

HT-8 instructor saves swimmer at Pensacola

By Jay Cope, NAS Whiting Field Public Affairs

A relaxing and calm day at the beach for a Helicopter Training Squadron EIGHT instructor pilot quickly turned intense when he heard cries for help from the gulf waters. With no life-guard nearby, Lt. Cmdr. Gabe Somma jumped in the waters to aid the distressed swimmer.

Enjoying a bright, clear day on Pensacola Beach, Sunday, July 8, Somma and his family were sitting and enjoying the sunshine when someone yelled from the water. He and another man looked at each other and ran to the ocean, according to Somma. It was just a case of being in the right place at the right time, he said.

“Really, it was just instinct. Anybody in that position would have done what I did.”

But not everyone would have had his level of training.

A competitive swimmer from his youth, Somma still
- (Cont. on Page 6)



Strike One
 Naval Air Station Whiting Field Commanding Officer Capt. Matthew Coughlin throws out the ceremonial first pitch before the June 26 Pensacola Blue Wahoo Game. U.S. Navy photo by Jay Cope.

Balfour Beatty to Kick-off 2012 Housing Survey

In a few weeks, family housing residents will be receiving the CEL Resident Satisfaction Housing Survey. The annual survey is part of Balfour Beatty Communities’ performance assessment program.

“The survey allows us to see where we are succeeding and where there is room for improvement,” said Vickie Taylor, Community Manager for Balfour Beatty, “it’s important for residents to fill it out honestly.”

Balfour Beatty Communities encourages residents to fill them out and return them at its “Beat the Heat Splash into CEL” being held to kick-off survey time. The event is set to begin at 4:00PM on July 18th at the Community Center.

By completing and handing the survey in, residents will qualify for weekly drawings. The top

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**Vickie Taylor
 BBC Community
 Manager**

prizes include a flat screen TV & a Color Nook. Residents that hand in the surveys by August 10, 2012 will also qualify for a special Early Bird Drawing.

“We truly strive to exceed our resident’s expectations and hope that every resident enjoyed their home and the services that we provided,” explained Taylor.

Once residents complete their surveys and seal them in the postage paid envelopes provided, they can simply bring it to the Balfour Beatty Communities Management Office and drop it in the authorized locked mailbox. Only CEL employees will open the returned envelopes. Survey results are completely confidential and anonymous. The survey deadline date is August 31, 2012.

Filling your medication prescriptions using TRICARE

Type of Pharmacy	Formulary Drugs	Non-formulary Drugs
Military Pharmacy (up to a 90-day supply)	\$0	Not Applicable
Home Delivery (up to a 90-day supply)	Generic: \$0 Brand Name: \$9	\$25 (unless you establish <u>medical necessity</u>)*
Retail Network (up to a 30-day supply)	Generic: \$5 Brand Name: \$12	\$25 (unless you establish <u>medical necessity</u>)*
Non-Network (up to a 30-day supply)	Prime Beneficiaries: 50% cost share after point of service deductible has been met. All Others: \$12 or 20% of the total cost, whichever is greater, after the annual deductible is met	Prime Beneficiaries: 50% cost share after point of service deductible has been met. All Others: \$25 or 20% of the total cost, whichever is greater, after the annual deductible is met

There are four ways for DoD eligible patients to fill medication prescriptions; Military Treatment Facilities, TRICARE Retail Network Pharmacies, TRICARE Pharmacy Home Delivery, and non-network Pharmacies. See the chart to the left for cost per prescription for the different type of pharmacy. While there is no charge for formulary drugs at Military Treatment Facilities, personal transportation costs may quickly factor into and increase the total cost of filling your prescriptions. Many DoD eligible patients currently use TRICARE Retail Network Pharmacies such as CVS, Walmart, KMart, Publix and most local independently-own pharmacies.

The TRICARE Pharmacy Home Delivery is your least expensive option when not using the military pharmacy and has several advantages. It's safe, convenient and easy to use even when you're

traveling on a temporary assignment or if you move.

Prescriptions may be mailed to any address in the United States and its territories, including temporary and APO/ - **(Cont. on Page 8)**



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 May, the base consumed 2,752 fewer kilowatt hours of power than in May of the previous year.

This Week in Naval History

July 10

1934 - USS Houston takes Franklin Delano Roosevelt on first visit of a U.S. president to South America.

1943 - Naval gunfire help Allied troops land on Sicily. It was first extensive use of LST's and smaller landing craft to deliver heavy equipment over the beach.

1945 - 14 carriers from 3rd Fleet carriers begin air strikes on Japanese Home Islands which end Aug. 15.

July 11

1798 - Reestablishment of Marine Corps under the Constitution.

1919 - Pay Corps renamed Supply Corps.

1943 - Gunfire from U.S. cruisers and destroyers stop German and Italian tank attack against Army beachhead at Gela, Sicily.

July 12

1836 - Commissioning of Charles H. Haswell as first regularly appointed engineer officer.

1916 - North Carolina is first Navy ship to carry and operate aircraft.

1921 - Congress creates Bureau of Aeronautics to be in charge of all matter pertaining to naval aeronautics.

1953 - United Nations Fleet launches heavy air and sea attack on Wonsan; Marine Maj. John Bolt becomes first jet ace in Marine Corps.

1988 - SECDEF approves opening Navy's Underwater Construction Teams, fleet oiler, ammunition ships and combat stores ships to women.

News and Notes

Power Outage - Due to a routine base-wide power outage scheduled for Sunday, July 15, some MWR activities normally open that day will be closed or their operating hours modified. The Fitness Center, base pool and golf course snack bar will be closed. The Liberty Center/Library will open at approximately 4 p.m. The golf course will be open for normal business. Call 850-623-7502 ext. 10, for details.

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.

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, visit 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. For more information or to request an application please email StarbaseAtlantis@mchsi.com <<mailto:StarbaseAtlantis@mchsi.com>> or call 850-452-8287.

Fire Fighter Fish Fry - The NAS Whiting Field Fire Department will hold a fish fry Friday, July 19 from 11 a.m. to 1 p.m. The menu includes fish, coleslaw, cheese grits, hush puppies and a drink for \$7. Patrons can dine in at the fire department or carry out their lunch. Call 850-623-7193 for additional information.

Bloodmobile Visit - The bloodmobile returns to the Whiting Field NEX this Friday, July 13 from 10 a.m. to 3 p.m. There is currently a severe shortage of O-neg blood, but ALL types are welcome and greatly needed! Donors will receive a special summer blood donor t-shirt and refreshments. Donating blood is safe, quick and easy. Just one pint can save as many as three lives in



Collecting for the Community

The Feds Feed Family team shows off part of the first round of collections for this year's food drive. The program is designed to help meet the needs of area food banks. Drop boxes are located in the commissary as well as many workspaces across the base. U.S. Navy photo by Ensign Charles Mann.

area military and civilian hospitals. Contact James DeStafney, Community Relations Representative, Northwest Florida Blood Services at 850-473-3853 ext. 136 for more information

Blue Angels Air Show - The annual Pensacola Beach Air Show will kick off at 2 p.m. Thursday, July 12. The event will feature the Navy's flight demonstration team - the Blue Angels - with a rehearsal above Pensacola Beach. The full air show will take place at noon Friday and Saturday with the Blue Angels expected to begin around 2 p.m. Other aircraft scheduled to appear are the Grumman Widgeon G-44, flown by Julian MacQueen; Prometheus, flown by Skip Stewart; Team RV; MX2, flown by Gary Ward; Extra 300shp, flown by Kevin Coleman Aerosports; and the Blue's Fat Albert, a C-130 Hercules. The event is free. Call Robbie Lofty at 850-932-2257 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 13, 1300 - Winging Ceremony - Base Auditorium

July 15, TBD - Base Wide Power Outage

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

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

July 27, 1300 - Winging Ceremony - Base Auditorium

August 10, 1300 - Winging Ceremony - Base Auditorium

Fleet and Family Support Center Classes

VA Representative - Friday, July 13 & 27 from 8 a.m. to 12 p.m. (By reservation only. Call 850-623-7177.)

Smooth Move - Friday, July 13 & 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.

Resume Writing - Monday, July 16 & 30 from 10 a.m. to noon.

This class will assist you in efficiently creating an effective resume. Learn how to handle sticky resume situations like military-to-civilian transition, age, employment gaps, layoffs, and career change. Learn to use your resume as a marketing tool. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

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.

Navy, Florida Panhandle holds Contractor Safety Symposium

- Public Works' departments team up to keep contractors safe

Pensacola, Fla. – Naval Facilities Engineering Command (NAVFAC) Southeast Public Works Departments (PWDs) Pensacola, Whiting



Field, and Panama City combined forces to host the first Florida Panhandle Contractor Safety Symposium at the Naval Air Station (NAS) Pensacola conference center June 29.

“Over 70 contractor personnel ranging from corporate officers to site safety and health officers (SSHO) were in attendance, along with our Navy Public Works Officers, Facilities Engineering and Acquisition Directors (FEAD), Site Safety Managers, and other government personnel,” said PWD Pensacola FEAD Director Lt. Cmdr. Richard Contreras.

The full day event allowed local construction and service contractors to receive presentations on a host of topics including NAVFAC Southeast safety policies and programs, upcoming changes in the U.S. Army Corps of Engineers' EM-385-1-1, Activity Hazard Analysis (AHA) preparation, environmental issues, excavation permits, dive safety, industrial hygiene, safety as a source selection factor, fall protection, contractor radiation safety, and accident prevention plans (APP).

“One of the common themes discussed throughout

the symposium was Near-Miss reporting,” said John Davis, PWD Pensacola site safety manager, on the symposium.

Davis went on to say that although it may seem counterproductive to self-report; it is imperative that contractors take an active role in their job sites, by identifying unsafe conditions or behaviors, take corrective actions and document the incident. Near-miss reporting by the contractors is recognized as a proactive step in their safety oversight.”

The audience was also able to engage with the Jacksonville area Occupational Safety and Health Administration (OSHA) Assistant Area Director Mark Davis as he presented the latest OSHA updates.

“This was a great opportunity for our contractors to meet vendors from the small business and safety community,” said Contreras. “They set up booths marketing their safety classes and equipment during the breaks.”

The symposium was a great success as each topic enforced the notion that safety is not just a program but a culture that requires engagement by leadership up and down both chains of command between NAVFAC and its contractor partners.

Santa Rosa County highlights voting deadlines

The Santa Rosa County Supervisor of Elections reminds residents of the following important voting dates.

Registering or Updating Voting Information

The last day to register new voters is Monday, July 16 at 4:30 p.m.

Registered voters can change their party until Monday, July 16 at 4:30 p.m. Party changes cannot be made by phone, but must be made in writing. It can be made by fax, mail, email or person.

After Monday, July 16, registered voters can only update their address and signatures. Changes in address can be made in person, by phone, email or fax. To update a signature, please make the request in writing and include your date of birth and the date of request.

You can register to vote (through July 16) or update your information at these locations and dates:

- The Supervisor of Election South Service Center Office located at 5841 Gulf Breeze Pkwy., (one block east of the Gulf Breeze Zoo on U.S. Hwy. 98) on July 11, 12, 13 and 16.
- The Supervisor of Elections Office located at the Santa Rosa Administrative Complex in Milton at 6495 Caroline St. (behind McDonalds on U.S. Hwy. 90), Monday-Friday, 8 a.m. to 4:30 p.m.

Early Voting and Absentee Ballots



Early Voting begins Saturday, August 4 and continues through Saturday, August 11. Both the South Service Center and the Milton Supervisor Elections offices will be open each day from 8 a.m. to 5:30 p.m.

Request for absentee ballots can be made until Wednesday, August 8 at 4:30 p.m. After August 8, absentee ballots can be picked up at the South Service Center or the Milton office. Voters wishing for someone else to pick up their ballot must send a brief note stating the name of

person picking up the ballot has their permission, the voter's signature and the note must be dated.

All absentee ballots must be in the Election Office by 7 p.m. Election Day on Tuesday, August 14, in order to be counted.

Residents can participate in early voting or pick up an absentee ballot at the following locations:

- The Supervisor of Election South Service Center Office located at 5841 Gulf Breeze Pkwy., (one block east of the Gulf Breeze Zoo on U.S. Hwy. 98) on July 11, 12, 13 and 16.
- The Supervisor of Elections Office located at the Santa Rosa Administrative Complex in Milton at 6495 Caroline St. (behind McDonalds on U.S. Hwy. 90), Monday-Friday, 8 a.m. to 4:30 p.m.

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 1st Annual BBQ Cook-Off

When: July 20th 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 to enter your team.

All proceeds go to the 2012 Navy ball fund.

Navy General Library Program offers language online

WASHINGTON (NNS) -- The Navy's Public Library Service now offers Transparent Language Online™, a fun, effective, and engaging language-learning program for libraries and their patrons.

The program is accessible via web-browser and will be available for free to all Navy library patrons through Navy Knowledge Online.

Transparent Language Online is packed full of pronunciation, speech, grammar, writing, and vocabulary building lessons for more than 80 languages. Featuring top-of-the-line coursework combined with extensive social media resources, Transparent Language Online is the most complete language-learning system available to library patrons.

Designed by Transparent Language, a leading provider of best-practice language-learning software for consumers, educational institutions, government agencies, and businesses, Transparent Language Online uses the same learning method that has helped millions of individuals learn new languages quickly, easily, and effectively.

"Our partnership with Transparent Language Online in this effort is another great way for us to increase our services to the fleet, fighter, and family; not just for the bases and installations, but for the entire Navy around the globe, afloat and ashore," said Nellie Moffitt, Navy General Library Program manager.

The Transparent Language Online language-learning

program contains:

- * Essentials Courses - 33 lessons to get every learner started
- * Byki Quick Start - 10 lists of key words and phrase for patrons with limited learning time
- * Byki Vocabulary - a full library of supplemental vocabulary lists
- * Language Reference - resources to explore higher-level language and culture elements
- * Language and Culture Blogs - designed to add variety and depth to the learning experience
- * Word of the Day - makes language learning part of patrons' daily routines
- * Online Social Communities - patrons can interact with Transparent Language's online community of over 2 million fans, followers, and friends, all learning language together
- * Pronunciation and Conversation Practice - record, playback, and compare speech to the pronunciation of real native speakers
- * SlowSound Technology - slow down speech to hear every nuance
- * Interactive games - including Four-Square, Game Show, Unscramble, and more!
- * Byki Mobile for iPhone® and Android™ devices - allows

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HT-8 instructor

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Lt. Cmdr. Gabe Somma, an instructor pilot with Helicopter Training Squadron EIGHT instructs a couple of flight students in the squadron's briefing room July 10. Somma helped save a struggling swimmer from the gulf during this past weekend. U.S. Navy photo by Jay Cope.

trains intensely for both his Coast Guard career and his enjoyment of Triathlon meets. He swam out to help bring 60 year old Margaret Murphy back to shore. She had drifted out into deeper water and got caught in some of the Gulf Coast's erratic currents. Kicking together, they were able to move closer to shore when the other Samaritan arrived and helped pull Murphy into shallower waters where they could walk to shore. Murphy, a tourist visiting Pensacola, was scared, but uninjured during the ordeal.

Despite his high level of fitness and competence, Somma was still exhausted afterwards. The effort gave him a new-found admiration for the work rescue swimmers do. As an HH-65 "Dolphin" pilot for the Coast Guard, he has been in the front seat for many rescues, but this was his first in the water.

"It's a lot easier in the helo," he said. "What they do is very physically demanding. I have a real appreciation for the power and the skill of our rescue swimmers."

Ultimately the courage Somma showed is an extension of his uniformed service said Cmdr. Paul Bowdich, commanding officer of HT-8.

"It is always nice to know our service members out in town are still living up to the expectations we have of a military officer. Even when we take off the uniform, we never lose our responsibilities to our community, our service and our country."

SECURITY CHECKPOINT



Tips for Active Shoot Response

Active shooters are individuals who attempt to kill people in confined and populated areas, often displaying no pattern in selection of victims. Active shooter situations tend to be unpredictable and evolve quickly, often before law enforcement personnel arrive. To increase you and your family's chance of survival in an active shooter situation, you should familiarize yourself with the following information. *Note, we're not going to get into the indicators of an actual shooter, only about evacuate, shelter in place, take action against the active shooter and cooperate with the first responder.

EVACUATE: You need to quickly determine the most reasonable way to protect your life, as well as those around you, whenever possible. If you can escape, consider the following:

- Have an escape route and plan in mind.
- Evacuate regardless of whether others agree to follow.
- Leave your belongings behind.
- Help others escape, if possible.
- Prevent individuals from entering an area where the active shooter may be.
- Do not attempt to move wounded people.
- Call emergency personnel when you are safe.

SHELTER IN PLACE: If evacuation is not possible, find a place where the active shooter is less likely to find you. The place you choose should:

- Be out of the active shooter's view.

- Provide protection if shots are fired in your direction (an office with a closed and locked door).
 - Have furniture to block the door, if possible.
- Lock the door, silence your cell phone, hide behind large items, remain quiet and calm, and call emergency personnel. If you are not able to speak, leave the open to allow the dispatcher to listen.

TAKE ACTION AGAINST THE ACTIVE SHOOTER: As a last resort, and only when your lives are in immediate danger, try to disrupt or incapacitate the shooter by:

- Acting aggressively against him or her.
 - Throwing items and improvising weapons.
- Taking action against the active shooter is extremely risky, but it may be the best chance of survival for you and others. If you decide to assume the risk, you must remain committed to your actions.

COOPERATE WITH FIRST RESPONDERS: When first responders arrive, support their efforts and do not be a distraction:

- Remain calm and follow instructions.
- Put down any items in your hands.
- Raise hands and spread your fingers.
- Avoid quick movements.

First responders will need the following information:

- Location of the active shooter.
- Number of shooters.
- Physical description of shooter(s).
- Number and type of weapons held by the shooter(s).

For any questions or more information about active shooters, you can call NAS Whiting Field Physical Security office and talk to Richard Pope at 623-7387, Mater-at-Arms 1st Class Kenneth Pratt at 623-7036 or Julio Quezada 665-6150.

TRICARE Note

NEW milConnect PORTAL OFFERS ACCESS TO BENEFIT INFORMATION AND MORE

Available online at <http://milconnect.dmdc.mil>, milConnect is replacing Defence Manpower Data Center's (DMDC's) previous online portal, my dodbenefits.

Active duty service members, retirees and eligible family members can now use the milConnect portal to access health care eligibility and personnel information, uniformed services identification cards and other information on other benefits, including Servicemembers' Group Life Insurance (SGLI).

You can log on to milConnect's secure site using a Common Access Card (CAC), Defense Finance and Accounting Services user name and password of Department of Defense Self-Service Logon (DS Logon). You may visit a TRICARE Service Center to complete the required in-person proofing process to request a DS Logon. Go to "Frequently Asked Questions" at www.dmdc.osd.mil/dsaccess for more details.

TRICARE

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FPO addresses. If you are assigned to an embassy and do not have an APO/FPO address, you must use the embassy address. Prescriptions cannot be mailed to private foreign addresses. Refrigerated medications cannot be shipped to APO/FPO addresses. You may receive up to a 90-day supply for most medications via home delivery for minimal out-of-pocket costs, and the medications will be delivered to your home. Once you're registered, refills may be requested by mail, phone or online.

It is recommended you use the TRICARE Home Delivery option for prescriptions you need on a regular basis. If you need immediate relief from a pain medication or antibiotic, you should have your prescription filled at a military pharmacy or retail network pharmacy. Registering for the TRICARE Pharmacy Home Delivery is easy and may be done online, phone or mail.

New prescriptions must be submitted by mail or faxed by your health care provider. If you haven't previously registered for the home delivery pharmacy, also submit a registration form with your prescription. Prescriptions should be written by your provider for up to a 90 day supply and three

refills (a one year supply).

You can reduce your out-of-pocket costs by moving your current retail maintenance medication prescriptions to home delivery. It's easy to do with the Member Choice Center. Additionally, you may contact the Member Choice Center at (877) 363-1433 for assistance with converting your current military treatment facility (MTF) prescriptions to home delivery if you prefer the convenience mailing prescriptions directly to you. Converting your prescriptions to home delivery over the phone takes about seven minutes, and your first shipment will arrive in about 14 days.

The TRICARE Home Delivery Pharmacy can fill a prescription for a controlled substance. Your prescribing provider must provide his or her individual Drug Enforcement Administration number on the prescription and a complete street address. An adult's signature is required upon delivery. Some controlled substances are not refillable by law.

If you have further questions about the TRICARE Pharmacy Program, complete information may be found at the Internet site <http://www.tricare.mil/mybenefit/home/Prescriptions/FillingPrescriptions/TMOP>

Library

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for language learning on-the-go

* Proficiency tests

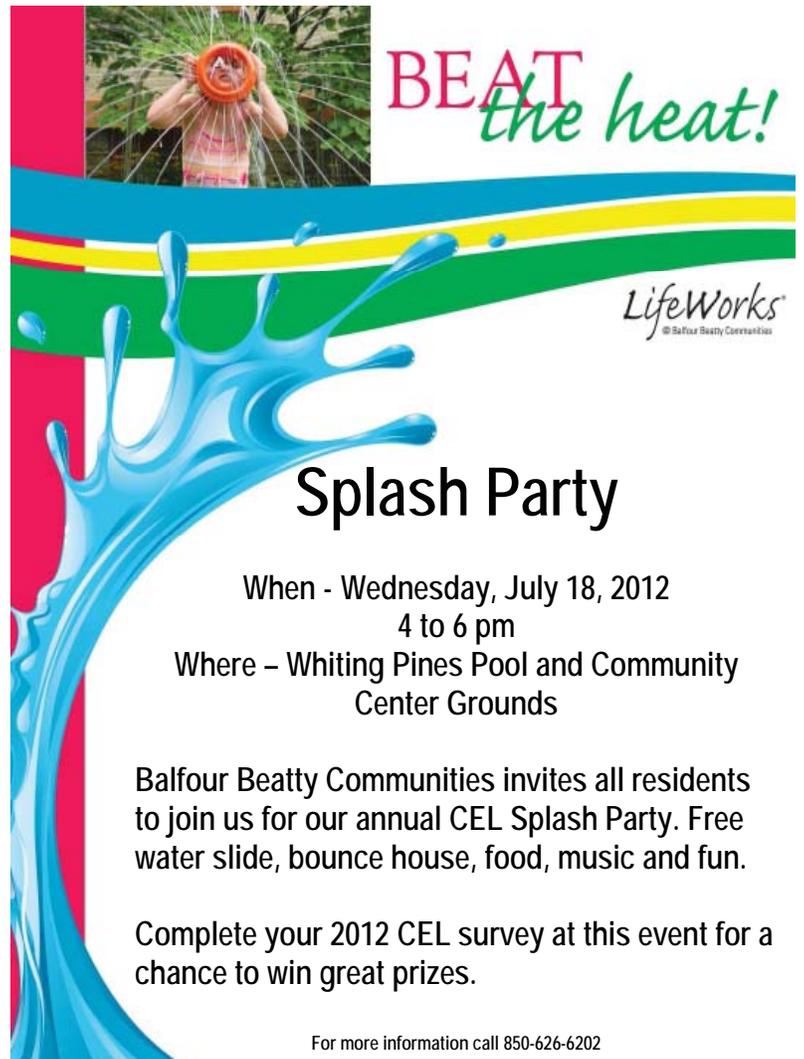
Note that learning material varies by language.

Navy Library patrons may register for a Transparent Language Online account by Logging into NKO (<https://wwwa.nko.navy.mil>) Click on the "Reference" heading in the upper left part of the screen. Then click on "e-Library - Language and Culture" and finally click on the "Transparent Language Online" Logo. Once registered, users can access Transparent Language Online from home, school, or any Internet connected computer.

For more information about how to get started learning a language today, contact the Navy General Library Program nglp@navy.mil.
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Established in 1919, the Navy General Library Program is a service of Commander, Navy Installations Command (www.cniv.navy.mil), to support base libraries around the world and participates in the initial outfitting of shipboard libraries across the fleet.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.



BEAT the heat!

Splash Party

When - Wednesday, July 18, 2012
4 to 6 pm

Where - Whiting Pines Pool and Community Center Grounds

Balfour Beatty Communities invites all residents to join us for our annual CEL Splash Party. Free water slide, bounce house, food, music and fun.

Complete your 2012 CEL survey at this event for a chance to win great prizes.

For more information call 850-626-6202