



# Whiting Tower

Seventy Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.

Vol. 69 No. 25

Forging Wings for the Fleet

Wednesday, September 4, 2013

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## Job fair helps match employers / employees

By Ensign Emily Hegarty, NAS Whiting Field Public Affairs

Amid colorful table displays and a bustling crowd, Naval Air Station Whiting Field hosted its twenty-fourth annual job fair on August 22 at Sikes Hall.

In attendance were over 850 potential employees and 74 employers. Over the course of the six hour event, 3,250 general information sessions and 612 interviews were conducted.

“The job fair is a win-win situation,” said Bill Lawson, Director of Fleet and Family Services. “Employers are looking for good candidates, job seekers are looking for good job opportunities and military friendly employers, and this venue brings everyone together.”

The fair is widely regarded as one of the best in the area, and each of the employers in attendance indicated that they would be willing to attend another NASWF job fair. Seventy-five people were hired at the job fair, a statistic which lends credence to the employers’ enthusiasm.

### Cover Photo

Members of Naval Air Station Whiting Field’s Crash Crew test their mettle against the Mobile Aircraft Fire-fighting Training Device (MAFTD). Early Aug. 19 and 20, the crews used to the pre-dawn hours to train on accessing and extinguishing aircraft fires. The device was brought up from NAS Pensacola to help meet the division’s semi-annual qualification requirements. U.S. Navy photo by Jay Cope.

Tommy Heaton, senior recruiter for VT Aerospace, said that his company is looking for aviation mechanics and was willing to conduct on-the-spot interviews.

“Military training goes hand in hand with what we do,” he noted. This is the 13th NASWF job fair that VT Aerospace has attended, and the fact that it is such a good job fair is the reason why they keep coming back, Heaton explained.

- (Cont. on Page 6)

## The Whiting Tower

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### Executive Officer

- Cmdr. Gregory Gray

### Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

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- Lori Aprilliano

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- Ensign Emily Hegarty

- Ensign Michael Vazana

The Whiting Tower is an authorized publication for members of the Naval Air Station Whiting Field team, tenant commands, their family members and retirees in the surrounding area. The contents of this publication do not necessarily reflect the views of the U.S. Government, the Department of Defense or the Department of the Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station Whiting Field.

## Starbase Atlantis takes final “blast-off” from NAS Whiting Field

By Ensign Emily Hegarty, NAS Whiting Field Public Affairs

The results of another productive week at STARBASE-Atlantis could be seen high above Naval Air Station Whiting Field on Thursday, August 1 as students launched their air-pressurized rockets at the Whiting Field recreational pavilion. Certificates of completion and congratulations followed during the subsequent graduation ceremony that marked the end of the week-long program.

The graduation also marked the end of the foreseeable future for the program here at Whiting Field due to recent national budget cuts.

STARBASE-Atlantis is an Office of the Assistant Secretary of Defense for Reserve Affairs program that focuses on bringing Science, Technology, Engineering, and Math (STEM) related topics to elementary school students.

During the summer, the program operates much like a science camp, and targets local children who many not have the opportunity to receive such science-specific education throughout the school year by providing access to the program for free. According to the STARBASE-Atlantis program website, STARBASE-Atlantis “academies serve students that are historically under-represented in STEM. Students who live in inner cities or rural locations, those who are socio-economically disadvantaged, low in academic per-

- (Cont. on Page 8)

# Region Southeast welcomes new commander

By Mass Communication Specialist 1st Class (SW) Greg Johnson, Navy Region Southeast Public Affairs

Commander, Navy Region Southeast (CNRSE) held a change of command ceremony aboard Naval Air Station Jacksonville, Aug. 29.

During the ceremony, Rear Adm. Rick Williamson relieved Rear Adm. John C. "Jack" Scorby, Jr., as the region's commander.

"I can now attest first hand that the flawless reputation this region enjoys around the fleet is extremely well deserved," Williamson said. "I am amazed not only at the quality of programs at our installations, but also the sheer magnitude of Sailors and families you serve throughout the region. I'm sure it will be an honor and a privilege to work with each of you over the next couple years."

Williamson is a Jacksonville native and a 1985 graduate of the United States Naval Academy, where he earned a bachelor's in computer science. He also holds a master's in business administration from the Naval Post Graduate School and is a graduate of the Armed Forces Staff College. Williamson reported to CNRSE from his previous assignment as Commander, Navy Region Midwest.

Vice Adm. William D. French, Commander, Naval Installations Command, was guest speaker at the ceremony.

"Rear Adm. Williamson is an outstanding naval offi-

- (Cont. on Page 10)



JACKSONVILLE, Fla. (Aug. 29, 2013) – Congressman Ander Crenshaw speaks during the Navy Region Southeast change of command ceremony on board Naval Air Station Jacksonville. During the ceremony, Rear Adm. Rick Williamson accepted command from Rear Adm. John C. Scorby Jr., who will report as Commander, Navy Region Europe, Africa and Southwest Asia in October. (U.S. Navy photo by Mass Communication Specialist 1st Class Greg Johnson/Released)

## *This Day in Naval History*

### Sept. 2

1940 - Destroyer for Bases Deal agreement struck between the United States and United Kingdom.

1944 - USS Finback (SS 217) rescues Lt. j.g. George Bush, who was shot down while attacking Chichi Jima.

1945 - Japan signs surrender documents aboard USS Missouri (BB 63) at anchor in Tokyo Bay. Adm. Chester W. Nimitz signs for the United States. In different ceremonies, Japanese forces on Palau Islands, Truk, and on Pagan Island and Rota in the Marianas surrender.

### Sept 3

1782 - As a token of gratitude for French aid during the American Revolution, the United States gives America (first ship-of-the-line built by U.S.) to France to replace a French ship lost in Boston.

1783 - Signing of the Treaty of Paris ends the American Revolution.

1885 - First classes at U.S. Naval War College begin.

1945 - Japanese surrender Wake Island in ceremony aboard USS Levy (DE 162).

### Sept. 4

1804 - USS Intrepid (Lt. Richard Somers) blew up in failed attack on Tripoli.

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



### A Look Back at History

Fleet Admiral Chester W. Nimitz, USN, signs the Instrument of Surrender as United States Representative, on board USS Missouri (BB-63), 2 September 1945. Standing directly behind him are (left-to-right): General of the Army Douglas MacArthur; Admiral William F. Halsey, USN, and Rear Admiral Forrest Sherman, USN. Official U.S. Navy Photograph, National Archives collection

# News and Notes

**Golf Tourney** - The Navy Ball Committee is sponsoring a golf tournament Friday, Sept. 6 at the Naval Air Station Whiting Field golf course. Cost is \$35 per person and the format is a four-person scramble. Registration begins at 8 a.m. and the shotgun start commences at 9 a.m.

**Leave Donation** - Ricardo Speller of NAS Corpus Christi and Linda Peterson of CBC Gulfport have been approved for the Voluntary Leave Transfer Program. Those of you who have excess leave and wish to donate hours of annual leave can submit the appropriate form from either the OPM 630-A Inside Agency (DON) or OPM 630-B Outside Agency (Other than DON). "Please ensure that you "Encrypt" and then forward completed forms to the CNIC SLDCADA Helpdesk (CNIC\_SLDCADA\_HELP@navy.mil)." Refer any questions to TraLana Linder, Human Resources Assistant, CNRSE HQ HRO, Commander Navy Region Southeast, (904) 542-2283.

**Feds Feeds Families** - The Feds Feeds Families program collected another 200+ pounds Sept. 3 bringing their total to more than 3,500 pounds for the annual drive. Donated items were then provided to the Bay Area Food Bank for distribution. In the contest between the squadrons as to who was most active in the program, Training Squadron THREE won with 11 bags donated. For more information on the program contact Religious Programs Specialist 1st Class Yolando Jordan September 3 was the final pick-up day.

**Business Opportunity Breakfast** - The Pensacola Chapter of the Society of American Military Engineers (SAME) and the UWF Small Business Development Center are hosting a Business Opportunities Breakfast at the NAS Pensacola NGIS Conference Center on Friday, September 6 at 7:30. The event features contracting representatives from NAVFAC Southeast, Eglin AFB, Army Corps Mobile District and Commissioner Grover Robinson (RESTORE). All topics are focused on small business contract-



## Rush Hour

A hose team rushes toward a Mobile Aircraft Firefighting Training Device (MAFTD) during a training session behind the mid-field hangar. The division was up before dawn Aug. 20 to complete required, semi-annual firefighting training. U.S. Navy photo by Jay Cope.

ing and opportunities with the state and federal government. The registration cost is \$30 per person. For more information contact pensacola.post@gmail.com or visit our website <http://pensacola.same.org>.

**Star Spangled Show** - The Panhandle Community Theatre will recognize the 100th anniversary of the Imogene Theatre in downtown Milton Sept. 27-29 and Oct. 4 & 5 (the fifth is the official anniversary) with a special variety show. Back during World War II, a touring variety shows would entertain and delight our fighting troops abroad. PCT is offering a show with a similar attitude. This show, entitled "Star-Spangled Salute to our Troops, is a variety show with singers, dancers, comedy acts, magicians, kid acts and more. The entire show is military-focused and set in the 1940s. Evening performances begin at 7 p.m. while the lone Sunday matinee is at 2 p.m. The Imogene Theatre is located at 6866 Caroline St. (Hwy. 90), Milton, Fla. Tickets are priced at \$12 for adults and children are \$7. For reservations, call 850-221-7599 or email [panhandle\\_community\\_theatre@yahoo.com](mailto:panhandle_community_theatre@yahoo.com).

**Energy Savers** - The Naval Air Station Whiting Field Public Works Department recognizes the following buildings for their efforts on energy conservation as compared to 2012 costs for the same time frame. Building 2981 / VT2/VT6, at -35.2 percent; Bldg. 2254 / Choctaw, at -26.2 percent; and Bldg. 1417 / Atrium, at -12.5 percent earned the honors for July.

**Blood Drive** - One Blood will hold their next blood drive at NAS Whiting Field from 10 a.m. to 3 p.m., Friday, Sept. 6. The drive will be held in memory of Chief Robert Roy, who died from injuries sustained in a hit-and-run accident in April 2013. The bloodmobile will be parked at Whiting Branch Health Clinic. All donors will receive a free t-shirt! Call 850-473-3853 for details.

**Cook Out** - The Naval Air Station Whiting Field First Class Petty Officers' Association will host a Hamburger, Hot Dog and Brats sale Sept. 5 and Sept. 12 at 11 a.m. in front of the Atrium building. Cost is \$7 for Burger and Hot Dog or Brat, Bag of Chips and Soda.

## Usage Information

### Total Used

2,275,610 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,556,948	2,245,533	<b>2,275,610</b>
Average Daily kWh	82,482	74,851	<b>73,407</b>
Days In Billing Period	31	30	<b>31</b>

## Energy Conservation

Conserving energy remains 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 July power bill, NAS Whiting Field saved 281,338 kilowatts of power from last year's bill. However, the power bill was still more than \$150,000 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.

## Family Assistance

# Fleet and Family Support Center Classes

**VA Representative - Friday, September 6 & 20 from 8 a.m. to Noon. (Call 850-623-7177 for appointment)**

**How to Apply for a Federal Job - Monday, September 9 from 10 a.m. to Noon & September 23 from 10 a.m. to Noon and 1 to 3 p.m.**

Is it worth your while to invest your time and effort in searching and applying for a federal job? If your answer is “yes,” then you need to attend this class in order to learn how to prepare the best application possible. You will learn how to read an announcement, analyze core competencies for language, analyze vacancy listing for keywords, and how to apply for jobs. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

**Smooth Move - September 10 & 24 from 1 to 3 p.m.**

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.

**Home Buying Class - September 12 from 1 to 3 p.m.**

Are you in the market for a new home? We can help! From finding the best agent, to negotiating price, types of mortgage loans, and how to get the best interest rates, we can help! Find out how to buy a home and maintain your lifestyle! For more information, contact a Work and Family Life Specialist at 850-623-7177.

**Car Buying Class - September 26 from 1 to 3 p.m.**

Many people begin the car buying process by visiting a dealership, which should be one of the last things you do. Come find out how to research and compare for the best prices, when and how to negotiate your trade-in, how insurance fits in, and your best option for financing. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

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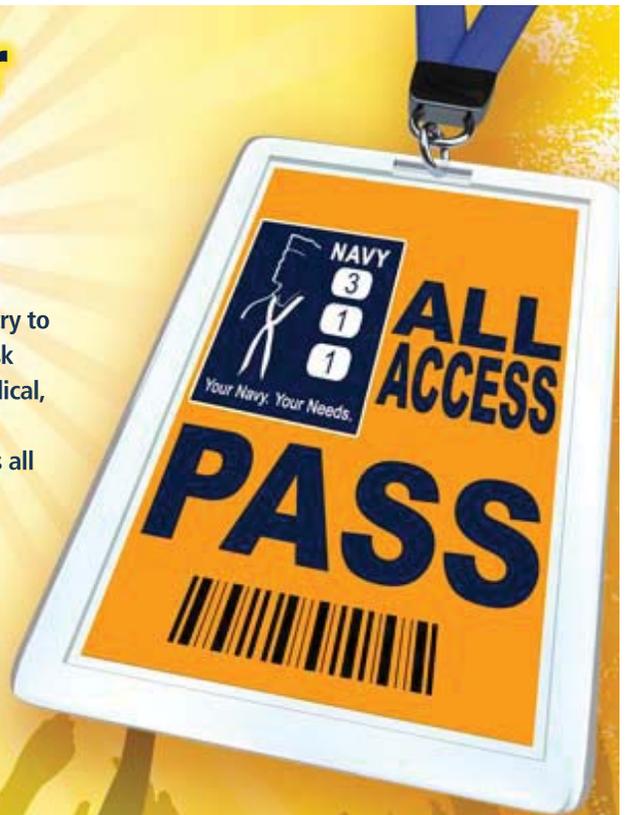
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## Job fair

- (Cont. from Page 2)

Other companies, including Express Employment Professionals, have attended the NASWF job fair before. Owner Charles Bockwith noted his company has been attending the NASWF job fair since 2001, and that they return because “historically the event is well attended and there are a good variety of applicants. It’s one of the better job fairs, and being able to talk to people helps to pull everything together and put a name to a face when we’re reviewing applications.”

While many employers used Thursday’s job fair as an opportunity to extend job offers on the spot, other employers took a different approach.

Families Count had a display table set up but was providing only informational sessions, explaining that all of their hiring is done online through their website. The table was set up to let people know what’s available, and they used the job fair as an opportunity to let people know that they’re hiring in the next few weeks. Stacy Ray, a program manager at Families Count, stated that the NAS Whiting Field job fair was a great location to do this as they give veterans employment preference because some of their work involves veteran supportive services, and they “want vets to help vets”.

Potential employees at the fair seemed equally as enthusiastic about the job opportunities available to them as the employers did about filling those positions with desirable candidates.

Maj. Roy Taylor, an instructor pilot at HT-28, attended the job fair to seek out employment opportunities after the completion of his military career. He’s looking for a flying job and noted that he was able to speak with two employers at the job fair who offered career opportunities that interested him.



Michael Ramirez discusses employment opportunities with Florida Highway Patrol officers Eddie Elmore and Anthony Stone during Naval Air Station Whiting Field’s job fair on August 22. U.S. Navy photo by Ensign Emily Hegarty.

Like many of the employers at the job fair, Thursday was not Taylor’s first time at the job fair.

“I attended last year’s job fair to meet with companies I thought I’d be interested in, and to begin the networking process.”

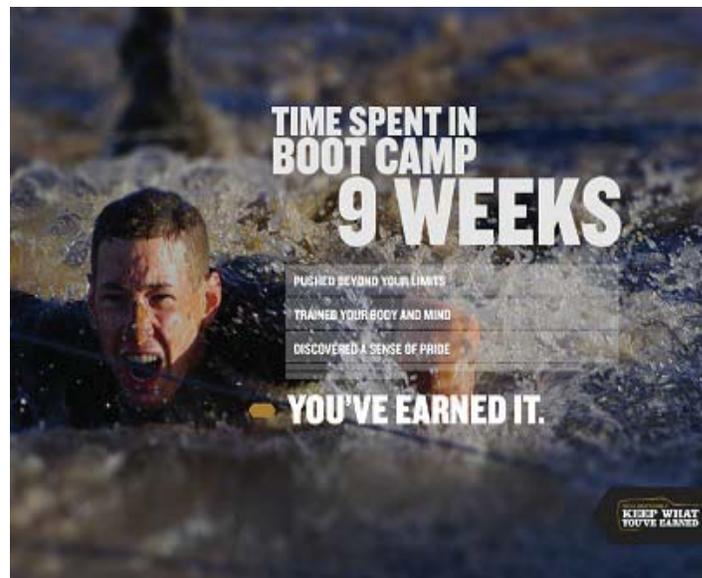
Explaining his experience at the fair, he described most of the interviews that occurred at the fair as preliminary chances to meet with potential employers and learn more about the job.

Theresa, another potential employee, relocated to the Pensacola area two weeks ago. She said the fair was a chance for her

to learn about the area and the different employment opportunities available to her. After working in the same position for many years, she’s excited to do something she described as “more fun,” and expressed interest in learning about working on base as a civilian.

It’s exactly these types of people that Whiting Field hopes to be able to help with the program, and who have provided the diverse and desirable workforce that make the NASWF job fair so successful. And what makes Darryl Johnson, the Work and Family Life consultant at NAS Whiting Field Fleet and Family Services, so pleased with the job fair.

“The event is a collaborative effort by all base departments that allows us to enhance NAS Whiting Field’s relationship with the community. We’re looking forward to something special for next year’s silver anniversary of this event.”



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## Buyer Beware!! What Every Car Buyer Needs to Know



By LT Jacque Leonard,  
JAGC, USN

In the market for a new or used car? Purchasing a vehicle is an exciting time, but also involves a major decision. Follow these guidelines, and you'll walk into the car-buying situation more informed about how to protect yourself.

People typically buy cars from either a dealership or private individual. If the seller is a private individual, the car is sold "as is" and without any warranty unless your contract specifies coverage. When the seller is a dealership, it's important to know about the "implied warranty of merchantability" – a term that describes the promises made by the dealership about the car's condition. The implied warranty of merchantability is a contract law concept of the Uniform Commercial Code ("UCC"). The UCC provides guidance to states and parties to a contract, but in order for the UCC to apply to a contract, either a state must codify the UCC into its state laws (which many states have done) or parties must include it as a governing authority to a contract. The warranty of merchantability means that the seller promises the vehicle will do what it is supposed to do, and that the car's basic functions are operational. However, the warranty of merchantability does not cover everything that could go wrong with a car, so it's still very important that you fully inspect a car before buying it from a dealership.

The warranty of merchantability is also "implied," meaning that it can be modified or excluded whenever a dealership includes its own warranties in a vehicle sale. In order for a dealership to modify or exclude the implied warranty of merchantability, it must expressly use the term "merchantability" and, if the modification/exclusion is in writing, the writing must be conspicuous to the potential buyer. When a dealership provides its own written warranty and any other warranty is expressly disclaimed, those terms and conditions govern the sales contract and any implied warranty is disclaimed and does not apply. Therefore, it's essential to read a dealership's warranty so that you understand what repairs are covered, what promises are made, and whether purchasing a dealership's extended service contract is worthwhile. Purchasing an extended service contract is generally a cost-effective decision if the extension contract costs less than the anticipated repair costs for that vehicle.

On a used car, the best place to look for information about whether the vehicle is being offered with a warranty

included is the Buyer's Guide, which must be posted in every used car sold by a dealership in every state except Maine and Wisconsin. The Buyer's Guide must state: whether the vehicle is being sold "as is" or with a warranty; what percentage of the repair costs a dealer will pay under the warranty;

that spoken promises are difficult to enforce; that the buyer should get all promises in writing; to keep the Buyer's Guide for reference after the sale; the major mechanical and electrical systems on the car; and to ask to have the car inspected by an independent mechanic before purchasing. The Buyer's Guide becomes part of the contract at the time of the sale and any guarantees within it override any of the contract's restrictions.

If you see the terms "as is," "with all faults," or other words clearly stating that there are no implied warranties, then the warranty of merchantability does not apply, and BUYER BEWARE! A vehicle sold "as is" means that all warranties are disclaimed and the vehicle is being sold in whatever its current condition may be. There are no promises about its quality or durability and the duty is completely on the buyer to inspect the car and know of its condition.

The UCC also includes an implied warranty of fitness. This means that statements made by a dealership about a vehicle's suitability for a particular purpose represent warranties. If a dealership advertises that a car can haul a trailer, a customer buys it for that purpose, and the car cannot actually haul a trailer, the dealership has breached the implied warranty of fitness. This is only implied and can be excluded or modified by a dealership's own warranties.

Many states have incorporated the UCC into state laws on vehicle sales, and some states have even built upon the consumer protections in the UCC. Here is a survey of several states:

- *Florida*: Unless a dealership affirmatively disclaims all warranties in writing, a vehicle (whether new or used) is at least covered by the implied warranty of merchantability, the warranty of fitness, and a good title. Florida does not have a used car lemon law – if you purchase a used car that turns out to be a lemon, you have no legal protections.

- *Georgia*: Has incorporated the warranties of merchantability and fitness for a particular purpose into its state laws,

**If you see the terms "as is," "with all faults," or other words clearly stating that there are no implied warranties, then the warranty of merchantability does not apply and BUYER BEWARE!**

- (Cont. on Page 12)

## Starbase

- (Cont. from Page 2)

formance or have a disability are in the target group.” Military involvement is a key aspect of the program, as the use of military volunteers to assist civilian educators exposes youth to positive role models who can relate their own careers to the STEM training in the classroom and help the students explore “real-world” applications of the topics they discuss.

Ensign Mike Cellini, a NAS Whiting Field student pilot and STARBASE-Atlantis volunteer, spent a week with a class of fourth grade students, assisting civilian educators in organizing daily lessons, helping students in their activities, and bringing a military element into the classroom environment.

He noted that his favorite part of the program was getting to interact with children who are curious about topics that relate to a military environment.

“After working in a military profession with peers your age and older, it is a relief to take a step back and remember where it all started for a lot of us. The topics and activities the program offers are the basis for science classes that continued well into my high school and college courses,” he said. “It was great to hear these kids take an interest in the topics covered and I realized they offer interesting and different perspectives on many topics.”

The program uses hands-on learning to help students grasp basic engineering principles and apply them to a specific goal – whether it be to launch a rocket or design an all-terrain vehicle. Projects are approached in a team and goal-oriented environment, with supervision



Atlantis students look on as their classmates launch compressed air powered rockets before graduation ceremonies at Naval Air Station Whiting Field’s recreation pavilion August 1. U.S. Navy photo by Ensign Emily Hegarty.

from both military volunteers and civilian program instructors.

Cellini observed that the reach of the program often extended far beyond the topics at hand.

“The program’s goal is not [just] to teach the kids as much about science in a week,” he stated. “The goal of the program is to spark an interest in their minds that will carry on with them and push them forward to explore the world around them. I honestly feel even in such a small amount of time they achieve this goal above and beyond. The kids are eager each morning to find out what they will learn that day and leave with an anticipation to learn something new the next day.”

The STARBASE-Atlantis Whiting Field program has graduated 15,356 students since its opening, bringing memorial experiences to the students – and certainly in Cellini’s case – the teachers as well.

Cellini is an advocate for military involvement in the program.

“Just being there in my flight suit contributed to the program. There is a ton of respect and admiration when it comes to wearing a uniform in front of a bunch of fourth graders. They see you as the coolest person in the room and want to be you. I was there to answer any questions they had about the military and flying in general. Also I felt I allowed them to see that what they were learning in the classroom directly relates to what we do in the military as pilots.”



Ensign Mike Cellini helps STARBASE-Atlantis students launch their compressed air powered rockets before graduation ceremonies at Naval Air Station Whiting Field’s recreation pavilion August 1. U.S. Navy photo by Ensign Emily Hegarty.

# From TRAWING-5

## Congrats to TRAWING-5 Wingers and scholars



**Back Row:** Cmdr. Matthew Bowen, USN, CO HT-8; Ensign Gregory S. DiBenedetto, USN; Ensign Chad J. Westfall, USN; 1st Lt. Bradley B Maa, USMC; Lt. j.g. Bradley W. Seidel, USN; 1st LT. Tyler A. Pencek, USMC; Ensign Jason McCabe, USN; Capt. Joshua E. Thomas, USMC; Ensign Mark L. Putnam, USN; Ensign Benjamin L. Funkhouser, USN; and Capt. Matthew Coughlin, USN, CO Naval Air Station Whiting Field.

**Middle:** Lt. Col. Robert S. White, USMC, CO HT-18; 1st Lt. Joshua D. Kerzie, USMC; Ensign Gregory A. DiFranco, USN; 1st Lt. Luke D. Zumbusch, USMC; Ensign Adam D. Card, USN; 1st Lt. Christopher A. Huff, USMC; Lt.j.g. Konstantin Drabkin, USN; 1st Lt. Austin R. Skinner, USMC; Lt.j.g. Nicholas R. Oberkrom, USN; 1st LT. Seth S. Matthews, USMC; and Capt. James J. Fisher, USN, CO TRAWING 5.

**Front:** Cmdr. Christopher L. Pesile, USN, CO HT-28; Lt.j.g. Caitlin L. Calhoon, USN; 1st Lt. Dale E. Metcalf, Jr, USMC; Ensign Daniel F. Meza, USN; Lt.j.g. Joshua A. Bryan, USN; 1st Lt. Joseph R. Popovich, USMC; Lt. Steven G. Korbein, USN; Ensign Dallas C. Rhodes, USN; 1st Lt. Daniel L. Millikin, USMC; and Ensign Leighton A. Pleasants, USN.



**1st Lt. Randall S. Weakley, USMC; Ensign Brenner T. Schap, USN; Lt. Daniel J. Reilly, USCG; 1st Lt. Michael P. Bernier, USMC; 1st Lt. Michael S. Smithson, USMC; Ensign Jeremy R. Willis, USN; Lt. Matthew D. Poore, USCG; and 1st Lt. Robert J. Guilfoyle, USMC receive their Academic Achievement Awards at the Training Air Wing FIVE headquarters building Aug. 23.**

## Operation Live Well: Lunches with Punch

Posted by: Lt. Col. (Dr.) Amy Costello, MD, MPH, FAAP

# OPERATION

# ★ Live Well ★

Settling into a new school year can be hectic, especially for military families, as parents and children acclimate to new schedules and – for some – new living environments.

At such a busy and mentally stressful time of the year, planning out healthy meals – including school lunches – may not be easy or a top priority. Yet providing your children with well-balanced, nutritious meals and snacks during the school day can help boost their mental and physical performance, as well as avoid future problems

with weight management and health complications like diabetes.

So how can you quickly and easily pack a lunch that's both appealing and healthy for your children?

For starters, make sure it contains a balance of fruits, whole grains, vegetables, lean protein and low-fat dairy as shown in the USDA's My Plate Kid's Place. Besides fueling your children's bodies with essential vitamins and minerals, you'll be giving them plenty of healthy energy to perform well in the classroom and on the playground.

The more visually pleasing you can make the meal, the better the chances that your children will enjoy it. The National Institute of Health's "We Can" Initiative has several helpful tips, such as choosing foods with a variety of colors like sweet peppers, carrots, cucumbers and apples with low-fat dips. Use whole wheat or multi-grain bread instead of white, and add mustard or hummus with low-fat cheeses and deli meats like turkey. Opt for water or no- or low-fat milk instead of sugary juices or soda.

Finally, pack all of the items in a bento-style lunch box or an insulated lunch bag with containers in various shapes and sizes to make the meal look interesting.

Although taking your children grocery shopping to the commissary, super-market or local farmer's market may not be your idea of fun, it provides you with the opportunity to teach them to be healthy and learn to be self-sufficient. Try pointing out healthy foods to them, or, if they are old enough, send them on a hunt for the healthiest options of the foods they want to take in their lunches. Letting them help with selecting their foods also helps ensure they want to eat them or are willing to try them.

And even younger children can start packing their own lunches under your supervision. You will appreciate their increasing independence as they begin to take responsibility for their own healthy choices!

Providing your children with money to purchase school lunches is okay as long as you study each week's menu with them and decide together what healthy food choices they should make.

### LAZY IRONMAN

### TRIATHLON



SEPTEMBER  
2ND.-30TH.

### SWIM BIKE RUN

2.4 MILES

112 MILES

26.2 MILES

WHAT IS IT?

A FITNESS INCENTIVE PROGRAM THAT IS BASED ON THE DISTANCE OF AN IRONMAN TRIATHLON. SWIM (OR ROW) 2.4 MILES (3862 METERS) BIKE 112 MILES AND RUN 26.2 MILES. LOG YOUR MILES ON YOUR TRACKING SHEET OF ALL DISTANCES COMPLETED ON THE NSA BASE.

WHEN IS IT?

COMPLETE ALL THE DISTANCES BETWEEN SEPTEMBER 1ST AND 30TH..

WHO IS IT FOR?

EVERYONE!! COMPLETE ALL THE DISTANCES WITHIN THE DATES OF THE PROGRAM AND YOU WILL WIN A PRIZE!

**SIGN-UP AT THE MWR FITNESS CENTER FRONT DESK**

# Around the Base

## Chief selectees prepare for advancement



### Congratulations to the fiscal year 2014 Chief Selects

Above: Chief Yeoman (Select) Jennifer Terry, Chief Aviation Boatswain's Mate (Select) Bradley Anthony; Chief Aviation Boatswain's Mate (Select) Vandie Smith, Chief Aviation Boatswain's Mate (Select) Carlos Peralta, Chief Aviation Boatswain's Mate (Select) Chad Whitta, and Chief Aviation Boatswain's Mate (Select) LeDerrick Garrison hold their guidon pennant before starting their morning formation run. (Chief Master-at-Arms (Select) Kenneth Pratt not pictured as he is on an IA tour)

Above Right: Garrison takes a swim during morning physical training at the NAS Whiting Field lap pool.

Right: Chief Naval Air Crewman Steve Bean leads the selects through a round of stretching to cool down following their workout.

Below Right: Chief selectees improve their shooting skills at the NAS Whiting Field firing range.

Below: Peralta and Anthony get some help from one of the Navy Exchange employees as they get fitted for their new uniforms.



## CNRSE

- (Cont. from Page 3)

cer with significant operational experience as a surface warfare officer,” Vice Adm. French said during his remarks. “I know he’s excited to be back home in Jacksonville (Florida) and ready for the great challenges and rewards that this region offers.”

Scorby, who was awarded the Legion of Merit during the ceremony, had commanded CNRSE since August 2011. Under his leadership, installations throughout the region made significant reductions in energy costs through an active regional energy council that exceeded the fiscal year 2013 energy usage reduction goal of 24 percent. He was also



**JACKSONVILLE, Fla. (Aug. 29, 2013) - Rear Adm. Rick Williamson, Commander, Navy Region Southeast, arrives at the Navy Region Southeast change of command ceremony on board Naval Air Station Jacksonville. During the ceremony, Williamson accepted command from Rear Adm. John C. Scorby Jr. (U.S. Navy photo by Mass Com-**

instrumental in the Navy’s pursuit of compatible land-use strategies, which included the Navy’s installation wind turbine impact analysis study that developed a nationally supported legislative outreach effort and ensured safer air operation areas and mutual co-existence.

“At the end of the day, it’s been one team, military and civilian, and you proved it day after day,” Scorby said. “The personal award that I received today belongs to all of you and I will think of each and every one of you each time I pin it on.”

Scorby will assume command of Navy Region Europe, Africa, Southwest Asia in October.

## Car Buying

- (Cont. from Page 7)

unless expressly excluded. Parties can broaden or narrow the implied warranties of merchantability or fitness, but any waiver or disclaimer of the warranties must be clear, to the point, and conspicuous. A dealership can also limit the implied warranty of merchantability to the repair or replacement of defective goods.

- *Mississippi*: Has incorporated the implied warranties of merchantability and fitness for a particular purpose into its state laws. In order for an implied warranty to be modified or excluded, the modification/exclusion must be in writing, mention “merchantability,” and be conspicuous. Further, the modification/exclusion must be separately acknowledged by the buyer through a signature. Mississippi does not have a used car lemon law.

- *Louisiana*: Has not adopted the UCC, but its redhibition law has similar protections as the warranties of merchantability and fitness for a particular purpose. Redhibition works the same as a lemon law – if there’s a hidden defect in a car, the buyer may have grounds for filing a lawsuit against the seller for a refund. Unlike most states’ lemon laws, redhibition applies to both new and used cars. Louisiana allows a dealership to disclaim and limit implied warranties, but they are only effective when they are clear, unambiguous, and brought to the buyer’s attention or are explained to the buyer.

- *Alabama*: Has incorporated the warranties of merchantabil-

ity and fitness for a particular purpose into its state laws. Alabama’s lemon law rights extend coverage up to 24 months following delivery of the vehicle or 24,000 miles (whichever occurs first) when the manufacturer is obligated to make such repairs as necessary, replace the vehicle, or provide a refund if the vehicle does not conform to an express manufacturer’s warranty.

- *Texas*: Has incorporated the warranties of merchantability and fitness for a particular purpose into its state laws. A dealership can modify/exclude these implied warranties with its own warranties, but any such warranty must be in writing. Texas requires the Buyers Guide in a used car to list exactly what parts and services are covered under a warranty and for how long; and if the sale is conducted in Spanish, the Buyers Guide and all required contract terms must be in Spanish. Texas also requires the seller of any used vehicle to state on the title assignment the total number of miles traveled by the vehicle.

It is important to understand your rights as a buyer when purchasing a vehicle, and it is essential to understand the problems that could arise if you do not carefully consider your purchase. Knowing your state’s laws regarding warranties will help you make an informed decision and avoid legal hassles in the future.

## Things to Know

# Summer Religious Programs Schedule

### Weekly Services:

**Bible Study** – Tuesdays at 11:30 a.m. A free lunch followed by a lesson and discussion. Guest speakers, non-denominational.

**Chapel** – Thursdays at 11:30 a.m. A Protestant service featuring traditional and contemporary music. Sermons by Lt. Jason Hart and Cmdr. Charles Luff.

**Mass** – Fridays at 11:00 a.m. Traditional Catholic Mass led by Monsignor Michael Reed.

### CREDO Southeast Programs

**Marriage Enrichment Retreat** – from Friday at 7 p.m. until Sunday after lunch Aug. 23-25, Pensacola, Fla.

To register contact CREDO Southeast at 904-542-3923.

### NASWF Programs

#### PREP Marriage and Relationship Enhancement Semi-

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Sept. 20 from 8:15 a.m. to 4 p.m.

Like sport skills or job skills, there are skills that can be learned to make your relationship better. PREP workshops teach couples skills to improve their relationship in a fun and interactive environment. PREP workshops and materials are offered free of charge.

**ASIST Workshop: Suicide Training and Prevention**, Oct. 16-17 from 7:30 a.m. to 4 p.m.

The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid.

All seminars will take place in NASWF Atrium Building Room 169. Please contact Chaplain Hart (jason.r.hart@navy.mil), RP1 Yolanda Jordan (yolanda.jordan@navy.mil), or call the office at 850-623-7211 to sign up.

## SECURITY CHECKPOINT



Q: I am in the military in another state and my spouse is with me, but she is not in the military. The vehicle we have is registered in my spouse's name. Is insurance from Florida required?

A: No. You will be required to provide a copy of the member's out-of-state military orders along with a statement stating the vehicle is with you at each renewal.

Q: I am in the military assigned out-of-state and my vehicle will be stored in Florida until I return. Must I maintain my Florida insurance policy?

A: Yes. As long as the vehicle remains in Florida with a valid tag and registration you will be required to maintain coverage. However, you may surrender your tag and registration to the nearest Florida driver license office or tag agency until you return to Florida, if you do not want to maintain the Florida insurance coverage.

Q: I am in the military on active duty outside the United States. Am I required to have Florida coverage on my Florida registered vehicle?

A: No, as long as your name is on the registration as owner or co-owner, and your car is with you. You will be required to provide a copy of your out-of-state military orders to the Department of Highway Safety and Motor Vehicles and a statement stating the vehicle is with you.

Q: I live outside Florida for six months a year. When not in Florida, my vehicle is in storage and will not be used. Must I maintain automobile insurance?

A: Yes. Any vehicle holding a valid Florida license plate and registration must be covered by a Florida insurance policy throughout the entire registration period. When you leave Florida, you may surrender your license plate and registration at the nearest driver license or Tax Collector office to avoid maintaining your policy. You can always register your vehicle upon your return to Florida, at which time you can provide proof of Florida insurance.

# SecDef releases message on Suicide Prevention Month

*- Help is available for all members of the military team*



Secretary of Defense  
Chuck Hagel

The Department of Defense has no more important responsibility than supporting and protecting those who defend our country and that means we must do everything possible to prevent military suicide. As we observe Suicide Prevention Month, the entire DoD community – Service members, civilians, members of our families and leaders at every level – must demonstrate our collective resolve to prevent suicide, to promote greater knowledge of its causes and to encourage those in need to seek support. No one who serves this country in uniform should ever feel they have nowhere to turn.

The Department of Defense has invested more than \$100 million into research on the diagnosis and treatment of depression, bipolar disorder and substance abuse, as well as interventions for relationship, financial and legal issues – all of which can be associated with suicide. We are working to reduce drug and alcohol abuse and we are steadily increasing the number of mental health professionals and peer support counselors. Effective suicide prevention training is critical to all these efforts and we are instructing our leaders on how to recognize the signs and symptoms of crisis and encourage

service members to seek support. We are also reaching out to military families and the broader community to enlist their support in this cause.

Seeking behavioral health care is a choice that embodies moral courage, honor and integrity. Those values are at the foundation of what that we stand for and what we defend. The Military Crisis Line is there for all who need it. I encourage anyone in need to call 1-800-273-8255 and press one to speak to a trained professional, 24 hours a day, 365 days a year. This service is confidential and available to all service members and their families.

Always remember that our most valuable resource is each other. When one of us faces a challenge, we all must stand together. By fighting as one team, we can – and we will – help prevent suicide. Thank you.

**Whiting Field Navy Ball 2013  
Fundraiser**

**Ultimate Advantage Combo Pack:**  
Mulligan Package  
Tee Buster  
String It Out Advantage

1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place prizes.  
Door prizes.  
Longest drive competition.  
Closest to the pin competition.  
Worst score overall score.

**Friday September 6<sup>th</sup> 2013**  
**Registration starts at 8 a.m.**  
**Shotgun start at 9 a.m.**

**\$35 per person**  
**4 man scramble**

For additional information please contact AC1 Buruca at 850-623-7755 or [nina.buruca@navy.mil](mailto:nina.buruca@navy.mil)