bell checks out the alligator head that was part of the Wild Florida display at the ITT Travel Show Friday, March 1. The airboat attraction was one of 27 vendors in the Naval Air Station Whiting Field Atrium for the event. More than 300 people attended the expo to learn more about travel opportunities in the southeast. U.S. Navy photo by Jay Cope.

# Navy announces response to sequestration

WASHINGTON (NNS) -- Secretary of the Navy Ray Mabus announced March 2 that the Navy will go ahead with reductions in spending in order to meet the fiscal constraints imposed by sequestration.

In ALNAV 014/13, Mabus outlined a variety of reductions in operations, training and maintenance. The text of the message can be found on the Navy Live blog here: <http://navylive.dodlive.mil/2013/03/02/department-of-the-navy-response-to-sequestration/>. (Editor's Note: The main text of the message is appended to the end of this news brief.)

In addition to the ALNAV, the Navy Live blog also has a list of the five things Sailors, Navy civilians and Navy families need to know about sequestration. The list can be found here: <http://navylive.dodlive.mil/2013/03/01/five-things-you-need-to-know-about-march-1/>.

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Secretary of the Navy (SECNAV) the Honorable Ray Mabus testifies before the Senate Armed Services Committee on the fiscal year 2013 Budget Request for the Department of the Navy. (U.S. Navy photo.)

Beginning with the first edition in April, the Whiting Tower will begin to be published every two weeks vice the current weekly format. This change will enable us to focus more on social media endeavors, web site upkeep, and hopefully enable us to provide a more dynamic Whiting Tower.

# Newspapers from around the globe available on NKO

The service 'Library Press Display' is now available through the Navy General Library Program (NGLP) and offers free access to over 2,200 newspapers from 97 countries in 54 languages.

By logging onto the Navy Knowledge Online (NKO), either through user name and password or their Common Access Card (CAC), all Department of the Navy employees, Sailors (to include reservists), retirees and their dependants can now have access to many of the world's newspapers – in just a few clicks.

"Whether you're into world politics and foreign affairs, fashion or just want to catch up on what's happening in your hometown, this service is another great resource to help you fill your information needs," said Nilya Carrato, Program Assistant for Navy General Library Program, "and you don't have to pay any subscription fees."

Once onto the Library Press Service site, which is found on the Navy e-Library News section of NKO, users are then able to navigate through various subject headings or geographical locations. From there they find the newspaper or periodical they're interested in reading and read it as

though they're reading a traditional hardcopy newspaper.

"The newspapers even have hyperlinks embedded that allow the user to jump through them with ease," Carrato explained.

The service can be used on all forms of digital devices, to include personal computers, tablets and smartphones, all that's needed is an internet connection and authorized access.

Navy Library patrons may register for this and many of NGLP's services by logging in to NKO (<https://www.nko.navy.mil>) clicking on the "Reference" heading in the upper right part of the screen. Then click on "e-Library – news". Once on this NKO page Sailors and their families can explore the vast array of newspapers. Interested patrons are also encouraged to visit the YouTube and FLICKR tutorials for more information on how to find and use the service on NKO.

The Navy General Library Program has existed for nearly a century and is a service of Commander, Navy Installations Command.

## TRICARE Notes

### DOES YOUR CHILD'S DIET NEED A MAKEOVER?

**Fast and convenient foods (and drinks) are flashy, and well, convenient. Let's face it. We're working all day and then running the kids in the evening to soccer practice, piano lessons, etc – you name it and American parents are doing it. We just don't have time. Throw in our toddlers who downright refuse to eat anything that remotely resembles fruits and vegetables, and you've got a recipe for less-than-favorable nutritional habits.**

**There are ways to help your child eat a healthier diet. Here are some tips:**

- **If your child won't or can't drink regular milk, consult with your doctor and consider alternatives like sugar-free flavorings, soy mil, cheese or yogurt**
- **If your child hates green vegetables, offer deep yellow or orange ones instead**
- **If your child hates the sight of vegetables, try "sneaking" ground or grated vegetables like zucchini or carrots into pasta sauces, meatloaf or home-baked muffins**
- **If your child insists on sandwiches made in high-fat, high-sodium deli meats like bologna and salami, try reduced-fat and reduced-sodium alternatives like turkey breast, roast beef or ham**
- **If your child favors salty snacks, offer pretzels or the baked varieties of potato or tortilla chips**
- **If your child is resistant to giving up the convenience of fast foods, reduce the frequency, suggest "healthier" menu alternatives and order smaller portions.**

**For more on children's nutrition, visit the USDA Food and Nutrition web site at [www.fns.usda.gov/fns/](http://www.fns.usda.gov/fns/).**

## This Week in Naval History

### Mar. 4

1779 - John Paul Jones takes command of the vessel Bonhomme Richard.

1919 - The Navy Cross and the Navy Distinguished Service Medal are created by an act of Congress.

1959 - The keel of USS Enterprise (CVN 65), the first nuclear-powered aircraft carrier, is laid in Newport News, Va.

### Mar. 5

1942 - The name "Seabees" is officially authorized.

1943 - USS Bogue (CVE 9) begins the first anti-submarine operations by an escort carrier.

1960 - USS Newport News (CA 148) and personnel from Port Lyautey complete emergency relief operations at Agadir, Morocco, after an earthquake Feb. 29.

### Mar. 6

1822 - USS Enterprise captures four pirate ships in the Gulf of Mexico.

1862 - USS Monitor departs New York for Hampton Roads, Va.

[http://www.navy.mil/search/display\\_history.asp](http://www.navy.mil/search/display_history.asp)

## Correction

The Feb. 27 version of the Whiting Tower incorrectly stated that profits from ITT revenue are placed back into Unit Allocation Funds for commands to use for entertainment functions. Profits actually are placed into the Commander, Navy Region Southeast MWR general fund for distribution across all of MWR's Programs. Unit Allocation Funds are assigned from appropriated funds. We apologize for the confusion.

# News and Notes

**Uniform Change** - Commander Navy Region Southeast released the latest guidance for the spring uniform shift recently. Beginning at 12:01 a.m. April 1, the annual change to service dress whites and summer whites will occur.

**ERAU Registration** - Embry-Riddle Aeronautical University's Pensacola Campus is holding continuous registration for the Spring II Term until March 25. Classes begin March 25. Office hours on board NAS Whiting Field are Wednesdays from 9:00 -4:00 and on board NAS Pensacola from 8:00am -5:00pm Monday through Thursday and 8:00 -4:00 pm on Fridays. Call 458-1098 or email Pensacola@erau.edu.

**Cancer Prevention Study** - The American Cancer Society is beginning a new research study, called Cancer Prevention Study-3 (CPS-3), to help researchers better understand the genetic, environmental and lifestyle factors that cause or prevent cancer. The study will begin enrolling participants in the Pensacola area March 14-22. The study is not clinical in nature and requires only a willingness to complete periodic survey information as well as providing a blood sample. The study is open to men or women between the ages of 30 and 65 who have not been diagnosed with cancer. For more information, check out [www.cancer.org/cps3florida](http://www.cancer.org/cps3florida).

**All Hands is Back** - All Hands Magazine is up and running in a digital format. Check it out at <http://www.ah.mil/>.

**I Want to Ride My Bicycle** - Come ride the trails with the Outdoor Rec Program at UWF, Friday, March 29. The trip includes bike, helmet and transportation for \$13.50. If you provide your own bike it will be \$5 for transportation. Van will leave the Outdoor Rec Shop (located in the Bowling Center) at 10 a.m. and will return to Whiting Field no later than 4 p.m.. Transportation and bikes are limited so sign up now! Call 850-623-7670 for details.

**Is it Lunchtime Yet?** - New Deli Express sandwiches are now available in the commissary. They are located in the three door cooler at the front entrance along with the cold drinks. Prices are good and drinks are ice cold. Small bags of chips are also avail-

<b>Usage Information</b>			
<b>Total Used</b>			
	1 Year Ago	Last Month	This Month
Total kWh Used	1,866,119	1,869,405	1,653,040
Average Daily kWh	64,349	60,303	59,037
Days In Billing Period	29	31	28

**Energy Conservation**  
 Conserving energy remain an important goal in the operation of Naval Air Station Whiting Field. Steps taken during the past year by Public Works continue to pay dividends in our energy conservation programs. As can be seen in the above graphic from the February power bill, NAS Whiting Field saved 213,079 kilowatts of power from last year's bill. However, the power bill was still more than \$137,000 for the month. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.



**A Winning Hand**  
 2nd Lt. Daniel Connolly, USMC, with the Training Squadron TWO "Doerbirds" receives his \$25 NEX gift card from Ashley Platts, the coordinator of the Military Saves Poker Run. Connolly took second place in the contest with three-threes, which lost out to 1st Lt. Tim Haynes' straight. MWR sponsored the poker run to help bring attention to the annual Military Saves campaign. The program is designed to encourage increased savings by military families. The awards for the poker run were presented in Aces' Pub Friday, March 1. U.S. Navy photo by Jay Cope.

able to compliment the sandwiches. Come and try one. Call Kim D. Jackson, at (850) 623-7131 and let her know what you think.

**Relay for Life Team Drive** - The Milton Relay for Life Committee is looking for teams to participate in this year's Relay for Life at Pensacola State College Milton Campus, Apr. 26-27. Please contact Pat Holtman, the event chair, at [pat.holtman@covenantospice.org](mailto:pat.holtman@covenantospice.org) or call 850-380-9666. Patsy Whiddon, team development, is also available for information at [patsywiddon@miltonchevy.com](mailto:patsywiddon@miltonchevy.com), or via phone at 850-341-9642.

**Hot Dog Sale** - HT-28 will be hosting a Brat/Hot Dog Sale, 1100 - (until all are gone), Thurs, Mar. 7, in the squadron spaces (Bldg. 2945, 3rd floor). Cost is \$5 for 1 brat or 2 hot dogs, sides and dessert.

**Legoland Special** - Legoland Orlando, Florida is offering a complimentary one day child (age 3-12) or senior (60+) ticket with each adult ticket purchased. Adult one day ticket \$45.50 each at ITT. Must pick up complementary ticket no later than March 31 and use by May 31, 2013. See ITT for further information, call 850-665-6250 or 850-623-7032.

**Celebrate the Arts** - The City of Gulf Breeze and the Gulf Breeze Arts Inc. presents the 19th annual Gulf Breeze Celebrate the Arts Festival. The festival features more than 150 artists selected by the jury from across the U.S. and one from Europe. Artwork categories include glass, sculpture, watercolor, wood, jewelry, mixed media, graphics, and photography. There will also be a special area set aside for children's entertainment and student artwork, a GBAI member art show/sale, vendor food sales, and a performance from the McGuire's Irish Bagpipe Band. Admission is free and the festival will be open 9 a.m. to 5 p.m. Saturday and 10 a.m. to 5 p.m. Sunday at Gulf Breeze High School. Call 850-572-4292 or visit [www.gulfbreezearts.org](http://www.gulfbreezearts.org) for details

## Upcoming Events

Mar. 8, 1000 - NASWF CMDCM Rosado Retirement - Atrium

Mar. 8, 1300 - Winging Ceremony - Auditorium

Mar. 15, 1000 - NW Florida Blood Drive - NEX Parking Lot

Mar. 21, 1000 - Training Air Wing FIVE Change of Command

Mar. 22, 1300 - Winging Ceremony - Auditorium

Apr. 4, 1000 - HT-8 Change of Command - Atrium

# Fleet and Family Support Center Classes

**VA Representative - Friday, March 8 & 22 from 8 a.m. to noon. (Call 850-623-7177 for appointment)**

**Married to the Military - Tuesday, March 12, from 9 to 11 a.m.**

This class will introduce you to the traditions, culture and lifestyle of the military. We will cover things such as where to go to get information, do's and don'ts, PCS orders, reading an LES, military time and much more. If you are new to the military or just want to find out what having a military ID means sign up for this class at 623-7177.

**Welcome to Whiting - Tuesday, March 19, from 1 to 3 p.m.**

Welcome to northwest Florida, NAS Whiting Field, Training Air Wing Five, and the world of aviation training! Find out what challenges and rewards are in store for you and your flight student and how you can enjoy and thrive in the military lifestyle. Learn about the local culture, recreational opportunities, and support services available to you, while meeting other spouses and command staff! For more information, contact a Work and Family Life Specialist at 850-623-7177.

**Smooth Move - Wednesday, March 20, from 10 a.m. to noon.**

Make your next change of duty station move a smooth one. Learn what resources are available to you and the five key steps to minimizing stress during the relocation and transition period: get to know your FFSC Relocation Assistance Program Specialist, develop a plan of action, know your benefits, manage your moving day, make it a family affair. For more information, call NAS Whiting Field Fleet and Family Support Center at 850-623-7177.

**Anger Management - Wednesday, March 20 from 1 to 3 p.m.**

Is anger affecting your health, your relationships, or your work performance? Learn to understand the causes and effects of unhealthy anger and how to express and release that anger in a healthy way! Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

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## NASWF celebrates African-American history

**By Ensign Robert Luers, NAS Whiting Field Public Affairs**

The Naval Air Station Whiting Field Diversity Committee hosted an African-American heritage celebration Feb. 27th at the base auditorium to honor the achievements and contributions of Black Americans throughout our country's history. The luncheon was open to the entire Whiting Field community.

"Diversity makes us the best nation and the world's finest military," said Naval Air Station Whiting Field Executive Officer Cmdr. Jonathan Lewis during his opening remarks.

Various military African Americans and their accomplishments were displayed, referenced, and remembered on two separate screens throughout the program. Marine Master Sgt. Anthony Hobbs, the event's guest speaker, gave an inspiring speech on pride, purpose, and equality. Hobbs spoke on removing the selfishness that is within us by bringing forth desire to facilitate and mentor others.

"We need to give every accolade to all ethnicity, we are all Americans," Hobbs stated. "We are all a strong guidance and



**Naval Air Station Whiting Field Executive Officer Jonathan Lewis gives his opening remarks during the African-American History Month celebration at the base's auditorium Feb. 27. More than 50 people attended for the presentation honoring the contributions of African-American military members. U.S. Navy photo by Ensign Robbie Luers.**

a direction for someone, so go find them and give them direction."

The program also consisted of a song sung by the audience titled "Lift Every Voice and Sing," a poem that was read by Chief Air Traffic Controller Jacqueline Williams, a Bob Marley musical number rendition sung by Air Traffic Controller Second Class Ayanna Gregg, and closing remarks that were given by Whiting Field's Command Master Chief, Rafael Rosado.

Naval Air Station Whiting Field regularly celebrates ethnic heritage throughout the year through ceremonies recognizing Black, Women, Hispanic, and Asian Pacific Islander heritage month celebrations. The events recognize the contributions these groups have made

to the success of our military and our nation.

Command Master Chief Rosado ended the program with a reminder that the military needs to be blind to the social barriers that prejudices erect.

"Whenever you want to give up, look to the person to your left and to your right, and remember why you are here - to lead."

# Sequestration

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“Last night, because no budget deal had been reached, the budget control act required setting in motion the automatic, government-wide cuts known as sequestration. Given that reality and the associated impact of budgetary uncertainty imposed by an indefinite continuing resolution, the Department of the Navy intends to commence some reductions immediately.

Navy plans to:

- A. Shut down Carrier Air Wing Two (cvw-2) in April. This will initiate the preparations to gradually stand-down flying in at least three additional air wings with two more air wings being reduced to minimum safe flying levels by the end of the year;
- B. Defer USNS Comfort humanitarian deployment to Central and South America, “continuing promise 2013”, including supporting ships, Seabees, and medical units;
- C. Cancel or defer the deployments of up to six ships to various AORS throughout the month of April;
- D. Lay up four Combat Logistics Force (CLF) units in PACOM starting in April;
- E. Return USS Shoup (DDG 86) to homeport early and not proceed as USS Nimitz (CVN 68) escort to CENTCOM;
- F. Return USS Thach (FFG 43) to homeport early from deployment to SOUTHCOM.

We will also immediately:

- a. Begin negotiating contract modifications to de-obligate efforts for any investment programs for which the remaining unobligated balance will be insufficient after the sequestration reduction is applied. Major programs affected include Virginia-class SSN advance procurement, reactor power units and Joint High Speed Vessel (JHSV 10);
- b. Commence final planning to slow Marine Corps depot maintenance activities, including reductions in the non-permanent workforce;
- c. Cancel March introductory flight screening for future pilots/NFOs;
- d. Announce intent to cancel Blue Angels shows scheduled for April 2013 [four shows: MacDill AFB (Tampa, Fla.), NAS Corpus Christi, Tex., Vidalia, Ga., MCAS Beaufort., S.C.];
- e. Cease new USMC enrollments in voluntary education tuition assistance;
- f. Cancel March Navy recruiting media support and reduce the majority of advertising contracts as much as possible under contractual conditions.

These actions are being taken to preserve support for those forces stationed overseas and currently forward-deployed. Reductions in lower-priority forward operations, and significant reductions in all other operations, training, and maintenance are the results of this selection process. We made these choices carefully, while trying to

preserve our ability to reverse or quickly restore negative effects if and when funding is restored.

Actions we have taken to date will continue, to include those affecting the deferral of maintenance for USS Abraham Lincoln (CVN 72); the deferral of repair work for USS Miami (SSN 755) and USS Porter (DDG 78); the delayed deployment of USS Harry S Truman (CVN 75) and USS Gettysburg (CG 64); the civilian hiring freeze; the planning for civilian furloughs; and the reduction of all training not related to the readiness of deployed or next-to-deploy forces.

Navy department leadership understands the uncertainty that these and other decisions create both amongst our people and in the defense industry upon which we rely. The lack of a legislative solution to avoid sequestration is deeply regrettable. That said, we must endeavor to deal with the situation as we face it, not as we wish it could otherwise be. We will continue to keep the safety and well-being of our people foremost in mind, even as we try hard to keep whole the force structure which supports them. We will also continue to keep the fleet and fleet marine force fully informed as follow-on decisions are made.

## Legal Briefs

Courts-martial in Navy Region Southeast recently heard the following cases:

At a General Court-Martial convened on board Joint Base Charleston, South Carolina, a Lieutenant Junior Grade was found guilty of failing to obey a lawful general order, making a false official statement, and conduct unbecoming of an officer and gentleman. The military judge sentenced the Accused to 60 days confinement and to be dismissed from the naval service.

At a General Court-Martial convened on board NS Mayport, a First Class Petty Officer was found guilty of wrongfully sexual contact, indecent exposure, wrongfully requesting to engage in sexual activities, and false official statement. The court-martial sentenced the Accused to 10 months confinement, reduction in rate to E-1, forfeiture of all pay and allowances, and a Bad Conduct Discharge.

At a Special Court-Martial convened on board Joint Base Charleston, South Carolina, a First Class Petty Officer was found guilty of unauthorized absence. The military judge sentenced the Accused to 60 days confinement and a Bad Conduct Discharge.

Courts-martial in Navy Region Southeast are tried with few exceptions at NAS Jacksonville, NS Mayport, and NAS Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial. Adjudged sentences may be modified by pre-trial agreement or clemency.

# Navy Asks You to Share Your Culinary Creativity

MILLINGTON, Tenn. (NNS) -- The Navy is looking for recipes that are easy, healthy and created with Sailors living in bachelor quarters in mind.

To inspire a little "healthy" competition, Navy Nutrition is holding a recipe contest to compile an online barracks cookbook officials said March 6.

"This cookbook contest is meant to be a fun way to encourage Sailors to showcase the creative ways they eat well with limited resources," said Lt. Cmdr. Jennifer Wallinger, a dietitian with the Navy Physical Readiness Office. "Many Sailors are finding ways to make easy and tasty meals, without a full size kitchen and pantry. We want you to share these ideas".

The goal of the contest is to compile a collection of recipes that are compatible with barracks life. A recipe may consist of cooking foods in a microwave or as simple as assembling ingredients. If you are making it and it is healthful,

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## Pensacola VITA

As Naval Air Station Whiting Field will have no Volunteer Income Tax Assistance (VITA) program this year, here are some locations where you may be able to receive assistance.

The following are the hours of operation for the VITA (Volunteer Income Tax Assistance) sites onboard NAS Pensacola, Naval Hospital Pensacola (NHP), and CID/NASP Corry Station.

**NASP Bldg. 624:** Monday-Thursday 8 a.m.-noon, walk-ins only; (1-3 p.m. appointments only). Friday 8 a.m.-noon walk-ins only. Call to make an appointment. (Appointments are only for disabled and wounded warriors).

**NATTC Bldg. 3460 Rm. 633:** Mon.-Thurs. 10 a.m.-5 p.m. walk-ins only; Friday 10 a.m.-2 p.m. walk-ins only.

**NHP (fifth floor):** Monday-Friday 8:30-11 a.m. and noon-2:30 p.m.

**CID Corry Station Bldg. 511, Rm. 121:** Monday-Friday 1-3 p.m. walk-ins only; 4-6 p.m. walk-ins only.

For those who do not qualify for services on base, there are VITA sites in Escambia County. For more information or help with questions, call the United Way's central information site at 595-5905, or (855) 698-9435.

Escambia County sites include: Pathways for Change Family Center:

2050 W. Blount St., Monday, 2-6 p.m.

Pensacola State College (Pensacola Campus): 1000 College Blvd. (Bldg. 17,

Rm. 1715), Monday, Wednesday, Friday 10

a.m.-4 p.m.; Tuesday-Thursday 10 a.m.-2

p.m.; Saturday 10 a.m.-2 p.m.

Visit <http://myfreetaxes.com/unitedwayescarosa.com> for more information.

## Outdoor Recreation Calendar of Events

**March 29, 2013**



Trail ride at UWF! \$13.50 per person includes bike, helmet and transportation. Van will leave the Outdoor Rec shop at 1000 and return to by 1600.

**April 22, 2013**



Help Navy Outdoor Recreation this Earth Day with a river clean up! **FREE**

All base eligibles are welcome. Outdoor Rec will supply the canoes, trash bags and coolers. Please sign up by Friday April 19, 2013.

Van will leave from Outdoor Rec at 0800 and return to base after the last canoe arrives back at shore!

**May 11, 2013**



Active Duty and dependents join us for a day of ziplining and tubing at Adventures Unlimited!

Trip includes: transportation (limited to first 20 people), "taste of the tour" zipline, 4 mile tubing down coldwater creek and lunch!



**\$77.00**

Last day to sign up 4/26/13

**June 15, 2013**

Join us for a day of playing on the water. All base eligibles welcome! We will leave the base at 0800 and head to the beach with our BIC standup paddle boards. 9 spots available includes board, paddle, lifejacket and transportation.



**\$20**

**MILITARY CLIMB DAYS!**



UWF Indoor Rockwall  
March 30, April 27, &  
May 18  
0900-1200

\$15.00 per person includes transportation \$12.00 if you will be driving yourself. Van leaves at 0800.

Open to all base eligible patrons. Spots are limited so sign up today!



# Research today for a cancer-free tomorrow

The Cancer Prevention Study-3 (CPS-3) is helping to create a world with less cancer...and more birthdays. CPS-3 is a grassroots effort where local communities from across the country can support cancer research not just through fundraising efforts, but also by participating actively in this historic research study.

The American Cancer Society's Epidemiology Research Program is inviting men and women between the ages of 30 and 65 years who have never personally been diagnosed with cancer to join this historic study. The ultimate goal is to enroll at least 300,000 adults from various racial/ethnic backgrounds from across the U.S. The purpose of CPS-3 is to better understand the lifestyle, behavioral, environmental and genetic factors that cause or prevent cancer and to ultimately eliminate cancer as a major health problem for this and future generations.

Participation is easy and enrollment is available in your local community. Local enrollment is being made possible in partnership with various health care and community organizations. Your initial enrollment requires two steps and will involve the following:

After scheduling your enrollment appointment, you will receive a confirmation e-mail with instructions to go online and complete your first, most comprehensive survey. This survey will ask questions regarding medications, family history of cancer, lifestyle and other behaviors. This survey should be completed prior to your appointment.

At your appointment, you will be asked to sign an informed consent form, complete a brief survey, as well as provide a waist circumference measurement and a small blood sample (similar to a doctor's visit). The blood sample will be taken by a certified, trained phlebotomist. Your appointment should last approximately 20 - 30 minutes.

Enrollments are taking place at: Sacred Heart Hospital on the Emerald Coast, Atrium on 2nd Floor, 7800 US Highway 98 West, Miramar Beach, FL 32550 - Thursday, March 14, 7 - 10:30 a.m.

West Florida Hospital Cancer Center, 2130 East Johnson Avenue, Pensacola, FL 32514 - Friday, March 15, 2 - 5:30 p.m.

Sacred Heart Cancer Center, Lobby, 1545 Airport Boulevard, Pensacola, FL 32504 - Wednesday, March 20, 7 a.m. - 12:30 p.m.

Baptist Hospital, Heritage Room, 1000 W. Moreno Street, Pensacola, FL 32501 - Tuesday, March 19, 8 - 11:30 a.m.

Woodlands Medical Specialist, Vending Area,

4724 North Davis Highway, Pensacola, FL 32503 - Tuesday, March 19, 1 - 4:30 p.m.

Baptist Medical Park, Education Room, 9400 University Parkway, Pensacola, Florida 32514 - Thursday, March 21, 9 a.m. - 12:30 p.m.

Ciano Cancer Center at Gulf Breeze, Infusion Room, 114 Gulf Breeze Parkway, Gulf Breeze, FL 32561 - Friday, March 22, 9 a.m. - 12:30 p.m.

Following enrollment, you will receive mailed surveys at home every few years to update your information. You will also receive annual study newsletters to update you on research taking place in the Cancer Prevention Studies.

Confidentiality is of the upmost importance to us, and we will make every effort to protect the privacy of study participants. We have multiple procedures in place to safeguard personal information that is collected. All personal information and any individual results of blood analyses that may be performed will be kept strictly confidential by American Cancer Society research staff. There will be no cost to you to participate.

For more information about CPS-3, please visit [www.cancer.org/cps3](http://www.cancer.org/cps3) or email [cps3@cancer.org](mailto:cps3@cancer.org) or call toll-free 1-888-604-5888.

*1<sup>st</sup> Annual Medical  
Golf Tournament*

*4-Man Scramble*

Thursday, March **14**, 2013  
10:00 AM to 5:00 PM

NAS Whiting Field  
Golf Course

18 Holes, Lunch Provided  
\$45 Singles, \$160 Teams  
**Money Due by March 7<sup>th</sup>**

Individual & Team Awards, Door Prizes,  
Raffles, Mulligans, Tee Busters, Putting  
Stings Available!!!

**More Information...**  
HM1 Channing Smith, 665-6375, or  
HM1 Steven Fearnside, 623-7609  
Email: [channing.smith@med.navy.mil](mailto:channing.smith@med.navy.mil)  
Email: [steven.fearnside@med.navy.mil](mailto:steven.fearnside@med.navy.mil)

# Travel

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more than 300 people attended. It was a number that put Whiting Field's expo firmly in the middle of the pack, and ensured an enthusiastic response from the vendors.

Leo Goodsell, the representative from Historic Westville, Ga., does shows throughout Georgia and Alabama during the year. A living history museum that depicts life in pre-1860 Georgia, Goodsell wanted to extend the museum's reach into the Florida area. Since Westville is only 20 miles or so from Fort Benning, offers regular military discounts, and is within weekend travel distance, it was a natural fit to take the panhandle swing of military shows. He's glad he did.

"We wanted to promote ourselves to the military," he said. "This has been one of the better shows. The quantity of people has been very good, and they have been very interested in what we are offering – far more inquisitive than most."

However, the quantity of people was only one aspect of the show that pleased the vendors. Allen endeavored to put a personal touch on the event with an after-hours reception at Ace's Pub welcoming the vendors the previous evening, on-hand snacks through the event, and people available to help the vendors settle in before the expo. The extra touches were noticed.

"This is my first time doing the panhandle shows. People mentioned how good they were, and we wanted to do all of them and it has been a great show," said Amanda Evans from the Inn at Ellis Square in Savannah, Ga. "This show has been very productive and incredibly well-organized.

The hotel is located in Savannah's historic district, and according to Evans, the city is a popular spot for cross-country flights. Such regular visibility of aviators, and an appreciation for the military is what prompted the hotel to send Evans

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**Above:** A representative from Clarion Suites, near Walt Disney World, passes out information to expo attendees. More than 300 Sailors, contractors, government civilians, and family members attended the travel show March 1.

**Below:** Sandy Carpenter sets up the table for Westgate Resorts, a nation-wide, luxury resort chain.

**Bottom Right:** Carpenter hams it up with some of the volunteers who checked people in to the event and handed out the passports to be signed by the vendors.

**Bottom Left:** One of the passports is dropped into the basket for holding the forms. Throughout the day, passports were drawn to determine the door prize recipients. More than \$5,000 in prizes were given away.



# Culinary

- (Cont. from Page 6)

we want it in the cookbook. Each recipe may only be submitted once, but you may enter as many recipes as you like.

The rules include a limit on the number of ingredients, pieces of equipment and recipe steps. "If you live in the barracks, you have limited storage space, limited utensils and, in compliance with housing rules, a microwave for a heating element." explained Wallinger.

With the recipe contest running in conjunction with Navy Nutrition Month, there is also focus on nutritional value. "The number of ingredients will be limited, but there is no limit to the flavor, herbs and spices are encouraged" Wallinger continued. "We are just limiting added components such as sodium, which affects many prone to high blood pressure, and fat to keep in line with dietary guidelines. We have included an explanation on how to determine the amount of sodium and fat for each recipe in the rules."

Entries to the contest will be accepted in seven categories, which are broken down by when you are likely to eat them, for instance; breakfast, sandwich/wrap, snack, vegetables, starchy side, main course (entree) and sweet treat.

The contest will run from now until 31 March at 11:59 p.m. Eastern time zone. For more information and contest rules visit <http://www.public.navy.mil/bupers-npc/support/navynutrition/Pages/default2.aspx>.

# NGIS Saves You Money

Service members and DoD civilians can save money on official travel (i.e. permanent change of duty station, work-related) by staying at Navy Gateway Inns & Suites (NGIS).

With more than 24,000 guest beds at military installations worldwide, NGIS offers lodging services for individual and group temporary duty travelers, Department of Defense (DoD) civilians, Space Available (leisure) travelers, retirees, reservists and their sponsored guests.

NGIS offers affordable lodging rates that support the continuing reductions of command travel expenses. Average lodging rates range from \$32-\$77, with varying rates depending on location. Supporting NGIS ensures that travel funds provide the opportunity for improvements to Department of Defense (DoD) lodging operations and facilities for the warfighting community.

Active duty military, retirees and family members can visit the Navy Exchange. Morale, Welfare and Recreation (MWR) offers discounted tickets to area attractions, swimming pools, golf courses, beaches, movie theaters, youth centers and other great MWR activities taking place on base.

Reservations at Navy Gateway Inns and Suites are made on a first-come, first-serve basis without regard to rate or rank. Non-duty reservations may be made up to 30 days in advance for up to a seven night stay by calling 877-NAVY-BED (enter the first three letters of the base) or by making reservations at <http://dodlodging.net>. TDY reservations may be made at any time by phone or at the website as well. Group reservations ensure all group arrangements receive individual attention and all mission requirements are met.

## SECURITY CHECKPOINT



**Seat Belts and Child Restraints: NASWFINST 5560.5A / Seat Belt Safety Law - Florida Statutes 316.614; 316.613. As per NASWFINST 5560.5A paragraph 16, section z. Seat belts and child restraints – (1) All personnel operating or riding in a motor vehicle shall wear seat belts whenever the vehicle is in motion, per reference (b, OPNAVINST 5560.10B) and Florida State Statute, effective 1 January 1987. (2) A federally approved child restraint device must be used for children through three years of age. For children four through five years of age, a separate restraining device or seat belt must be used. As per Florida Statute 316.614 (Seat Belt Safety Law) – 4: It is unlawful for any person: (a) To operate a motor vehicle in this state unless each passenger and the operator of the vehicle under the age of 18 years are restrained by a safety belt or by a child restraint device pursuant to Statute 316.613, if applicable; or (b) To operate a motor vehicle in this state unless the person is restrained by a safety belt. 5 - It is unlawful for any person 18 years of age or older to be a passenger in the front seat of a motor vehicle unless such person is restrained by a safety belt when the vehicle is in motion. As per Florida Statute - 316.613 (Child restraint requirements) (1) (a) Every operator of a motor vehicle as defined herein, while transporting a child in a motor vehicle operated on the roadways, streets, or highways of this state, shall, if the child is 5 years of age or younger, provide for protection of the child by properly using a crash-tested, federally approved child restraint device. For children aged through 3 years, such restraint device must be a separate carrier or a vehicle manufacturer's integrated child seat. For children aged 4 through 5 years, a separate carrier, an integrated child seat, or a seat belt may be used. If you have any questions about installing a child safety seat, contact your local fire department for assistance.**

# Travel

- (Cont. from Page 8)

with the travel show, and what drives their discounted prices through ITT.

“The owners and management feel that the military needs to have perks to go along with the job they do,” she said. “We feel we need to give back to them.”

The Inn at Ellis Square, and Historic Westville were just two of the 27 vendors who attended the show. Local and regional attractions included: Universal Studios, Busch Gardens/Sea World, Wild Florida Airboat Tours, the Pensacola Ice Flyers, WonderWorks, Contempo Florida Vacation Homes, Sandals Resorts, Suwanee River Valley, Gatorland, Fantasy of Flight, Emerald Coast Tours, and many, many more.

The goal of the event was two-fold: to introduce the Whiting Field team to the various attractions and to give patrons a chance to see the types of activities the ITT office can help arrange for people on the base. Mission accomplished!

“It was a lot of fun. For me, the Seqway (Emerald Coast Tours) topped it off,” Shawn Chamberlain, a NMCI field service technician for the base, said. “There was a lot that I didn’t know was available, and I got a lot of information and ideas for entertaining my family this summer.”

The list of organizations may have included amusement parks, wildlife attractions, all-inclusive resorts, hotels, condominium rentals, sports attractions, and state parks, but one thing it didn’t include was cruise companies. That is one of two things that Allen would prefer to see different for next year’s program. She would like to expand on the vendors, including adding cruise opportunities, and obtain a date that adjoins NAS Pensacola’s travel show. A date immediately before or after Pensacola’s would ease travel requirements on the vendors likely keeping more of them for the Whiting expo. This year’s show was the final leg of the panhandle sweep and followed Tyndall AFB’s show creating a long drive past Panama City from Pensacola and then back the next day. Several vendors passed on the drive back.



Marcy Allen, the ITT manager for NAS Whiting Field, checks with Don Wherett from Visit Central Florida to make sure he has everything he needs before the doors open to base personnel. U.S. Navy photo by Jay Cope.



Petra Bringmans from Navarre Properties, a company that rents gulf-front condominiums, sets up her table before the beginning of the travel expo. U.S. Navy photo by Jay Cope.

Considering the enthusiastic responses Allen received from the vendors’ return for next year’s show, it may be a decision they would regret, but she will work to make it easier for them later this month when the ITT directors iron out the dates for the 2014 shows. The meeting with the managers from NAS Pensacola, Tyndall AFB, Eglin AFB, and Hurlburt Field isn’t even the starting point for next year’s show for Allen.

“We are already working up our lessons learned for next year,” she said. “This is all about making sure take care of our customers and that they know what we have to offer, so the planning for the 2014 show starts now.”

Planning the show required balancing financial concerns, vendor registrations, marketing the show, invitations, obtaining and handling door prizes, staging the facility layout, and organizing a volunteer force. She and Cynthia (Cyndi) Myers, her coworker at ITT, balanced a host of issues with an immensely successful outcome that appears headed toward a long-term, annual event.

“Marcy and Cyndi did an outstanding job planning, marketing, and executing this event” Joseph Vukovcan, the NAS Whiting Field MWR director stated. “The event was terrific. She has set a high standard. I would like to extend a special thank you to the Base, Wing, and Tenant Commands for promoting this to their staff and students and helping ITT make this such a successful event. I can’t wait to see what the next travel show looks like.”



One patron grabs a brochure from Sandals Resorts. One of 27 vendors at the show. U.S. Navy photo by Jay Cope.