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Senator's son earns wings at Whiting Field

By Jay Cope, NAS Whiting Field Public Affairs

Arizona Senator and former presidential candidate John McCain served as the guest speaker for the Jan. 28 winging ceremony at Naval Air Station Whiting Field that included his son.

Ensign John S. McCain, IV, received his "wings of gold" following his completion of initial helicopter training. The younger McCain graduated from the United States Naval Academy in 2009. He was selected for Naval Aviation and after Aviation Preflight Indoctrination at Naval Air Station Pensacola, attended primary flight training with the 33rd FTS at Vance Air Force Base in the T-6A. He continued his training at NAS Whiting Field with Helicopter Training Squadron 18. The winging ceremony is the stepping stone to his next phase of training in the fleet. His next duty station will be with Helicopter Sea Combat Squadron-25 in Yigo, Guam, flying the MH-60S helicopter.

Fifteen other students achieved the designation along side Ensign McCain and were praised by the Senator during his speech.

"I expect many of you will at some point be called to duty there [Afghanistan]. I have every confidence your service will

- (Cont. on Page 5)



Senator John McCain and his wife Cindy proudly look on as their son Jimmy McCain pins the Naval Aviator wings on their other son John McCain IV. John was one of 16 student pilots to join the ranks of Naval aviators during the Jan. 28 winging ceremony at Naval Air Station Whiting Field. The McCains not only attended the ceremony, but the Senator also served as the guest speaker for the event. U.S. Navy photo by Lt. j.g. Megan Dooner.

MWR prepares big party for the big game

By Jay Cope, NAS Whiting Field Public Affairs

Morale, Welfare, and Recreation (MWR) is gearing up for the biggest game of the year with one of their biggest parties of the year. And while MWR can't control the action on the screen, they are working to ensure a fun time will be had by all between the plays.

Featuring a menu which is planned to include barbecue sandwiches, hot dogs, chips, and hot wings, event attendees will not go home hungry. MWR is also coordinating door prizes, raffles, and contests to keep the Super Bowl pre-game, half-time, and post-game downtime, exciting. A few of the games scheduled include a Velcro sticky wall, sumo wrestling suits, cornhole, and a chance to learn and ride MWR's new Segways. There may even be a football trivia contest.

"We want everyone to have fun and enjoy themselves," Ashley Platts, MWR's Liberty program coordinator said. "That's what the evening is about."

Prizes are limited to active duty personnel due to limitations on funding from the Liberty program. The evening's

grand prize is a Nintendo Wii game system.

With limited opportunities to watch Pittsburgh and Green Bay in the north Santa Rosa area, MWR is trying to provide an alternative for the Naval Air Station Whiting Field team to gather together rather than watching at home or in a barracks room.

"It's a nice controlled environment where there aren't a lot of options to watch the game out in town," she said.

The chili contest has been cancelled due to a lack of entrants, but Platts is quick to assure guests that there will be chili there to load down the hot dogs.

In the past, the event has brought more than 120 people to Sikes Hall, and she is hoping that with the added activities, MWR will be able to top that number with this year's event.

The Liberty Center will be closed Sunday to ensure the staff has time to set up for the party.

Food will be available to patrons at kick-off and again at half-time. Sikes Hall will open at 5 p.m. for the event. Everyone is invited to attend, and the party is free.

Navy leadership disturbed by “Spice” usage rise

By MC1(AW) Tim Comerford, The Flagship

NORFOLK — Navy leaders are expressing alarm at recent statistics that show that Sailors’ use of “Spice” and similar so-called designer drugs rose in the last quarter of 2010. Spice and similar products are essentially an herbal, synthetic form of marijuana, mimicking the chemical compounds found in the drug. These products are banned for Navy personnel.

"The number of incidents of designer drug usage is rising at an alarming rate in our Navy. In the last four months alone, 79 of our Fleet Forces Sailors and 72 Pacific Fleet Sailors have been accused of using or possession of the drug. That's 151 Sailors that if found guilty will be administratively separated from our Navy," said Adm. John C. Harvey, Commander, U.S. Fleet Forces Command.

Harvey believes it's everyone's responsibility to deal with what could be a dangerous trend.

"I need each and every one of our Sailors looking out for each other," Harvey explained. "Talk to your shipmates about Spice and make sure they understand the dangers and serious consequences involved with its use."

In response to the rising concerns of the military over Spice and

similar products, the Armed Forces Disciplinary Control Board of Southeastern Virginia and Northeastern North Carolina placed 10 businesses in Hampton Roads off-limits to service members in November.

Since the release of Naval Administrative Message (NAVADMIN) 108/10 in March 2010, which reemphasized the Navy's drug policy, the U.S. Navy has been proactively campaigning to reduce the number of incidents related to the use of synthetic marijuana.

"Our Navy has zero tolerance for drug use. If you are considering using Spice or a similar drug, I strongly urge you to reconsider," Harvey said. "If you are caught using it, even once, you will be separated from the Navy. There is no second chance."

Navy personnel determined to be unlawfully using, possessing, promoting, manufacturing or distributing drugs and/or drug abuse paraphernalia shall be disciplined, as appropriate and processed for administrative separation, according to Navy regulations.

In the Navy, drug abuse includes: the wrongful use, possession, manufacture or distribution of a controlled substance. Drug abuse also in-

“Our Navy has zero tolerance for drug use.”

**- Adm. John Harvey
Commander U.S. Fleet
Forces Command**

cludes: the unlawful use of controlled substance analogues (designer drugs), natural substances (e.g., fungi, excretions), chemicals (e.g., chemicals wrongfully used as inhalants), propellants and/or

prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to induce intoxication, excitement or stupefaction of the central nervous system and will subject the violator to punitive action under the Uniform Code of Military Justice (UCMJ) and/or adverse administrative action.

Examples of other substances, the wrongful use of which constitutes drug abuse, includes, but is not limited to the following: Products that contain synthetic cannabinoid compounds, such as Spice, Genie, Blaze, Dream, Ex-Ses, Spark, Fusion, Dark Knight, Yukatan Fire and K2. Natural substances such as Salvia divinorum and mushrooms. Common items abused by inhaling or huffing, such as Dust-Off, glue, paint thinner and gasoline. Over-the-counter products such as Robitussin and Coricidin HBP. Prescription medications such as Oxycodone, Vicodin, Adderal and Valium.

This Week in Naval History

Feb. 1

- 1941 - The U.S. fleet is reorganized, reviving the Atlantic and Pacific Fleets.
- 1942 - USS Enterprise (CV 6) and USS Yorktown (CV 5) make the first World War II air strike on the Japanese in the Marshall Islands.
- 1955 - Operation Deep Freeze, a research task force, is established in Antarctica.
- 2003 - Space shuttle Columbia broke apart during re-entry on mission STS-107. Cmdr. William C. McCool (Pilot), Capt. David M. Brown (Mission Specialist) and Cmdr. Laurel B. Clark (Mission Specialist) were killed in the incident, along with four other astronauts.

Feb. 2

- 1800 - USS Constellation, commanded by Capt. Thomas Truxtun, captures French vessel la Vengeance.
- 1862 - USS Hartford, commanded by Capt. David G. Farragut, departs Hampton Roads for Mississippi River campaign.

Ec-nomics

Reduce Meat Consumption by Just 20%

On average, Americans consume about eight ounces of meat a day, which is roughly twice the global average. We are five percent of the world's population consuming 15 percent of the world's livestock, 10 billion animals a year. All those cows, pigs and chickens are responsible for 18 percent of global greenhouse gas emissions (more than transportation!) and 8 percent of global water use, according to the UN.

See www.thedailygreen.com for more tips.

News and Notes

Candlelight Tours by the Beach - Gulf Islands National Seashore will present a Candlelight Tour of Fort Barrancas on Saturday, 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.

Art classes with Fuller Brown - Learn how to paint at Gulf Breeze United Methodist Church: 4115 Soundside Drive, Gulf Breeze, Fla. For more information, call 916-1660. The classes are held each Wednesday at 9 a.m. for oil painting and at 1 p.m. for water colors. The class is meant for students of all levels of skill. Cost is \$15 per class.

Pre-natal Yoga - The Om Site Yoga Center at Aradia's Closet presents pre-natal yoga at 7 p.m. each Thursday. Aradia's Closet is located at 5055 Highway 90 in Milton Call 850-994-2055 for details.

Artists Needed for Arts Festival

The Santa Rosa Arts and Culture Foundation (SRACF), is calling for all artists, entertainers, performers, historic and ethnic cultural groups, vendors and volunteers for the 23rd Riverwalk Arts Festival. The Festival will take place on 26 and 27 March in downtown Milton. Call 850-393-0121 for more information.

Lunch and Learn - NAS Whiting Field's Fleet and Family Support Center is hosting "Lunch and Learn" seminars beginning March 3 and continuing on the first Thursday of each month. FFSC, is providing the sessions from 11:30 a.m. to 12:30 p.m. The first topic, on March 3, is Divorce and Separation. Check back for more information on additional topics provided each month. For information contact Julie or Pat at 623-7177.

CPR and First Aid Classes - The Milton Fire Department



Welcome Aboard

Naval Branch Health Clinic Naval Air Station Whiting Field welcomes aboard Capt. Kevin P. Barrett as the new Head, Family Medicine at the clinic. Barrett reported aboard in December 2010, from Naval Medical Center Portsmouth, Virginia, where his primary duty as the Senior Medical Officer, Directorate of Primary Care led to championing the command's first Medical Home Port. Barrett received a 'Welcome Aboard' from Captain Pete Hall, Commanding Officer Naval Air Station Whiting Field (left) and Phillip Wright, Chief Executive Officer, Santa Rosa Medical Center.

is offering CPR and first aid classes Saturday Feb. 5. The CPR course begins at 8 a.m. and lasts for four hours. The First aid class will begin at 1 p.m. later in the day. Both courses cost \$15. Space is limited. Call 983-5430 to reserve a seat or to obtain additional information.

Superbowl Party!

6 February
Doors open 30 min. before
kick-off at Sikes Hall

Contests and Prizes for active duty

Chili Cookoff

Tickets available at the Liberty center

POC: 623-7274

MWR
NAS Whiting Field

Upcoming Events

Feb. 4, 1800 - Navy League SOY/IOY Banquet - Sikes Hall

Feb. 11, 1300 - Winging Ceremony - Base Auditorium

Feb. 16, TBD - RADM Olutoyin, Nigerian Navy CSO Visit

Feb. 21, All Day - Presidents' Day Holiday

Feb. 22, 0700 - Exercise Solid Curtain-Citadel Shield Begins

Feb. 25, TBD - Margaret Flowers Award Luncheon - PCola

Fleet and Family Support Center Classes

Money & The Move - Thursday - 1 to 3 p.m., Feb 3 & 17

Relocating due to a permanent change of station assignment is exciting but can be expensive. Even though the government provides relocation allowances, many families find a move puts a definite strain on their budget. This sixty-minute session targets active duty military and their spouses who are relocating due to reassignment or transition. This class will educate participants of these entitlements.

Home Buying Class - Wednesday - 1 to 3 p.m., Feb 23

Are you in the market for a new home? We can help! From finding the best agent, to negotiating price, types of mortgage loans, and how to get the best interest rates, we can help! Find out how to buy a home and maintain your lifestyle! For details, call 623-7177.

Credit Management - Friday - 1 to 3 p.m., Feb 25

Using Credit Wisely is a 60-90 minute program designed to help participants to use credit wisely, establish and maintain a good credit rating, and avoid excessive debt. Used appropriately it can be an excellent tool, but used the wrong way it can bring the financial wheels of your life to a grinding halt for a long, long time. This class will educate attendees on the wise and unwise use of credit, establishing credit history, the cost of credit, and the warning signs of having too much credit.

VA Representative (Call for Appointment) - Friday - 8 a.m. to Noon, Feb. 11 & 25

Super dishes for Super Bowl Sunday

By Kay Blakley, DeCA home economist

FORT LEE, Va. – Cheering your favorite team to victory in this year's Super Bowl could work up some hearty appetites at your house. So, be prepared with great commissary buys made into tasty treats that even the losing team supporters will love.

If you want to make it healthy, be sure to include a fresh fruit and vegetable tray from your local commissary. Serving assorted vegetables along with one of this week's dip recipes would be an excellent low-calorie choice. Homemade Hummus with freshly baked Pita Chips is another healthy choice. Easy recipes for both dishes are right here. Still, if chips are a must-have, we've got you covered on that front, too. And, the majority of choices are at super-good prices just in time for Super Bowl celebrations.

Want a more substantial dish that will serve as a meal? Try one of the pizza recipes, or simmer a big pot of Cincinnati Chili or Buffalo Chicken Chili. Don't forget dessert. Football Cake, New York Cheese Cake Made Easy, Peppermint Surprise Brownies and Fruit Cocktail Cake are all "make ahead" wonders that are sure to delight.

Make the commissary your source for ingredients at great prices, and may your team win by a landslide! To check out the recipes mentioned and listed here, along with the rest of our Super Bowl favorites, come to Kay's Kitchen at <http://www.commissaries.com>.

Buffalo Chicken Chili (Serves 4 to 6)

Submitted by: Janice P.

Ingredients:

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 2 pounds all-white meat ground chicken
- 1 large carrot, peeled and finely chopped
- 1 large onion, chopped
- 3 ribs celery, finely chopped
- 5 large cloves garlic, chopped
- 1 tablespoon smoked paprika (substitute chipotles or chipotle chili powder, if desired)
- 1 bay leaf
- Salt and freshly ground black pepper
- 2 cups chicken stock
- 1/4 to 1/2 cup hot pepper sauce (to taste)
- 1 (15-ounce) can tomato sauce
- 1 (15-ounce) can crushed tomatoes
- 1 (7-ounce) bag yellow corn tortilla chips
- 1 (7-ounce) bag blue corn tortilla chips
- 3/4 pound blue cheese, crumbled
- 1/2 cup flat-leaf parsley, chopped

Directions:

1. Preheat oven to 375 degrees.
2. Heat the oil and butter in a Dutch oven or large pot over medium heat; add the ground chicken; cook, breaking up with the back of a wooden spoon, until lightly browned, about 5 minutes.
3. Stir in all remaining ingredients, except the tortilla chips and cheese. Bring mixture to a gentle bubble, lower heat and simmer, uncovered, for 8 to 10 minutes.
4. While the chili simmers, spread the tortilla chips on a cookie sheet and sprinkle with the blue cheese.
5. Bake for 4 to 5 minutes or until cheese is melted. Remove from oven and sprinkle with parsley.
6. Top each serving of Buffalo Chili with a few blue cheese covered tortilla chips.

Senator's son

- (Cont. from Page 1)

more than meet the high expectations your country has for you," McCain said.

He recalled being a young aviator in 1960 at the beginning of his career. He jokingly claimed he didn't know how he survived after enjoying the aviator life so thoroughly. Those early career remembrances provided a connection to the audience of student pilots.

"It was more personal with his prior experience as an aviator," 1st Lt. Clinton Adams, USMC, said. Adams also earned his wings during the ceremony. "It was great to hear him talk about what he has been through. I was glad my dad and wife were able to experience that with me. This was another truly memorable day in my life."

More than 30,000 helicopter pilots have achieved this designation as the Navy prepares to celebrate the 100th year of Naval aviation. Every Navy, Marine and Coast Guard helicopter pilot now receives their training at NAS Whiting Field through one of the three helicopter training squadrons on the base.

Senator McCain is also a graduate of the United States Naval Academy and served 22 years in the United States Navy as a Naval Aviator. During his time in service he became a Prisoner of War for five and a half years. After his release, he came back to the United States and continued to serve in the U.S. Navy until his retirement in 1981. McCain has been involved with the United States Congress and Senate for 27 years in ongoing service to his country.

His love of country and the military was obvious as he encouraged the students to remember why military service is vital.



Senator John McCain shakes hands with Naval Air Station Whiting Field Executive Officer Cmdr. Jonathan Lewis. Lt. Col. Shawn Coakley, Helicopter Training Squadron-18 commanding officer; NAS Whiting Field Commanding Officer Capt. Pete Hall; Capt. James Vandiver, Training Air Wing FIVE commander; and Cindy McCain stand in the background. The base leaders met the Senator's party upon his arrival Jan. 28. U.S. Navy photo by Jay Cope

"Your mission is the same as it has always been. You are the defenders of our freedoms and the custodian of our values," McCain said. "We are blessed to be Americans, not just in times of peace and prosperity. We are part of something providential: a great experiment to prove to the world that democracy is not only the most effective form of government, but the only moral government...On behalf of our country, and for myself, I can say I am certain we are in good hands."

TRICARE Notes

PAYING TRICARE PRIME ENROLLMENT FEES

If you are a retired service member or eligible family member, survivor or former spouse enrolled in TRICARE Prime, TRICARE has made it easy for you to pay your enrollment fees monthly, quarterly or annually.

Monthly Payment Options

- Allotment from retired pay: Complete an Enrollment Fee Allotment Authorization form, available at www.tricare.mil or www.humana-military.com.
- Electronic funds transfer (EFT): Complete an Electronic Funds Transfer Authorization form, available at www.humana-military.com.

Quarterly or Annual Payment Options

- Check, cashier's check or money order: Instructions for paying your bill by check, cashier's check or money order are included in your mailed statement.
- Visa or Mastercard: Your initial payment will be charged to your credit card, and you will be sent a bill for each following payment.

Super Safety Notes for Sunday

Super Bowl Sunday is the unofficial American holiday for both football fans and casual observers. While the Green Bay Packers and Pittsburgh Steelers prepare for the big game, Sailors, Marines and families across the Fleet prepare to host or attend game-watching parties. Three Sailors and Marines have died on Super Bowl Sunday in the last five years - all involved alcohol. Two were intoxicated and one was killed by a drunk driver.

There have also been 68 reportable injuries during the last five Super Bowl Sundays. A large number of these mishap reports actually mention Super Bowl parties, or a PMV mishaps that occurred shortly after the conclusion of the game.

Partying is not synonymous with drinking, but if you do drink have a designated driver, avoid drinking alcohol too fast, alternate alcoholic and non-alcoholic drinks, eat plenty of food, and never let a shipmate leave your sight if you think they may drive impaired. Being a Sailor or Marine often means making courageous decisions and stepping up to do the right thing. You should also program numbers to local cab companies or your command's safe ride program into your phone.

Always buckle up. Even if you didn't drink, or drank responsibly, during the game, there may be other drivers who are impaired. A properly fastened seat belt is the best defense.

Congrats to TRAWING-5 wingers and scholars



1st Row: Lt. Col. Shawn Coakley, USMC; 1st Lt. Sarah Yim, USMC; 1st Lt. Hyunhak Yim, USMC; 1st Lt. Christopher Comeau, USMC; Lt. j.g. Joseph Suchan, USN; Lt. j.g. Barrett Sleeper, USN; Lt. j.g. Aubrey Moore, USN; Lt. j.g. Jeffrey Matthews, USN; Lt. j.g. Jesse Ashmore, USN; and Capt. James Vandiver, USN.

2nd Row: Lt. Col. Mark Thompson, USMC; Lt. j.g. Mark Sajovic, USCG; Capt. Raphael Thalakkottur, USMC; 1st Lt. Matthew Palmer, USMC; 1st Lt. Shawn Piner, USMC; Lt. j.g. Spencer Coday, USN; Lt. j.g. Adam Arndt, USN; Lt. j.g. Rachel Tarbox, USN; Lt. j.g. Bradley Johnson, USN; Lt. j.g. Kristin Lowd, USN; and Lt. Col. Clay Stackhouse, USMC.

3rd Row: Cmdr. Hans Sholley, USN; 1st Lt. Matthew Schmitt, USMC; Lt. j.g. James White, USCG; Lt. j.g. Christopher Kohlskelley, USN; Lt. j.g. James Fischer, USN; Lt. j.g. Benjamin Smith, USN; Lt. j.g. Jeffrey Gruetzmacher, USN; Ensign Matthew Gore, USN; Lt. j.g. Andrew Gerry, USN; and Lt. Adam Houseman, USN.



Left Photo: Training Air Wing FIVE recognizes the Academic Awards recipients Jan. 14 at the TRAWING-5 headquarters building. The awardees are: (Back Row) 1st Lt. Eric E. Marshman, USMC; Ensign Kristen A. Sprague, USN; Ensign Jason M. Lacy, USN; Ensign Christopher D. Meyer, USN; Lt. Daniel A. Schrader, USCG; Ensign Jacob A. Patrick, USN; and 2nd Lt. Bryan C. Anderson, USAF. (Front Row) Ensign Jenny L. Evans, USN; 2nd Lt. Kyle I. McCullough, USAF; 1st Lt. Kyleigh H. Millhouse, USMC; 2nd Lt. Thomas E. Daniels, USAF; 2nd Lt. William J. Harrison III, USAF; and Ensign Rick L. Jobski, Jr, USN.

Right Photo: The awardees from Jan. 21 are: (Front Row) 2nd Lt. Richard W. Jackson, USAF; 2nd Lt. Victoria E. Galli, USAF; Ensign Andrew J. Boyle, USN; and Ensign Michael J. Schwartz, USN. (Back row) 2nd Lt. Andrew J. Gilzean, USAF; 1st Lt. William A. Stanert, USMC; Ensign Andrew J. Ruisi, USN; 1st Lt. Tyler C. Wright, USMC; and 2nd Lt. Joshua G. Moore, USMC.