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Wednesday, April 20, 2011

Commissary hosts kids for program on eating right

By Jay Cope, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field's commissary staff celebrated the Month of the Military Child by embracing First Lady Michelle Obama's crusade against child obesity. The store hosted 14 children from the child development center on base for a look around the store and a fun presentation about foods for a healthy diet.

Kim Jackson, the store manager, recruited some help from some other agencies to help make the event fun and informative for the kids. The Navy Exchange manager, Linda Larrabee, met all the children as they departed the bus with a dog tag that read "I'm a military kid and proud of it." The Military Produce Group, a food supplier for the commissary, provided bags with coloring books, pencils, fruit, and an entry form for a drawing for a new bicycle. Specialist Erin Brookshire, the base's food inspector, also spoke to the kids briefly about food safety.

"The children learn so fast at this age, so it's the right time to teach them the important things about eating healthy, and with food items coming from all over

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Mary Jo Anthony, from the Military Produce Group, explains how different vegetables are good for the body in different ways. The presentation was part of a "Month of the Military Child" event hosted by the Naval Air Station Whiting Field commissary, April 14. The event supported the first lady's initiative against childhood obesity. U.S. Navy photo by Jay Cope.

DEFY entertains / teaches youths during a visit to local zoo

The Naval Air Station Whiting Field Drug Education for Youth (DEFY) group walked and talked with the animals for their final field trip of the program's season, March 26.

DEFY coordinators took the 14 kids to the Gulf Breeze Zoo to see many of the 900 animals in residence. The trip included feeding the goats, meeting the giraffes up close, and taking a train ride around the facility, courtesy of the zoo staff.

While the bulk of the day was spent enjoying the zoo, lunch was used to present a lesson about self esteem and how different aspects of the kids' lives can affect their self worth. A strong self esteem is one of the best defenses against the desire to use drugs and helps resist peer pressure. The self esteem lesson is just one of many presented throughout the year-long program's anti-drug curriculum.

DEFY helps to reduce the desire to use drugs as well as enhance the life skills of the program's participants. Ultimately, the

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Chase Andrew gets a licking as he feeds a young giraffe at the Zoo of Northwest Florida. The Drug Education for Youth program at NAS Whiting Field brought the kids to the zoo as their final trip of the year before graduation. Photo courtesy of ACCS Trevor Rowe.

DOD launches new helpline to support victims of sexual assault

From Department of Defense Public Affairs

WASHINGTON (NNS) -- The Department of Defense launched its newest initiative to support victims of sexual assault April 15.

Using DoD Safe Helpline, service members can “click, call or text” for victim support services for themselves or others. The free, anonymous and confidential resource can be accessed worldwide,

In addition to improving victim care, secure and confidential access to Safe Helpline was developed to encourage victims to come forward when they might not otherwise.

“The underreporting of sexual assault poses a serious challenge to military readiness,” said Clifford L. Stanley, under secretary of defense for personnel and readiness. “We believe the Safe Helpline will provide DoD sexual assault victims with a variety of support outlets, which will lead victims to report sexual assault, seek needed information, and receive care.”

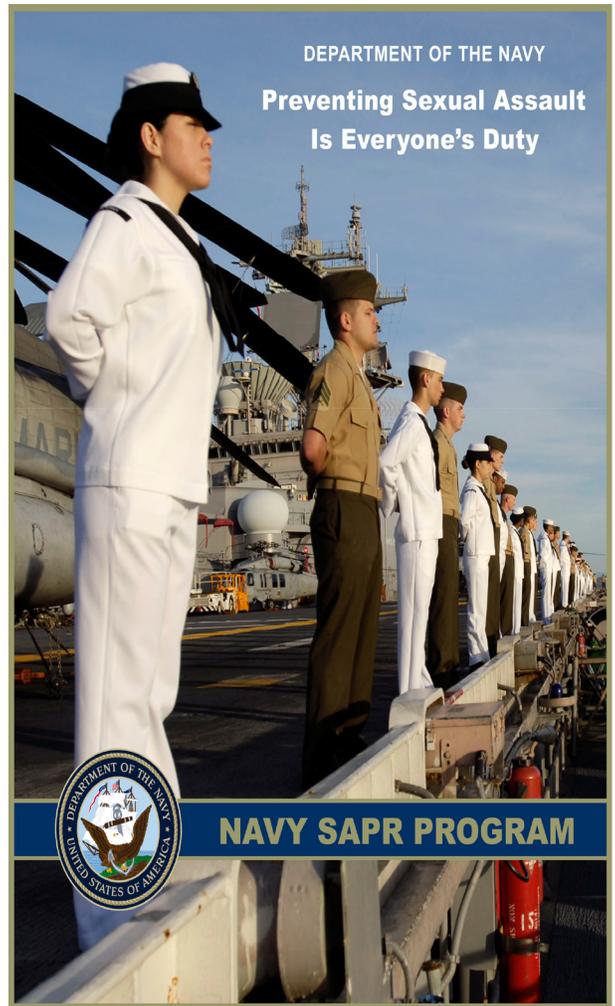
Safe Helpline offers three access options designed for service members:

Users can log on to <http://www.SafeHelpline.org> to receive live, one-on-one confidential help with a trained professional through a secure instant-messaging format. The website also provides vital information about recovering from and reporting sexual assault.

A second option is to call the telephone hotline at 877-995-5247 to speak with Safe Helpline staff for personalized advice and support. Safe Helpline staff can also transfer callers to installation-based sexual assault response coordinators (SARC), on-call victim advocates, civilian rape crisis centers, or to the Suicide Prevention Lifeline.

The third option is for users to text their location to 55247 inside the United States or 202-470-5546 outside of the United States to receive automated contact information for the SARC at their installation or base.

Further information on Safe Helpline can be found on <http://www.SafeHelpline.org> or at <http://www.sapr.mil>.



NAS WHITING FIELD'S ANNUAL EASTER EGG HUNT

SATURDAY APRIL 23RD 0900-1100
AT THE PAVILLION ON GOLF COURSE ROAD
JOIN THE FUN WITH:

- AN EASTER EGG HUNT
- MOST UNIQUE EASTER HAT CONTEST
- BEST BASKET CONTEST

FOR MORE INFORMATION
CONTACT AC1 BARLOW AT
(850) 255-9864

A child holding a large white Easter bunny in a field of grass and flowers, surrounded by colorful Easter eggs.

News and Notes

Naval Air Station Whiting Field MWR facilities will be closed in accordance with the following schedule due to mandatory, all hands training: Golf Course Snack Bar - Closing at 1130; Bowling Center & Snack Bar - Closed 1230-1530; Outdoor Adventure Program - Closed 1300-1530; Liberty Center - Closed 1300-1530; Whiting Park - Closed 1230-1600; ITT - Closed 1300-1530; and MWR Admin - Closed 1300-1530.

Navarre Fun Fest - The Navarre Area Chamber of Commerce will present their 27th Annual Fun Fest Friday, April 29, and Saturday, April 30, at Navarre Beach. The family two-day event is sponsored in part by Santa Rosa Medical Center. Application forms for: Artists & Crafters, Food Vendors and Sponsors are located on the Navarre Chamber website at: www.navarrechamber.com. The event is seeking painters, potters, stain glass artists, beach arts and all types of crafts welcomed. Spaces are available for \$100.00 per 10 x 10 space. Any artist or crafter seeking information may contact Connie Jones at: 939-7964, For general information about Fun Fest, call: 939-3267.

Army of Hope Summer Camp - The Florida Elks Youth Camp is providing a six day sleep away camp FREE to the dependents of active military because they care. The camp will run from July 31 to Aug. 6 and is available to all dependents of active military ages 9 to 16. The program provides a recreational camp where children can just be a kid for a week. Contact 800-523-1673 extension 249 for an application.

Milton Community Center New Offerings - Martial Arts and Zumba classes are now being offered at the Milton Community Center, 5629 Byrom St. Martial Arts class started April 4 and is held every Monday, Wednesday and Thursday. Children's classes start at 6 p.m. and adult classes began at 7 p.m. The start-up fee is \$59, which includes a uniform, and the monthly fee is \$80. Discounts are offered for additional family members. Martial Arts classes will be taught by Grandmaster Gary Nichols seventh degree Black Belt and Master Level Black Sash. Zumba began April 5 and are held every Tuesday and Thursday from 6 to 7 p.m. Zumba is taught by Brandee Walker and costs \$5 for each session. For more information, contact Linsey Williamson at (850) 983-5466 ext 4208 or go online to: www.miltonparks.webs.com.

Alcohol Awareness Month - To help you better understand your relationship with alcohol, this April, in observance of Alcohol Awareness Month, Military Pathways (www.militarypathways.org) is encouraging service members and their families to assess their drinking IQ by taking a brief, anonymous questionnaire either online at www.DrinkingIQ.org. Since the Drinking IQ campaign launched, over 17,000 people have taken an alcohol screening online through the Military Pathways program. Of those who scored positive for symptoms of an alcohol use disorder and answered the question, "Do you plan to seek further evaluation?," more than 25 percent answered, "Yes."

Helicopter Safety Survey - If you are or were a U.S. military helicopter pilot or crewmember, the Department of Defense wants to know if you suffered back/neck pain or injury (not result-



Welcome Home

Air Traffic Controller Third Class Kelsy Balcom returns from her Individual Augmentee tour to a big welcome from the Fleet and Family Support Center staff and her friends in the air traffic control division. Balcom served a year in support of Operation Iraqi freedom. U.S. Navy photo by Jay Cope.

ing from an aviation mishap) that may be related to your service in helicopters. Researchers for the Office of the Secretary of Defense are urging current and former military pilots and crewmembers to complete this short online survey at www.DoDhelicopterseatsurvey.com. Completed surveys are anonymous and should only be taken once. If you participated in a similar January 2010 Navy and Marine Corps survey, please do not complete this survey, as the results will be merged with this study. The survey will be available online from April 1 through April 30, 2011. For details, please contact Kristin Harmon at info@IHSolutionsConsulting.com.

Blueberry Bash - The ARC Santa Rosa, Inc., 2nd Annual "Blueberry Bash" will be held on Sat, Jun 25, 2011, 0800-1400. They are located at 6225 Dixie Road, Milton. To kick-off the event, a 5K Fun-Run will begin at 7 a.m., with check-in at 6 a.m. To register on-line, visit www.imathlet.com. You can also download the registration form at www.thearcsantarosa.org/documents. Registration is \$25.00 and includes a "Blueberry Bash" t-shirt. Refreshments will follow the run. Late registration fee will be \$30.00 after Jun 4, 2011. This promises to be a family event with many children's activities, including: Petting Zoo, Horseback Rides, Jumpers, 3-Story Slide, Games and more! A variety of Arts and Crafts and other vendors will be on hand, as well as an array of Fun Food items to enjoy! There will be various local entertainment performing throughout the day! Blueberry plants and fruit will be available for purchase! For additional information, please contact Mr. Debbie Goss at dgoss@bellsouth.net or contact The ARC Santa Rosa at 623-9320.

Give the Gift of Life - Northwest Florida Blood Services Bloodmobile will be at the NEX parking lot from 1000-1500, Fri, 22 Apr 2011. All donors will receive a free gift. In addition, everyone who donates between 1 Mar - 30 Apr 2011 will be entered in a drawing to win a two-night stay at the Emerald Grande Hotel at Harbor Walk in Destin. It's fast! It's easy! Log onto www.nfbsdonor.org to make an appointment for your next donation (use Sponsor Code W1119) or just show up. Please contact 1-800-682-5663 for additional information.

Upcoming Events

April 21, 1300 - Winging Ceremony - Auditorium

April 22, 1230 - DADT Repeal Training NASWF - Auditorium

April 23, 0900 - Easter Egg Hunt - Golf Course

April 25, 0700 - Start of HURREX 2011

May 6, 1300 - Winging Ceremony - Base Auditorium

May 13, 1600 - Military Appreciation Day - Sports Complex

Fleet and Family Support Center classes

Car Buying - April 21, 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. Call the Fleet and Family Support Center to reserve your spot at 623-7177.

VA Representative - Friday, April 22 (Call for Appointment), 8 a.m. to Noon - 623-7177.

How to Apply for Federal Jobs - Monday, April 25, 10 a.m. to Noon.

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 listings for keywords, and how to apply for jobs. Classes will be held in the FFSC conference room. Call 623-7177 for details.

E-Books Workshop - Tuesday, April 26, 1 to 2 p.m.

A new class designed to help you navigate the Navy Knowledge Online program and use the library of free e-books and audio book to your best advantage. It is recommended that you bring your laptop computer or e-reader with you. NKO is not yet compatible with the Kindle e-reader.

This Week in Naval History

April 19

1783 - George Washington proclaims the end of hostilities with Great Britain.

1861 - President Lincoln orders the blockade of Southern ports from South Carolina to Texas.

1955 - USS Albany (CG 10) and USS William Wood (DD 715) begin to provide disaster relief to citizens of Volos, Greece.

April 20

1796 - Congress authorizes the completion of three frigates.

1861 - Norfolk Navy Yard in Virginia is abandoned and burned by Union forces.

1914 - In the first call to action of naval aviators, a detachment on USS Birmingham sailed to Tampico, Mexico.

1915 - The first Navy contract for lighter-than-air craft is awarded.

1942 - USS Wasp (CV 7) launches 47 British aircraft to reinforce Malta.

1947 - Navy Capt. L.O. Fox, supported by 80 Marines, accepted the surrender of Lt. Yamaguchi and 26 Japanese soldiers and sailors, two-and-a-half years after the occupation of Peleliu and nearly 20 months after the surrender of Japan.

1953 - USS New Jersey (BB 62) shells Wonsan, Korea, from inside the harbor.

1964 - USS Henry Clay (SSBN 625) launches a Polaris A-2 missile from the surface in the first demonstration that Polaris submarines could launch missiles from the surface as well as from beneath the ocean. Thirty minutes later, the submarine launched another Polaris missile while submerged.

Ec-nomics

Use a Fan

A fan, which costs two to five cents per hour to operate, will make a room feel 4 to 6 degrees cooler. Also, a fan works well in tandem with an air conditioner because the dehumidifying action of the air conditioner provides drier air that the fan can then move around. In frequently used rooms, install a ceiling fan (set it to spin counterclockwise in summer). You'll save the most money by running the fan only when you're in the room. A motion-detector switch (around \$20), which turns the fan on when you enter a room and off when the room is empty, is a good addition. However, if you have pets that move in and out of the room, make sure the switch can be turned off manually. Otherwise, your pets can cause the fan to run while you're away. If nighttime temperatures drop into the 70s where you live, you might want to purchase a whole-house fan, which runs \$300 to \$600 installed. This type of unit goes in an upstairs ceiling, ideally in a central hall. When run at night with the windows open, the fan will pull cool air into the house as it vents hot air out through the attic. Most models are designed to slip in between joists for easy installation. Whole-house fans, which draw only as much power as a couple of lightbulbs, are usually outfitted with a variable-speed switch and/or timer. If you install one, be sure to get an insulated box to cover the portal in winter. Cost: Ceiling fans range from \$30 to \$200. Floor fans cost around \$20, and whole-house fans run from \$300 to \$600. Benefit: Ceiling fans can decrease your cooling bill by up to 15 percent, while a whole-house fan can slash it by 50 percent.

See www.thedailygreen.com for more tips.

Commissary

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the world, sanitation is also very important," Jackson said.

Sanitation is so important, that the first question Brookshire asked the kids was, "When we talk about food, what is the most important thing to remember?"

The kids shouted out "Wash your hands!"

The CDC kids were treated to a tour of the store, and were given some homework. The checklist asked the children to put down what they eat and to check off when they eat healthy foods. The parents could then turn in the checklist to the commissary along with the entry form to win the new bicycle. Each child was also given a picture to color that will be posted in the commissary when turned in.

It was all an effort to get kids excited about eating the right foods.

The first lady started a project a year ago called "Let's Move"! According to her website, www.letsmove.gov, it is a comprehensive initiative dedicated to solving the challenge of childhood obesity within a generation. The program desires to see children grow up healthier. The site gives parents, caregivers and other participants helpful information to support a healthy lifestyle.

"We wanted to stress how important it is to eat fruits and vegetables and to exercise. We are trying to support Mrs. Obama's initiative. If we can get them to do it now, then they will carry that information with them as they get older," Mary Jo Anthony, the Military Produce Group representative, said.



This little bag of goodies, including fruit, coloring supplies, pencils and more is given to each child during the commissary's kid's health event. U.S. Navy photo by Jay Cope.

BBCF scholarship

deadline extended

The Balfour Beatty Communities Foundation, a non-profit organization committed to honoring military personnel – active, disabled and fallen – and their families, is pleased to share the news that the application deadline for its educational scholarship program has been extended to April 30, 2011. For high school and undergraduate students residing in Balfour Beatty Communities at NAS Whiting Field, this means another chance to be recognized with a contribution to their education.

One of the Foundation's three primary goals is to promote the pursuit of education and a commitment to community leadership through educational scholarships to the children of its active duty service members that live in Balfour Beatty Communities family housing. With this extension, the Foundation hopes to ensure widespread awareness of the opportunity and give more high school or undergraduate students the chance of being awarded a scholarship.

The scholarship program is one of many ways the Foundation strives to honor its commitment to active duty service members and their families. The scholarships are awarded to those students who are in need of financial assistance, recognizing not only their educational and leadership efforts, but also the contribution of their parents and the sacrifices the children have made in their parents' absences.

The application, details and requirements for these scholarships can be found at www.bbcommunitiesfoundation.org.

DEFY

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A few of the Drug Education for Youth participants clown around on one of the zoo's many attractions. The young men and women travelled to the zoo for a day of fun and education about how to say no to drugs. Sign ups are being taken for next year's DEFY class until June 1. Call 623-7273 for details. Photo courtesy of DEFY.

goal is to build healthy, drug-free, and successful citizens.

The current class will graduate next month, and plans will begin for the 2011/12 DEFY program. The staff consists of base volunteers who plan the activities based on national guidelines. Applications are currently being accepted for the DEFY camp Aug. 1-5 until June 1. See <http://www.hq.navy.mil/defy> to download an application. For more information, contact Senior Chief Air Traffic Controller Trevor Rowe at 623-7372 or Air Traffic Controller Second Class Brittanee Brooks at 405-625-7893.