



Vol. 66 No. 49

Wednesday, December 8, 2010

NASWF Sailors Earn Right to Wear New Ranks

Naval Air Station (NAS) Whiting Field recognized the accomplishments of soon-to-be-advanced Sailors during a frocking ceremony Tuesday, Dec. 7. Twelve Sailors were all smiles as they were able to wear the new ranks for the first time.

The frocking ceremony is a Navy tradition that provides the selected Sailors an opportunity to wear the uniform and take on the responsibilities of their new rank before they are formally advanced. Second Class Petty Officers were frocked to First Class, Third Class Petty Officers were frocked to Second Class and Airmen were frocked to Third Class.

Each Sailor received a letter from Capt. Pete Hall, NAS Whiting Field commanding officer, which reads in part, "Your appointment carries with it the obligation that you exercise increased authority and willingly accept greater responsibility. Occupying now a position of greater authority, you must strive with a renewed dedication toward the valued ideal of service with honor."

- (Cont. on Page 6)



AC3, now AC2 Jacob Pearce receives his frocking letters from Capt. Pete Hall, Naval Air Station Whiting Field commanding officer, during the Dec. 7 frocking ceremony for the base. In all, 12 Sailors were frocked to their new rank. U.S. Navy photo by Jay Cope.

MCPON Releases Holiday Message to the Fleet

Special from Master Chief Petty Officer of the Navy (SS/SW) Rick D. West

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released the following Holiday message to the fleet Dec. 1:

"Shipmates and Navy Families,

In anticipation of the holiday season, I would like to take a few minutes to wish you 'happy holidays' and to thank you and our Navy families for the outstanding service and support that you provide our great Navy and nation every day. I could not be more proud of you!

As you know I'm a competitor, and this holiday season I have a challenge for each of you. Are you up for it? The challenge is simple. Be mindful of your shipmates' holiday plans and don't leave any shipmate behind. Take the time to find out what plans your shipmates have over the holidays. No one should be left alone sitting aboard a ship, in the barracks or at home. You've worked hard all year and so have they. Just as our nation supports us and our Navy, let's sup-



CMDCM Rick West

port each other by making this season one where we are providing our shipmates with the best holiday memories that we can as a Navy family.

Take on this challenge and you'll receive the gift of pride knowing that we each contributed towards making this a memorable and joyous holiday season for our entire Navy family.

Additionally, I would be remiss if I didn't mention and thank those out doing the job. Today, thousands of our shipmates are deployed around the world vigilantly keeping the watch and ready to answer our nation's call. Thank you for working hard for our nation's freedom.

As we bring 2010 to a close, please remember to keep safety at the forefront of your daily activities both on and off duty. We've had a great year in safety, and I want to see you continue this trend throughout the end of the year and into 2011.

Happy Holidays, Shipmates, and HOOYAH!"

For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpon/.

WAAN System Allows for Quick Emergency Updates

From CNIC Public Affairs

WASHINGTON -- Tragedies such as Hurricane Katrina and shootings at Virginia Tech and Fort Hood clearly demonstrate that being able to put out emergency information quickly is vital to the safety of personnel. Government agencies, educational institutions and private industry have taken great strides to develop critical emergency notification methods to protect life, limb, property and operational capabilities.

The Navy has developed the Shore Wide Area Alert Network (WAAN) for Sailors, Navy Civilians and their families to receive emergency information no matter where they happen to be at the time of the crisis. To receive these emergency notifications while away from the workplace, anyone assigned ashore with an NMCI or OneNet Computer must register their emergency contact information on their computer.

"In times of natural disasters and crisis events on our bases, it will be crucial for our Sailors and Navy civilians to receive information updates as well as guidance on where to go and what to do. Currently, only 20% of our population have signed up for Wide Area Alerts. We need to encourage 100% participation by everyone assigned ashore," said Vice Admiral Michael Vitale, Commander, Navy Installations Command.

The Shore Wide Area Alert Network (WAAN) has been developed to provide Navy Installations with an effective and reliable mass notification system that can be used during a crisis to warn affected personnel. The WAAN consists of four sub-systems: Computer Desktop Notification System (CDNS), Automated Telephone Notification System (ATNS), Giant Voice (GV), and Interior Voice (IV).

CDNS and ATNS have been rolled out to each NMCI and OneNet user in the form of the AtHoc Self Service client which starts automatically on computers at startup. Users are automatically registered for CDNS messages when they log into an NMCI computer via their Common Access Card (CAC). All NMCI users must manually register their emergency contact information via the AtHoc Self Service client in order to receive WAAN ATNS or e-mail/text notifications.

Instructions for adding contact information to the WAAN using the AtHoc Self Service client are:

1. Right-click on the AtHoc Self Service client (Purple Globe) icon in the users system tray, at the bottom of the computer screen.
2. Select "Access Self Service" from the pop up menu.
3. The Athoc Self Service client will open. Select the "My Info" tab and update your Last Name, First Name, and Display Name and save. Do not enter PIN information.
4. Finally, select the "Devices" tab and enter your contact information in the appropriate fields and save.
5. This completes the registration process.

For assistance with these instructions or with technical issues, contact the CNIC Help Desk at 1-888-264-4255, DSN: 942-6597,

<https://supportcenter.cnic.navy.mil>

This Week in Naval History

Dec. 7

1917 - Four U.S. battleships arrive at Scapa Flow to take on the role of the British Grand Fleet's 6th Battle Squadron. The ships include USS Delaware (BB 28), USS Florida (BB 30), New York (BB 34) and USS Wyoming (BB 32).
1941 - Japanese aircraft attack the U.S. Pacific Fleet based in Pearl Harbor, Hawaii.

1944 - Seventh Fleet forces land Army troops on shore of Ormoc Bay. Kamikazes attack task force, damaging several U.S. Navy ships.

Dec. 8

1933 - The Secretary of the Navy establishes the Fleet Marine Force, integrating a ready-to-deploy Marine force with their own aircraft into fleet organization.

1941 - The United States declares war on Japan.
1941 - USS Wake (PR 3), a river gunboat moored at Shanghai, is only U.S. vessel to surrender during World War II.

1942 - Eight PT boats (PT 36, PT 37, PT 40, PT 43, PT 44, PT 48, PT 59 and PT 109) turn back eight Japanese destroyers attempting to reinforce Japanese forces on Guadalcanal.

CNO Releases Don't Ask, Don't Tell Video

By Mass Communications Specialist 2nd (SW) Class Kyle P. Malloy, Chief of Naval Operations Public Affairs

WASHINGTON (NNS) -- The chief of naval operations (CNO) released a video message discussing the DoD comprehensive review of the issues associated with the repeal of 'Don't Ask, Don't Tell' (DADT) policy following his testimony before the Senate Armed Services Committee, Dec. 3.

In his message, Adm. Gary Roughead discussed how he used the input of the fleet to inform his position on the matter.

"...Your willingness to share your views has helped me as I was called upon to provide my best military advice to the secretary of defense and to the congress on this issue," said Roughead.

Roughead thanked all of the Sailors and their family members who participated in the survey and said he knows the Navy will continue to carry out the mission at hand with unwavering focus and professionalism.

"I have no doubt that should the law be repealed, we as a Navy and as individuals will continue to exhibit the highest degree of professionalism and continue to treat one another with dignity and respect," said Roughead.

CNO reminded the fleet how much he appreciates each Sailor, their continued hard work and the support of their loved ones.

"During the course of this review, as in all you do, you have demonstrated your thoughtfulness, your candor and your dedication to making our Navy the best the world has known," said Roughead.

News and Notes

WikiLeaks Restricted to DoD Personnel - The recent WikiLeaks publicity has spawned many questions related to WikiLeaks and the accessibility to the information. WikiLeaks information is potentially classified and DoD has directed that military, civilian, and contractor personnel should not access the WikiLeaks website. WikiLeaks is not blocked by OSD and attempts to the WikiLeaks site are being monitored by the OSD Computer Network Defense Service Provider (CNDSP).

REQUESTED ACTIONS

1. Visit the Information Assurance Support Environment website and read the DoD WikiLeaks guidance, https://powhatan.iiee.disa.mil/webteam/content_pages/guidance.html

2. Do not attempt to access the WikiLeaks website or access WikiLeaks information using search capabilities.

3. Inform other DoD military, civilians, and contractor personnel of the DoD WikiLeak guidance.

Disney Military Salute - Disney resumed its Military Salute program Oct. 24 through Oct. 1, 2011. The program is for active duty military personnel, reservists, retirees, National Guardsmen, and other military members with valid identification card. The program entitles approved personnel to purchase six tickets for family members or friends at \$135.00 per four day hopper. Spouses can purchase if Military person is not available. Blackout dates do apply for the following dates: Nov. 24-26, 2010, Dec. 26-31, 2010 and April 14-17, 2011. For further information please feel free to contact Marcy or Theresa at ITT - 623-7032 ITT hours of operation are: 9-5 Monday-Friday.

All Girls League - The City of Milton has added an all girls youth basketball league for the 2011 season. Girls in kindergarten through eighth-grade are eligible to participate. Games will be played against teams from Gulf Breeze and Pensacola. Registration forms for girls and boys basketball are being accepted Monday through Friday from noon to 8 p.m. at the Milton Community Center, 5629 Byrom Street. The cost is \$75 per child which includes a jersey and a trophy. The deadline to register is Dec. 10. Teams will be selected Dec. 11 and the season runs through Feb. 2011. For more information, contact Robert Arnold at (850) 983-5466 ext. 4202 or miltonparks@ymail.com.

Winterfest Performance Tour - Pensacola's premier winter event begins Friday from 6 to 8:30 p.m. and continues Dec. 4 from 5 to 8:30 p.m.; Dec. 10 and 17; 5:30 to 8:30 p.m.; and Dec. 18 and 19 from 5 to 8:30 p.m. The annual tour features 12 performances along an hour-long trip through downtown. Singing guides will accompany guests into a world of wonder. Tickets are \$18 for adults, and \$12 for children ages 10 and younger. Horse-drawn carriage rides for 20 minutes also are available for \$15 for adults, and \$10 for children ages 10 and younger. Reservations recommended. Visit www.pensacolawinterfest.org.

Rudolph's Holiday Stroll - The tour will run at 6, 7 and 8 p.m. Fridays and Saturdays Dec. 10, 17-19. Take a brisk, evening stroll through the Seville neighborhood with Rudolph as a guide. Tickets are \$9 for adults, and \$5 for children ages 10 and younger. Reservations recommended.

"The Informant" to visit UWF - Mark Whitacre, the subject of the movie "The Informant," starring Matt Damon, shares the story of his life, Wednesday, Jan. 12 at 6 p.m. Whitacre will share the compelling story of his life as a corporate whistleblower



Hot and Spicy

CNATT Det Milton Command Master Chief Patrick McCullough samples one of the chilis during CNATT's Chili Cookoff last month. The event served as a fund raiser for the Combined Federal Campaign and raised \$175. Lt. Sam Bornino took home honors for the best chili. U.S. Navy photo by Jay Cope.

at the University of West Florida Conference Center, Bldg. 22. Limited seating is available. The presentation will be about 30 to 45 minutes followed by Q&A. For more information, contact UWF Internal Auditing at 850-474-2636 or email bbowers@uwf.edu.

Candlelight Tours by the Beach - Gulf Islands National Seashore will present a Candlelight Tour of Fort Barrancas on Saturdays, Jan. 8 and Feb. 12, 5:00 - 7:15 p.m. Superintendent Dan Brown announced today. The free tour highlights Pensacola in the Civil War. In addition, the Fort Barrancas Visitor Center with new museum exhibits, audiovisual programs, and bookstore will be open. Reservations are required and visitors should call (850) 455-5167 for tour reservations

Embry Riddle Registration - The Pensacola Campus of Embry Riddle Aeronautical University is now registering for the Spring term through January 10, 2011, 8:00-5:00 Monday through Thursday and 8:00-3:00 Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue, NAS Pensacola and Wednesdays, 9:00am-4:00pm in Bldg, 1417, Room 163 on NAS Whiting Field. Classes begin January 10, 2011.

Dockside Visits - A tall ship will Plaza de Luna in downtown Pensacola from Dec. 16 to Jan. 3. The 150-foot ship will be open to the public for free dock-side tours daily from 10 a.m. to 7 p.m., including all holidays. Called the Peacemaker, the ship was built in southern Brazil using traditional methods and fine tropical hardwoods. The ship was first launched in 1989.

Upcoming Events

Dec. 9, 1000 - Tree City USA Tree Planting - TBD

Dec. 9, 1030 - NASWF Tree Lighting Ceremony

Dec. 11, 1800 - NASWF Christmas Party - Sikes Hall

Dec. 16, 1000 - Santa Arrives to CDC - Via Helicopter

Dec. 17, 1300 - Winging Ceremony - Base Auditorium

Dec. 17, 1300 - NASWF Safety Stand Down - Sikes Hall

Fleet and Family Support Center Classes

Keepsake Pillowcases - Friday, Dec. 10 & 17

Active Duty Military family members may bring clean and ironed pillowcases to FFSC these two days, along with a digital photo, and the staff will be happy to transfer the image to the pillowcase for the service member at no charge. This will make a nice keepsake for the service member during separations and deployments.

How to Apply for Federal Jobs - Monday, Dec. 13 - 9 a.m. to 1 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 listings 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 623-7177.

Grief and Loss Support Group - Tuesday, Dec. 14 - 2 - 3 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. sadness, anger, anxiety, etc...). Come gather for support and learn strategies for coping. Call 623-7177 for details.

Anger Management - Wednesday, Dec. 15 - 1 -2 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, contact a work and family life specialist at 623-7177.

Challenges of Flight School and Marriage - Wednesday, Dec. 15, 6 - 8 p.m.

Being in flight school is hard! Being married in flight school is even harder! This class will help you and your spouse avoid the common pitfalls of the unique challenges flight school has to offer. Class will be held at the FFSC conference room. For more information, contact a work and family life specialist at 623-7177.

VA Representative - Friday, Dec. 17 - 8 a.m. - Noon (Call for an Appointment)

Navy Conserves Fuel in 2010 Through Energy Efficiency

From Naval Sea Systems Command Public Affairs

WASHINGTON (NNS) -- Naval Sea Systems Command (NAVSEA) announced a fiscal year 2010 Navy fuel avoidance savings of 1.35 million barrels of oil Nov. 24, supporting the secretary of the Navy's efforts to reduce energy consumption.

Navy ships realize fuel savings through efficient underway operations and NAVSEA's Incentivized Energy Conservation Team (i-ENCON) works with ship operators to recommend fuel-efficient procedures.

"These results reflect increased fleet readiness because Sailors have more at-sea time to train while the Navy spends the same amount of money on fuel," said Hasan Pehlivan, NAVSEA i-ENCON initiative manager.

Fuel usage results are measured by underburn, the reported fuel usage rate below a ship class' average usage rate. In fiscal year 2010, 109 ships reported underburn.

The net underburn after accounting for ships that overburned, or used more than their class average, was 700,000 barrels of oil.

This represents 14.4 percent of Navy fuel consumption for fiscal 2010. i-ENCON's underburn goal is a 8 percent

reduction in fuel usage each year. The net savings provided enough average fuel use to support 23 Arleigh Burke-class destroyers for a year.

"Underburn equates to reduced fuel usage and reflects NAVSEA's commitment to reducing our ships' dependency on fossil fuels and their impact on the environment," said Pehlivan.

The performance may also be attributable to ships receiving i-ENCON team recommended cash awards of up to \$67,000 each from Commander, Naval Surface Forces. A total of \$1 million is awarded annually. During this fiscal year 160 ships received incentive cash awards. Award money is directed to each commanding officer's discretionary funds, and can be used to buy items like damage control gear or to augment the ship's welfare and recreation programs, according to Pehlivan.

"These incentives are very important to i-ENCON's success," said Pehlivan. "It's a voluntary program that requires real commitment from ships' commanding officers, chief engineers and main propulsion assistants."

For more news from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.

Frocking

- (Cont. from Page 1)

Sailors from NAS Whiting Field selected for advancement including: Air Traffic Controller Airman Jesse Balderrama Jr., Air Traffic Controller Airman Travis Dixon, Air Traffic Controller Airman Jeffrey Wooten, Hospital Corpsman Austin CobbHockman, Air Traffic Controller Third Class Brittane Brooks, Air Traffic Controller Third Class Timothy Egerdahl, Aviation Boatswain's Mate Third Class Epiphane Elam, Aviation Boatswain's Mate Third Class Tony Fuller, Air Traffic Controller Third Class Glory Peak, Air Traffic Controller Third Class Jacob Pearce, Air Traffic Controller Third Class Jacob Selph, and Master-at-Arms Second Class Adam Turner.

"Congratulations to you all. Now as you put on your new rank, it is important that you start thinking beyond to your next rank. If you think only at your current rank, that's where you will stay. If you are now a first class, you need to think and act like a Chief. That's how you got here," Hall said. "And don't forget, you had help. It is time for you to pass that help down and help your shipmates advance."

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 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.

Ec-nomics

Run Fans in Reverse

Most people think of fans only when they want to be cool, but many ceiling units come with a handy switch that reverses the direction of the blades. Counterclockwise rotation produces cooling breezes while switching to clockwise makes it warmer: air pooled near the ceiling is circulated back into the living space - cutting your heating costs as much as 10%!

Winterize Your A/C and Water Lines

This one's really easy, and it will even save you a few pennies next summer, too: Simply drain any hoses and air conditioner pipes, and make sure you don't have excess water pooled in equipment. If your a/c has a water shutoff valve, go ahead and turn that off.

Similarly, make sure any hoses are drained and stowed away neatly. Turn off exterior water spigots. It's also a good idea to seal any water leaks around the place -- and don't forget to remove any window A/C units and store them so you don't invite cold drafts all winter. If you're in the market for a new air conditioner, the federal government will reimburse 30 percent of the cost for an efficient central air system, up to \$1,500.

See www.thedailygreen.com for more tips.

VA Warns Veterans About VAS

- Asks Veterans to Report Contact with Group

The following is a letter forwarded by the Office of the Secretary of the Department of Veterans Affairs.

An organization called Veterans Affairs Services (VAS) is providing benefit and general information on VA and gathering personal information on veterans. This organization is not affiliated with VA in any way - <http://www.vaservices.org/us/index.html>

VAS may be gaining access to military personnel through their close resemblance to the VA name and seal. Our Legal Counsel has requested that we coordinate with DoD to inform military installations, particularly mobilization sites, of this group and their lack of affiliation or endorsement by VA to provide any services.

In addition, GC requests that if you have any examples of VAS acts that violate chapter 59 of Title 38 United States Code, such as VAS employees assisting veterans in the preparation and presentation of claims for benefits, please pass any additional information to Mr. Michael Daugherty, Staff Attorney, Dept. of Veterans Affairs, Office of General Counsel (022G2), 810 Vermont Avenue, NW, Washington, DC 20420.

Congrats TRAWING-5's Wingers and Scholars



First Row: Cmdr. Mathew Frost, USN; Ensign Brian Cramer, USN; Lt. j.g. Sam Hill, USCG; Lt. j.g. Adam Sandifer, USN; Ensign Doughlas McDonald, USN; Lt. j.g. zephyr Mays, USCG; and Col. Joseph Richards, USMC.
Second Row: Lt. Col. Shawn Coakley, USMC; Ensign Leonard Taylor, USN; Lt. j.g. Ryan McCarthy, USN; Ensign Christopher Cabatu, USN; Ensign Mark Stanfield, USN; Lt. j.g. Brian Dekorne, USN; and Capt. James Vandiver, USN.
Third Row: Cmdr. Hans Sholley, USN; Capt. Samuel Kunst, USMC; Ens. Brian Bengel, USN; Lt. j.g. Katherine Shepherd, USN; Ensign Dane Mutschler, USN; and 1st Lt. Jonathan Patras, USMC.



Left Photo: The Academic Award recipients from the Nov. 19 presentation ceremony held at Training Air Wing FIVE headquarters are as follows: 1st row: Ensign Sean O'Dowd, USCG - Primary Academic Achievement; Ensign Zachary Smith, USN - Primary Academic Achievement; and Lt. Lasse Frederiksen, Danish Navy - Primary Academic Achievement. 2nd row: Ensign Alexander Judd, USN - Primary Academic Achievement; 2nd Lt. Ben VanWingerden, USMC - Primary Academic Achievement; and Ensign Luis Ortiz IV, USN - Primary Academic Achievement.
Right Photo: The award recipients from Dec. 3 are: 1st row: 1st Lt. Brock R. Money, USMC - Commodore's List; 2nd Lt. Justin T. Ledvina, USAF - Commodore's List; and Ensign Jessica A. Wittner, USN - Commodore's List. 2nd row recipients are: 2nd Lt. Raymon T. Stone, USAF - Primary Academic Award; Lt. j.g. Channel L. Lee, USCG - Primary Academic Award; Lt. j.g. David Eckardt, USN - Advanced Academic Award; and 1st Lt. Joel Katz, USMC - Advanced Academic Award.

Senior Enlisted Continuation Boards Retain 96% of Sailors

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- More than 96 percent of candidates reviewed by the Navy's Senior Enlisted Continuation Board were selected to continue service, according to Navy officials Dec. 1.

"Performance is the priority," said Vice Adm. Mark Ferguson, chief of naval personnel. "Based on the selection criteria, the board recommended for selection those candidates considered fully qualified to serve in their current pay grade and rating."

Of the 9,096 eligible active duty, full-time support and Reserve candidates reviewed, 8,760 members were approved for continuation.

According to the precept, which outlined what information board members may or may not consider from a record, "documented misconduct" and "substandard performance" were the primary reasons a Sailor should not be se-

lected for continued service.

Some examples of substandard performance or misconduct include "significant problems" or "progressing" promotion recommendations, declining performance from the same reporting senior, military or civilian convictions and non-judicial punishment.

After the board concluded, Sailors not selected for continuation were personally notified by their commands prior to the results posting on BUPERS Online. Members not selected for continuation will retire no later than June 30, 2011.

The Senior Enlisted Continuation Board is a performance-driven review of master chiefs, senior chiefs and chiefs with more than 19 years of service and three years time-in-grade.

Candidates can now check their status at <https://www.bol.navy.mil>. For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

Four Loco Banned

The caffeine and energy infused alcohol beverage "Four Loco" has been banned by the FDA. Four states have previously banned the drink due to health problems associated with binge drinking "Four Loco". While becoming increasingly intoxicated the large doses of caffeine in "Four Loco" allows the user a false sense of alertness. This has led to users operating motor vehicles and consuming greater amounts of alcohol which has led to alcohol poisoning and deaths.

"Four Loco" is no longer available but there are many replacements out there; pay close attention to ingredients contained in energy infused alcohol beverages. These drinks (like any alcohol) will dehydrate your body if not consumed in moderation. Remember to have a good meal and drink lots of water before consuming any alcohol.

The DEA has temporarily made "Spice" and other synthetic THC products illegal to sell and possess in the U.S. They will be designated as Schedule I substances, the most restrictive category, which is reserved for unsafe, highly abused substances with no medical usage. Since 2009, the Drug Enforcement Agency has received an increasing number of reports from poison centers, hospitals and law enforcement regarding these products. The Armed Forces Institute of Pathology (AFIP) is accepting urine specimens for research purposes from individuals for which the command has strong suspicion of Spice use. This is only for research testing.

2010 **FIRST NIGHT**

Santa Rosa

A new kind of Party for a New Year!

Friday, December 31st

Gates Open at 5 p.m.
Fireworks Spectacular at 9:30 p.m.

East Milton Ball Park
Home of the Santa Rosa County Fair

\$5 in advance \$7.50 at the gate
www.FirstNightSantaRosa.com

NAS Whiting Field Boys & Girls Club
Santa Rosa Medical Center Bay Bakery
Mediacom Pen Air Federal Credit Union



Tracking Progress

Workers for All American Tracks Corp. prepare the running track at Naval Air Station Whiting Field for a much needed upgrade. The track is due to receive a rubberized coating to make it more weather resistant and easier on the runner's joints. It will be one of a select few such tracks in Northwest Florida. So runners, walkers and other enthusiasts are asked to stay off the track until the work is complete. U.S. Navy photo by 2nd Lt. Molly LeBlanc.

Send a Christmas Card to a Hero

There is a special program through a partnership between the American Red Cross and Pitney Bowes, called Holiday Mail for Heroes. From now until Dec. 10 you can send holiday cards to American service members (including those at Walter Reed Hospital), their families, and veterans all over the world. Anyone can send a card and you can send as many as you would like!

The mailing address is: Holiday Mail for Heroes, P.O. Box 5456, Capitol Heights, MD 20791-5456. Cards not postmarked by Dec. 10 cannot be delivered. After screening, American Red Cross workers will deliver holiday greetings to service men and women in their communities. For additional information, visit: <http://www.redcross.org/holidaymail>

4th Annual Santa's Secret Shoppe Scheduled

The Early Learning Coalition of Santa Rosa County presents their Fourth Annual Santa's Secret Shoppe. This is a special place where Santa Rosa County children ages 3-12 may select gifts for their loved ones during the holiday season.

Each child may select two gifts free of charge. Additional gifts are limited to two per child at \$.50 each. Gift wrapping is included!

Santa's Secret Shoppe will be located at Milton First Assembly, 6163 Dogwood Drive, Milton. The event is open from 10 a.m. to 2 p.m. Saturday, Dec. 11. Food vendors and a bake sale will also be on-site. Santa Clause will also be there with a free gift for each child. For details call 983-5313.

Holiday Skates to be Held at Civic Center

For a limited time, the Pensacola Civic Center is hosting holiday skates complete with twinkling ice, merry music, and sweet treats.

The "Holiday Skates" sessions will be held Dec. 18 - 23. The one-hour sessions will be at 2, 3:30, 5 and 6:30 p.m. Tickets prices are: \$8 (includes skate rental) and \$5 (must provide own skates). Groups of 15 or more are \$6 per person (skate rental included). Tickets are available at the Civic Center Box Office, by phone at (800) 745-3000, or www.ticketmaster.com (additional fees may apply).

Christmas Celebration for Senior Citizens

Milton, Fla. – November 24, 2010 – The City of Milton will host a Christmas celebration for senior citizens on Dec. 20 at the Milton Community Center, 5629 Byrom St.

Line dancing classes will start at 10 a.m. The cost is \$3 per person. Games and free refreshments will be provided from 10 a.m. to 11:45 a.m. A free pizza lunch will be held at noon and bingo will start immediately after. The cost per bingo card is \$1. Winners will receive cash and a prize each game. Seating is limited to 50 guests. RSVP by Dec.15.

For more information or to reserve a seat, contact Lindsey Williamson at (850) 983-5466 ext. 4208 or miltonparks@ymail.com.

FFSC Urges Responsible Christmas Spending

The annual Military Saves campaign is just around the corner. Beginning now and periodically during the next two months, the Fleet and Family Support Center will run a series of short articles on helping to maintain a proactive savings program for yourself and your families. This is the first.

The holidays are a magical time of year; it is a time when even the most frugal individual can be magically parted with their money. Think about your experiences with the holidays. Have you ever spent more for the holiday season than you wished to or could afford? Has it ever taken you more than 12 months to pay off your holiday expenses? Have you ever done all of your holiday shopping in one expensive last-minute dash to the mall?

Before you start planning your holiday spending, review your current financial situation. Do you currently have a spending plan? Do you know how much of your income you will be able to devote to holiday expenses?

If you are going to take on debt, can you afford the additional monthly payment(s) that will come with that debt? Ideally, holiday expenses should be planned for year round. If you do not have a regular spending plan, you may wish to start there before developing your holiday spending plan. Having a good spending plan is one of the best gifts you can give yourself. It will help you get more for your money, lower stress and show you how to achieve your goals.

If you have any questions or desire more information on how to maintain a holiday budget, contact Eugene Jackson at 623-7177 or via email at eugene.jackson1@navy.mil.