

Vol. 68 No. 38

Wednesday, September 19, 2012

# Ensign Justin Woods remembered

By Lt. j.g. Tim Mosso, NAS Whiting Field Public Affairs

Training Air Wing FIVE honored the late Ensign Justin Woods at a memorial service Thursday, Sept. 13 at the Naval Air Station Whiting Field chapel. TRAWING-5 leaders, students, and family members gathered to celebrate the life of the student military pilot who perished in a motorcycle accident Aug. 23.

Woods was remembered as the dedicated friend to his peers, a hard working student of aviation, and a vibrant personality.

TRAWING-5 Commodore Col. James Grace declared Woods to have been an outstanding example of perseverance and focus during his time with the Wing's Training Squadron THREE and Training Squadron SIX.



Ensign Justin Robert Woods

Although Woods, like many student pilots, initially struggled with the rigors of the primary aviation program, Grace was struck by the uncommon resolve with which the junior officer responded to his commanding officer's challenge.

"Justin persevered... I know Justin put forth his best effort, because as he re-entered training we had an understanding that any failures would automatically become a Final Progress Check with an attrition recommendation.

"Under this tremendous pressure, Justin finished primary and was on his way to becoming an outstanding helicopter pilot for the United States Navy," Grace declared.

Subsequent testimonials to Woods cast the image of a young man with professionalism and personality in equal

- (Cont. on Page 5)

# MWR sponsors third annual health fair



Members of the NAS Whiting Field Branch Health Clinic educate event participants at last year's Health and Fitness Expo on smoking cessation. The exhibit contained a wealth of resources designed to highlight the dangers of smoking. U.S. Navy file photo.

By Ensign Charles Mann, NAS Whiting Field Public Affairs

Santa Rosa Medical Center and Naval Air Station Whiting Field's Morale, Welfare, and Recreation department will hold its third annual Health and Fitness Expo Tuesday, Oct. 2, from 10 a.m. to 1 p.m. at the base gymnasium. The event hosts informational and practical exhibitions that can help people determine and improve their physical well-being.

The expo will cover a wide range of topics including dental health, smoking cessation, immunization education, breast health, asthma awareness, diabetes and nutrition education, and much more. The event also will host blood pressure checks, free cholesterol screenings, and Prostate-Specific Antigen screenings.

"It's a great time for people to come out and learn about fitness and get the information out to NAS Whiting Field personnel," Terrence Edgar, MWR supervisor of the event, said.

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# MCPON sends ombudsman appreciation message

WASHINGTON (NNS) – Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West and his wife, Bobbi, Ombudsman-at-Large, released the following Ombudsman Appreciation Day message to the Fleet Thursday, Sept. 13.

"Navy Ombudsmen,

Bobbi and I would like to take the time to say 'thank you' for all your hard work, dedication, and steadfast support that you provide to our Sailors, families, and our great Navy.

Without you, we would not have that vital communication link between our commands and families. For the past 42 years, Ombudsmen have been an invaluable resource for our families when it mattered most, whether providing support and guidance to a new spouse enduring a first deployment or to a family facing a crisis - the job that



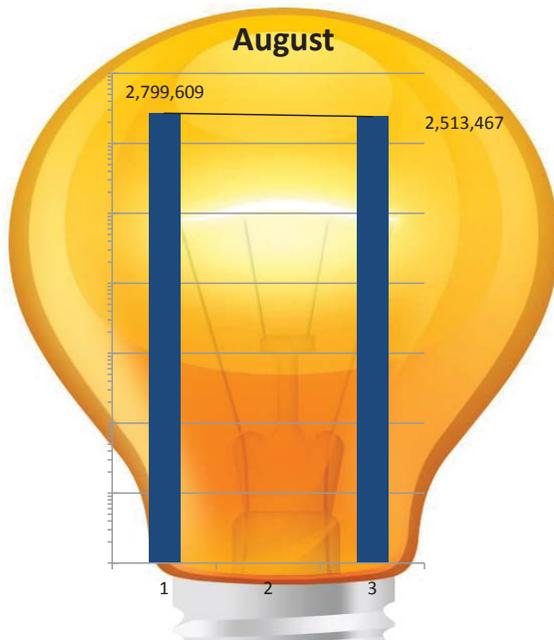
MCPON Rick D. West

you do is immeasurable.

Your time as an Ombudsman is honored and valued. The outstanding effort that you put forth in this important role leaves a lasting, positive impact on Sailors and families across the Fleet every day, and we can't thank you enough.

Bobbi and I have enjoyed working with you these last several years and though we are moving on, we know that you will continue to carry the torch for our Navy families. As we all know, family readiness is tied to mission readiness and having a strong family support structure enables Sailors to excel at their jobs and the Navy to accomplish its missions.

Thank you, Ombudsmen, for 42 years of tremendous service and for your continued support and selfless dedication.



## 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 August, the base consumed 286,142 fewer kilowatt hours of power than in 2011.

## This Week in Naval History

### Sept. 18

- 1926 - Navy brings relief aid to Miami, Fla. after a severe hurricane.
- 1936 - Squadron 40-T, based in the Mediterranean, established to protect U.S. interests and citizens around Iberian peninsula throughout the Spanish Civil War.
- 1941 - U.S. Navy ships escort eastbound British trans-Atlantic convoy for first time (Convoy HX-150). Although the U.S. Navy ships joined HX-150, which left port escorted by British ships on 16th, the official escort duty began on 18th.
- 1947 - National Security Act becomes effective.

### Sept. 19

- 1915 - Secretary of the Navy Josephus Daniels organizes the Naval Consulting Board to mobilize the scientific resources of the United States for national defense.
- 1957 - Bathyscaph Trieste, in a dive sponsored by the Office of Naval Research in the Mediterranean, reaches record depth of two miles.
- 1992 - Joint Task Force Marianas stands down after providing assistance to Guam after Typhoon Omar.

### Sept. 20

- 1911 - Navigational instruments first requested for Naval aircraft.
- 1951 - In Operation Summit, the first combat helicopter landing in history, U.S. Marines were landed in Korea.
- 1981 - USS Mount Hood (AE 29) and Navy helicopters rescue 18 crew members of Philippine Navy frigate, Datu Kalantiaw.

From - [http://www.navy.mil/search/display\\_history.asp](http://www.navy.mil/search/display_history.asp)

# News and Notes

**Navy Ball 2012** - The NAS Whiting Field Navy Ball will be held on Saturday, Oct. 13 in the Atrium. There will be music, dinner, dancing and door prizes. Prices are set at the following rates: E3-\$25/E5 and E6 - \$35/E7 and above and Civilians-\$40. Tickets are on sale now! Please see Command Master Chief Rafael Rosado or contact AC1 Jones @ (850) 291-7311.

**Whiting Pines Residents' Meeting** - There will be a Town Hall meeting on Oct. 29 for all Whiting Pines residents time TBD. The meeting is being held to answer all questions you may have concerning the Resident Energy Conservation Program (RECP).

**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).

**Navy vs Troy Football** - If there is enough interest locally, Troy University would like to sponsor 2,000 active duty military and their family members for the Troy Trojans vs Navy Football Game on Saturday, Nov. 10, 2012, at Veterans Memorial Plaza in Troy, Ala. Included: bus transportation to/from the game, ticket(s) to the game, lunch and a free t-shirt. All active duty military are eligible - please contact David Durham at (850) 458-4722 or by email: [dbdurham@troy.edu](mailto:dbdurham@troy.edu) if you are interested.

**Special Disney Cruise:** Disney Cruise Line is offering a military cruise rate of \$1,423.00 for a family of three for Sept. 23 or Sept. 30, 2012 sailings. Cruise to the Bahamas on a four-day cruise initiating from Port Canaveral on the Disney Dream. Stateroom is an oceanview verandah. Call ITT at 850-623-7032 for this and other bookings.

**Chaplain Thought for the Day** - Daily Reflection is a brief inspirational thought-for-the-day e-mailed throughout the work week dealing with all kinds of life issues. To receive Daily Reflection, e-mail Chaplain Charles Luff at [charles.luff@navy.mil](mailto:charles.luff@navy.mil).

**ERAU Registration** - Embry Riddle Aeronautical University



## Campaign Season

Ron Denson, Campaign Director, CFC EscaRosa, conducts a showcase for the launch of the 2012 Combined Federal Campaign. Denson and his team were aboard the air station Friday, Aug. 7 to raise awareness for the program, which serves as a conduit between charities and federal employees. While most individual interest groups are barred from soliciting for contributions on federal installations, the CFC maintains a database of eligible organizations and provides a means by which federal government employees can identify, evaluate, and contribute to participating charities. The 2012 CFC continues until Dec. 31 nationally. U.S. Navy photo by Lt. j.g. Tim Mosso.



## United Nations

Training Air Wing FIVE Commodore Col. James Grace hosts Brigadier Gen. Øyvind Kirsebom Strandman, Air Education and Training Commander, Royal Norwegian Air Force, Monday, Sept. 17 aboard NAS Whiting Field. U.S. Navy photo by Lt. j.g. Tim Mosso.

is now registering through Oct. 15. Hours on board NAS Pensacola are 8 a.m. - 5 p.m. Monday through Thursday and 8 a.m. - 4 p.m. Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue. Hours on board NAS Whiting Field are Wednesdays 9 a.m. - 4 p.m. in Bldg. 1417, Room 163. Late registration and add/drop a course for a full refund will be held Oct. 15 - 21. Everyone is encouraged to register early. Classes begin Oct. 15. New Student Orientation will be held Wednesday, Oct. 10, 2012 5 - 6 p.m. on board 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.

## Upcoming Events

Sept. 21 - POW/MIA Day

Sept. 21, 1000 - Chaplain Summerlin Retirement - Chapel

Sept. 26, 1130 - NL Spouse Appreciation Lunch - Atrium

Sept. 28, 1300 - Winging Ceremony - Auditorium

Oct. 2, 1000-1300 - Health and Fitness Expo - Gymnasium

Oct. 13, 1800-2200 - Navy Ball - Atrium

# Fleet and Family Support Center Classes

## Credit Management - Friday, Sept. 21 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: get to know your FFSC Relocation Assistance Program Specialist; develop a plan of action; know your benefits; manage your moving day; and make it a family affair. For more information, call NAS Whiting Field Fleet and Family Support Center at 850-623-7177.

## VA Representative - Friday, Sept. 21 from 8 a.m. to 12 p.m. (By reservation only. Call 850-623-7177)

## Couples Communication - Monday, Sept. 24 from 1 to 3 p.m.

Are you newly married? Are you in a serious relationship? Have you been married a long time? If yes, then this workshop is for you. During this class, we will discuss the "Speaker/Listener Technique," a structured way to communicate effectively. This technique helps couples to talk about tough issues without resorting to fighting. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

## Applying for Federal Jobs - Monday, Oct. 1 from 10 a.m. to Noon.

Is it worth your while to invest your time and effort in searching and applying for a federal job? If your answer is "yes," then you need to attend this class in order to learn how to prepare the best application possible. You will learn how to read an announcement, analyze core competencies for language, analyze vacancy listings for keywords, and how to apply for jobs. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

## Couples Communication - Monday, Oct. 1 from 1 to 3 p.m.

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**REMEMBERING THE PAST**

*O sag can you see by the dawn's early light  
What so proudly we hail'd at the gallant  
And the red blood and white hands bursting  
Gave proof through the sky that our  
I saw does that star*

**SECURING THE FUTURE**

**2012**

**NAVY BALL**

**SATURDAY, OCTOBER 13TH**  
**ATRIUM 1800-2400**  
**MUSIC, DINNER, DANCING & DOOR PRIZES**  
**E3-\$25 / E4-\$30 / E5 & E6-\$35 / E7 & ABOVE & CIVILIANS-\$40**  
**CONTACT YOUR NAVY BALL REP OR AC1 JONES AT (850)291-7311**

# Memorial

- (Cont. from Page 1)



Cmdr. Donald Jamiola, Ensign Thomas Netherton, and Lt. j.g. Timothy Blundell sing the Navy Hymn during the memorial for Ensign Justin Woods. U.S. Navy photo by Lt. j.g. Tim Mosso.

measure. VT-6 Commanding Officer Cmdr. Donald Jamiola reflected on the late ensign's quick wit and winning sense of humor. Jamiola highlighted Woods' "tie-cutting" ceremony as a defining moment in the young pilot's aviation career and characteristic of Woods' best qualities.

The "tie-cutting" is a squadron rite enjoyed by all successful pilots upon completion of their first primary-phase solo flights. Instructor pilots, friends, and squadron leaders gather with the soloist to review the training flights leading up to the solo and trade barbs in jest as to what actually happened. While not all students excel at the game, Woods was a standout.

"He was very outspoken and humorous, and as a student this is your free pass to go after your instructors for any mistakes they made during your training flights, and it was like he kept a log of everybody!

"As he reviewed each instructor pilot, one rather 'notorious' instructor yelled 'faster and funnier,' and Woods didn't skip a beat. He shot back, 'Oh, don't worry sir, I'll get to you in a minute!' That response really endeared Woods to all of the students and instructors which led to a standing ovation from both," Jamiola recalled.

All speakers offered compelling accounts of Woods' buoyancy during good times and strength in the face of adversity. Ensign Thomas Netherton, whose career had advanced in parallel to Woods' from their time in Navy Officer

Candidates School, recalled a young man who was always ready to help a shipmate.

"Justin and I met in OCS, and we were even roommates for several weeks of the program... He was prior-enlisted, so he pretty much knew the ropes and led the way... he was a big help. At the end of the day, during quieter times, we would reflect and try to make sense of what we had experienced.

"In flight school... he was a person I could talk to about anything, and Justin was always ready to help with the training syllabus - he was the type of person who would tell you 'be there in 40 minutes,' and then he'd be there for you in 15."

Amid stained glass testaments to eternal life and the enduring perils of life in military service, captains and colonels sat in a striking juxtaposition alongside students and junior officers in common cause for a fallen comrade. The

- (Cont. on Page 6)

## You are cordially invited to attend the Spouse Appreciation Luncheon

Hosted by:

Navy League, Santa Rosa County Council &  
NAS Whiting Field Fleet and Family Support Center

Guest speaker Captain Maureen Padden, MC, USN  
Commanding Officer Naval Hospital Pensacola

Wednesday, 26 September 2012

11:30 am - Noon Luncheon

Atrium, Naval Air Station Whiting Field



Cost for Lunch

All Spouses Please Come As Our Guests

\$14 for Active Duty Personnel

\$15 for Navy Leaguers & Community Persons

RSVP (& pay) required by 21 September. NASWF/TAW5  
personnel at TAW5 (Angela Johnson) at 623-7555. Navy Leaguers  
and Community personnel at SRC Chamber of Commerce at 623-2339.

Let's make this a special and memorable event for those who stand  
alongside our brave men and women of the United States military!

The Navy League is a 501(c)(3) tax exempt organization.  
Contributions are tax deductible in accordance with federal law.  
Thank you for your support!

# CNRSE bases recognized for conservation efforts

By Michael Maddox, Region Southeast Public Affairs

**JACKSONVILLE, Fla.** – Several installations across the Navy Southeast Region recently have been named winners of the Secretary of the Navy Energy and Water Management Awards in recognition of their energy and water conservation programs.

Naval Support Activity (NSA) Panama City was awarded a top honor by being named a Platinum level award winner. Gold level winners were Naval Air Station (NAS) Pensacola, NAS Jacksonville, Naval Station (NS) Mayport, Naval Submarine Base Kings Bay, NS Guantanamo Bay, NAS Joint Reserve Base (JRB) Fort Worth, NSA Orlando, NAS Kingsville and Naval Construction Battalion Center Gulfport. Blue level winners included NAS Corpus Christi, NAS JRB New Orleans, NAS Key West, NAS Whiting Field, and NAS Meridian.

The annual awards are presented to commands that have made notable progress toward the Department of the Navy (DON) goals to reduce energy and water consumption, increase use of renewable energy sources, and construct sustainable facilities. The DON Energy Program evaluates and classifies the overall energy and water management performance of each installation. Awardees are categorized according to SECNAV winners as platinum, gold, and blue level achievement.



“Being recognized as a leader in supporting SECNAV’s goal of shrinking the Navy’s energy and water consumption footprint is a great honor and a testament to the base personnel’s commitment to being a “green” team,” Evelyn Baskin, the Installation Energy Manager for Naval Facilities Engineering Command Southeast at NSA Panama City, said.

“The SECNAV recognition is a great honor reflecting daily boots-on-the-ground hard work,” Baskin said. “NSA Panama City’s energy program recent success is due to an effort in getting all hands onboard with our energy reduction and management program.”

Baskin said her installation has become an energy champion through efforts such as mechanics practicing preventive maintenance to keep facilities “tuned-up” and building energy monitors (BEMs) staying vigilant in reporting  
- (Cont. on Page 7)

## Memorial

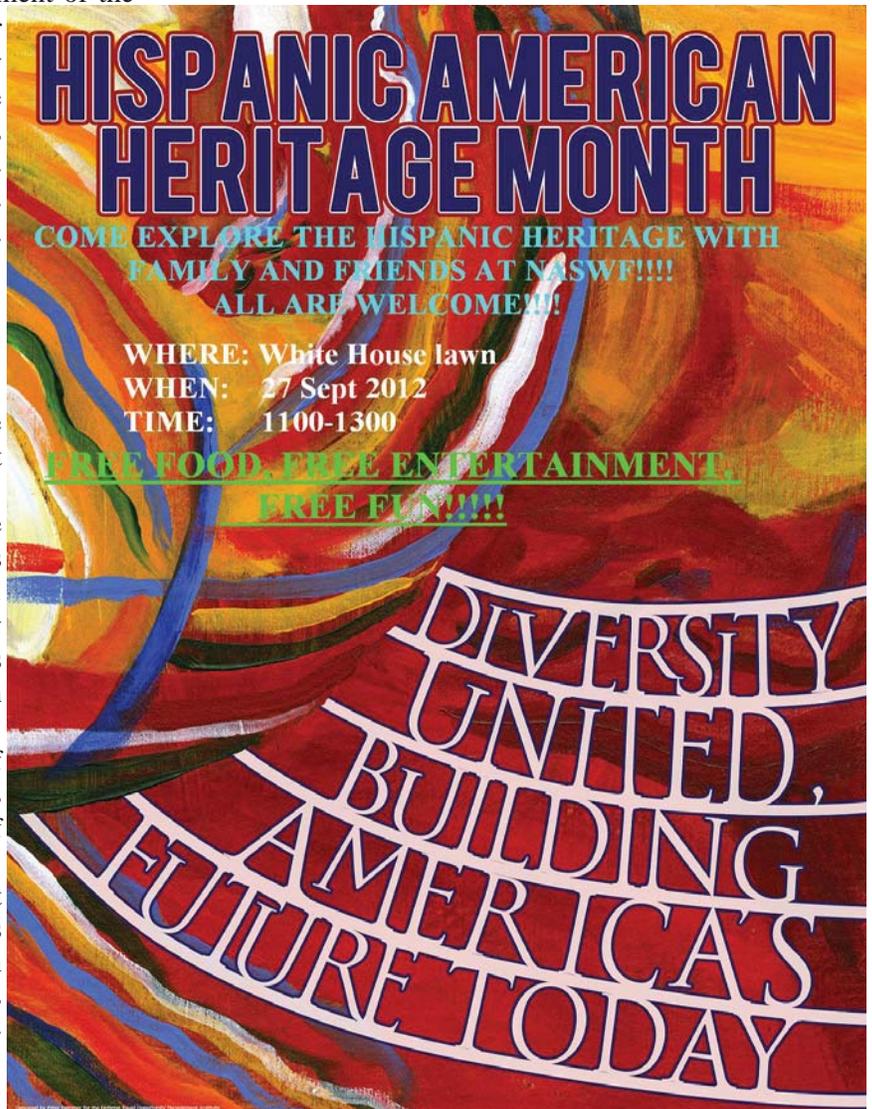
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air station and TRAWING-5 community filled the chapel to remember a life lived to the fullest extent in pursuit of a grand purpose.

And yet, the definitive impression of the day was the image etched by the heartfelt tributes and joyous recollections of those who knew Woods. By the event’s conclusion, it was manifestly evident that the memory of Ensign Justin Woods will endure in those who lived and worked with him.

Jamiola, who has graduated hundreds of students during his tenure at VT-6, concluded his thoughts with a reflection on this rare quality of Woods’.

“In my position with 120-160 students at a time, graduating at intervals of six months, it’s hard to get to really know a person. With Ensign Woods, this was not the case. And nobody at this squadron will ever forget – just mention that tie-cutting!”



# SECURITY CHECKPOINT



For the next two weeks, Security Corner will review driving privileges onboard NAS Whiting Field as detailed in the NASWFINST 5560.5A. Last week covered section 5. Information - paragraph a. Operator's Driving Privileges. This week includes an overview of section 5. Information - paragraph b. Inspection of Individuals and Automobiles.

## 5. Information - b. Inspection of Individuals and Automobiles -

(1) The Security Officer, NAS Whiting Field, is hereby authorized to conduct random inspections of individuals and vehicles entering and leaving, or onboard. Persons found with illegal contraband, government property, or in violation of current laws or instructions will be apprehended. The vehicle operator and /or passenger (s) shall be culpable for violations of all laws and/or provisions of these regulations. A complete written report will be forwarded to appropriate commands for legal and/or administrative action. Refusing consent of search will be justification for the Security Department to immediately remove the subject's decal

and administratively restrict the vehicle and the subject's driving privileges onboard for a minimum of one year.

(2) Owners and operators of privately owned vehicles which are found to contain illegal drugs or contraband onboard shall be prohibited from operating a motor vehicle onboard for one year. Contraband, for the purpose of this instruction, refers to any illegal drug and/or drug paraphernalia, stolen government property, firearms not registered or held per reference ((i) OPNAVINST 5530.14E), or any other item the possession of which is in and of itself illegal. Drugs and explosive detection dogs may be used for random inspections of vehicles on entry to and /or exit from NAS Whiting Field. Appropriate disciplinary action may be taken against offenders in addition to whatever civil or criminal charges are made. Upon notification by the Commanding Officer of the revocation or suspension of a person's driving privileges, the NAS Whiting Field Security Officer shall not allow said person to operate a motor vehicle onboard. Individual violators who are civilian or contract personnel suspected of trafficking drugs may be permanently barred from the base. Driving privileges can be restored only by the Commanding Officer, after the period of suspension and the operator is otherwise qualified or a successful appeal is made. Nothing in this instruction will prevent the Commanding Officer from taking more severe administrative action in any case where circumstances of the offense are deemed appropriate.

## CNRSE

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energy leaks and displaying energy awareness materials in their buildings.

She added that purchasing Energy Star products and implementing energy reduction measures like installing programmable thermostats and high efficiency HVAC systems also have helped the base meet its energy reduction goals.

Secretary of the Navy Ray Mabus will present the Platinum award to NSA Panama City officials during a ceremony at the U.S. Navy Memorial & Naval Heritage Center Wednesday, Oct. 3. The remainder of Navy Region Southeast installations are working hard to achieve similar results as a "culture of conservation" has taken root and continues to grow.

Doug Mercer, Director of Infrastructure Assessment for CNRSE, said that seeing every installation in the Southeast Region earn a SECNAV award for energy and water conservation shows that meeting energy reduction goals is a team effort.

"We have come a long way in spreading the culture of energy conservation," Mercer said. "More people

are realizing they can make an individual contribution to our energy independence, and that the funding we reduce in our utility bills goes directly to the training and equipment needed to maintain the U.S. Navy as the preeminent force in the world."

"Those contributions have added up in the past several years as accolades for CNRSE installations have increased," Andrew Rubio, an energy projects engineer with the Energy Management Branch of Naval Facilities Engineering Command (NAVFAC) Southeast, said.

"In 2007, less than 30 percent of Region Southeast installations received any level of recognition. Since then, concerted efforts across the Region Southeast - at the installation and Region level - emphasized the importance of the program piece and shored up its key components at each installation," Rubio said. "Fiscal Year 2010 was the first year that all Region Southeast installations were recognized for their efforts with a SECNAV energy award level of blue or higher. This trend has continued and improves today."

# Congrats to TRAWING-5 Wingers and Scholars



**First Row:** Cmdr. Paul D. Bowdich, USN; Ensign William D. Leight, USN; 1st Lt. Brett D. Carlson, USMC; 1st Lt. Douglas A. Robertson, USMC; 1st Lt. Benjamin J. Vigil, USMC; Ensign Hans W. Toohey, USN; Lt. j.g. Alexander Charalambous, USN; 1st Lt. Sean M. Fuhrmann, USMC; and Col. James D. Grace, USMC.

**Second Row:** Lt. Col. Robert S. White, USMC; Ensign Christopher M. Lewis, USN; Lt. j.g. Kristin M. Bowen, USN; Lt. j.g. Karl Schemreif, USN; Ensign Colin M. Ivey, USN; Ensign Matthew R. Merrow, USN; 1st Lt. Austin J. Thomas, USMC; 1st Lt. Mitchell R. Pederson, USMC; and Master Sgt. Wesley S. Greene, USMC.

**Third Row:** Cmdr. Christopher L. Pesile, USN; 1st Lt. Nicholas R. Ishii, USMC; Lt. j.g. David G. Gorski, USN; Ensign Kevin A. Mazzella, USN; Chief Warrant Officer Jordan T. Wiermaa, USN; Lt. j.g. Ashley I. Lewis, USN; Lt. j.g. Renato Samano, USN; Ensign Sultan S. Al-Shehah, RSNF; and Col. Duncan S. Milne, USMC.



**Left Photo:** Lt. j.g. Michael I. Freeman, USCG, and Ensign Mark D. Williams, USN, display their academic awards Friday, Sept. 7 at the Training Air Wing FIVE headquarters.



**Right Photo:** Ensign John D. Bamonte, Jr., USN, receives his Advanced Academic Achievement Award from Training Air Wing FIVE Deputy Commodore Capt. James Fisher, USN, at the TRAWING-5 headquarters Friday, Sept. 14.

# Congratulations CNATT det Milton Graduates



Front Row: Lt. James Whitworth, Lt. Cmdr. James Michael Walker, 2nd Lt. Lori Campbell, 2nd Lt. Thomas Piccione Jr., 2nd Lt. Christian Villegas, Ensign Denise Washington, Ensign Tracie Meyers, Lt. j.g. Theresa Haines, Ensign Khanh Tran, Lt. Cmdr. Samuel Bornino, and Lt. Cmdr. Vincent Logan.

Second Row: Capt. Timothy Leonard, Lt. Capreece Dunklin, Lt. Kenneth Chambers, 2nd Lt. Cameron Hubbard, 2nd Lt. Stephen Washburn, 1st Lt. Adam Jarratt, 2nd Lt. Benjamin Gentry, 1st Lt. Matthew Nolan, 2nd Lt. Lee Peppin, Ensign Grant Cutshall, 2nd Lt. Devin Dunson, Ensign Scott Hatzung, Ensign Clinton Smith, 1st Lt. Johnathon Hopkins, 2nd Lt. Kenneth Bobby Jr., 2nd Lt. Brian Steadman, and Master Chief Avionics Technician Michael Frazier.

## Health

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This event is hosted in cooperation with NAS Whiting Field Naval Branch Health Clinic, the Fleet and Family Support Center, various agencies from out in the community, and the Navy Exchange. It will feature a gymnastic setup and multiple booths with representatives for the various subjects. Pensacola State College also will contribute by having their massage therapy students offer free massages to attendees.

The staff at Santa Rosa Medical has been a central presence at each of the health expos on base, and the events give the hospital a tangible outlet to express its appreciation to area service members.



Following a high-intensity bicycle spinning class at last year's health expo, a volunteer has her cholesterol tested by a Santa Rosa Medical Center employee. The test was one of several services provided by the hospital during the event. Santa Rosa Medical Center is also a primary sponsor for this year's Health and Fitness Expo. U.S. Navy file photo.

"Santa Rosa Medical Center is proud to support the Whiting Field Health and Fitness Expo for a third year. Keeping our community healthy is a huge focus for us. Providing free screenings at events like this is a great way to arm folks with the stats they need to take control of their health. We value the partnership between Santa Rosa Medical Center and Whiting Field, and are happy to serve the men and women who serve our great nation," Phillip Wright, chief executive officer of Santa Rosa Medical Center, said.

The expo is open to all authorized base patrons and applicable to visitors of all ages.

For more information, call MWR at (850) 623-7412.