



Verda passes command of VT-6 to Jamiola



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

Following 13 months at the helm, Lt. Col. Daniel Verda passed command of the Training Squadron SIX "Shooters" to Cmdr. Donald Jamiola Friday, July 20, at 10 a.m. in the Naval Air Station Whiting Field atrium.

Before an assembly of friends, family and colleagues, Jamiola accepted the command pennant symbolizing the passing of the squadron's reins.

The change of command ceremony is a time-honored tradition that enables the crew to welcome the new commanding officer to the unit and to praise the efforts of the outgoing skipper. VT-6's ceremony marked the latest transition in the joint-forces squadron's rotation between Navy and Marine Corps leadership.

Training Air Wing FIVE Commodore Col. James Grace served as the guest speaker for the event. He offered a ringing endorsement of Verda's performance with VT-6 and effusive praise for his fellow Marine's character.

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Training Air Wing FIVE Commodore Col. James Grace presents Lt. Col. Daniel Verda with the Meritorious Service Medal for his accomplishments as the former commander of Training Squadron SIX. Verda led the squadron through its integration of the T-6B aircraft depicted on the citation. U.S. Navy photo by Lt. j.g. Tim Mosso.

HT-18 to hold change of command ceremony

By Jay Cope, NAS Whiting Field Public Affairs

Cmdr. Jeff DeBrine will pass command of Helicopter Training Squadron EIGHTEEN Thursday, July 26 at 10 a.m. in the Naval Air Station Whiting Field atrium building. Lt. Col. Robert White will assume command of the squadron after serving approximately a year as the executive officer. Col. James Grace, commodore Training Air Wing FIVE will serve as the guest speaker for the ceremony.

During DeBrine's tour with the "Vigilant Eagles," the squadron



Cmdr. Jeff DeBrine

flew more than 53,000 mishap free hours and designated more than 500 rotary wing aviators. The squadron's successes were recognized with the 2010 Secretary of the Navy Safety Excel-

lence award, Chief of Naval Operations Aviation Safety Award, John H. Towers Flight Safety Award, and the Grampaw Pettibone (Media Category) Award. Despite the unit's heavy flight training schedule, HT-



Lt. Col. Robert White

18 has continued to pursue volunteer efforts in the local community such as: numerous Veterans Day activities, the Santa Rosa County Adopt-A-Highway program, the Blackwater River Cleanup, Aircrew Adopt-A-Spot, Habitat for Humanity, American Cancer Society's Walk for Life,

NJROTC, Boy Scouts of America, Big Brothers/Big Sisters Organization and the Marine Corps Toys for Tots program. Additionally, they have continued a long running part-

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Navy 311 - Getting info to Sailors when they need it

Many people are familiar with the Anchor Desk, 1-877-41-TOUCH, and Global Distance Support Center, which comprise the Navy's Distance Support (DS) Customer Relationship Management (CRM) program. Thanks to the collaborative efforts of OPNAV N4 and the Sea Warrior Program (PMW 240) these collective Fleet assistance capabilities have been combined to create a one-stop shopping service now called "Navy 311." It's never been easier for Sailors to get help or assistance on a wide range of topics whenever and wherever they need it.

Now the Fleet, Sailors, military families, and civilians need only remember one entry point - Navy 311 - to get immediate "reach-back" support for any issue, any time: Phone: 1-855-NAVY-311 or (DSN) 510-NAVY-311; Email: Navy311@navy.mil; and Web: www.Navy311.navy.mil.

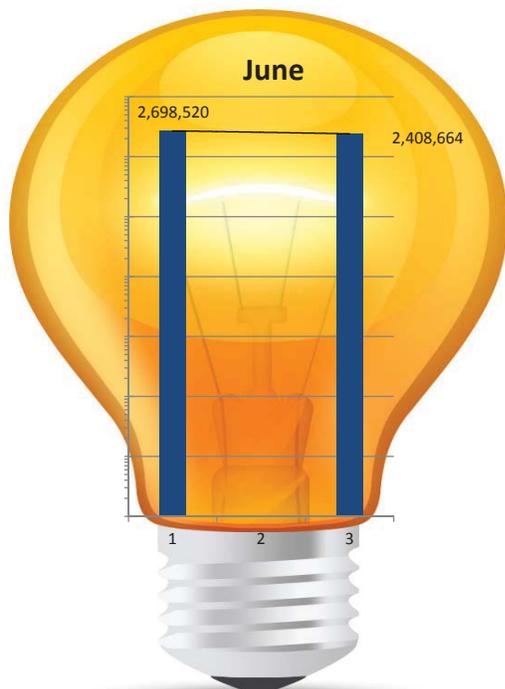
The same service excellence that has characterized the Distance Support network of service providers has not changed. Certified and knowledgeable customer support professionals, many of whom are prior Navy hands, staff the help desk 24/7/365 to address both Fleet and shore command needs. These include maintenance, personnel, medical, training, quality of life, logistics, facilities, chaplaincy, and other subjects.

To highlight, Navy 311:

- Delivers non-tactical, non-emergency customer assistance on par with premier "3-1-1" city services accessible in more than 300 major metropolitan areas worldwide.
- Is a community of authorized service providers, subject matter experts, and call center professionals.
- Tracks volumes of transactional data resulting from problem reporting activity, thereby enabling the Navy Enterprise to identify trends in needs and response.
- Identifies areas of repetitive, key support that may be candidates for reducing total ownership cost and/or improving readiness.
- Employs modern IT call center technologies, a shared data environment, business analytics, and other best practices to help ensure Fleet readiness while maximizing return on investment (ROI).

Navy 311 answers the call and builds on the customer support solution outlined in the CNO Distance Support Policy memorandum of Mar. 22, 2007.

For additional Navy 311 information visit www.Navy311.navy.mil or contact Mr. Craig Brandenburg, Navy 311 Project Director, at 717.605.3961 or craig.brandenburg@navy.mil or Cmdr. Cord Luby, Distance Support Assistant Program Manager at 703-604-5236 or cord.luby@navy.mil.



Power Outage

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

This Week in Naval History

July 23

- 1947 - First Navy all jet squadron (VF-17A) receives its first aircraft (FH).
- 1948 - USS Putnam (DD 757) evacuates U.N. team from Haifa, Israel and becomes first U.S. Navy ship to fly the U.N. flag.
- 1950 - USS Boxer sets record crossing of Pacific to bring aircraft, troops, and supplies to Korea at start of the Conflict.
- 1958 - USS Nautilus (SSN 571) departs Pearl Harbor, Hawaii for first submerged transit of North Pole.
- 1993 - Sarah Deal becomes first female Marine selected for Naval aviation training.

July 24

- 1866 - Rank of Rear Admiral created. David G. Farragut is appointed the first Rear Admiral in the U.S. Navy.
- 1898 - Landing party from armed yacht Gloucester occupies Guanica, Puerto Rico.
- 1912 - First specifications for Naval aircraft published.
- 1934 - First President to visit Hawaii, Franklin D. Roosevelt, reaches Hilo on board USS Houston (CA 30).
- 1941 - Bureau of Ordnance issues first Navy "E" certificates (for excellence) for industry.
- 1943 - Launching of USS Harmon (DE 72), first ship named for an African-American.
- 1990 - USS Cimarron (AO 177) rescues 25 refugees adrift southeast of Subic Bay, Philippines.

Pulled from - http://www.navy.mil/search/display_history.asp

News and Notes

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.

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

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

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



A Thorough Washdown

Cmdr. Jeff DeBrine, commanding officer Helicopter Training Squadron EIGHTEEN gets sprayed with a firehose to celebrate his final flight with the squadron, Tuesday, July 24. He will formally turn over command of the unit to Lt. Col. Robert White Thursday, July 26 in the Naval Air Station Whiting Field Atrium. U.S. Navy photo by Lt. j.g. Tim Mosso.

information on the concert may be obtained by calling 850-932-0864.

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

Road Construction - Construction on the Five Points intersection improvement project will begin the week of July 23. The improvements include realigning Berryhill Road from Ashmore Lane to Chumuckla Highway. The realignment will move the current intersection approximately 500 feet to the north and create a two lane rural roadway section north of Berryhill Road connecting to Chumuckla Highway. Other project features include creation of a new retention pond and widening of the right turn and merge lanes on both Quinette Road and Chumuckla Highway. Once complete, the project will greatly improve safety and traffic flow to the area.

Armed Forces Guides - The Armed Forces Benefits Association, 2012 Financial Planning Guides are finally in! These financial planning guides are filled with information on but not limited to: Military Pay & Allowances, Tri-care Benefits, Military Retirement, The Survivor Benefit Plan, Veteran's Benefits, Civil Service Pay & Retirements, Principles of Financial Planning, Wills & Trust, Saving & Investing, Social Security & Medicare, and much, much more. Swing by the Fleet & Family Support Center to pick up your free copy and a copy for your staff, co-workers, etc.

Yard Sale - The Milton VFW Ladies Auxiliary will be having its annual yard sale Aug. 2-4 at the post on Carroll Road from 2 to 6 p.m. Thursday and 8 a.m. to 6 p.m. Friday and Saturday. The organization is still accepting donations. They can be dropped off at VFW Post 4833, 5918 Carroll Road, Milton. Please call Lena Adams at 850-623-4833 with any questions.



Exotic Excursion

The NAS Whiting Field Commissary has been awarded the opportunity to send two fortunate shoppers on an expense paid vacation to Honolulu, Hawaii. The commissary earned the chance to run the drawing contest after it topped all commissaries of its size during a Nabisco food sales promotion run in conjunction with the release of the film, "Battleship." The air station's store registered the largest percentage increase in Nabisco products to secure the prize.

The winner and one guest will receive a five day/five night vacation to Honolulu, round-trip airfare, ground transport to the hotel, paid accommodations, and \$1,700 cash to spend for the duration. The entire vacation package is valued at \$7,400.

All individuals over 18 years of age with commissary privileges are welcome to enter the no-purchase raffle at the store's checkout aisles. The deadline for entry is the close of business on August 6, and the winner will be selected on August 14 with summary notification to follow. The prize cannot be sold or transferred. U.S. Navy photo by Lt. j.g. Tim Mosso.

Upcoming Events

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

July 27, 1300 - Winging Ceremony - Base Auditorium

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

August 10, 1300 - Winging Ceremony - Base Auditorium

August 16, 0900-1500 - FFSC Jobs Fair - Sikes Hall

August 27, 1300 - Winging Ceremony - Base Auditorium

Fleet and Family Support Center Classes

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

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

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

Resume Writing - Monday, July 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.

Couples Communication - Monday July 30 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. Participants must register in advance for all EVENING classes by calling the FFSC before noon on the day the class is being held. If the date and times listed are no convenient for you, you may call to schedule a time that fits better with your schedule. For more information, contact a Work and Family Life Specialist at 850-623-7177.

FFSC Job Fair - Thursday, Aug. 16 from 9 a.m. to 3 p.m.

This is one of the largest and best attended job fairs in the Florida panhandle each year. Spaces are set aside for immediate interviews and job offers are sometimes issued during the event. Attendees are recommended to bring their resumes and to dress for success. The event is open to the public. Contact Darryl Johnson at 850-623-7177 for more information.

FFSC 23rd annual job fair open to public August 16

Naval Air Station Whiting Field's Fleet and Family Support Center will sponsor their twenty-third annual Job Fair, Thursday, August 16, 2012 from 9 a.m. to 3 p.m. This event is routinely praised as one of the most effective and well organized job fairs in the Florida panhandle.

The NAS Whiting Field Job Fair provides a broad range of career opportunities for military members transitioning to civilian life, military family members and the general public. For 23 years it has attracted local and national employers seeking well-qualified, educated, experienced and entry-level individuals for employment in the commuting area and around the world.

Some of the employers scheduled to attend are: Aerotek, BAE Systems Southeast Shipyards Alabama, Biocentric, CINTAS, Crew Training International, Cox Communications, CSX Transportation, Express Employment Professionals, Federal Bureau Prison Camp Pensacola, Florida Fish and Wildlife, Gulf Power Southern Company, Home Depot, Keegan Staffing, Landrum Staffing, Lowes of Pensacola, PHI Inc, Sikorsky Aerospace Maintenance, Southwest Georgia Technical College/John Deer, Waffle House, West



The
Fleet & Family Support
Center

Corporation, Workforce Escarosa, Navy Federal Credit Union and the list is growing rapidly. The job fair has brought in nearly 70 employers in past events.

Sikes Hall, a spacious, air-conditioned facility, provides room for as many as 80 employers to set up individual displays and recruiting tables. All employ-

ers actively seeking veterans and those with military experience are strongly encouraged to attend.

The job fair is a great opportunity where career seekers can learn about careers, meet with employers who are hiring, discover what companies are looking for and obtain first hand information about the company from a live representative. The event is free and open to the public for both the employers and job seekers.

Employers may phone NAS Whiting Field's Fleet and Family Support Center at (850) 623-7177, or fax (850) 623-7642 or (850) 623-7690 to request a table at this event. Email may be sent to Darryl.Johnson2@navy.mil, Terri.Maddox@navy.mil, or Wanda.Mcdaniel@navy.mil to request registration information.

VT-6

- (Cont. from Page 1)



Lt. Col. Daniel Verda passes command of Training Squadron SIX to Cmdr. Donald Jamiola as Training Air Wing FIVE Commodore Col. James Grace looks on with approval. Verda passed command of the VT-6 “Shooters” to Jamiola on Friday, July 20 aboard Naval Air Station Whiting Field. Under Verda, the unit completed 23,000 mishap-free flight hours, graduated 214 student Naval aviators, and smoothly transitioned from the T-34C Turbo Mentor to the state-of-the-art T-6B Texan II airframe. U.S. Navy photo by Lt. j.g. Tim Mosso.

“The detailed plan that your team accomplished in transitioning from the T-34 to the T-6 was masterful. To know Dan is to love Dan... what a great sounding board Dan has been for me. [He] would be the first person to tell me if something wasn’t working, and he would offer a detailed plan to fix it,” Grace remarked.

During Verda’s tour, the “Shooters” flew over 23,000 mishap-free flight hours, successfully transitioned from the T-34C Turbo Mentor to the T-6B Texan II, graduated 214 Navy, Marine Corps, Coast Guard, and allied student naval aviators, and exceeded fiscal year 2011 pilot production targets. VT-6 exceeded fiscal year 2011 pilot production goals by a greater margin than all other TRAWING-5 primary training squadrons combined.

Moreover, Verda’s personal contributions as a squadron instructor included flying over 200 instructional hours encompassing 110 flight training syllabus events.

Grace, whose family has lived across the street from the Verda household since the family arrived at the air station, remarked that knowing Verda, his wife, Lisa, and their children has been a personal and professional pleasure.

“I will miss your sense of humor. We will miss you at the wing, and we will miss you in our neighborhood,” Grace remarked.

Verda was awarded the Meritorious Service Medal for his numerous achievements during his tour at the squadron.

The overarching message of the speakers was that

multiple levels of mentorship throughout life, career, and command tenure been integral to Verda’s success at VT-6. Verda credited mentors as varied as his parents, fellow Marines, Grace, and he offered a testimonial to the power of dedicated mentorship in a flight training environment.

Mutually-beneficial working relationships between concerned leaders and their charges, between peers at every level, and between generations of service members had diversified the unit’s perspectives and enriched all participants.

Above all, Verda emphasized that advancing the squadron’s culture of instructor-student mentorship was the most satisfying of his experiences of at VT-6.

“To the students [of VT-6], I appreciate your hard work and I don’t worry... because when I retire, I will sleep well at night knowing that you will be there to protect me,” Verda reflected.

Verda reserved his final and most effusive praise for Jamiola, who he commended as a good friend and an invaluable partner throughout his tour.

“You are more than ready for this task, and the squadron is lucky to have you,” Verda concluded.

Immediately after issuing his unqualified endorsement and gratitude to Jamiola, Verda formally relinquished command. His next duty station will be Naval Amphibious Base Coronado in Coronado, Calif.

Jamiola was introduced as the Commanding Officer, Training Squadron SIX amidst a flourish of approval from family, friends, and colleagues.

Jamiola’s wife, Robin, dressed his uniform with the golden trident signifying Navy command ashore authority. Amid general applause, the newly-minted command couple embraced to celebrate the moment.

The new squadron commander acknowledged the caliber of the standard set by his predecessor, but he expressed confidence that his experience learning from Verda had conditioned him for success.

“I have big shoes to fill, but I had a great mentor,” Jamiola declared.

The ceremony concluded with Jamiola’s call for sustained excellence among Shooters students and staff.

“I will continue to give 110 percent towards meeting our mission. [VT-6], you made my tour as XO one of the greatest things I have ever done. Together, we will continue our legacy of pride and professionalism into the future.”

The squadron’s new executive officer will be Maj. Kevin Digman, USMC, who joins VT-6 following a tour as Assistant Operations Officer for Marine Air Group SIX-TEEN.

Congrats to TRAWING-5 Wingers and Scholars

Editor's Note: Last week's Whiting Tower posted the incorrect winging photo with the names from the July 13 Winging Ceremony. We apologize for the mistake and post the correct photo with names below.



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

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

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

Navy announces SAPR reporting requirements

WASHINGTON (NNS) -- The Chief of Naval Personnel announced, July 24, reporting requirements for completion of Sexual Assault Prevention and Response (SAPR) Leadership and Fleet training.

SAPR Leadership (SAPR-L) training, currently being deployed, and the SAPR Fleet (SAPR-F) training to be deployed in October, will be reported via the Fleet Training Management Planning System (FLTMPS), as announced in NAVADMIN 225/12.

"The SAPR-L/F training will provide critical tools to reduce sexual assault and promote a culture of respect and professionalism in our force, where each Sailor is motivated to intervene and stop these crimes," said Capt. Scott Seeberger, SAPR Task Force chief of staff. "Recording the training in FLTMPS will allow the Navy to monitor the progress we are

making in getting the SAPR leadership and fleet message out to our Sailors at every level."

Detailed in NAVADMIN 225/12, recording completion in FLTMPS is required for SAPR senior leadership/triad, SAPR-L and SAPR-F training. To record the training, command training officers must have a command-approved FLTMPS account and access to the FLTMPS SAPR-L/F learning event completion form (LECF) in order to document SAPR-L/F completions.

Completion of all training must be reported using FLTMPS no later than September 30 for SAPR-L and December 31 for SAPR-F.

Applicants may request FLTMPS access using the online form at: https://ntmpswb.nwptf.nuwc.navy.mil/oars_net/default.aspx.

HT-18

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Cmdr. Kevin Pickard

nership with Pea Ridge Elementary school to recognize top students through the Elite Eagles devised by the squadron.

DeBrine completed his primary flight training with Training Squadron TWO and is a Vigilant Eagle alumni, receiving his wings of gold in 1994 through the squadron. DeBrine has served operational tours in Sicily (twice), California, and aboard the USS Juneau (LPD-10). He has also earned Masters Degrees from both the Naval Postgraduate School and the Naval War College. DeBrine served in the Pentagon with the Joint Campaign Analysis Branch of the Navy Assessment Division. He is a native of Rochester, N.Y. and a 1992 Naval Academy graduate.

White, a 1993 graduate of Southwestern University in Georgetown, Texas, entered the Marine Corps through the Platoon Leaders Class Program and was commissioned a Second Lieutenant in May 1993. After the completion of The Basic School, he reported to Naval Air Station Pensacola, completed training with VT-3 and HT-18 culminating with his designation as a Naval Aviator in April 1996. He has completed tours with HMT-

204 and HMM-263 at MCAS New River, N.C.; Marine Aviation Weapons and Tactics Squadron One in Yuma, Ariz.; HMM-163 in San Diego, Calif.; the Marine Corps Command and Staff College; and in the Headquarters Marine Corps Department of Aviation before assuming duties as HT-18s executive officer in 2011.

New Orleans native Cmdr. Kevin Pickard will step into the executive officer role. His previous tour of duty was with the U.S. Department of State as Military Affairs Officer in the Office of Counterproliferation Initiatives where he was awarded the Department of State's Superior Honor Award in 2011.

Whiting Field Navy Ball 2012 Fundraiser

Puttin' From The Rough



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

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

Friday August 3rd 2012
Registration starts at 8 a.m.
Shotgun start at 9 a.m.

\$35 per person
4 man scramble

For additional information please contact AC3 Miller at 623-7654 or charlotte.miller1@navy.mil

SECURITY CHECKPOINT

Things Your Burglar Won't Tell You - Part 1



1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
3. Love those flowers. That tells me you have taste ... And taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.
5. If it snows (probably not in Santa Rosa County) while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.
6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom-and your jewelry. It's a good idea to put motion detectors up there too.
8. It's raining, you're fumbling with your umbrella, and you forget to lock your door-understandable. But understand this: I don't take a day off because of bad weather...
9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.

TRICARE Notes

- TRICARE offers surgical options for weight loss

Obesity is a major health hazard in the United States, associated with many common diseases such as diabetes, high blood pressure, heart disease and some types of cancers.

TRICARE beneficiaries whose weight poses health risks may qualify for surgical procedures to assist with weight control. For any beneficiary who medically qualifies and for whom medical necessity is determined, TRICARE covers the following procedures:

- Gastric bypass
- Gastric stapling
- Gastroplasty procedures: vertical banded gastroplasty and laparoscopic adjustable gastric banding (also known as LapBand® surgery)

Qualifications

To medically qualify, beneficiaries must weigh 100 pounds or more over their ideal weight and height and bone structure and have one of these associated medical conditions: diabetes mellitus, hypertension, cholecystitis, narcolepsy, Pickwickian syndrome (and other severe respiratory

diseases), hypothalamic disorders and severe arthritis of the weight-bearing joints.

Non-Covered Services

TRICARE does not cover the following procedures:

- Nonsurgical treatment of obesity or morbid obesity
- Dietary control for weight reduction
- Biliopancreatic bypass and gastric bubble or balloon for the treatment of morbid obesity
- Gastric wrapping/open gastric banding

Treating Obesity

In many cases, obesity can be prevented or reversed – the Centers for Disease Control and Prevention recommends 30 minutes of daily physical activity for adults and 60 minutes for children. Physical activity, along with healthy eating, is important for your health and weight management. For more information, visit the Get Fit web site at www.tricare.mil/getfit to learn about health diets, exercise and ways you can help prevent obesity.

Navy Ball committee sponsors rib cook-off event



Chief Aviation Boatswain's Mate Doug Wilmoth flips the ribs he is preparing for the cook-off. He is one of the members of the Chief Petty Officers' Association team which won the event. U.S. Navy photo by Jay Cope.

By Ensign Charles Mann, NAS Whiting Field Public Affairs

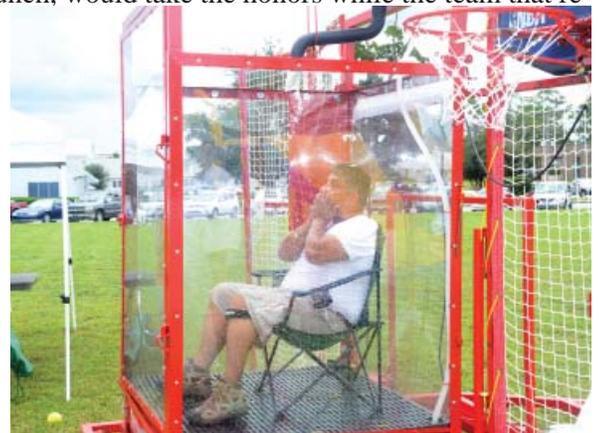
The smell of smoke on a Navy base at 6 a.m. would usually portend some disagreeable event, such as a possible fire, training evolution or prescribed burn. But when the smell has the scent of chargrilled meat and a hint of barbecue sauce, it is a reason to celebrate. The Navy Ball committee hosted such a celebration Friday, July 20 with their first annual Rib Cook-off.

Early Friday morning, five teams of grillmasters gathered to prepare their ribs using their own special recipes – all hoping to take home bragging rights and a new double-stack smoker as top prize. The team that received the most tickets from the lunch crowd, as they picked up their lunch, would take the honors while the team that received the fewest, in a nice twist, would be doomed to serve in the dunking booth. All in

fun, the event served as a fund raiser for the October Navy Ball.

Participating teams were Branch Medical Clinic, the First Class Petty Officer Association, Air Traffic Control Division, the Chief Petty Officer Association, and Crash Division.

After five hours of preparation, the ribs were ready. The Cook-off quickly became the Eat-off at 11 a.m. as Air Traffic Controller 3rd



Naval Air Station Whiting Field Command Master Chief Rafael Rosado gets doused during his turn in the dunking booth. U.S. Navy photo by Ensign Charles Mann.

Class Charlotte Miller started selling tickets to the waiting lunch crowd. Patrons purchased tickets with the names of the competitors on them and went around sampling the ribs. Once they decided their favorite, they handed over the ticket to be tallied and grabbed their lunch tray.

The ribs sold out much faster than expected and by noon, almost all competitors were sold out, having only sides left over. A stop was called to the event, and all competitors gathered their tickets to determine sales. Naval Air Station Whiting Field Command Master Chief Rafael Rosado tallied the tickets and proclaimed the Chiefs' Association the winners.

The crash crew learned that it pays to be a winner, as they had to do their turn in the dunker. Rosado also took his turn on



Base executive officer, Cmdr. Jonathan Lewis takes a pie in the face from Ombudsman Daisy Johnson during the cook-off festivities. U.S. Navy photo by Ensign Charles Mann.

the flip seat while the crowd paid for baseballs to drop him in the tank. Cmdr. Jonathan Lewis, the base executive officer also supported the cause, volunteering to have a pie thrown in his face by a randomly selected patron. It was a fun and tasty event, according to Aviation Boatswain's Mate 1st Class Bradley Anthony.

“Our goals were nearly met for our first attempt which is impressive and I'd like to thank all of those who participated for their teamwork and effort. It was a huge success.”



The ribs are looking good as the rib cook-off teams prepare for the waiting crowd. All the ribs sold out for the fund raiser that brought in money for this year's Navy Ball. U.S. Navy photo by Ensign Charles Mann.