

Whiting Tower

Sixty-Six Years of Aviation Training News



Naval Air Station Whiting Field, Milton, FL

Forging Wings for the Fleet

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Wednesday, October 13, 2010

HT-8 to Welcome Sholley as New CO

By Ensign Christopher Leger, NAS Whiting Field Public Affairs



Cmdr. Michael Fisher

Helicopter Training Squadron EIGHT will observe a change at the helm Friday, Oct. 29 at 10 a.m. in the Naval Air Station Whiting Field auditorium. Cmdr. Michael Fisher will pass the reins of the command to Cmdr. Hans Sholley. Fisher earned an appointment to the United States Naval Academy from the enlisted ranks of the U.S. Navy, graduating in 1991 with a Bachelor of Science degree in Marine Engineering. After completion of flight training at HT-8, he was designated a Naval Aviator in January 1994. He completed Fleet Replacement Training on the H-46D "Sea Knight" and deployed aboard USS SACRAMENTO (AOE 1), and USS SHASTA (AE 33).

Since then, he has served as a Fleet Replacement Instructor Pilot, deployed in support of Operation IRAQI



Cmdr. Hans Sholley

Corps, Coast Guard, and allied combat aviation professionals. His squadron set high standards of professionalism and instruction as evidenced by grades of 'Outstanding' on the Naval Air Training Inspections. Additionally he implemented multiple surge plans to ensure Rotary Wing Fleet Replacement Squadron (FRS) seats were filled on time with the highest quality students. While at the helm, HT-8

FREEDOM as the Detachment FOUR Officer-in-Charge aboard USNS ARCTIC (T-AOE 8), and completed his Phase I and II Joint Professional Military Education through the Naval War College and the Joint Forces Staff College. He has accrued 2000 flight hours in the H-46D.

During his tenure as commanding officer of the squadron Fisher led HT-8 to fly over 24,000 flight hours, 10,000 sorties, and wing 259 Navy, Marine

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NASWF Names Top Sailors for 3rd Qtr.



MA1 Russell Nunn

Naval Air Station Whiting Field, FL - Master at Arms First Class Petty Officer Russell Nunn, Aviation Boatswain's Mate Second Class Petty

Officer Korine Reese, and Aviation Boatswain's Mate Third Class Petty Officer Epiphanie Elam were named Naval Air Station Whiting Field's Sailor, Junior Sailor and Bluejacket of the Quarter for the



ABH2 Korine Reese

third quarter of 2010. This honor recognizes the efforts and achievements of exceptional Sailors who have set themselves apart from their peers within their division through leadership, professionalism, technical knowledge, and community involvement.

Nunn has served as the Command Investigator responsible



ABH3 Epiphanie Elam

for the supervision of all Desk Journals and Incident Complaint Reports for the entire Security Department along with conducting criminal investigations which have included over 250 background investigations. On top of all these time demanding tasks he has trained 23 junior patrolmen on evidence collection, investigative techniques,

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Sailors Requested to Fill Out Command Surveys



Message from CAPT HALL

The survey I am asking you to complete gives you the opportunity to provide opinions on where I should focus attention to improve the human relations climate of our organization. No attempt will be made to identify you, so please respond openly and frankly.

This survey asks you to give opinions about whether something might happen, or could happen; you do not need to prove it actually did hap-

pen. Your perceptions are valuable because they give me insight into the general attitudinal climate of our organization. In addition to seeking your opinion about human relations and unit cohesion issues, I also want to know how well you think your workgroup operates and produces in comparison to other similar workgroups. For your answers to be useful, you must be honest. Do not tell me what you think I want to hear, or say what others might say; tell it as you see it.

I am requesting you complete the survey at anytime between 10/21/2010 and 11/11/2010. The survey will ask you to provide demographic information such as your rank, race, and sex. Demographic information is used to ensure we have a proper representation of participants. To begin the survey you must connect to the Internet. The survey can be found at URL: <https://www.deocs.net/user/login/login.cfm>.

An ACCESS CODE is required to gain access to the survey. This case-sensitive code was randomly generated

and is not associated with your name or any other personal identifying source. The code ensures anonymity and that each individual selected completes only one survey according to the appropriate department. Utilize the following survey access code:

EXEC DEPT (Command Suite, Safety, Emer. Mgmt, PAO, MISO, Training, Chaplain, Admin, ID/CAC, Legal, FFSC, Fin. Mgmt, BMO, IG, MWR, CDC, and PWD) 010121PnZBiz

OPS DEPT (AirOps, ATC, Fuels, GE, and Crash) 0101218x3CNB

SEC DEPT (Civ. govt. employees and mil) 01012156BN3C

I appreciate your assistance and assure you the time you devote to the survey will not be wasted. I look forward to sharing the results of the assessment with the members of our organization in the near future.

If you have questions concerning the assessment or the survey, my point of contact is AC1 GREGORY at 850-623-7372, 619-254-3111 cell, aritha.gregory@navy.mil.

This Week in Naval History

Oct. 26

1922 - Lt. Cmdr. Godfrey de Chevalier makes the first landing aboard a carrier, USS Langley (CV 1), while underway off Cape Henry, Va.

1942 - USS Hornet (CV 8) was lost and USS Enterprise (CV 6) was badly damaged during the Battle of the Santa Cruz Island.

1944 - Battle of Leyte Gulf ends with Navy carrier and U.S. Army Air Forces aircraft attacks on the retreating Japanese ships. U.S. forces sink many Japanese ships, including four carriers, three battleships, 10 cruisers and nine destroyers, for a total of 26 capital ships.

1963 - USS Andrew Jackson (SSBN 619) launches first Polaris A-3 missile from a submerged submarine, off Cape Canaveral, Fla.

Oct. 27

1864 - Lt. William Cushing sinks Confederate ram Albemarle with a spar torpedo attached to the bow of his launch.

1943 - First women Marines report for duty on the West Coast, Camp Pendleton, Calif.

TRICARE Notes

UNITED CONCORDIA OFFERS PAPERLESS DEOBs

Want a faster way to see what was covered for your last dental visit? As a TRICARE Dental Program (TDP) enrollee, you can sign up to view your TDP Dental Explanation of Benefits (DEOB) online and stop receiving paper DEOBs.*

Follow these three easy steps to register for this service and view your DEOBs online:

1. Log on to My Dental Benefits and go to www.TRICAREdentalprogram.com. Then click on "My Dental Benefits," and "Log In Now!" Enter your User ID and Password
2. Register for the paperless DEOB service by selecting the TDP enrollee's name and click on "Claim Information." Then click on "Enable Paperless DEOBs." After that, enter your e-mail address and click "Submit."
3. Finally, view the electronic DEOB after receiving an e-mail notification that a new DEOB is available for online viewing. Then log on to "My Dental Benefits" as described in Step 1, and select the TDP enrollee's name and click on "Claim Information"

*Paper DEOBs will continue to be issued for TDP enrollees receiving any monetary reimbursement from United Concordia.

News and Notes

Veterans' Day at Applebees - This upcoming Veterans Day (Thursday, November 11, 2010), Applebee's will thank our nation's veterans and active duty military by inviting them to their neighborhood Applebee's for a free meal. On this national day of respect and remembrance, Applebee's is honored to salute veterans and active military for their service to our country. As you may recall, Applebee's initiated this program nationwide for the first time last year. As a result, the restaurant chain provided over a million free meals to members of the military. Veterans and active duty military from across generations enjoyed great food as they shared stories from their time serving our country. This year, Applebee's is offering a new Veterans Day menu, which includes some of its signature and favorite items. So that as many veterans and military personnel as possible are aware of this open invitation, please share the news across your various communication channels. All U.S. veterans and active duty personnel with proof of current or former military service will eat free at all Applebee's in their respective neighborhoods on Veterans Day, Thursday, November 11, 2010. Proof of service includes the following: U.S. Uniform Services Identification Card, U.S. Uniform Services Retired Identification Card, Current Leave and Earnings Statement, Veterans Organization Card, photograph in uniform or wearing uniform, DD214, Citation or Commendation. Check Applebees website at <http://www.applebees.com/vets-Day/default.aspx> if you have any questions. The restaurant will issue a reminder with a press announcement and link to summary video closer to Veterans' Day.



Retaining Our Top Sailors

Lt. Chris Mitchell, air traffic control officer for Naval Air Station Whiting Field, presents a reenlistment certificate to Air Traffic Controller Second Class Ayanna Hodge during her Oct. 8 ceremony. She signed up for another five years. U.S. Navy file photo.

Haystacular - S.S. Dixon Primary is hosting an Haystacular celebration Oct. 1-29 at the physical education field across from the school. The event 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.

Getting Ready for a Party - NAS Whiting Field will host their annual Christmas Party Dec. 11 at Sikes Hall. Tickets are on sale now and will be sold at a discounted price through Nov. 17. There is a \$5 reduction for each ticket purchased before the cutoff date. The following personnel will be selling tickets: MA1 Pratt (x7709), IT2 Jackson (x6123), AC2 Hodge (x7945), ABH3 Elam (x7220), and ABHC McCrae (x7012). Tickets will also be sold at NAS Whiting Field quarterdeck from 1000-1300 daily. Ticket Prices are as follows: E4 & below - \$15, E5/E6 - \$20, E7 & above - \$25, GS-6 and below - \$20, and GS-7 and above - \$25. Additionally, if you are using the CDC for childcare you will need to pre-register by Dec. 2 with ticket in hand. In the event of late pick-ups a \$1 per minute fee will be added to your bill. The Christmas Party Committee will cover half the child care cost less any late fees.

Ice Flyer Tickets - Tickets to attend the Pensacola Ice Flyers home games are now available at the ITT office located in the Atrium building. Tickets are \$6 for active duty and \$6.50 for retired and DOD civilian employees. The first home games at the Pensacola Civic Center are: Ice Flyers vs. Louisiana Ice Gators, 7:05 p.m. Saturday, Oct. 23 and the Ice Flyers vs. Fayetteville Fireantz, 7:05 p.m. Saturday Oct. 30. Call Marcy Allen the MWR ITT manager at 623-7032 for details.



Recognizing Our Best and Brightest

Naval Air Station Whiting Field's new operations officer, Cmdr. J. Hutchinson receives the Meritorious Commendation Medal, Oct. 8, from Capt. Pete Hall, NAS Whiting Field commanding officer. U.S. Navy file photo.

Upcoming Events

Oct. 28, 1000 - HT-8 Change of Command - Atrium

Oct. 29, 0900 - CDC Halloween Party - Sikes Hall

Oct. 31 - All Day - Halloween

Nov. 5, 1300 - Winging Ceremony - Base Auditorium

Nov. 10, 1600 - WEAR TV to Broadcast News from NASWF

Nov. 11, Add Day - Veterans' Day

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.

GRIEF AND LOSS SUPPORT GROUP - Every 2nd and 4th Tuesday of the Month beginning Nov. 9 - 2:00 to 4:00 p.m.

We experience grief and loss for a variety of reasons; death or sickness of a loved one, ending of a relationship, losing a job, experiencing trauma. Our reactions can vary, (e.g., anger, sadness, anxiety, etc). Come gather for support and learn strategies for coping. Call 623-7177 for details.

HOW TO APPLY FOR FEDERAL JOBS - Every 1st and 3rd Monday of the Month beginning Nov. 1 - 9:00 to 1:00 p.m.

“Is it worth your time and effort to search and apply for a federal job?” If your answer is “yes,” then you need to attend this class to prepare the best application possible. Learn how to read an announcement, analyze core competencies for language, analyze vacancy listings for keywords, and how to apply for jobs. call 623-7177.

RESUME WRITING Nov. 1 - 1:00 to 3:00 p.m.

Assistance in creating an effective resume and use it as a marketing tool. Learn how to handle sticky resume situations like military-to-civilian transition, age, employment gaps, layoffs, and career change. Classes in the FFSC conference room. Call 623-7177.

STUDY SKILLS - Thursday Nov. 4 - 9:00 to 10:00 a.m.

DoD Observes Domestic Violence Awareness Month

WASHINGTON, Oct. 4, 2010 - The Defense Department is observing National Domestic Violence Awareness Month by reminding the military community about resources and programs to help in preventing or stopping domestic violence.

President Barack Obama issued a National Domestic Violence Awareness Month proclamation Oct. 1, emphasizing the U.S. government's commitment to reducing its prevalence, supporting victims and bringing offenders to justice.

"Ending domestic violence requires a collaborative effort involving every part of society," he wrote. "This month - and throughout the year - let each of us resolve to be vigilant in recognizing and combating domestic violence in our communities, and let us build a culture of safety and support for all those affected."

Domestic violence is a national problem that cuts across socioeconomic, age, gender, ethnic, racial and cultural lines. National statistics reveal that it affects more than 4 million people a year, with almost 17,000 of them murdered by an intimate partner and an estimated 2,000 children dying at the hands of a caregiver.

The FBI reports that people are more likely to be assaulted in their own homes by someone they know and trust



President Barack Obama

than on the street by a stranger. Typically, the injuries are more devastating.

But domestic violence isn't always physical, officials emphasized. It can be more subtle: emotional, psychological or economic. Regardless of its form, it hurts individuals, ruins families and weakens communities.

The military faces the same challenges as society at large, particularly in light of the high operational tempo and the strain it puts on servicemembers as well as their families. Defense Secretary Robert M. Gates acknowledged these stresses during a lecture last week at Duke University.

"As a result of the multiple deployments and hardships associated with Afghanistan and Iraq, large swaths of the military - especially our ground combat forces and their families - are under extraordinary stress," Gates said during the Sept. 29 address.

This comes with consequences, the secretary said, including "more anxiety and disruption inflicted on children, increased domestic strife and a corresponding rising divorce rate -- which in the case of Army enlisted has nearly doubled since the wars began -- and, most tragically, a growing number of suicides."

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HT-8

- (Cont. from Page 1)

contributed over 400 man-hours to community service to include cleaning up the Blackwater River waterways, the Adopt a Highway program, and a reinvigorated partnership with Hobbs Middle School. Finally, he served as the Naval Helicopter Association President for Region 5 and coordinated all awards and Professional Military Education events during the NHA Gulf Coast Fleet Fly-in, a week long fly-in where the squadron hosted 35 Navy, Marine Corps, and Coast Guard fleet aircraft.

Sholley has been serving as the executive officer for HT-8. Prior to his arrival, he most recently worked at the Operational Plans and Force Development Directorate (J-7), on the Joint Staff in Washington D.C. where he participated in the 2008 Quadrennial Roles and Missions review and

- (Cont. from Page 1)

and interrogation. The Security Leading Chief Petty Officer, Senior Chief Petty Officer Peter Cady called him “a leader and mentor whose skills are beyond reproach” who “always strives to improve and help those that work for him do the same.”

Reese is the Aircraft Rescue and Firefighting Chiefs at NOLF Choctaw and is directly responsible for the training and qualifying six personal in all aspects of aircraft fire fighting. Additionally as the Training PO she has ensured all newly assigned crash personnel received all in-rate qualifications. “Petty Officer Reese has become one of my most productive Petty Officer’s at this command. “She has proven herself to be a top quality leader, and takes the lead in responding to aircraft emergencies ensuring safe and efficient execution,” Lt. Jitindra Sirjoo, Crash Division Officer said.

As the Administrative Division Petty Officer for Crash Division, Elam has been directly responsible for properly maintaining Divisional Officer Records for 108 personnel. In addition to her demanding professional duties, she is actively involved in community relations by volunteering her time with the Girl Scouts. “Petty Officer Elam is an up and coming leader with astonishing foresight,” said her LCPO. “She is an expert in all aspects of her administrative duties and readily accepts increased responsibility, always producing outstanding results.”

“These awards provide leadership an opportunity to recognize all of our outstanding Sailors at our command,” Command Master Chief Hari Singh said. The competition is always tough but the best candidate gets nominated to represent their respective peer group

was a Battle Captain in the National Joint Operations and Intelligence Center. He is also a graduate of the U.S. Naval War College which he completed in 2007. He has over 3000 flight hours in the SH-60B, UH-3H and UC-12B aircraft.

He now assumes command of the squadron, which along with its sister squadrons HT-18 and HT-28, provides advanced helicopter flight instruction to all U.S. Navy, US Marine Corps, and US Coast Guard helicopter flight students as well as international students from several allied nations. Taking his place as executive officer of HT-8 will be Cmdr. Paul Bowdich.

The guest speaker for the event will be Capt. James Vandiver, the commodore for Training Air Wing FIVE.

and division. These three Sailors are exceptionally hard workers and truly deserved this recognition.”

Eco-nomics

If you must dry clean, try to go less frequently. You will not only save on drive time and fuel, you’ll save plastic. Dry cleaners bunch items together into plastic garment bags, so the more you bring once, the better. If one in ten households took one less trip to the dry cleaners per year and saved two plastic garment bags, the plastic saved could be stitched together to make more than nine thousand hot air balloons.

Try recycling your phone books. Better yet: Call to stop the phone book delivery and then use an online telephone directory instead. Telephone books make up almost 10 percent of waste at dump sites.

Set warm wash and cold rinse cycles, and save 90 percent over the energy used when machine washing in hot water only. Together, all U.S. households could save the energy equivalent of one hundred thousand barrels of oil a day by switching from hot-hot to warm-cold cycles.

See www.thedailygreen.com for more tips.

Domestic Violence

- (Cont. from Page 2)

The Defense Department has added muscle to its programs addressing all these issues, including domestic violence. This month, it's stepping up its outreach to remind the military community about programs in place to prevent domestic violence and to ensure people know what where to turn if they experience or witness it.

Installation family support centers offer a wide variety of programs and classes for military members and their families, and Military OneSource and Military Homefront provide online access to information and resources, officials noted.

In addition, the family advocacy program is responsible for addressing violence in military families through prevention, early identification, intervention, victim support and treatment for abusers. The program's staff members work with commanders, military law enforcement personnel, medical staff and family center staffers and chaplains, as well as civilian agencies, to provide a coordinated response to domestic abuse.

To protect those who might otherwise not file a report, the family advocacy program allows people to submit a "restricted report," officials explained, to report domestic abuse by a servicemember without initiating a law enforcement or command notification or investigation.

Military installations are highlighting these and other programs with their own National Domestic Violence Awareness Month campaigns.

Fort Meade, Md., for example, held a candlelight vigil Oct. 1 to kick off a variety of awareness-building events this month. These include seminars on subjects ranging from couples communication to healthy versus unhealthy relationships and spousal rights.

At Scott Air Force Base, Ill., the 375th Medical

Group's family advocacy office launched voluntary anger management workshops to teach attendees to understand their anger issues and deal with them in nondestructive ways.

Meanwhile, Marine Corps Base Camp Pendleton, Calif., is spotlighting its successful Power Workshop. The program gives victims of domestic violence an opportunity to share how it has impacted their homes, and teaches participants how to defuse potentially violent domestic situations, and what to do if they escalate.

At Joint Base Pearl Harbor, Hawaii, Rear Adm. Dixon Smith, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, launched his command's domestic violence awareness campaign by urging vigilance.

"I want to thank you for all that you do in trying to eradicate domestic violence," Smith said at the Sept. 30 event. "We're not perfect yet, but we're definitely making progress. This is a very important issue, and we need to stay ferocious on our attack to eliminate domestic violence."

Officials call information the most important tool in stopping domestic violence before it begins, and emphasize that everyone can play a part in preventing or ending it.

They recommend these steps: teach young people that violence is not acceptable; promote general domestic violence awareness by talking to your friends and family about this issue; offer support and understanding - not judgment - to a friend or family member that you may be concerned about; support your friends and family by informing them of resources that can help them if they are experiencing relationship problems; become active in domestic violence prevention activities on your installation or in your local community; and report to law enforcement or your local family advocacy program if you suspect abuse.

There Are Benefits to Energy Conservation Beyond the Obvious

By Fifi Kieschnick, NAS Kingsville
Public Affairs

Did you know that there are "secret benefits" from energy conservation?

In addition to saving energy and reducing utility expenses, there are additional, often unreported, benefits from conserving energy.

These benefits contribute value worth an additional 18 to 50 percent of the energy savings.

How?

Look at it pragmatically.

It's logical that a car driven 25

percent less each year will last longer. It's the same for most energy-consuming equipment, such as light bulbs, flashlights and appliances. By turning "off" energy-consuming items when not needed, we can hit a monetary jackpot, which goes beyond utility bills.

It doesn't matter how energy-efficient an organization is. There are additional benefits and savings from turning equipment off when not in use.

Here are some of the "secret" benefits of conserving energy that can be attained without negatively impacting productivity.

Appliances last longer. If they last longer because they are turned off when not in use, replacements are less frequent. So, we're spending less. For example, if a lamp or oven or dishwasher or television set is used 30 percent fewer hours a year, it could last up to 30 percent longer.

There are less maintenance costs involved. When the oven or dishwasher or television set runs fewer hours a year, maintenance is reduced.

My husband's truck is a 2004 with less than 34,000 miles on it. We're

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Congrats TRAWING-5 Wingers and Scholars



Front row, left to right: Cmdr. Mathew Frost, commander, HT-28, USN; Lt. j.g. Joseph P. Plunkett, USCG; Lt. j.g. Francisco A. Alonso, USN; Lt. j.g. Joshua J. Stockdale, USN; Ensign Christopher M. Aldrich, USN; 1st Lt. Matthew Thomas Davis, USMC; Ensign Michelle M. Sousa, USN; Lt. j.g. William E. Berger, USN and Col. Kevin Wild, USMC.

Second row, left to right: Lt. Col. Shawn J. Coakley, commander, HT-18, USMC; Lt. j.g. Ryan G. Beall, USN; Lt. j.g. Peter J. Keaney, USN; Lt. j.g. James A. Jones, Jr., USN; Lt. j.g. Richard F. Mehlmann, USN; 1st Lt. Christopher W. Cain, USMC; Lt. j.g. Breanna N. Strand, USN; Lt. j.g. Charles J. Nelson, II, USN and Capt. James L. Vandiver, commander, TW-5, USN.

Third row, left to right: Lt. j.g. Anthony J. Morana, USN; Lt. j.g. Timothy E. Morgan, USN; Lt. j.g. Thomas G. Bell, Jr., USN; Lt. j.g. Ryan D. Van Loo, USN; Lt. j.g. Justin Lambert Krol, USN; 1st Lt. Steven A. Dixon, USMC and 1st Lt. Travis W. Hubbard, USMC.

Fourth row, left to right: Cmdr. Michael D. Fisher, commander, HT-8, USN; Lt. j.g. Thomas A. Krasnicki, USN; Ensign Lance R. Herndon, USN; 1st Lt. Dustin R. Lukasiewicz, USMC; Lt. j.g. Brian D. Hock, USN; 1st Lt. Matthew Wayne Pinson, USMC and 1st Lt. Logan Matthew Davis, USMC.



Left Photo: Recipients of the academic awards from Training Air Wing FIVE from Friday, Oct. 1 are: First Row: 2nd Lt Justin T. Ledvina, USAF- Academic Award- Primary; Ensign Dylan G. Sapia, USCG- Academic Award- Primary; and Ensign Joseph S. Donnellon, USN- Commodore's List. Second Row: 1st Lt. Thomas K. Whitesel USMC- Academic Award- Primary; Ensign Christine A. Jean-Charles, USCG- Academic Award- Primary; Ensign James C. Cox, USN- Commodore's List with Distinction; 1st Lt. Sarah R. Zerr USMC- Academic Award- Advanced; Ensign Christopher A. Cabatu, USN- Academic Award- Advanced; 1st Lt. Mitchell J. Vanderkodde, USMC- Academic Award- Advanced; and Lt. Christopher N. McAndrew, USCG- Commodore's List with Distinction.

Right Photo: Lt. j.g. Omar Colombo, Italian Navy- Primary Academic Achievement Award and Ensign Spencer Coday, USN- Advanced Academic Achievement Award were the award recipients from Oct. 8.

Congrats TRAWING-5 Wingers and Scholars



Cmdr. Mathew R. Frost, USN, CO HT-28; Lt. j.g. Maureen E. Kane, USN; 1st Lt. Kevin W. Sladek, USMC; Lt. David P. McCarthy, USCG; Lt. Keidi M. Niemann, USCG; Capt. James Vandiver, USN, CO TW-5; Lt. Col. Shawn J. Coakley, USMC, CO HT-18; Lt. j.g. Garin A. Kirkpatrick, USCG; Lt. j.g. Jason A. Condon, USCG; Lt. j.g. Adam L. Mullins, USCG; Cmdr. Michael D. Fisher, USN, CO HT-8; 1st Lt. Zach L. Worth III, USMC; Lt. j.g. Jesse M. Maga, USN; Lt. j.g. Lindsay R. Parker, USN; Lt. j.g. Zachary M. Wiest, USCG; and Rear Adm. Gary T. Blore, USCG.



The awardees from the Training Air Wing FIVE Oct. 15 awards ceremony are: 2nd Lt. John Lachiewicz, USAF - Academic Achievement Award- Primary; 2nd Lt. Layne Wilson, USAF - Academic Achievement Award- Primary; Ensign Mathew Stuber, USCG - Academic Achievement Award- Advanced; Ensign Timothy Boyce, USN - Academic Achievement Award- Advanced; 2nd Lt. Benjamin Link USMC - Academic Achievement Award- Primary; 2nd Lt. Daniel Strishock, USAF - Academic Achievement Award- Primary; and Ensign Elliott Ratajack, USN - Academic Achievement Award- Primary.

MWR Fitness Activity Schedule

Spinning- Indoor cycling class designed to reduce body fat while increasing lean body mass. Monday and Friday 0900-10:00

Muscle Max- Class utilizing weights to define, shape & strengthen all the major muscles as well as the core. Tuesday and Thursday 0900-1000

Piyo- A hybrid workout combining mind/body practices such as Yoga and Pilates, as well as principle sports stretch and dynamic movement to improve strength, flexibility, balance, and reduce stress. Tuesday and Thursday 1015-1115

Cross Fit- A high intensity workout that varies for a high level of challenge, combining weightlifting, sprinting, and gymnastics to improve stamina, strength, flexibility, power and speed Monday through Wednesday 1600-1700

TRX Class- A completely portable, bodyweight-based training system that builds overall body strength, cardiovascular health, flexibility, balance, and core strength. Monday 1030-1130 and 1730-1830, Wednesday 1730-1830, and Friday 1030-1130

Martial Arts- The Martial Arts Academy of Milton holds

Energy Conservation *-(Cont. from Page 5)*

using it less and driving our smaller vehicle more. We're not only saving on gasoline, but on maintenance costs. With less miles driven there is less maintenance costs.

Less maintenance costs mean we will be replacing air filters, changing oil or replacing motors less often, which adds up to more money in our pockets.

At home, there may be a few of us being energy efficient. We do so to reduce our bills, which gives us more to spend on other things, such as dinner out or a movie.

So, let's take these "secret benefits" and apply them to the workplace.

There are dozens of us working in a building or office space. If we all reduce our energy consumption, we will be creating measureable savings.

Did you know that more than half the electricity used to power computers is wasted? The Environmental Protection Agency estimates that an organization with 1,000 computers could typically save 200,000 KwH by using monitor power management features that equates to \$20,000 a year. And, the EPA claims that turning off computers can double the savings.

"There are many things everyone can do to save energy," said Cmdr. Troy Hamilton, NAS Kingsville Public Works Officer. "It's as simple as turning off lights when you



NAS Kingsville employee, David de los Santos wheels a new energy efficient refrigerator to one of the base's buildings. (Photo by AC3 Kiana Kahlbaum)

leave a room, shutting down your computer at the end of the day and buying Energy Star products.

"Everyone can and should do the right thing – save energy!"