

Through realistic, well-planned scenarios, Exercise SOLID CURTAIN-CITADEL SHIELD 2011 helped make this base safer, more responsive to terrorist threats and enhanced our security readiness and personnel training. We were committed to lessening disruptions to employees' daily routines and minimizing traffic congestion. We greatly appreciated the exercise participation, patience, cooperation, and professionalism of all our tenants. I want to send out a special note of thanks to the employees and management of DLA Distribution Susquehanna for providing the facilities and personnel for the exercise.

*Sincerely, Capt. James W. Smart, SC, USN,  
Commanding Officer, NSA Mechanicsburg*



## Employee Spotlight NAVSUP HQ's Pete Palacios:

### Fostering Diversity and Equal Opportunity Inside and Outside the Fence Line

"Dr Martin Luther King Jr., is one of my heroes and to be honored at his birthday celebration is something I will always remember and cherish. We must continue to be a diverse workforce, and we are making giant strides in making our Navy a true reflection of America's culture." - Pete Palacios

Pete Palacios, NAVSUP HQ Corporate Communications Office, is presented with an EEO/Diversity award for raising awareness of women's equality on base and for his involvement as a mentor in Central Pa. Hispanic communities. The award was presented by Karen Fenstermacher, SES, NAVSUP HQ's Deputy Commander for Corporate Operations.



The annual Martin Luther King Jr. Observance/Diversity Recognition Awards Ceremony was held, Jan. 13.

Cathy Coleman, motivational speaker and author, was the guest speaker.

The annual Diversity Recognition Awards (please see page 3) immediately followed the ceremony and recognized managers, supervisors, employees, and groups that have made outstanding contributions to Equal Employment (EEO)/Diversity program administration and/or their community during 2010.

This month we shine the Employee Spotlight on award winner Pete Palacios, who is a Public Affairs Specialist at the Naval Supply Systems Command Headquarters (NAVSUP), Office of Corporate Communications.

Pete is responsible for managing a variety of information processes, products, and events to promote education and awareness of NAVSUP's mission. An Air Force veteran who joined federal service in 2000, Pete stepped up to volunteer for NAVSUP's newly established Cultural Awareness and Diversity Committee, which promotes diversity

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On January 13, 2011, NSA Commanding Officer Capt. James W. Smart performed the re-enlistment ceremony for Master-at-Arms First Class Petty Officer Tom J. Hayes at NSA Headquarters in Bldg. 306C. A native of Albany, Ga., Hayes has served over 15 years in the Navy. As part of his four-year enlistment he will be attending Military Police Investigator school in Ft. Leonard Wood, Mo., then transfer to NAS Sigonella, Sicily.



Karen Meloy, right, Naval Supply Systems Command (NAVSUP) Enterprise Resource Planning (ERP) Program Manager, explains how NAVSUP is deploying the Navy's Single Supply Solution to Dr. Ashton B. Carter, second from right, Under Secretary of Defense (Acquisition, Technology and Logistics). Dr. Carter visited NAVSUP Headquarters in Mechanicsburg recently, along with The Honorable Sean Stackley, Assistant Secretary of the Navy (Research, Development and Acquisition), and Shay D. Assad, Acting Assistant Secretary of Defense (Acquisition) and Director of Defense Procurement and Acquisition Policy. Rear Admiral Mike Lyden, Commander, Naval Supply Systems Command and Chief of Supply Corps, center, hosted the information session to highlight NAVSUP's commitment to operate as efficiently as possible, remain agile and responsive to changing requirements, and seek new ways to optimize business practices.

**Pete Palacios**  
**Continued from front page**

throughout NAVSUP activities at Naval Support Activity (NSA) and other base-located offices.

Pete led the effort this year in women's equality by organizing "Affirming Women's Potential", which took place in March 2010. This special event brought together women in leadership roles throughout the mid-state to honor women's history month, with an emphasis on successfully dealing with stress, work-life balance, financial management, community service, and more.

Pete continues to be instrumental in promoting diversity at NAVSUP Headquarters, throughout the NAVSUP Enterprise, and among other NSA Mechanicsburg offices though his involvement in ongoing cultural and diversity events, such as those that recognize Hispanic heritage and Native American heritage.

In his off duty time, Pete is involved in a number of mentorship activities including the following: *Estamos Unidos de Pennsylvania* (We are united in Pennsylvania), a non-profit organization that helps needy Hispanic families in the Central Pa. region; the Central Pa. Hispanic Chamber of Commerce; and the Hispanic Professionals of Central Pa.

"I am very proud to receive the NAVSUP HQ EEO award," he said. "Dr Martin Luther King Jr., is one of my heroes and to be honored at his birthday celebration is something I will always remember and cherish. We must continue to be a diverse workforce, and we are making giant strides in making our Navy a true reflection of America's culture."

## Congratulations

to the 2010 Annual Diversity Recognition Award Winners!



(left to right) NAVICP's, Marchaunda Tiller, Ayoka Perkins-Knox, and Skakeeta Purdie, and Karen Fenstermacher, NAVSUP HQ.



(left to right) Deborah Blaney, NAVSUP, Antwaan Speights, NAVSUP, Karen Fenstermacher.



Cmdr. Ed Stevenson, Naval Operations Logistics Support Center and Kevin Quick, NOLSC .



(left to right) Cmdr. Ed Stevenson, NOLSC, Kevin Quick, NOLSC, Antwaan Speights, NAVSUP, Karen Fenstermacher, NAVSUP, Deborah Blaney, NAVSUP, Marchaunda Tiller, NAVICP, Ayoka Perkins-Knox, NAVICP, Skakeeta Purdie, NAVICP.

## Women in the Navy: A Rich History of Invaluable Service

March is the national celebration of Women's History Month. With this year's theme of "Our History is Our Strength," the nation commemorates the diverse contributions women have made and continue to make to our nation.

Women are a vital component of our Navy's Total Force and make indispensable contributions every day to our mission and operations.

Women became an official part of the Navy in 1908 when the Nurse Corps was established. With the passage of the Women's Armed Services Integration Act on June 12, 1948, women gained permanent status in the armed services. The first six women enlisted in the regular Navy July 7, 1948, and on October 15, 1948, the first eight female officers were commissioned.

The first woman naval aviator was designated in February 1974, and women were first assigned to selected non-combatant ships in 1978. Opportunities were later broadened to include service in combatants and pilot-

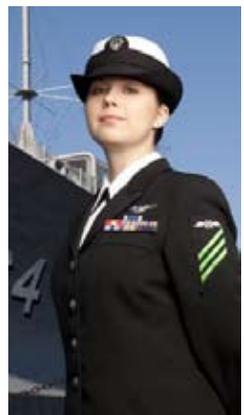
ing combat aircraft following the repeal of the Combat Exclusion Law in 1994.

Most recently, in April 2010, the Navy announced a policy change that allows women to serve on submarines.

The following are some other facts about how the role of women enhances our Naval service:

- In 1987 the National Women's History Project petitioned Congress to expand the celebration to the entire month of March.
- Today, 95 percent of Navy billets are open to women, with women permanently assigned to all ships, afloat staffs, naval construction force units, and aviation squadrons.
- Thirty-three active and reserve female flag officers and flag selects, and more than 50 female command master chiefs, are leading our Sailors today.
- 53,000 active duty women and more than 10,000 female reservists are serving in the Navy, comprising 16.3 percent of the force.
- Of the nearly 3,000 employees serviced by the NSA Mechanicsburg Human Resources Office 1,332 (45.3%) are women.

To be an effective fighting force, credible to the nation it serves, the Navy must reflect diversity at all levels, and recognize the contributions made by women in all levels of federal and military service.





## To Your Health

### Getting to the “Heart” of Exercise

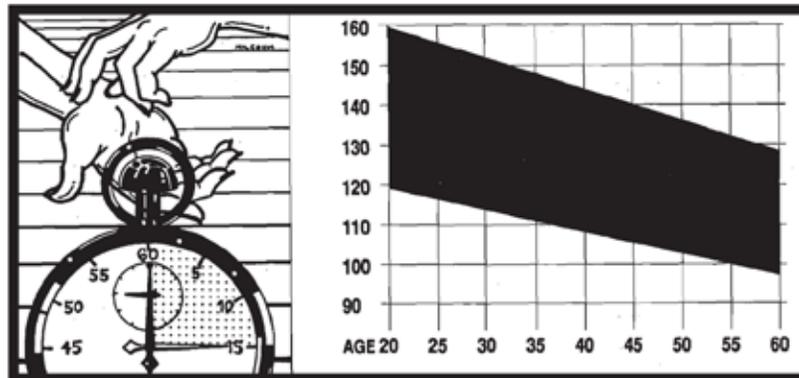
Many of us tend to forget that the heart is a muscle, and like any muscle, it can improve with exercise. The heart can become stronger through exercises that progressively increase the body’s demand for oxygen. If you’ve ever wondered why aerobics are good for your heart, consider the following information.

#### Cholesterol & Blood Pressure Control

Regular aerobic exercise has also been shown to increase the body’s levels of “protective” HDL cholesterol: HDL actually carries cholesterol out of the bloodstream. Increased HDL levels may offer some protection from atherosclerosis, the build-up of fatty deposits on the in-

jogging, and aerobic dance.

The chart (below left) can help you determine your approximate THR. Remember, though, if you have an existing heart or medical condition, are a smoker, or are just beginning an exercise program after age 40, check with your physician first. Cardiovascular fitness is everyone’s concern, but particularly for those of us who want to be heart-smart.



Aim for the low range of your THR when you first begin your cardiovascular fitness plan. Work up to the higher range as you become more fit.

#### A More Efficient Heart

The normal heart beats at a rate of approximately 70 beats per minute when you are at rest. That means that your heart beats an average of 100,000 times each day. By exercising and strengthening your heart, you may be able to decrease your daily heartbeats by as much as half that amount. That means that your heart is working more efficiently and it takes fewer beats to supply the same amount of oxygen to the rest of your body. In other words, by improving the condition of your heart, you can reduce its workload while helping it to perform more efficiently.

ner walls of the blood vessels. Aerobic exercise has also been proven to be a successful method of lowering blood pressure, a primary risk factor for heart attack and stroke.

#### HOW TO FIND YOUR TARGET HEART RANGE

To reap the benefits of aerobics, it’s important that you exercise within your target heart range (THR), the safest amount of heart beats per minute during exertion for 20-30 minutes, 3-5 times a week. Some of the most popular aerobic exercises include walking, swimming, cycling,

#### Pedal Your Way To Fitness

Aerobic exercise is one of the best ways to help condition your heart, lower blood pressure, increase your body’s levels of artery cleaning HDL cholesterol, and help manage weight. One of the best aerobic exercises around is cycling. Indoors, outdoors, or on-the-road, you can pedal your way to a healthier heart.

#### Does Your Bike Fit?

To see if your bike fits, straddle the horizontal bar; there should be one inch between the bar and your crotch. When you extend one leg to the lowest pedal point your knee should be just slightly bent and your handlebars should be level with your saddle.

#### Gear Up

Buy a safety helmet and use it every time you ride. Layer clothing so you can adapt to temperature changes. Wear snug clothing to avoid catching clothes in gears, pedals, or spokes. When cycling at dawn, dusk, or after dark, wear light-colored reflective outerwear.

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## To Your Health

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### Warm Up

A warm up helps your heart gradually prepare for more strenuous work. Begin by “walking” your bike for a few minutes, and then doing gentle stretches to loosen up your muscles. Warm up for at least five minutes.

### Cycle Away

As you begin to exert yourself, you’ll notice your heart is pumping harder. When your heart is beating between 75% of its maximum heart rate (220 minus your age), you’re exercising within your THR. To condition your heart, exercise within this range for 20 to 30 minutes a session at least three times a week.

### Cool Down

The cool down allows your heart rate to gradually return to normal,

and helps prevent muscle soreness. To cool down, walk your bike (or pedal slowly) for about five minutes and then do some gentle stretches.

### A Heart-Healthy Walking Plan

Perhaps the best cardiovascular conditioner for people of all ages and physical conditions is walking. A good pair of walking shoes is all you need to purchase, and you don’t have to join a gym, take a class, or buy fancy exercise clothes in order to do it.

### Buying Your Shoes

Since shoes are your only equipment, it pays to invest in the right kind. Walking shoes should have a snug, well-cushioned heel and firm arch support. Make sure that you have adequate toe room and the

sole of the shoe is flexible and slip resistant.

### Stepping Out

Before you begin your walk, do some gentle stretches to loosen and warm up tight muscles. Start slowly, about 105 steps per minute and gradually work up to 114 steps per minute for about 20-30 minutes. Then begin to lower the pace back to 105 steps per minute as you begin your cool down. Continue at the slower pace for about five more minutes. Gradually work up to about 130 steps per minute. If the pace feels comfortable, continue at the increased pace for 20-30 minutes before returning to your slower cool down pace.

## Transforming Base Housing Through PPV



On February 1, 2010, Lincoln Military Housing, a division of Lincoln Property Company of Dallas, Texas, partnered with NSA Mechanicsburg and assumed the day-to-day management function for the former government-owned housing located on Antrim Drive through a private-public venture. The neighborhood consisted of 55 homes and was in need of modernization.

The initial thought was to remodel the existing homes. Through negotiations, however, a plan is now in place to demolish the existing housing and build completely new units.

Demolition began in December 2010. The housing units on Edson Drive and Ricketts Road will be taken down at a later date.

Currently, 14 families residing in a section of this quaint neighborhood while demolition and construction are underway in another area.

The new neighborhood will consist of 31 single family homes, 10 enlisted and 20 officer, and one Flag quarters. Each home will contain modern finishes and be fitted with quality energy efficient appliances, ample storage space, and an open floor plan. The homes will also provide a two-car garage and a spacious back yard with privacy fencing.

Watch as the neighborhood is transformed.

If you have any questions about the project please call Karen Knoll at ext. 2900.



## CLASSIFIEDS

**Furnace:** Thermo-Pride Oil furnace Model AF OL5-85; forced hot air; works well; installed 1987; last used winter of 2010; \$300 OBO; please call 717.526.2043.

**Jewelry:** Costume, fine silver and gold jewelry; 25 cents and up; please call 717-385-6889 for more information.

**Little Tikes Bench:** Little Tikes bench with storage; \$30; please call 717.386.9479

**Motorcycle:** 2008 Honda CRF 100 F motorcycle; ridden 25 hours; \$1,600 with rider accessories; please call 717.241.0555.

**Oak Dining Table:** 8 chairs total, 2 leaves, all solid wood, no veneers; \$1,000. please call 619.540.3008. (see photo below)

**Snow blower:** Toro, Model S200, single stage; works well; only \$60; please call 717.343.8368.

**Van Pool:** Two riders needed for vanpool from Willow Hill or Blue Mt. exit of PA Turnpike; Mon-Thurs, 6am-4:30pm; please call Tonya at ext. 6042.



**Commanding Officer**

Capt. James W. Smart, SC, USN

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### FREE CLASSIFIED ADS

The Mechanicsburg Supplier will publish free listings of personal items and services for sale by personnel of the Naval and Defense Activities at Mechanicsburg. Such items and services must represent an incidental exchange between personnel on the installation and not be business operations. Ads are limited to 15 words, one to an employee, and photos are highly encouraged. Work extensions may be used on car and van pool ads only. All others must use a home or cell phone number. Ads are printed on a space available basis.

Please fill out the form below and send it to Mike Randazzo, (Ext. 2448) at the NSA office in Bldg. 306C, fax to 605-5655, or e-mail to michael.randazzo@navy.mil

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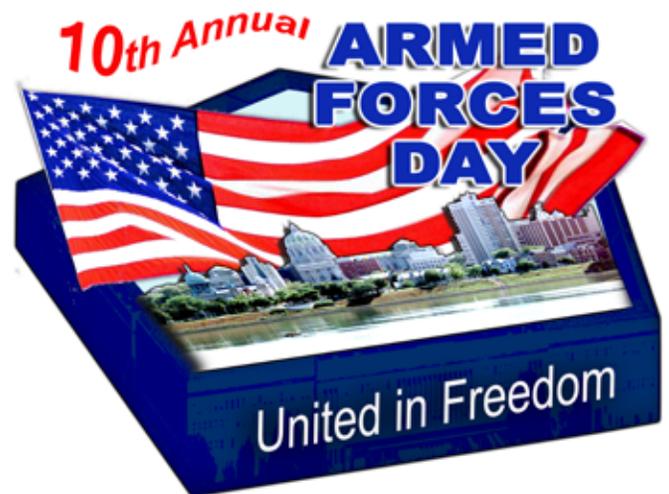
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