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# Young Surpasses 8,000 Flight Hours During Career



By Lt. j.g. Tyler Watters, NAS Whiting Field Public Affairs

It is hard to find a helicopter pilot with a career as diverse as Coast Guard Lt. Cmdr. Rob Young's. Young not only is an experienced Coast Guard pilot, but has also flown aircraft within the Marine Corps and Army National Guard arsenals as well.

Young started his career in the military as a Marine and received his wings of gold at Naval Air Station Whiting Field's base chapel in January 1982 after completing his advanced helicopter training in the TH-57 Sea Ranger. He then headed to the West coast to fly the CH-46 in his fleet replacement squadron, the HMM-164 Knightriders. After flying with the Knightriders for four years, Young was unaware of what his career as a helicopter pilot would bring.

"When I left the Marine Corps in 1986 I had less than 1,000 flight hours and I never thought I would reach 1,000," Young said. "I'm amazed by the entire journey and this is all a lot more than I expected."

That journey took a unique next step when, wanting to change things up a bit, Young cross transferred to the U.S. Army National Guard in Lexington, Oklahoma in 1986. There, he flew UH-1 Iro-

Lt. Cmdr Rob Young sits in the cockpit of a TH-57 Sea Ranger helicopter after completing his 8,000th flight hour during a flight in the aircraft with Cmdr. Michael Fisher, Helicopter Training Squadron EIGHT commanding officer. Young earned his "Wings of Gold" in 1982 and has flown Army National Guard, Marine Corps and Coast Guard helos since. Photo courtesy of Helicopter Training Squadron EIGHT.

- (Cont. on Page 5)

## NAS Whiting Field to Host Health and Wellness Fair

By Jay Cope, NAS Whiting Field Public Affairs

The Naval Air Station Whiting Field fitness center is an impressive facility with a treasure trove of wellness activities available. Often, the only thing missing is you. So, Morale, Welfare and Recreation (MWR) is teaming up with Santa Rosa Medical, Fleet and Family Support Center, the Navy Exchange, the Branch Health Clinic, and the commissary to bring a health and wellness fair to the facility.

The fitness center will serve as the hub of the event with booths providing health information and testing to provide military service personnel, retirees, family members and base employees the information they need to stay fit and well. The one-day fair will last from 9 a.m. to 3 p.m., and is free to attend.

Terrence Edgar, the NAS Whiting Field fitness coordinator, believes this is the first such fair at the base, and says that the event kind of snowballed from what he originally envisioned.

"At first, we thought this would just be an MWR and base medical event,

- (Cont. on Page 6)

## Energy Awareness Month - You Make it Happen

October is Energy Awareness Month and this year's Energy Awareness Month theme, POWERING AMERICA; We're On Target. The theme depicts how, across the nation, Federal agencies continue to zero-in on energy targets to stimulate the economy, lower operating expenses, reduce greenhouse gas emissions, and achieve long-term energy and economic security. Since 1991, the U.S. Department of Energy has been conducting energy awareness campaigns that promote the wise and efficient use of our nation's

- (Cont. on Page 6)

# Taking the Bite out of Bed Bugs

By Mary Anne Broderick Tubman, Navy Region Southeast Public Affairs

In recent years, a worldwide resurgence of a long - forgotten nemesis - the bed bug-has invaded public consciousness. The way we live today, with increased domestic and international travel, living in close quarters, and limited use of insecticides, have all contributed to the bed bugs' unwelcome return. While the mere mention of the pint-sized pest is enough to make anyone's skin crawl, knowing what they are, where they come from, and how to treat and prevent them are important to calming fears about their significance as a threat to public health.

Bed bugs are small, brown, nocturnal insects that survive on the blood of their hosts, which are usually sleeping humans. "Bed" bug is something of a misnomer as they can live just about anywhere, including clothing, carpets, cracks, and crevices. While they are not known to carry diseases like mosquitoes or ticks, they can be difficult to eliminate and can make life miserable for anyone who experiences an infestation. These unpleasant characteristics have made the bed bug an object of fear for many, including military members and their families.

Dr. Harold J. Harlan, a board-certified Entomologist of the Information Services Division of the Armed Forces Pest Management Board in Washington, D.C., has studied the common bed bug, for more than 38 years. In his dealings with both the insects and with people, including those bitten by them and those tasked with controlling them, he's ready to address the common perceptions about bed bug behavior.

"The most common public misconception about bed bugs is that they are only present in unsanitary conditions," Harlan said. "The reality is that bed bugs have been found in just about every place you find people, including hotels, apartment buildings, cruise ships, movie theaters, trains, and long-term care facilities."

Bed bugs and their eggs are most commonly transferred from location to location on bedding, moving boxes, and furniture. Travelers are especially vulnerable to picking up bed bugs on both their luggage and clothing.

Often bites often go undetected. They can cause skin reactions after repeated bites that are the result of proteins in the bed bugs' saliva. Very often, people will seek medical attention for bed bug bites because of their general

- (Cont. on Page 6)

## This Week in Naval History

### Oct. 4

1944 - Aircraft from USS Ranger (CV 4) sink five German ships and damage three others in Operation Leader, the only U.S. Navy carrier operation in northern European waters during World War II.

### Oct. 5

1863 - Confederate steamer David seriously damages USS New Ironsides with a spar torpedo off Charleston, S.C.

1913 - OWL (Over Water Land Type), the Navy's first amphibian flying boat, is tested at Hammondsport, N.Y.

### Oct. 6

1884 - The Department of the Navy establishes the Naval War College at Newport, R.I.

1940 - The fourth group of eight U.S. destroyers involved in the Destroyers for Bases Deal are turned over to British authorities in Halifax, Canada.

1958 - USS Seawolf (SSN 575) completes a record submerged run of 60 days, logging more than 13,700 nautical miles.

1962 - USS Bainbridge (DLGN 25), the Navy's first nuclear-powered destroyer, is commissioned.

1997 - NASA Astronaut Cmdr. Wendy B. Lawrence returns from mission with STS-86, when Space Shuttle Atlantis docks with Mir Space Station. The mission began Sept. 25.

## TRICARE Notes

### ADJUNCTIVE DENTAL CARE COVERED UNDER TRICARE PRIME

TRICARE Prime does not cover routine dental care, but it does cover adjunctive dental care services. So what is "adjunctive" dental care? In most cases, these services are medically necessary for the treatment of covered medical (not dental) conditions. Adjunctive dental care refers to an integral part of treatment for a covered medical condition, or dental trauma resulting from medically necessary preparation for or treatment of an injury or disease. Adjunctive dental care requires prior authorization from Humana Military.

#### Routine Dental Care

It is important to remember that the TRICARE medical benefit does not cover routine, preventive, restorative, emergency, prosthodontic or periodontic dental care that is not related to a medical condition. Visit [www.tricare.mil](http://www.tricare.mil) and click on Dental for more information about enrollment to the TRICARE Dental Program or the TRICARE Retiree Dental Program.

#### Emergency Dental Care

TRICARE may cover the removal of broken teeth following an accident, if removal is necessary to treat facial trauma resulting from the accident. However, care for accidental injury only to the teeth is considered non-adjunctive dental care and is not covered by your TRICARE medical coverage. If only the teeth are damaged, or if teeth are lost (i.e. knocked out) during the accident, treatment and replacement are not covered by TRICARE Prime.

## News and Notes

**Spouses Night Out / Date Change-** The Santa Rosa County Council of the Navy League and the Naval Air Station Whiting Field Fleet and Family Support Center will host their 2nd annual Spouse/Ombudsman Appreciation Dinner and Dance Saturday, Oct. 15 from 6 p.m. until midnight at the base's Sikes Hall. The event is free for all active duty military spouses with a \$25 ticket cost for additional guests. Reservations are required and are requested to be made to the Santa Rosa County Chamber of Commerce at 623-2339. The event is semi-formal and military dress is requested to be Service Dress Blue or better.

**Navy Birthday Ball** - The 235th Navy Ball 'New Horizons Preserving Traditions' will be held from 5 p.m. to midnight, Saturday, Oct. 9, in Sikes Hall. Pre-register for Child Care at the CDC no later than Oct. 6 by calling 623-7472. The Navy Ball Committee pays half of the cost. For tickets, contact your division or squadron representatives or call 623-7045/7371.

**Fire Prevention Week** - Fire Prevention week will be observed October 3-9. This year's theme is "Smoke Alarms: A Sound You Can Live With." Although this is a weeklong event the Fire Prevention Bureau will be conducting training throughout the month. Please take time to focus on your fire safety training needs and schedule a time for command training. Please contact Shirley Watts at 623-7856 or via email at shirley.watts@navy.mil.

**NHA Fly-In Golf Outing** - The 2010 National Helicopter Association (NHA) Golf Tournament will be held on Wednesday, Oct. 20, at the Naval Air Station Whiting Field Golf Course. This will be a four-man scramble, with a noon-time kick-off. The \$30



### Spouses Night Out

Military service personnel and their spouses enjoy a luncheon in the Atrium sponsored by the Santa Rosa County Council of the Navy League. The meal was an effort to show the appreciation for the sacrifices made by military spouses. Last year's dinner was a full house, and the Navy League is once again hosting the event, Oct. 15. Entrance to the event is free for the spouses, but tickets for all other guests are \$25. The dinner/dance begins at 6 p.m. and continues until midnight. A DJ will provide the music and there will be door prizes and other entertainment to accompany the meal. Dr. Diane Scott, Santa Rosa County School Board Member and Associate Professor at University of West Florida, will be the guest speaker. Coat and tie or service uniform are requested. Please RSVP to 623-2339 by Oct. 8. Photo courtesy of the SRC Navy League.



### Dash for Cash

Pen Air Credit Union opened a new drive through ATM in the parking lot north of Bldg 1401, Oct. 1. Capt. Pete Hall, Naval Air Station Whiting Field commanding officer, joined Pen Air officials for the ribbon cutting. Shown from left to right are: Carroll Scarborough, Chief Operating Officer; David Tuyo, Chief Financial Officer; Hall; Ron Fields, Chief Executive Officer; Carol Brinkman, Regional Branch Director; and Kristal Kelley, local branch manager. "This is just another example of the terrific partnership we have here at NAS Whiting Field with Pen Air. U.S. Navy photo by Jay Cope.

per person fee includes green fee, cart and lunch. Mulligans can be purchased for \$5.00. Fees (cash or checks made payable to 'NHA Region 5') will be collected the day of the tournament. Prizes will be awarded for the 1st, 2nd, and 3rd place teams, along with longest drive and closest to the pin. Reserve your team by signing up in the Helicopter Training Squadron-8 Duty Office or emailing Lt. Ronald Dillard at ronald.dillard@navy.mil.

**CFC 5K Run** - Naval Operational Medicine Institute (NOMI) is sponsoring a Combined Federal Campaign 5K run Oct. 15 at Naval Air Station Pensacola. Registration fee is \$15 in advance and \$20 day of the race. Medals will be presented to the first three males, first three females, and first three walkers to cross the finish line. T-shirts will be provided to the first 200 registrants the morning of the run. Race begins at 8:15 a.m. for walkers and 8:30 for runners. Pre-registration is required by Oct. 8. Call 452-2355 or email justin.todd@med.navy.mil for more information.

**Haystacular** - S.S. Dixon Primary is hosting an Haystacular celebration Oct. 1-29 at the physical education field across from the school. The event, presented by the Parent Teacher Organization, features a hay maze constructed with 4,000 bales of hay. Admission is \$5 which includes a trip through the maze, a loop on the hayride, and entrance to the corn trough. For details call 982-8499.

**Flu Vaccines Under TRICARE** - TRICARE will now cover the cost of influenza and pneumococcal vaccines received at participating TRICARE networked retail pharmacies. Claims will be submitted electronically by the pharmacy to Express Scripts and will be covered by the TRICARE pharmacy benefit at no cost. This is available to both Standard and Prime Beneficiaries. Make sure the pharmacy you choose is in your Express Scripts participating pharmacy network. To locate a pharmacy near you that provides this service, click on: <http://www.express-scripts.com/TRICARE/pharmacy> or call 1-877-363-1303.

## Upcoming Events

Oct. 3-9 - Fire Prevention Week

Oct. 8, 0900 - Health and Fitness Expo - Atrium

Oct. 8, 1300 - Winging Ceremony - Base Auditorium

Oct. 8, 1300 - NASWF Safety Stand Down - Sikes Hall

Oct. 9, 1800 - 235th Navy Birthday Ball - Sikes Hall

Oct. 15, 1800 - Spouse Appreciation Dinner - Sikes Hall

# Fleet and Family Support Center Classes

## **STRESS MANAGEMENT - Thursdays - 10:00 to 11:00 am**

Are you constantly thinking about work and flight school? Are you having trouble sleeping? Are you having trouble staying focused on studies? The Fleet and Family Support Center has solutions – Study Skills, Self-Care and Relaxation Techniques, The Power of Positive Thinking and Attitudes for Success. For more information, call 623-7177.

## **ANGER MANAGEMENT - Wednesday, October 13 - 1:00 to 2:00 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 at the FFSC conference room. For more information, Please contact a Work and Family Life specialist at 623-7177.

## **DEVELOP A SPENDING PLAN - Wednesday, October 13 - 2:00 - 4:00 p.m.**

This class is not designed to tell you what to do with your money; this class will challenge you to think before you spend. There is no patent on the “right” way to handle your money, but there are better ways to get your dollar’s worth. Class will be held in the FFSC conference room. Please contact a Work and Family Life specialist at 623-7177.

## **HEALTH AND FITNESS EXPO - Friday, October 8 - 9 a.m. to 3 p.m.**

A wide-range of health information for people of all ages will be offered: Dental Health; Asthma Awareness; Breast Health; Colon Cancer Awareness; Immunization Education; Smoking Cessation; Blood Pressure Checks; Free Cholesterol Screening; PSA Screening; Diabetes & Nutrition Education; Physical & Occupational Therapy Management; Retiree Activities; and much more. There will also be a variety of activities and demonstrations throughout the day: 30-Minute Aerobics & Fitness Classes; Martial Arts & Gymnastics Demonstrations; Cross-Fit Challenge; Games; Door Prizes; and Give-Aways. Presented by: Santa Rosa Medical Center, NAS Whiting Field Branch Health Clinic, MWR, FFSC, and DECA. Call 623-7502 for more information.

# CNRSE Staff in Full Swing for Flu Readiness

By Twilla Smith, Navy Region Southeast Public Affairs

Commander Navy Region Southeast (CNRSE) Rear Adm. Tim Alexander and Executive Director Mr. Bruce Cwalina were first in line to receive their annual influenza vaccinations on Sept. 15. Four Hospital Corpsmen from Naval Hospital Jacksonville set up a mobile vaccination station in the headquarters conference room. Vaccinations were available to the entire staff.

After receiving his shot, Rear Adm. Alexander said, “It’s important for everyone to receive flu vaccinations. It’s key to our mission readiness.”

More than 200 CNRSE staff members were immunized in a few hours.

There are specific medical guidelines as to who can receive influenza vaccines. Patients age 2-49 can receive the Flumist, which is administered much like a nasal spray. Anyone over 49 must receive injectable vaccine. Per the Centers for Disease Control and Prevention, CDC, and American Academy of Pediatrics recommendations, everyone six months and older should get a flu vaccine as soon as vaccine is available this fall. While flu is unpredictable, it's likely that

2009 H1N1 viruses and regular seasonal viruses will cause illness in the U.S. this flu season. The 2010-2011 flu vaccine will protect against three different flu virus types: an H3N2 virus, an influenza B virus and the H1N1 virus



Commander, Navy Region Southeast, Rear Adm. Tim Alexander, and his Executive Director, Bruce Cwalina, receive their influenza vaccinations in preparation for the 2010-2011 flu season. (Photo by Twilla Smith, Navy Region Southeast Public Affairs Office)

that caused so much illness last season. The best way to stay healthy through the flu season is to get vaccinated early!

When heading into the flu season, it’s important to double-up on preventive measures to safeguard against person-to-person spread of infection. Washing your hands, sneezing into your elbow not your hands, getting plenty of rest, exercise, and good nutrition can make all the difference. The CDC website, <http://www.cdc.gov/flu/>, has this and other helpful information about the flu this season.

# Young

- (Cont. from Page 1)

quois until 1989 for the 160th Special Operations Task Force.

In 1989, he once again side-stepped to another service and signed up for active service with the Coast Guard. He began flying the HH-65 Dolphin in Savanna as a duty standing pilot serving with three others on call for search and rescue missions.

In 1993 Young had the opportunity to become an instructor pilot and came to Naval Air Station Whiting Field as a NATOPS model manager for Helicopter Training Squadron EIGHT.

During the intervening 17 years, Young has since served in Puerto Rico and Mobile, Ala. where he flew to both the North and South poles. He retired from active duty in July 2004, but was recalled in July 2005. He then transferred to NAS Whiting Field again.



Upon completion of his 8,000th flight hour, Young is placed in a wheelchair for his ceremonial trip back to the squadron. Photo courtesy of HT-8.

He is currently the standardization officer for the Helicopter Instructor Training Unit. He flew his 8,000th hour during an instructor pilot flight with the Cmdr. Michael Fisher, commanding officer Helicopter Training Squadron EIGHT in the first week of September. After serving for 28 years, he still enjoys the thrill of showing students the excitement of rotary-wing aviation.

“These were all good tours but the first instructor pilot tour was my favorite. I enjoyed watching the contact students going from no ability to fly a helicopter to soloing,” Young noted.

“I’ve had 91 on-wings so far, and these students are excited to fly which makes me excited to train. This reminds me of how unique of a job this is and it is pretty amazing stuff. I’m really jazzed by it.”

## Health & Fitness Expo

**0900-1500 Friday, 8 October**  
**NASWF Gymnasium**

Offering a wide range of healthy information for people of all ages

Dental Health; Asthma Awareness; Breast Health; Colon Cancer Awareness; Immunization Education; Smoking Cessation; Blood Pressure Checks; Free Cholesterol Screenings; PSA Screening Diabetes & Nutrition Education; Physical & Occupational Therapy Education; Info on Counseling; Mental Health and Stress Management; Retiree Activities and Much More!



There will also be a variety of activities and demonstrations throughout the day: 30 minute aerobics & fitness classes; Martial Arts and Gymnastics demonstrations; Cross-fit challenge; Games; Door Prizes; and Give-Aways

For More Info Call 623-7302










Install Storm Doors and Windows

The simple act of installing a storm door can increase energy efficiency by 45 percent, by sealing drafts and reducing air flow. Storm doors also offer greater flexibility for letting light and ventilation enter your home. Look for Energy Star-certified models. Similarly, storm windows can make a huge difference when the cold wind starts blowing. It may be a pain, but it is well worth it to get them out of the shed or attic and install them for the season. Efficient doors, windows and skylights qualify for a federal tax credit covering 30 percent of the cost, up to \$1,500.

Give Your Heating System a Tune-Up

You probably already know that cars need periodic tune-ups in order to run their best. Well the same is true for heating equipment. Keeping your furnace clean, lubricated and properly adjusted will reduce energy use, saving up to 5% of heating costs. The good news is many utilities offer free annual checkups by qualified technicians -- but you often have to call early, as HVAC crews get backed up once heating season starts. Some furnace manufacturers and dealers also offer free or discounted inspections. If your entire furnace is in need of replacement, it will cost a lot more -- but replacing an inefficient burner for a modern machine will save you every month through the heating season. Be sure to take advantage of federal tax credits for new furnaces, which can cover 30 percent of the cost, up to \$1,500.

## Bed Bugs

- (Cont. from Page 2)

fear of the insect.

"Another common misconception that bed bug bites cause terrible and long-lasting medical problems for their victims," Harlan added. Most of the time, concern about the bites drives people to seek information and help.

Travelers can treat luggage with a commercially available, EPA-labeled pesticide developed specifically for these insects. Check hotel rooms for bed bugs and inform the management if any are detected. Keep luggage and personal items off of the floor and hang clothing that isn't being worn. When returning home, avoid bringing bed bugs into the home by checking belongings for bugs or eggs, which are both readily visible. Wash affected clothing in hot water followed by drying in a hot dryer, which will kill bed bugs in all states of development. Vacuum bed bugs from box springs and mattresses with a high energy particulate air (HEPA) filtered vacuum. Enclose mattresses and box springs in commercially available plastic covers, which will prevent bed bugs from entering and entomb any bugs there.

If a bed bug infestation is discovered, seek the services of a qualified pest management professional. They use a variety of extermination methods, including pesticide placement, heat, cold and steam.

## Energy Awareness

- (Cont. from Page 1)

energy. Public Works Department will kick off this annual event by placing large energy awareness banners at both gates and by putting up posters across the base promoting the need for conservation.

Energy Awareness Month is a time to refocus efforts to reduce energy consumption. Energy conservation should become a part of our daily activity through these simple but important actions.

Switch off unnecessary lights and equipment. Use efficient ENERGY STAR® products. Use compact fluorescent light bulbs. Use power-down or sleep mode feature on CPU's and monitors. At the end of the day, turn off copy machines and printers. Keep government vehicles maintained and only drive when necessary. Walk, carpool or use public transportation to conserve fuel.

A commitment to energy conservation should be greater than ever during October. Everyone should be a knowledgeable steward of energy resources for a stronger future. You make it Happen!

## Health Fair

- (Cont. from Page 1)

but as we contacted people, it just kind of grew. We just wanted to let the [base personnel and families] know what we have to offer and provide them information on ways to keep healthy."

A few of the booths will include: TRICARE; men's and women's health issues; tobacco cessation, dental health and more from the Branch Health Clinic on the base. Santa Rosa Medical will provide blood pressure station/cardiac scoring, diabetes education, a nutrition station, PSA screening, cholesterol screening and more.

Other activities will feature aerobics classes, martial arts demonstrations, a demo by the "Living Sensations" gymnastics team, spinning classes, a cross-fit challenge and prize give-a-ways. Should the event be successful, Edgar stated that they hope to do this one or two times a year.

"We hope people will gain a better understanding of what we can offer on the base. It should be an entertaining day," Edgar said.

*You are cordially invited to attend  
the 2nd Annual Spouse/Ombudsman  
Appreciation Dinner and Dance*

*Hosted by:*

*Navy League, Santa Rosa County Council &  
NAS Whiting Field Fleet and Family Support Center*

*Guest speaker Dr. Diane Scott, Associate Professor, UWF  
SRC School Board Member  
door prizes, DJ, and much more!*

*Friday, 15 October 2010*

*6:00 pm until Midnight*

*NAS Whiting Field Sikes Hall*



*Free for all Active Duty Military Spouses. \$25 per additional guest.*

*RSVP by 8 October to reserve your seat by calling  
The Santa Rosa County Chamber of Commerce at 850-623-2339.*

*Dress: Coat and Tie or Service Dress (optional)*

*Let's make this a special and memorable event for those who stand  
alongside our brave men and women of the United States military!*

The Navy League is a 501(c)(3) tax exempt organization.  
Contributions are tax deductible in accordance with federal law.  
Thank you for your support!

# Congrats TRAWING-5 Wingers and Scholars



**First Row:** Cmdr. Mathew Frost, commander HT-28, USN; Lt. j.g. Derek M. Johnson, USN; 1st Lt. David J. Jacober, USMC; Lt. j.g. Spencer Manley, USN; 1st Lt. Paulo M. Simoes, USMC; Lt. j.g. Arlen M. Connolly, USN; 1st Lt. Makoto C. Jacobs, USMC; Lt. j.g. Jaclyn M. Morrow, USN; Lt. j.g. Eric C. Page, USN; Lt. j.g. Eleonora Renieri, ITNAVY; Lt. j.g. David Larnerd III, USN and Col. James D. Grace, deputy commander, TW-5, USMC. **Second Row:** Lt. Col. Shawn J. Coakley, commander, HT-18, USMC; Ensign Kevin B. Meyer, USN; Lt. j.g. Matthew T. Bornemeier, USN; Lt. j.g. Timothy S. Peters, USN; Lt. j.g. David A. Schmitt II, USN; Lt. j.g. Michael J. Waskewicz, USN; Lt. j.g. Adam M. Shields, USN; Lt. j.g. Grant E. Irwin, USN; Lt. j.g. Ali A. Al-Asmari, RSNE; 1st Lt. Ryan L. Thorson, USMC; 1st Lt. David C. View, USMC and 1st Lt. Rasheed S. Bakkar, USMC. **Third Row:** Cmdr. Michael C. Fisher, commander HT-8, USN; Lt. j.g. B. Luke Scripture, USN; 1st Lt. Matthew R. Tiemann, USMC; Lt. j.g. Keith D. Howard, USN; Lt. j.g. Erik C. Neidlinger, USN; CWO2 Robert J. Antonucci, USN; 1st Lt. Jens A. Gilbertson, USMC; 1st Lt. George R. Zeigler, USMC; Lt. j.g. Carson H. Hoffman, USN; 1st Lt. Frank Jablonski, USMC; 1st Lt. Paul M. Laughlin, USMC and Maj. Gen. Randolph D. Alles, director J-5 Strategic Planning and Policy U.S. Pacific Command, USMC.



**Left Photo:** Ensign David C. Newton, USN; 2nd Lt. Russell A. Lipoff, USAF; 2nd Lt. Amanda M. Norman, USAF; Ensign Carl J. Federoff, USN; 2nd Lt. Ryan J. Holets, USAF; Ensign Christopher D. Farkas, USN; Ensign Robert J. Gaul, USN; and Ensign Justin D. Church, USCG display their Academic Achievement awards presented Sept. 24 at Training Air Wing FIVE headquarters.

**Right Photo:** 1st Lt. James Kerrigan, USMC; 1st Lt. Daniel Bono, USMC; Ensign Brian Cramer, USN; and Capt. Samuel Kunst, USMC receive their Academic Achievement awards from Training Air Wing FIVE at the headquarters building, Sept. 17.