

# Whiting Tower

Sixty-Nine Years of Aviation Training News 



Naval Air Station Whiting Field, Milton, FL

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## Squadrons host Berry as Pilot for a Day

By Jay Cope, NAS Whiting Field Public Affairs

Walking between two lines of Naval aviators clapping and welcoming him to Helicopter Training Squadron EIGHT headquarters, seven year old Connor Berry was a little overwhelmed. His mother Jamie smiled and guided him through the military officers as he hid his face in his hands. It was a moving start to the event as Connor prepared to join the squadron as a pilot for a day.

Meeting with Cmdr. Paul Bowdich in the squadron's ready room, Connor was issued his own flight suit along with the appropriate name tag, squadron patches and helmet. Bowdich served Connor and his younger brother, Riley, 4, breakfast and proceeded to tell them what their day would entail.

With trips to Naval Air Station Whiting Field's north and south fields to learn about the two primary aircraft – T-6 Texan and TH-57 Sea Ranger, one of the base's air traffic control towers, the simulators for the two aircraft, and the

- (Cont. on Page 5)



Helicopter Training Squadron EIGHT Commanding Officer Cmdr. Paul Bowdich helps Connor Berry, 7, adjust the helmet for his uniform as the July Pilot for a Day. The cooperative effort between Training Air Wing FIVE commands and Sacred Heart treats seriously ill children to a VIP day at Naval Air Station Whiting Field. U.S. Navy photo by Jay Cope.

## VT-3 claims basewide Victory Garden title

By Ensign Charles Mann, NAS Whiting Field Public Affairs

In a contest sparked by former base commanding officer, Capt. Pete Hall, various squadrons and establishments at NAS Whiting Field started "victory gardens" last year to foster friendly competition and help grow camaraderie. The gamesmanship has continued this year, with each participating unit harvesting a crop of volunteers to help grow and maintain a garden in hopes to take the trophy for the base's best vegetable plot.

The idea for the "victory" garden dates back to the World War II era, when individuals were encouraged to grow their own gardens to relieve the pressure on larger food producers. The U.S. Department of Agriculture even released a 20 minute public announcement instructing citizens on the basics of gardening to promote the victory gardens.

The judging took place July 3 as Capt. Matthew Coughlin, NAS Whiting Field commanding officer and Capt. James

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Training Squadron THREE Command Secretary Pam Williams and 2nd. Lt. Christopher Casperite accept the 2012 Victory Garden trophy from Naval Air Station Whiting Field Commanding Officer Capt. Matthew Coughlin, July 20 in the squadron's ready room. Casperite and Williams were the driving force behind the unit's garden U.S. Navy photo by Jay Cope.

# NASWF passes 69 years in service to country

Sixty-nine years ago this past Monday, Naval Air Station Whiting Field, then called Naval Auxiliary Air Station Whiting Field, was dedicated in the midst of the country's build up for World War II. Construction was not yet complete on the fledgling base, but the station's two 6,000 foot runways were already in operation, having received a complement of SNJs from VN-3A and VN-3B two weeks earlier. The base's mission was the same then as it is now – support the preparation of student pilots to assume duties as Naval aviators in the fleet. In recognition of the base's 69th birthday, here are a few highlights from NAS Whiting Field's history.

July 1, 1943 – First aircraft arrive to NAAS Whiting Field  
 July 16, 1943 – NAAS Whiting Field Commissioned



July 12, 1945 – A prisoner of war camp for German prisoners was established at NAAS Whiting Field under Detachment Three 1470 SCU.

July 1948 – Lockheed TO-1 jets assigned to NAAS Whiting Field

September 1948 – Blue Angels transfer to NAAS Whiting Field

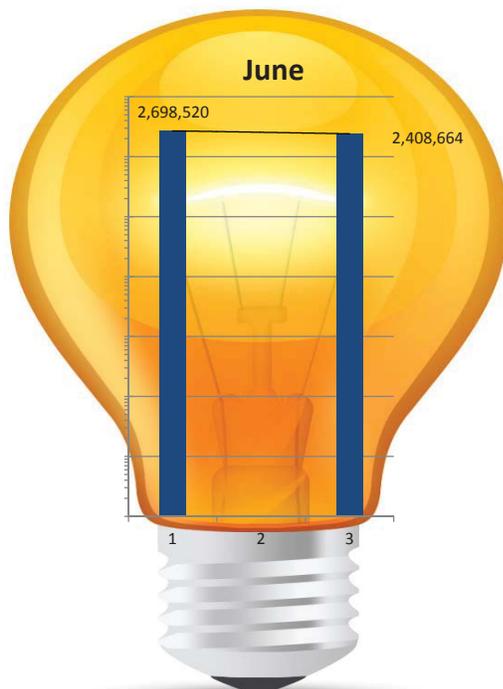
June 1950 – Blue Angels enter combat in Korean conflict

Fall 1955 – T-34 B Mentor begins to replace SNJ Texan as primary trainer (T-28 Trojan starts to take over as the basic trainer during the same time frame)

April 1957 – SNJ Texan finishes turn as training aircraft at NAS Whiting Field.

May 1, 1960 – VT-2, VT-3 and VT-6 formally established as basic training squadrons using T-28 Trojan aircraft.

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## Power Outage

Conserving energy continues to be one of the Navy's prime objectives, so each month we will display the energy usage comparisons for Naval Air Station Whiting Field between 2011 and 2012. As you can see, in June, the base consumed 289,956 fewer kilowatt hours of power than in 2011.

## This Week in Naval History

### July 16

1943 NAS Whiting Field commissioned into service.

### July 17

1812 - USS Constitution escapes from British squadron after 3 day chase off New Jersey

1898 - Santiago, Cuba surrenders to U.S. Naval forces.

1927 - First organized dive bombing attack in combat by Marine Corps pilots against Nicaraguan bandits who were surrounding U.S. Marine garrison at Ocotal, Nicaragua.

1975 - Docking in space of the U.S. Apollo (Apollo 18) and Soviet Soyuz (Soyuz 19) space craft. This was the first manned space flight conducted jointly by the 2 nations. Former naval aviator Vance D. Brand was the Apollo Command Module Pilot. The Apollo craft was in space for 9 days and 7.5 hours. Recovery was by USS New Orleans (LPH-11).

### July 18

1779 - Commodore Abraham Whipple's squadron captures 11 prizes in largest prize value of Revolutionary War.

1792 - John Paul Jones dies in Paris, France.

1813 - U.S. Frigate President captures British Daphne, Eliza Swan, Alert and Lion.

1947 - President Harry S. Truman delegates responsibility for the civil administration of former Japanese mandated island to the Secretary of the Navy.

# News and Notes

**Ribs Gone Wild** - The Naval Air Station Whiting Field Navy Ball Committee is sponsoring their First Annual BBQ Cook Off July 20 at noon in front of the command building. Bring your tongs and your best barbecue sauce and see how your ribs stack up to the competition. If you just want to eat, then a plate of ribs, side dish and drink will be \$5. Proceeds go toward the base's Navy Ball in October.

**ITT Special** - DeLuna Fest 2012 tickets are now available at ITT. The three-day beach concert features Pearl Jam, Foo Fighters, and the Zac Brown Band, Sept. 21-23. Tickets are \$177 for a three day pass. ITT also has discounted hotel stays at the Days Inn on Pensacola Beach for \$121 per night. There are only a limited number of passes and hotel rooms available. Please call 850-623-7032 or 850-665-6250 for additional information. For a complete concert lineup, check [www.delunafest.com](http://www.delunafest.com).

**College Registration** - Embry Riddle Aeronautical University Registration is now registering students for the Fall term through August 6. Hours on board NAS Pensacola are 8 a.m. to 5 p.m. Monday through Thursday and 8 a.m. to 4 p.m. Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue. Hours on board NAS Whiting Field are Wednesdays 9 a.m. to 4 p.m. in Bldg. 1417, Room 163. Late registration and add/drop a course for a full refund will be held August 6 - 10. Everyone is encouraged to register early. Classes begin August 6. New Student Orientation will be held Wednesday, August 1, 2012 5 to 6 p.m. onboard NAS Pensacola in Bldg. 634, Suite 033. Embry Riddle Aeronautical University's Pensacola campus offers certificate programs, associate and bachelors degree programs with various specializations in Professional Aeronautics and Technical Management and the Master of Aeronautical Science degree. Email [pensacola@erau.edu](mailto:pensacola@erau.edu), visit [www.embryriddle.edu/pensacola](http://www.embryriddle.edu/pensacola) or call 458-1098 for more information.

**Starbase Atlantis Applications** - Starbase Atlantis aboard NASWF is accepting Open Enrollment Applications for the summer program. Applicants must have been enrolled in the 4th or 5th grade during the 2011-2012 school years. To request an application please email [StarbaseAtlantis@mchsi.com](mailto:StarbaseAtlantis@mchsi.com) <<mailto:StarbaseAtlantis@mchsi.com>> or call 850-452-8287.

**Car Wash Lunch** - The Naval Air Station Whiting Field Branch Health Clinic will host a Carwash/Pulled Pork Sandwich Fundraiser beginning at 10 a.m., Friday, July 27, in the NEX parking lot. The cost for lunch is \$5 for a Pulled Pork Plate (meal includes sandwich or shredded port, chips and a drink). Each additional sandwich is \$2.50. The car wash will be done by donation with a suggested \$5 minimum.

**Extended Hours** - Dine 1-1 North Field Snack Bar is now open 6 a.m. to 5 p.m., Monday thru Friday. For your convenience, new services provided include: delivery on base (\$1.00 delivery charge will be applied to each order) and call-ahead orders for pickup. Please call or text (850) 281-5923 to place your order! Bring a friend from 2 p.m. until closing and receive 10% off your bill (friend must place an order to receive the discount).

**Pool Closure** - The Naval Air Station Whiting Field swimming pool will be closed all day Friday, July 20 to facilitate the installation and electrical connection of the slide and water pump. The pool was originally only scheduled for a half day closure but must be extended to accommodate the additional required electrical



## Collecting for the Community

**Debra Farnham, a produce worker for the NAS Whiting Field commissary restocks items in the store for the ongoing farmers' market sale. The commissary is holding a farmers market sale featuring discounted produce on July 12 - 14. The store... was able to provide the sale based on a brand name competition to increase sales over the previous year's display. NAS Whiting Field's commissary won the contest and returned the prize winnings to the patrons through the discounted sale of fresh, daily restocked, produce to their customers. U.S. Navy photo by Ensign Charles Mann.**

work for the water pump. MWR apologizes for any inconvenience this may cause our patrons.

**Poker Ride** - A poker ride to benefit the Santa Rosa Kids' House will be held beginning 10 a.m. Saturday, July 21 at Janet's Mustang Bar in Gulf Breeze. The ride will travel through A.L. Post 378, The Cove and Night Train. Call 850-677-9541 for details.

**Free Concert** - Nashville recording artist Keith Moody will perform live in concert Saturday, July 28 at The Break on Via de Luna beginning at 10 p.m. For ages 21 and older only, more information on the concert may be obtained by calling 850-932-0864.

**Candlelight Tours** - Historic Fort Pickens along the National Seashore will be hosting Candlelight tours Friday July 27, Aug. 3, and Aug. 10. Discover the wonders of the old fort at night. Flashlight, shoes and insect repellend are recommended. Call 850-934-2608 for additional details.

## Official Notices

Courts-martial in Navy Region Southeast recently heard the following cases:

At a General Court-Martial convened on board NAS Jacksonville, an Airman pled guilty to engaging in a sexual act with a person substantially incapacitated. The Military Judge sentenced the Accused to four years of confinement, reduction in rate to E-1, and a Dishonorable Discharge.

At a General Court-Martial convened on board NAS Jacksonville, a Second Class Petty Officer pled guilty to orders violations relating to a prisoner, while serving as a brig guard. The Military Judge sentenced the Accused to three years of confinement, reduction in rate to E-1, and a Dishonorable Discharge.

Courts-martial in Navy Region Southeast are tried with few exceptions at NAS Jacksonville, NS Mayport, and NAS Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial.

## Upcoming Events

July 20, 1000 - VT-6 Change of Command - Atrium

July 20, 1100 - Navy Ball BBQ Cookoff - Bldg. 1401

July 26, 1000 - HT-18 Change of Command - Base Auditorium

July 27, 1300 - Winging Ceremony - Base Auditorium

August 3, 0900 - Navy Ball Golf Tournament - Golf Course

August 10, 1300 - Winging Ceremony - Base Auditorium

# Fleet and Family Support Center Classes

## **Military 101 for New Spouses - Tuesday, July 24 from 1 to 2 p.m.**

Welcome to northwest Florida, NAS Whiting Field, Training Air Wing Five, and the world of aviation training! Find out what challenges and rewards are in store for you and your flight student and how you can enjoy and thrive in the military lifestyle. Learn about the local culture, recreational opportunities, and support services available to you, while meeting other spouses and command staff! For more information, contact a Work and Family Life Specialist at 850-623-7177.

## **Renting - Wednesday, July 25 from 9 to 11 a.m.**

The purpose of this workshop is to provide complete, objective, and unbiased information so prospective military renters will be confident in their decision whether or not to rent, and be better able to negotiate the potential financial pitfalls they may encounter during the rental process. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

## **Time Management - Wednesday, July 25 from 1 to 2 p.m.**

At the end of the day, do you ask yourself, "Where did the day go?" and feel like you have accomplished very little on your "to do" list? If you answered, "yes" to these questions, this class is for you. The information provided in this class will equip you with tools that will help you make the most of your busy and demanding days. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

## **VA Representative - Friday, July 27 from 8 a.m. to 12 p.m. (By reservation only. Call 850-623-7177.)**

## **Smooth Move - Friday, July 27 from 9 to 11 a.m.**

Make your next change of duty station move a smooth one. Learn what resources are available to you and the five key steps to minimizing stress during the relocation and transition period. For more information, call NAS Whiting Field Fleet and Family Support Center at 850-623-7177.

## New class offered at NASWF's Fleet and Family Support Center



Naval Air Station Whiting Field's Fleet and Family Support Center is offering a new class in their curriculum for service members and their families. This Military 101 for spouses is designed to help family members overcome the unique language and instruction laden life of military service.

It is easy for new military spouses to find themselves smiling and nodding at social gatherings with their military friends because they aren't quite sure what the topic of conversation means. Military jargon and acronyms can make the most devoted listener go "huh"?

The new "Married to the Military" class being offered by the Fleet and Family Support Center can help. This class will introduce attendees to the traditions, culture and

lifestyle of the military. FFSC will cover things such as where to go to get information, do's and don'ts, PCS orders, reading an LES, military time and much more.

Class members will learn things they need to know to thrive and feel comfortable in this military environment.

- Military Ranks and Rates
- Military Benefits
- Military Customs and Traditions
- How to read a Leave and Earning Statement (LES)
- Different types of Orders
- Do's and Don'ts
- Military ID's
- DEERS
- Tricare
- Where to go for the right information
- FFSC, MWR, Medical, NEX, Commissary benefits and services

It will also be an opportunity to meet other new military spouses and establish a good connection with people who can answer questions or steer spouses in the right direction when other new, unexpected things come up.

It's free, so join the Fleet and Family Support Center July 24 at 1 p.m. Anyone interested in this new class can sign up at (850) 623-7177.

# Pilot for a Day

- (Cont. from Page 1)

fire department, it was a busy day for the second grader from Gulf Breeze.

Each month, two of Training Air Wing FIVE's squadrons team-up to host a seriously ill local child to an opportunity to learn what it is like to be a pilot. It is essentially a VIP tour a police escort, with military officers as the family's personal guides, flight time in the simulators, hose handling at the fire department, lunch and cake with senior officers and more. But more than anything else, it is a chance for the aviators to provide a great memory for the kids.

"All of the pilots enjoy doing it and seeing the kids' reactions," Bowdich said. "It is one of the opportunities we have to get out and help a child feel special."

The program is a partnership with Sacred Heart that started in 2007. Meghan Kamau, a Child Life Specialist for Sacred Heart and the point of contact for the program, hopes it keeps going. Kamau is the liaison between the squadrons and the families and helps identify and schedule the kids who are capable of attending the Pilot for a Day open dates. About 50 children have participated so far.

"I think the program is wonderful. It gives patients and their entire family and opportunity to participate

in something special and just plain fun in a time of overwhelming stress," she said. "It is great because they include the whole family as so often the attention is focused on the "sick" child and siblings feel very left out."

Connor has been fighting Acute Lymphoblastic Leukemia for around two years now, and his treatments have become part of a normal routine for him. He was first diagnosed in 2010. He was immediately hospitalized for a month and began chemo treatments. His maintenance treatments will continue until May 2014 about two years, and if all goes well, he will be considered cured around 2016.

It has been a tough struggle, but Jamie Berry is grateful for a chance for Connor to relax and have fun. While he thought the police escort was really cool, his favorite part of the day was in the T-6 simulator "flying" near their home in Gulf Breeze.

"It has been absolutely wonderful. It is a thrilling experience to come here and meet the pilots. He was very excited about it, and it has been the experience of a lifetime," she said.

"It's a blessing that they do this program. These kids go through such an ordeal...Maybe this can open up their minds and spark an interest for their future."

Each division will have their own team entered into the contest. The winning team will win a trophy.

## RIBS GONE WILD!!!!



As well as all the bragging rights, and the head cook will receive an engraved grilling set.

## NAS Whiting Field 1<sup>st</sup> Annual BBQ Cook-Off

When: July 20<sup>th</sup> 2012 from 1000-1500

Where: In front of the white house

Cost: \$5.00 for some ribs, one side and a drink.

Judging to follow the event and the loser gets dunked in the dunk tank!

Email AC3 Miller @ [charlotte.miller1@navy.mil](mailto:charlotte.miller1@navy.mil) to enter your team.

All proceeds go to the 2012 Navy ball fund.

# Congrats to TRAWING-5 Wingers and Scholars



First Row: Cmdr. Jeffrey D. DeBrine, USN; 1st Lt. Pamela R. Whalen, USMC; 1st Lt. David A. Axel, USMC; 1st Lt. Katherine T. Bray, USMC; 1st Lt. Gilmer L. McMillan, USMC; Lt. j.g. Alexander C. Lipscomb, USN; Lt. j.g. Daniel J. Moorman, USN; Lt. j.g. Daniel E. Kutz, USN; Ensign Olufemi S. Lawrence, USN; Lt. j.g. Christopher D. Cady, USN; Lt. j.g. Liam T. Roddy, USN; and Lt. j.g. Jessica L. Johnson, USN.

Second Row: Cmdr. Christopher L. Pesile, USN; Ensign Christine N. Mayfield, USN; Lt. j.g. Kristen M. Keelor, USN; Lt. j.g. Jeffrey M. Hayden, USN; Ensign Trevor M. Dunn, USN; Ensign Myles F. Wasson, USN; Lt. j.g. John A. Montana, USN; Lt. j.g. Joseph R. Moffit, USN; Lt. j.g. Anthony R. Peters, USN; Ensign Jared M. Good, USN; Lt. j.g. Kenneth L. Hyman, USN; and Capt. David Schnell, USN.

Third Row: Cmdr. Paul D. Bowdich, USN; 1st Lt. Ryan R. Pusins, USMC; 1st Lt. Nathan T. Anderson, USMC; 1st Lt. Royce A. Parrish III, USMC; 1st Lt. Jason M. Cannon, USMC; 1st Lt. Jared G. Szaroleta, USMC; Ensign Christopher M. Campbell, USN; Ensign Michael R. O'Grady, USN; Lt. James E. Cepa, USCG; Ensign Jason P. Gaidis, USN; Lt. j.g. Nicholas R. Hanley, USN; and Col. James D. Grace, USMC.



Left Photo: 1st Lt. Jason C. Murphy, USMC; 1st Lt. Nicholas W. Gibson, USMC; and 1st Lt. Zachary S. Allen, USMC receive their Academic Achievement Awards June 29 in the Training Air Wing FIVE headquarters building.



Right Photo: The Academic Award recipients for June 22 are Ensign Kevin M. Schleicher, USN; Ensign Michael G. Carman, USCG; 2nd Lt. Robert D. Pfeil II, USMC; 1st Lt. John E. Willett, USMC; Capt. Jon A. White, USAF; and 2nd Lt. James T. Bost III, USAF.

# Victory Gardens

- (Cont. from Page 1)



The Training Squadron THREE Independence themed garden took top honors during the judging for the Naval Air Station Whiting Field Victory Garden contest. The competition helps encourage a friendly rivalry while remembering an important time in the nation's past. Helicopter Training Squadron's EIGHT and EIGHTEEN received Honorable Mention status as well. U.S. Navy photo

quality of the participating teams' efforts. HT-8, HT-18 and the NEX, gained recognition for the most decorative, most festive, and garden with the largest vegetable respectively in the new categories, while VT-3 took home the travelling trophy and bragging rights until next summer. VT-3's garden was praised for having an "over the top" mixture of vegetables, herbs and flowers and an appropriate forth-of-July themed scarecrow.

"The productivity of the gardens was impressive. The teams obviously took a lot of pride in their work. The "Victory Garden" contest truly shows the friendly yet competitive nature of the commands here and the event is a fun way to remember a very important time in our history," Coughlin said.

Fisher, Training Air Wing FIVE deputy commodore went from unit to unit taking notes and being greeted by representatives at each location who tried to sway the judges that theirs was the best garden.

Helicopter Training Squadron EIGHT (HT-8) was the first squadron observed, where Coughlin and Fisher were immediately welcomed with a homemade salsa made from the garden's produce. Even more persuasion was to be found at HT-18 where the judges again found salsa along with presenters wearing costumes sporting a Mexican flair along with salsa themed music playing in the background. HT-28 featured a "three sisters" garden, which is a traditional Native-American style garden consisting of corn, beans and squash all planted in the same mound.

However, the judges refused to be influenced as they compared those gardens with the more traditional variety presented by the Navy Exchange, Training Squadron THREE, base command staff, and others. Ultimately, the judges installed some new categories into the final selection in deference to the high

## Whiting Field Navy Ball 2012

### Fundraiser

#### Puttin' From The Rough



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

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

**Friday August 3<sup>rd</sup> 2012**  
**Registration starts at 8 a.m.**  
**Shotgun start at 9 a.m.**

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

For additional information please contact AC3 Miller at 623-7654 or [charlotte.miller1@navy.mil](mailto:charlotte.miller1@navy.mil)

## Birthday

- (Cont. from Page 2)

September 1961 – One hundred and fifteen houses open for occupancy at Berryhill Homes housing complex (Whiting Pines)

January 1972 – NAS Whiting Field becomes home to Training Air Wing FIVE.

1972 – NAS Whiting Field begins rotary wing training after Ellyson Field closes. HT-8 and HT-18 join TRAWING-5.

November 1977 – First T-34C Turbo Mentors arrived to TRAWING-5. (By 1983 final T-28 is retired)

August 1980 – New simulator building completed for the UH-1 Huey.

Spring 1983 – UH-1 Huey phased out for training and TH-57's begin their era of use.

Early 1990s – VT-3 designated as first joint primary training squadron for USAF/Navy partnership.

September 2004 - Hurricane Ivan hits Pensacola area, damaging buildings and aircraft at NAS Whiting Field.

June 23, 2006 – Groundbreaking held for new gym/atrium/chapel complex.

May 2007 – HT-28 added as the newest training squadron.

Aug. 2009 – The first T-6B Texan arrives to begin replacing T-34 Turbo Mentor.

April 2012 – Final T-34 Turbo Mentor flight by a student as T-6B transition is complete.

## TRICARE Notes

### ***TO RINSE OR NOT TO RINSE?***

Brushing, flossing and eating a healthy diet are all important parts of good oral health care. But did you know that rinsing with a mouthwash can also be helpful in maintaining a healthy mouth and bright smile?

In general, mouthwash works by reducing the bacterial count and slowing down bacterial activity in plaque, a thin film of bacteria that forms on teeth. In addition to reducing plaque, mouthwash freshens breath and prevents or controls tooth decay and gingivitis, an inflammation of the gums caused by the accumulation of plaque along the gum line.

For more information on the benefits of adding a mouthwash to your daily oral hygiene routine, talk to your dentist or visit [www.ada.org](http://www.ada.org).

### ***TIME FOR SCHOOL PHYSICALS***

Summer is still in full swing, but the first day of school will be here before you know it. If you haven't already scheduled appointments for your children's school physicals, now is the time to do it!

TRICARE Prime and TRICARE Standard cover required back-to-school physicals for children ages 5-11 years as a clinical preventative service. Sports physicals are not a TRICARE-covered benefit.

For more information about TRICARE-covered school physicals, well-child care and immunizations, visit [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit).

## SECURITY CHECKPOINT

### ***Distracted Driving***

Distracted driving is a dangerous habit. Each year, thousands of people are killed and hundreds of thousands are injured in accidents caused by distracted drivers. NAS Whiting Field Cell Phone policy prohibits motor vehicle operators driving onboard the installation from using cell phones and texting while operating a vehicle on the base. Hands-free devices are mandatory and walkie-talkie cell phones are not considered hands-free.

Distractions include texting, talking on the phone, eating, and engaging in other activities that take your attention away from the road.

Why are these behaviors so dangerous? Sending or reading a text message, for example, takes your eyes off the road for just under 5 seconds. At 55 mph, that would be like driving the length of a football field while blindfolded.

Learn more about distracted driving and become part of the solution: <http://www.dmv-florida.org/cell-phone-distractions.shtml>

