

Naval hospital to provide evening 'Seasonal Flu Vaccine Shot Ex'

From Rod Duren
NHP PAO



Naval Hospital Pensacola is scheduling an Oct. 20 evening "Seasonal Flu Vaccine Shot Ex" for enrolled beneficiaries of the military medical facility.

The seasonal flu vaccinations will be given in the Outpatient Clinic located on the east side of the hospital's main building. Enrolled beneficiaries are Defense Department-eligible persons that have their primary care provided at the Navy hospital.

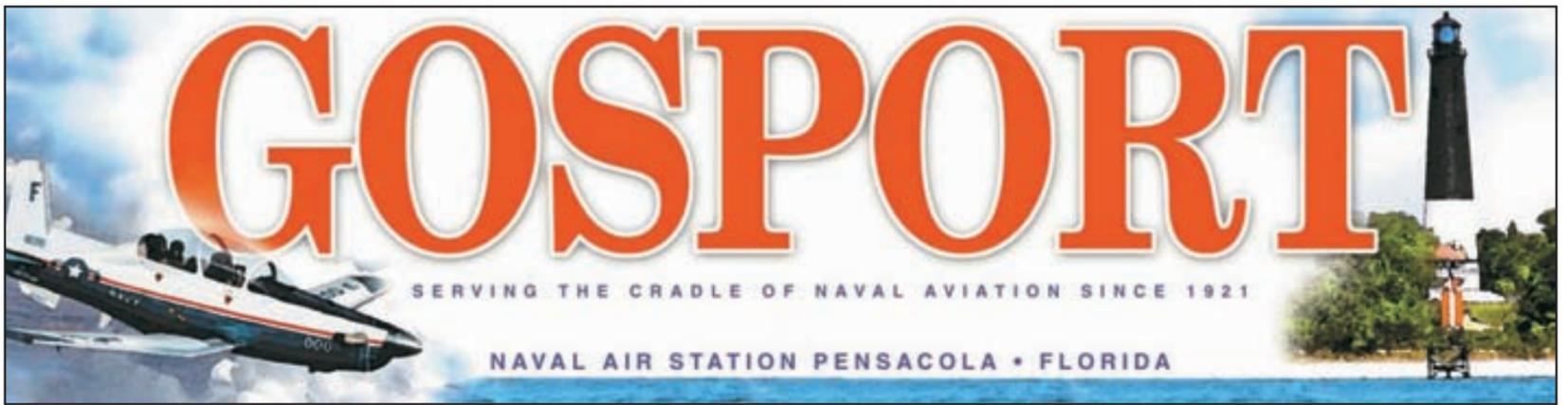
The vaccinations will be available on a walk-in basis between 5 p.m. and 8 p.m.

In general, anyone who wants to reduce their chances of getting the flu can get the seasonal flu vaccine. However, cer-

tain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons.

People at high risk of complication, such as children under 5 years of age; those who are pregnant; people over age 65; and anyone with chronic medical conditions, should be high on the list for getting a seasonal flu vaccination.

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VISIT GOSPORT ONLINE: www.gosportpensacola.com

October 16, 2009

Three women firefighters now part of base department

Story, photos
by Anne Thrower
Gosport Staff Writer

A month ago, Fire & Emergency Services Gulf Coast had never had a female firefighter. Today they have three.

"I'd hire a dozen more women if they were as highly qualified as these three," said Fire Chief Lewis Monti, whose fire department includes Naval Air Station Pensacola and Naval Air Station Whiting Field.

His new hires include Firefighter/EMT Stephanie Peterson, who comes from Naval Amphibious Base Little Creek, Va.; Firefighter/EMT Angela Johnson, who was previously employed as a Department of Defense contract firefighter overseas; and Firefighter/EMT Brittany Shaffer, who was working as a firefighter in Crestview prior to coming to NASP.

All three women agree — it's no big deal to them to be the first women in the department. As Peterson likes to put it: "I just have a different bathroom," she said.

And Monti doesn't see anything special about being the first fire chief to hire females as line firefighters. But he is happy they were able to be hired all at the same time.

Technically, Peterson was the first to arrive — Sept. 13. Johnson and Shaffer officially started Oct. 13. All three are now ready to go.



Firefighter/EMT Stephanie Peterson, the first female firefighter at Fire & Emergency Services Gulf Coast, works at a controlled burn Oct. 12 at Barin Field, a naval outlying field (NOLF) near Foley, Ala.

Monti doesn't expect anything to change. "It's nice to have the new professionals aboard, regardless of gender," he said.

There was one change — some personal protective equipment has to be special ordered. After all, women are sized differ-

ently than their counterparts.

But how the job is handled will be the same for everyone — the same gear, the same air packs and they will carry the same hoses. They are expected to pull each other out if the need arises.

All the firefighters at Gulf Coast provide

aircraft and structural firefighting, prevention, inspections, technical rescue (automotive/dive/water/confined space, etc.), advanced life support, emergency medical care and hazardous materials technician

See **Firefighters** on page 2

Finalists identified for best Navy mess award; NAS Pensacola makes list

By Debbie Dortch
NAVSUP Office of Corporate Communications

Mechanicsburg, Pa. (NNS) — Fourteen afloat and four ashore messes have been selected from U.S. Fleet Forces Command and Commander, Naval Installations Command, as finalists for the 2010 Captain Edward F. Ney Memorial Awards, which encourage and recognize culinary excellence in Navy Food service programs. NAS Pensacola is one of the finalists.



"A team of food service experts perform a one-day (Oct. 13) evaluation at the general mess. They arrive on board around 6 a.m. and are on board until 5 p.m.

They evaluate the lunchtime meal using a pre-established checklist. Most evaluations are accomplished in port, but occasionally due to operational commitments, our evaluation teams must get underway with the ship or submarine to complete the evaluation," said Naval Supply Systems Command's (NAVSUP) Navy Food Service Director Cmdr. Tom Dailey.

"There are more than 300 messes in the U.S. Navy. Making it to the finals in Ney award selections is a big accomplishment," said Ney Program Manager Roxanne Hauman. "It means the 18 nominated galleys have worked tirelessly to ensure all details of food preparation were addressed and they represent the Navy with utmost precision and efficiency. They are the best of the best in Navy food service and deserve the highest honors and recognition that can be bestowed upon any command."

See **Ney Award** on page 2

Annual retirement seminar Saturday (Oct. 17)

By Anne Thrower
Gosport Staff Writer

Whether it's a health care question or a legal question, military retirees and their spouses should be able to get answers at the 37th annual Gulf Coast Area Retired Military Seminar Oct. 17 onboard Naval Air Station Pensacola.

The event, sponsored by NASP's Fleet and Family Support Center, will be held from 9 a.m.-noon in the base theater, Bldg. 633, just south of the chapel. D.J. Kerr, director of the Retired Activities Office at FFSC, will emcee the event that often attracts people from out of state.

"Things have changed in a year," Kerr said. So people are encouraged to come for updates or just to see old friends. "It's like a one-stop shopping center."

Retired Air Force Master Sgt. Carey Dobbins of Pensacola has been attending the seminar for the past several years with

his wife, Olena. "We gain a little bit of knowledge in addition to what we have already gained," he said, adding, he mainly goes for the updates. High on his list is the latest information from Naval Hospital Pensacola.

Last year the event attracted more than 400 people. Kerr is hoping for a similar showing, but the attendance often depends on what the retirement issues are, he said. Both retired and soon-to-be retired are encouraged to come.

Doors will open at 8:30 a.m., with the event starting at 9 a.m. Dannyo Chow from the Defense Finance and Accounting Service (DFAS) will be the guest speaker and will talk about issues concerning retiree pay and survivor benefits.

Typically, speakers like Chow will also answer individual questions after giving a

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Secretary of the Navy (SECNAV) the Honorable Ray Mabus (left) with Jon Stewart, host of "The Daily Show." Mabus appeared on "The Daily Show" recently, answering questions about today's Navy and Marine Corps. Photo by MC2 Kevin S. O'Brien

Women will serve on submarines, Navy secretary says

By John J. Kruzel
American Forces Press Service

WASHINGTON (NNS) — Navy Secretary Ray Mabus said Oct. 6 women soon will serve on submarines, suggesting a reversal of the long-standing ban by the Navy.

Appearing on Comedy Central's "The Daily Show with Jon Stewart," Mabus signaled that the Navy is moving closer to allowing coed personnel on submarines.

"It will take a little while because you've got to interview people and you've got to be nuclear trained," he said, referring to prerequisite steps before a Sailor is assigned to a submarine.

Officials previously have cited a lack of privacy and the cost of reconfiguring

See **Women/submarine duty** on page 2

NASP Disability Employment Awareness Month observance

The Naval Education and Training Command announces the annual Disability Employment Awareness Month observance. This year's consolidated Pensacola Naval Air Station complex observance will be held Oct. 22 at the National Naval Aviation Museum from 10:30-11:30 a.m. The theme is "Expectation + Opportunity = Full Participation."

The featured speaker will be Master Chief Petty Officer James W. Wilson. Master Chief Wilson entered the Navy in 1977. After two successful air-

crew tours he was selected to become an instructor at the Navy's elite Survival, Evasion, Resistance and Escape (S.E.R.E) school in Brunswick, Maine. Upon his selection to master chief petty officer he transferred to Norfolk, Virginia as the Carrier Air Wing Seventeen ordnance master chief. It was during this tour aboard the USS Enterprise (CVN 65) that Master Chief Wilson was severely injured leading to the loss of his right leg below the knee.

Contact members of the Disability Employment

Awareness Committee, Equal Employment Opportunity Representatives, or call Audrey Austin at 452-3190 for more information. This is no-cost training. While tickets are not necessary, appropriate supervisory approval to attend this training is required.

All hands are encouraged to participate in the Disability Employment Awareness Month Observance consistent with current mission commitments (see Training Announcement # 09-07).



Firefighter/EMT Angela Johnson (left) and Firefighter/EMT Brittany Shaffer take a moment to chat Oct. 13, their first day as new firefighters with Fire & Emergency Services Gulf Coast.

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level response.

Peterson has already proved she can handle the job, said Station Chief Jim Bennett, her immediate supervisor. "Since day one, she was a go-getter, she knew her job and she has been tested numerous times," he said. "She definitely has the heart for the job."

Recently she volunteered to help with a controlled burn, a new skill for her. "It's interesting to learn the science behind it," she said.

Peterson, 34, has experience as a fire inspector at Naval Air Station Oceania. She was a shipboard firefighter in the Navy and has 10 years of civil service fire work.

"It is my career," she said. She comes from a military family, including a father who was a career Marine.

So far, no problems. "They are brothers, just like my brothers up in Little Creek," she said. "Once you are on the job and you prove you are able to work side-by-side with them, they accept you pretty easily."

Johnson, 31, will be settling down in one area for the first time in years. That's scarier than the firefighting job, she said.

Johnson is originally from Minnesota, but has been firefighting overseas for most of the past seven years. She has lived in Iraq, Antarctica and more recently Ecuador.

Prior to going overseas, she worked in Minnesota as a firefighter. She brings about a dozen years of experience to the job.

"I completely fell into it," Johnson said of her firefighting career.

She worked as a firefighter in Chanhassen, Minn., where her pay was based on the number of calls she worked. She worked other jobs to make ends meet. "That's what I did for fun," she said. "That's how it started."

Shaffer, 23, also grew up in a military family and moved to the area in 2004 with her family. She now lives in Navarre. Her interest in becoming a firefighter started with the Destin Fire Control District about two years ago.

Shaffer is working on a degree in emergency management and disaster management, when she's not riding her road bike 32 miles along the beach.

Shaffer said she wanted to be part of the military system. "I just like the structure," she said.

As the veteran of the three, Peterson said she is willing to be a mentor if need be.

One of the most important things she has learned as a firefighter is to be humble and ask for help when you need it. "It took me a long time to learn that one," she said. "It takes a bigger person to ask for help."

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Tests have shown that both the flu injectable and the nasal-spray vaccine are effective at preventing the flu.

If you have questions about the seasonal flu vaccine, and are not

sure if you should get it, contact your primary healthcare provider. Some people should not be vaccinated without first consulting a physician. These include people who have a severe allergy to chicken eggs; people who have had a severe reaction to an influenza vac-

cination in the past; people who developed Guillian-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously. Also, people who have a moderate or severe illness with a fever should wait until their symptoms lessen to get vaccinated.

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"The work they do truly enhances the quality of life for our Navy personnel," Dailey added.

The secretary of the Navy will announce the 2010 winners in February.

First place winners will be recognized April 17 by Rear Adm. Michael J. Lyden, Commander, NAVSUP, and Patrick Beach, chairman of the board, International Food Service Executives Association (IFSEA), during a special program.

"It's a privilege and a unique opportunity to be able to have this kind of specialized training, making these culinary specialists top chefs for the Navy and well qualified for their profession once they enter the private sector," Dailey added.

Finalist in the ashore category include Naval Air Station Pensacola; Naval Station Norfolk, Norfolk; Naval Air Base Sigonella, Sigonella, Italy; and Commander, Fleet Activities Naval Base Yokosuka, Yokosuka, Japan.

Finalists in the afloat category include USS Ohio (SSGN 726) (Blue), USS Olympia (SSN 717), USS Wyoming (SSBN 742) (Blue), USS Providence (SSN 719), USS Doyle (FFG 39), USS Vandergrift (FFG 48),

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general talk. Also speaking will be Sandra O'Neal, who will present a TRICARE health care briefing.

Representatives from the Veteran's Administration, Naval Hospital Pensacola, TRICARE, Social Security Administration, Internal Revenue Service, Naval Legal Service Office, TRICARE Dental, Retired Activities Office and Survivor Benefits are among the

many agencies that will be participating in this event

Naval Hospital Pensacola will have displays on the services it offers and conduct health screenings. A new display this year will be the Troops to Teachers program, which is administered at Saufley Field.

People will be able to get the latest information from the various agencies and be able to ask questions. In all, there will be between 20-30 displays.

Personnel Support Detachment

will be open from 9 a.m.-noon for ID cards and Defense Eligibility Enrollment System (DEERS) enrollment.

There will be snacks and drinks available and McGuire's Irish band will perform.

Door prizes and refreshments will be provided by the Navy Exchange and commissary. For information, call Glen Colbert or Terry Harris at the Fleet and Family Support Center at 452-5990.

Women/submarine duty from page 1

subs as obstacles to allowing female crew members to serve aboard the vessels.

But Mabus is one of several top Navy officials recently to call for an end to the policy. The Navy secretary's comments amplify his previous endorsement of ending the ban.

"This is something the (chief of naval operations) and I have been working on since I came into office," Mabus, who was confirmed as Navy secretary in May, said last week. "I believe women should have every opportunity to serve at sea, and that includes aboard submarines."

Navy Adm. Gary Roughead, chief of naval operations, acknowledged that special accommodations would be a factor in the decision, but one that's not insurmountable.

"Having commanded a mixed-gender surface combatant, I am very comfortable addressing integrating women into the submarine force," he said in a statement last month. "I am familiar with the issues as well as the value of diverse crews."

Roughead said he has been personally engaged through the years in the Navy's debate of the feasibility of assigning women to submarines.



Happy 234th Birthday, Navy, from NEX ... NASPCO Capt. Bill Reavey (left) lends service members a hand in cutting a birthday cake for the U.S. Navy. The Navy Exchange (NEX) hosted a 234th birthday event Oct. 13 featuring live music and refreshments. Photo courtesy NEX/Amy TerHorst



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Naval Air Station, Pensacola, Fla.: A Bicentennial Defense Community
Commanding Officer — **Capt. William Reavey Jr.**
Public Affairs Officer — **Harry C. White**

The *Gosport* nameplate features the T-6A Texan II aircraft, the newest joint services trainer. The T-6 has replaced the Navy's T-34C aircraft that for more than 40 years has served to provide primary flight training for student pilots, NFOs and navigators attached to the Naval Air Training Command. It will also replace the Air Force T-37.

Maintained by the United States Coast Guard since 1939, the Pensacola Lighthouse, aboard NAS Pensacola, originally began as the lightship *Aurora Borealis* in June 1823. Evolving through structural and location changes, the current facility was built

in 1856 and at night still shines for Sailors 27 miles out at sea.

Established in 1921 as the *Air Station News*, the name *Gosport* was adopted in 1936. A gosport was a voice tube used by flight instructors in the early days of naval aviation to give instructions and directions to their students. The name "Gosport" was derived from Gosport, England (originally God's Port), where the voice tube was invented.

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the writer can be reached during working hours. All submissions are subject to editing to comply with established policy and standards. Address editorials and commentaries to: *Gosport* Editor, NAS Pensacola, 190 Radford Blvd., Pensacola, FL 32508-5217. E-mail: scott.hallford@navy.mil.

No one — including men — deserves to be abused

By T.D. Jackson
Special to American Forces Press Service

CAMP ATTERBURY, Ind. — Some time ago a co-worker of mine came to work with what I thought was a black eye.

I noticed it as I was talking to her, and when it registered, my eyes sort of slid away from her face and began looking everywhere but at her.

I thought, "I am not going there," and I went on with my day without giving it too much thought.

Because I wasn't sure, I didn't feel the need to say something,

but the sad part is that if it had been a more obvious black eye, I know I wouldn't have said a thing; I would have been too scared.

Just as I learned in the suicide prevention training we've had here over the past few months, I should have asked those painful but caring questions: "Are you OK?" And in this case, "Did somebody hit you?"

October is National Domestic Violence Awareness Month.

One in every four women will experience domestic violence in her lifetime, and women 20 to 24

are at the greatest risk. Here's one you probably knew: Most cases of domestic violence are never reported to the police.

And one to blow your mind: Men are victims, too.

More than 834,000 men report being domestically assaulted annually.

People who are abused often feel as though no one will believe them, or they think they have nowhere to go for help.

At Camp Atterbury or at any other military installation, God knows (pun intended)

you can call the chaplain at any time. Behavioral Health, too.

Even though this was some time ago, every now and then I still wonder, "What if somebody did hit her? What if she needed to talk, but everyone — was afraid to talk about it?"

As a leader, I failed her, but this anecdote is my grasp at redemption.

My former co-worker probably never will set her sights on this article, but if someone did put hands on her, I would tell her I'm

sorry — sorry it happened to her, and sorry I was a chicken.

If I had weighed the cost of embarrassment against the cost of caring, I wouldn't be writing this now.

I'm hoping maybe she didn't have a black eye.

She may have — as I have on many occasions — caught a pitch with her face during softball practice.

She may have — as I have on many occasions — stood a little too close to the top cabinet door as it swung open.

For all I know, she could have gotten

popped by a feisty rugrat. I don't know, and I never will.

But what I do know is that although I cannot concern myself with every detail of a person's life, I can be aware of changes in behavior, moods and certainly appearance.

I was in a leadership position and along with that title comes responsibility.

It is my responsibility to make sure my people are OK at work and at home.

The mark of a good leader is the ability to listen, and, my friend, although I am late, I am all ears.

Domestic Abuse Prevention Month: choose to act to prevent

By Mary Grimes
Army Wounded Warrior Program

Word on the street is that the U.S. military has announced October 2009 as "Domestic Abuse Prevention Month."

I like that about the military. In my view, it is one of the few great institutions in our country that doesn't avoid pointing out that we not only have issues worthy of our care and attention, but repeatedly reminds us that we can as individuals and as a team, do something about them.

Since entering the military in the early 1970s, I can't remember a time when regardless of my duty station, the military community wasn't reminded through command infor-

mation channels and or public affairs initiatives of its more or less zero tolerance in matters pertaining to domestic abuse and/or violence.

With more than 30 years of government service to my journey, I'd have to say that the tireless efforts made by the armed forces toward keeping information of such magnitude on the front burner, most certainly is an effort worthy of applause.

While the topic of domestic abuse is not something any of us finds pleasant, it is unfortunately a truth that lies among us.

The reasons for its existence are about as diverse as the Sailors, Marines, Airmen, Soldiers, veterans and family members who experience or have experienced the painful grip

of its embrace.

Through all ranks, the harsh reality is that domestic abuse all too often manages to rear its ugly head in environments that we'd like to believe are exempt or are above reproach.

The military realizes this, and I believe has and continues to do everything it can to rid its ranks and communities of abuse of any form.

Are we our brother's keeper? Each of us must commit ourselves to taking a step forward in the push to eradicate domestic abuse.

Regardless of its form — whether it be physical, sexual, psychological or verbal, domestic abuse prevention begins with a commitment to stop it in its tracks.

I will go so far as to say that we

all can do a little bit better when we know or even sense that another is in harm's way.

Pick up the phone. Seek the assistance of authorities. Churches, teachers, unit commanders, neighbors and trusted friends are available to help, and that help comes without judgment or criticism.

The October 2009 theme for Domestic Abuse Prevention Awareness Month is "Make the Right Choice! Act to Prevent Domestic Abuse!" That is a battle cry to which we all must adhere, for only by our actions and our efforts to prevent this insidious violence, can we anticipate the kind of change that saves lives, restores lost self-esteem and returns homes and families to a healthy norm.

NASP auxiliary police make the grade

By Anne Thrower
Gosport Staff Writer

Sixteen new auxiliary police graduated Oct. 9 from the Security Reaction Force basic course at Naval Air Station Pensacola adding to the base's growing security force.

"This is a good class," said Officer Matthew Capp, as he watched the latest students go through the "Rambo Day" activities prior to graduating.

Capp is one of four training supervisors — TRASUPs — authorized to teach the course.

The latest graduates are all enlisted coming from different commands at NASP, including the Naval Air Technical Training Center and Corry Station.

Although not in this group, earlier graduates included women and Reservists.

While they are still stationed at NASP they will help at various entry control points (ECP) and with random anti-terrorism measures (RAM). They will also be required to train once monthly with the regular security force.

Typically there will be two auxiliary police officers on watch in one day.

By the time they arrive at Rambo Day, they have already been pepper sprayed (oleoresin capsicum) — that was in Week 1 of the three-week course. And they have spent almost a whole week on the range shooting the M-9 pistol, the shotgun and the M-16 rifle.

"So they get to do a lot of training," Capp said.

It's also good for their military careers.

"These guys are going to be ahead of the game from everybody else when they transfer to their next duty station," Capp said. "They can put these qualifications on their evaluations."

And if they go where they are

required to have been certified with pepper spray (OC), they can show they have already been through that.

"They don't have to go through it again," he said. For Level 2, the OC is sprayed on a rag and held to their forehead for a couple of seconds. "It's not nearly as bad as Level 1," he said.

Their range skills qualify them for additional ribbons and medals for the pistol and rifle. From this group, five have already qualified as experts with the rifle and 13 qualified as experts with the pistol.

The training is similar to police training in the early stages.

NASP DoN police officers have to go through a 12-week field training officer course that includes report writing, state and federal law and the UCMJ, learning to operate an emergency vehicle, running driver's licenses and registration checks, learning basic life support and going through all the weapons courses semi-annually.

NASP typically has two Security Reaction classes per year — in the March/April time frame and the September/October time frame.

"Sometimes it's really cool and sometimes it's not," Capp said. On Oct. 8 it was not.

Right now there are about 35 auxiliary security force members, with the new 16 that will add about 50 percent more. But of that class, 10 or so are ready to transfer.

Capp said the security department would like to offer the class quarterly. "The commands are short as it is and they have to give up bodies for three weeks," he said.

For information about the next Security Reaction Force Basic Course, Contact MA1 Jacob Frick (auxiliary force coordinator) at the NASP Police Training Department at 452-8378, ext. 3136.



Sixteen new auxiliary officers graduated recently at NASP. Part of the training (above) requires time on the range. Photo by Sgt. Jeffrey Glassey. (Below left) Recent graduates CTN2 Danny Velezacevedo (on the mat) and CTNSN Matthew Walker go through one more day of drills Oct. 8 before graduating. Photo by Anne Thrower. (Below right) TRASUP MA2 Andrew Cady (in red) goes over pistol range scores with AWO1 James Tetterton. Five students have already qualified as experts with the rifle and 13 qualified as experts with the pistol. Photo by Sgt. Jeffrey Glassey



(Left) CTN3 George Martinez kicks while AC2 George Lozadasalcedo holds the bag. Photo by Anne Thrower. (Below) All graduates must be pepper sprayed. At the OC (pepper spray) water station, from left, are Corry guards GS-4 Karin Howard, GS-4 Jerry Walker and GS-04 Michael Stokes. Photo by Sgt. Jeffrey Glassey



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Third in a series of fire prevention articles during October • National Fire Prevention Month

Stay 'Fire Smart' – don't let a home fire happen to you

From Craig Lewis
Fire Prevention Chief, Fire & Emergency Services Gulf Coast

Every day, Fire & Emergency Services Gulf Coast receives a report from the U.S. Fire Administration on the previous day's civilian fire fatalities. Rarely is there a day with no deaths due to fire.

Most of the time the report identifies the number of victims, their ages, probable cause, and (if in a home) whether or not there were working smoke detectors. We have been informed of five or more deaths in a single fire, with ages ranging from infants to age 91, with causes from smoking, cooking, electrical, gas or electric space heaters and various other causes.

During the week of Oct. 4-10 we asked you to "Stay Fire Smart, Don't Get Burned" and we at Fire & Emergency Services Gulf Coast hope the message is practiced throughout the whole year, and not just for a week or so.

Please slow down, take some time this

weekend, and look around your house to see what fire safety hazards you have, and please don't assume you don't have any hazards because we all do.

First, check your smoke detector — if you don't have one get one for each level of the home, the hallways outside of bedrooms, and inside the bedrooms. Test them monthly, replace the batteries every six months when the time changes. Look around your home for electrical hazards such as unsafe wiring or overloaded circuits, improper storage practices, candle placement, consider having fireplaces and furnaces inspected and if you have gas appliances or other carbon monoxide producing devices have a carbon monox-



Home fires, such as the one that destroyed this kitchen, only take a careless moment to start. Fire & Emergency Services Gulf Coast urges homeowners to take the lessons of fire prevention to heart throughout the year, not just during National Fire Prevention Month (October).

ide detector.

These are just a few of many items you need be on the lookout for concerning fire safety, if you have questions please call us

at the Fire Prevention Bureau at 452-8759 and remember the warning, "Fire — It Can Happen To You — Think About It."

Managing the energy program at NAS Pensacola

From Sue Brink
NAVFAC Southeast Public Affairs Officer

Naval Air Station Pensacola (NASP) is celebrating energy awareness during the month of October and even though they are always working toward the president's goal of energy independence, this celebration provides the opportunity to further educate the public.

"There are several regulations, policies and guidance that the Navy follows to promote energy efficiency and conservation," said Lt. Cmdr. Oscar Bernal, production

officer of Public Works Department Pensacola.

The Energy Policy Act (EPACT) of 2005 and Executive Order 13423 were the first two governing documents that held government agencies accountable to conserve energy through quantifiable milestones. Further guidance and mandates, both at the federal and regional level have assisted installations in developing long term goals by implementing energy-saving resources.

"Our resource efficiency manager (REM) is vital with ensuring a successful program," said Bernal. "They (REMs) are the installation's energy expert."

REMs focus on reducing the cost of energy, water, fuel, waste disposal and pollution prevention through improved practices, equipment modifications and consumer awareness. So where does he or she start? Each installation is required to audit all the buildings when

combined they consume 75 percent of the installation's energy. Through these audits, projects are developed that target energy-consuming systems to make them more efficient.

One the most effective methods used by NASP's Public Works Department is the Utility Energy Savings Contract (UESC). This program is a partnership with local utility companies that allows them to finance the installation energy-saving projects. In return, the expected dollar savings generated from these projects is paid to the utility company — eliminating up-front costs. This win-win situation reduces energy consumption while the utility company is provided the dollar savings (as if the project never happened) to repay the loan within 15 years.

The next article in *Gosport* will focus on key energy projects at NASP.

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New personnel qualifications released for LS, MC and RP ratings

By **MCCS(SW/AW) Melissa Weatherspoon**
Center for Service Support Public Affairs

NEWPORT, R.I. (NNS) — The Center for Service Support in Newport released new personnel qualification standards (PQS) Oct. 1 for logistics specialists (LS), mass communication specialists (MC) and religious program specialists (RP) ratings.

A PQS is a compilation of the minimum knowledge and skills that an individual must demonstrate in order to qualify to stand watches or perform other specific routine duties necessary for the safety, security or proper operation of a ship, aircraft or support system.

“These new qualifications standards reflect what is necessary to be successful in the fleet for the LS, MC and RP ratings,” said Richard Price, the CSS PQS manager. “As technology, requirements and ratings change, we will continue to update PQS to help the 21st-century Sailor stay current and relevant.”

The electronic-only versions of the PQS booklets are available on Navy Knowledge Online (NKO) via the Navy PQS link found on the Quick Links tab on the left side of the main NKO page.

From the Navy PQS page, Sailors should follow the PQS 43200 Series link on the left side.

The Center for Service Support (CSS) is com-

prised of active-duty, civilian and contractor personnel, who direct the training efforts of 13 learning sites around the Fleet, including the Defense Information School at Fort Meade, Md., and the Naval Technical Training Center in Meridian, Miss.

The CSS team ensures curriculum is current, as each team member works to develop innovative training methods aimed at preparing Sailors in the logistics, administrative and media ratings to support the Fleet’s warfighting mission.

CSS was established in Athens, Ga., on Feb. 7, 2003. It moved to Naval Station Newport’s Fitzgerald Hall, adjacent to the Surface Warfare Officers School July 8.

LS rating now includes postal clerks and storekeepers

From **Chief of Naval Personnel Public Affairs**

WASHINGTON (NNS) — Effective Oct. 1, as designated in NAVADMIN 284/09, the logistics specialist (LS) rating was established, encompassing more than 11,000 postal clerks (PC) and storekeepers (SK), who merged into the single designator.

The merger comprises all active-duty Sailors and Reserve component E-6 and above, formerly designated as SK and PC, and will include Reserve component E-1 to E-5 beginning Apr. 1, 2010, according to the message.

“As an element of the Navy’s total force strategy, this merger will capitalize on the knowledge, skills and abilities found in the

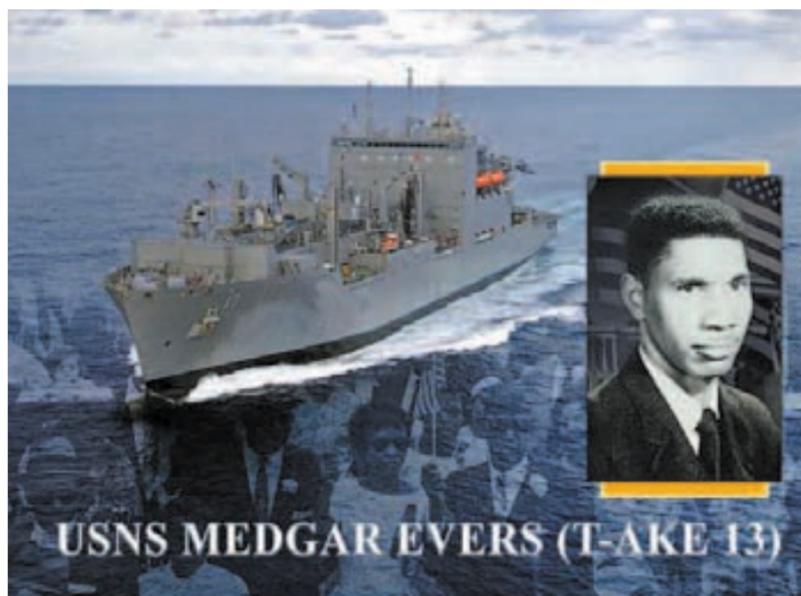
two ratings and apply them toward a unified mission,” said Vice Adm. Mark Ferguson, chief of naval personnel.

“Merging postal clerks and storekeepers together brings nearly 100 years of logistical experience to the logistics specialist rating.”

In addition to enhancing mission accomplishment, the merger lends to steadier career progression for Sailors by aligning the global demand and supply for logistical talent.

Logistics specialists will be identified by the crossed keys rating badge, formally the symbol of the storekeeper rating. The conversion of rating badges must be completed by Oct. 1, 2011.

For more news from the Chief of Naval Personnel, visit www.navy.mil/local/cnp.



Secretary of the Navy Ray Mabus, a former governor of Mississippi, recently announced that the Navy will name a dry cargo ammunition ship after the civil rights leader Medgar Evers. The future USNS Medgar Evers (T-AKE 13) is designed to provide replenishment services to U.S. Navy ships at sea, to include collation ships from other nations. U.S. Navy Illustration by MC2 Jay Chu

Navy names ship after civil rights activist Medgar Evers

From **Department of Defense**

WASHINGTON (NNS) — The Navy announced recently the newest Lewis and Clark-class dry cargo/ammunition ship (T-AKE) would be named USNS Medgar Evers.

The announcement was made by Secretary of the Navy Ray Mabus during a Jackson State University speaking engagement in Mississippi.

The Navy’s newest underway replenishment ship recognizes Civil Rights activist Medgar Evers (1925-1963) who forever changed race relations in America.

At a time when the country was wrestling to end segregation and racial injus-

stice, Evers led efforts to secure the right to vote for all African Americans and to integrate public facilities, schools, and restaurants.

On June 12, 1963, the Mississippi native was assassinated in the driveway of his home. Evers’ death prompted President John F. Kennedy to ask the Congress for a comprehensive Civil Rights Bill.

Designated T-AKE 13, Medgar Evers will be the 13th ship of the class and is being built by General Dynamics NASSCO in San Diego. As a combat logistics force ship, Medgar Evers will help the Navy maintain a worldwide forward presence by delivering ammunition, food, fuel, and other dry cargo to U.S. and allied ships at sea.

As part of Military Sealift Command’s Naval Fleet Auxiliary Force, Medgar Evers will be designated as a United States Naval Ship (USNS) and will be crewed by 124 civil service mariners and 11 Navy Sailors.

The ship is designed to operate independently for extended periods at sea, can carry a helicopter, is 689 feet in length, has an overall beam of 106 feet, has a navigational draft of 30 feet, displaces approximately 42,000 tons and is capable of reaching a speed of 20 knots using a single-shaft, diesel-electric propulsion system.

For more news from the Secretary of the Navy, visit www.navy.mil/local/secnav.

Thousands line the levees to salute, bid farewell to Pre-Commissioning Unit New York

By **MC1 Shawn D. Graham**
Naval Air Station Joint Reserve Base New Orleans Public Affairs

NEW ORLEANS (NNS) — Thousands of residents from around the New Orleans area began lining up along the banks of the Mississippi River before daybreak to bid the Pre-Commissioning Unit New York farewell as it departed from the Northrop Grumman Shipbuilding in Avondale Oct. 13.

Lola Lass, president of The Greater New Orleans Executives Association (GNOEA), said her group suggested the send-off celebration to allow the community

one final opportunity to salute the ship, its crew and the men and women who spent more than five years building it.

“The ‘Line the Levees’ event showcased the hard work, love and dedication that went into building this ship,” said Lass.

“It allows citizens of New Orleans to pay homage to the victims, families and first responders of 9/11.”

The 684-foot amphibious transport dock ship contains about 7.5 tons of steel from the World Trade Center, felled during the Sept. 11, 2001, terrorist attacks.

It received two 21-gun salutes,

as it passed Naval Air Station Joint Reserve Base New Orleans (NAS JRB) and Naval Support Activity New Orleans (NSA).

Capt. Bill Snyder, Naval Air Station Joint Reserve Base New Orleans (NAS JRB) commanding officer, said that the ship’s transit was symbolic.

“I’m thrilled to have witnessed history,” said Snyder. “There has been overwhelming support for the U.S. Navy in this area. I’m thrilled that so many people took time out of their days to participate in this event.”

Snyder also thanked parish leaders and volunteers who participated in the event, citing the

long hours spent preparing for the ship’s transit down the river.

“Plaquemines Parish officials have been dynamic in their support,” said Snyder. “Granting us access to the site and the security support from their sheriff’s department was key in preparing for such a large event.”

Master-at-Arms 1st Class (SW) Derrick Tyler, assigned to NAS JRB’s security department, said he was impressed by the immense turnout and support throughout the area.

“When you see hundreds of everyday citizens waving flags and holding up signs, it can be very powerful,” said Tyler.

“You are used to that seeing ships return or go on a deployment, but when I saw this one leaving it felt different. America wants to this ship to do amazing things.”

New York will be commissioned Nov. 7 in New York.

The New York is the fifth amphibious transport dock of the San Antonio class.

The ship was named New York after the state and her motto is “Strength Forged Through Sacrifice. Never Forget.”

For more news from Naval Air Station Joint Reserve Base New Orleans, visit www.navy.mil/local/nasno.

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GOSPORT PARTYLINE

Partyline e-mail submissions

Submissions for Partyline should be e-mailed to: anne.thrower.ctr@navy.mil.

Submissions should include the organization's name, the event, what the event is for, who benefits from the event, time, date, location and point of contact.

Flu shots available for veterans

Veterans who are enrolled in the Department of Veterans Affairs Gulf Coast Veterans Health Care System should have received a letter regarding two seasonal flu vaccine sessions that will be held at all of the VAGCVHCS facilities, including Pensacola, on Oct. 17.

These sessions are scheduled from 8:30-11:30 a.m. and from 12:30 to 3 p.m.

Veterans seeking a seasonal flu vaccine during one of these sessions should bring their letter when visiting the facility.

Veterans who have not yet enrolled to receive VA health care and want to receive a flu shot should bring their DD Form 214 or other proof of honorable military service to one of the clinics during normal operating hours. Those dates and times are Monday through Friday, 8 a.m. to 4:30 p.m.

For information about the VAGCVHCS, visit: <http://www.biloxi.va.gov>.

Military essays part of publication

The West Florida Literary Federation is celebrating the publication of "Emerald Coast Review XV," on Oct. 20, starting with a reception at 6:30 p.m. at the Pensacola Cultural Center, 400 South Jefferson St., Pensacola

The publication features fiction, nonfiction and poetry by local writers, including the 2009 Student Military Appreciation Essay contest winners. To RSVP or for information call

Katherine Nelson-Born at 435-0942 or 221-6275

Retired military seminar Oct. 17 at NASP

The 37th annual Gulf Coast Area Retired Military Seminar, sponsored by NASP's Fleet and Family Support Center, will be held Oct. 17 in the base theater, Bldg. 633, from 9 a.m. noon.

Representatives from the Veteran's Administration, Naval Hospital Pensacola, TRICARE, Social Security Administration, Internal Revenue Service, Naval Legal Service Office, TRICARE Dental, Retired Activities Office and Survivor Benefits will conduct workshops. Personnel Support Detachment will be open from 9 a.m.-noon for ID cards and DEERs enrollment. Door prizes and refreshments provided by the Naval Exchange and Commissary. For more information, call Glen Colbert at the Fleet and Family Support Center at 452-5990.

Charlie Pier open for fishing Saturday and Sunday

The Charlie Pier will be open for fishing Oct. 17 from 6 a.m.-midnight and Oct. 18 from 6 a.m.-6 p.m.

The pier is open to active/retired military and DoD/contractor personnel.

Marine Corps position open

The Marine Corps is accepting resumes for the Marine Corps family team building director position at NASP. Resumes will be accepted by e-mail at www.albany.vacancies@usmc-mccs.org or mail. View announcement at www.usmc-mccs.org, for address and certifications required.

Ballinger Golf Tournament and dinner

The Andrew J. Ballinger Golf Tournament will take place 1 p.m., Oct. 17, at the Tiger Point Country Club in Gulf Breeze.

Ballinger, 29, was diagnosed with acute ALL leukemia earlier this summer. He is the father of a 3-year-old, Grace, and son of Glenys and Malcolm Ballinger.

The \$100 registration fee per golfer includes lunch, golf, cart and dinner. A dinner-only fee is available for \$50.

Checks, payable to "Andrew J. Ballinger Medical Fund" should be mailed to Jake Jacobelly, 3726 Bengal Road, Gulf Breeze, FL 32563

For information, contact Rene or Jake Jacobelly at jakenrene@aol.com.

Military engineers' golf tournament set for Oct. 23

The Society of American Military Engineers (SAME) is hosting its annual scholarship golf tournament Oct. 23 at A.C. Read Golf Course at NASP. The cost is \$280 per team with proceeds to benefit college scholarships for local engineering students. Plenty of door prizes and cash awards available. Registration and lunch begin at a.m. For more information contact Lt.j.g. Dane Elles at dane.elles@navy.mil.

Spin Instructor class at Corry Oct. 17

Spinning orientation, required for those who want to be a spin instructor, is being offered Oct. 17 at the Navy Wellness Center at Corry Station. The class is from 9 a.m.-6 p.m. and costs \$309. Discounts are available to military. Contact Lisa Carson at 452-6802 for information.

Upcoming Marine Corps family events

Marine Corps Family Team Building with MATSG-21 is hosting the following events.

- Passport to L.I.N.K.S for military spouses, Oct. 24, 9-3 p.m. and Dec. 1, 8:30 a.m.-3 p.m. To register contact Christina Myers at christina.myers@usmc.mil or 452-9460, ext. 3010; or Debbie Jenkins at debo-rah.jenkins@usmc.mil or 452-9460, ext. 3012.

rah.jenkins@usmc.mil or 452-9460, ext. 3012.

Cosmic Halloween Bowling at Corry

A Cosmic Halloween Bowl will take place at the Corry Station Bowling Center, Oct. 31.

There will be two sessions — \$10 for the 6:30-9:30 p.m. session and \$8 for the 9:30-midnight session.

Pensacola Lighthouse open Saturday

The Pensacola Lighthouse onboard NASP is open Saturdays through October from noon-4 p.m. Admission is \$5 for adults and \$3 for children 7-11/seniors and active military.

For information, visit www.pensacola.lighthouse.org.

The lighthouse will also have haunted tours, Oct. 23-24 and Oct. 30-31 from 6-10:30 p.m.

Youth wrestling in Gulf Breeze and Milton

Youth wrestling with Olympic Coach Rob Hermann will be held in Gulf Breeze and Milton starting in November.

Classes in Gulf Breeze will be Monday from 4:45-6:15 p.m. at the Northeast YMCA and 6:45-8:15 p.m. at Gulf Breeze Middle School. Cost is \$40 for first wrestler and \$35 for additional family member.

Classes in Milton will be Tuesday from 7-8:30 p.m. at Hobbs Middle School. The cost is \$35.

Classes open to school-age youth. Contact Hermann at 434-8172 or through e-mail at wrrer-ob@bellsouth.net.

Women golfers meet on Thursdays

Attention women golfers. A.C. Read women's golf league plays on Thursday mornings. Membership is \$35 and is open to active duty, retired and dependents.

For more information, call 287-1433 or 423-276-8682.

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GOSPORT LIFE



Marine course teaches to L.E.A.D. from the front; see page B2 Spotlight

October is Breast Cancer Awareness month

From www.nbcam.org

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year.

An estimated 40,170 women are expected to die from the disease in 2009 alone. Today, there are about 2.5 million breast cancer survivors living in the United States.

If you're worried about developing breast cancer, or if you know someone who has been diagnosed with the disease, one way to deal with your concerns is to get as much information as possible.

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

Breast cancer is the second leading cause of cancer death in women (after lung cancer). Although African-American women have a slightly lower incidence of breast cancer after age 40 than Caucasian women, they have a slightly higher incidence rate of breast cancer before age 40. However, African-American women are more likely to die from breast cancer at every age. Breast cancer is much less common in males; by comparison, the disease is about 100 times more common among women. According to the American Cancer Society, an estimated 1,910 new cases of invasive breast cancer are expected to be diagnosed among men in the United States in 2009.

Types of breast cancer

There are several different types of breast cancer that can be divided into two main categories — non-invasive cancers and invasive cancers. Noninvasive cancer may also be called "carcinoma in situ." Noninvasive breast cancers are confined to the ducts or lobules and they do not spread to surrounding tissues. The two types of noninvasive breast cancers are ductal carcinoma in situ (referred to as DCIS) and lobular carcinoma in situ (referred to as LCIS).

It is known that hormones in a woman's body, such as estrogen and progesterone, can play a role in the development of breast cancer. In breast cancer, estrogen causes a doubling of cancer cells every 36 hours. The growing tumor needs to increase its blood supply to provide food and oxygen; progesterone seems to cause stromal cells.

Non-invasive breast cancer: The majority of non-invasive breast cancers are DCIS. In DCIS, the cancer cells are found only in the milk duct of the breast. If DCIS is not treated, it may progress to invasive cancer.

In LCIS, the abnormal cells are found only in the lobules of the breast. Unlike DCIS, LCIS is not con-



sidered to be a cancer. It is more like a warning sign of increased risk of developing an invasive breast cancer in the same or opposite breast. While LCIS is a risk factor for invasive cancer, it doesn't actually develop into invasive breast cancer in many women.

Invasive breast cancer. Invasive or infiltrating breast cancers penetrate through normal breast tissue (such as the ducts and lobules) and invade surrounding areas. They are more serious than noninvasive cancers because they can spread to other parts of the body, such as the bones, liver, lungs, and brain.

There are several kinds of invasive breast cancers. The most common type is invasive ductal carcinoma, which appears in the ducts and accounts for about 80 percent of all breast cancer cases. There are differences in the various types of invasive breast cancer, but the treatment options are similar for all of them.

Not all breast cancers are alike

Not all breast cancers are alike — there are different stages of breast cancer based on the size of the tumor and whether the cancer has spread. For doctor and patient, knowing the stage of breast cancer is the most important factor in choosing among treatment options. Doctors use a physical exam, biopsy, and other tests to determine breast cancer stage.

Stages of breast cancer

The most common system used to describe the stages of breast cancer is the AJCC/TNM (American Joint Committee on Cancer/Tumor-Nodes-Metastases) system. This system takes into account the tumor size and spread, whether the cancer has spread to lymph nodes, and whether it has spread to distant organs (metastasis).

All of this information is then combined in a process called stage grouping. The stage is expressed as a Roman numeral. After stage 0 (carcinoma in situ), the other stages are I through IV (1-

4). Some of the stages are further sub-divided using the letters A, B, and C. In general, the lower the number, the less the cancer has spread. A higher number, such as stage IV (4), means a more advanced cancer.

These are the stages of breast cancer:

Stage 0 — Stage 0 is carcinoma in situ, early stage cancer that is confined to the ducts or the lobules, depending on where it started. It has not gone into the tissues in the breast nor spread to other organs in the body.

Ductal carcinoma in situ (DCIS): This is the most common type of noninvasive breast cancer, when abnormal cells are in the lining of a duct. DCIS is also called intraductal carcinoma. DCIS sometimes becomes invasive cancer if not treated.

Lobular carcinoma in situ (LCIS): This condition begins in the milk-making glands but does not go through the wall of the lobules. LCIS seldom becomes invasive cancer; however, having LCIS in one breast increases the risk of cancer for both breasts.

Stage I — Stage I is an early stage of invasive breast cancer. In Stage I, cancer cells have not spread beyond the breast and the tumor is no more than two centimeters (three-quarters of an inch) across.

Stage II — Stage II is one of the following:

The tumor in the breast is no more than two centimeters (three-quarters of an inch) across. The cancer has spread to the lymph nodes under the arm.

The tumor is between two and five centimeters (three-quarters of an inch to two inches). The cancer may have spread to the lymph nodes under the arm.

The tumor is larger than five centimeters (two inches). The cancer has not spread to the lymph nodes under the arm.

Stage III — Stage III may be a large tumor, but the cancer has not spread beyond the breast and nearby lymph nodes. It is locally advanced cancer.

Stage IIIA — Stage IIIA is one of the following:

The tumor in the breast is smaller than five centimeters (two inches). The cancer has spread to underarm lymph nodes that are attached to each other or to other structures.

The tumor is more than five centimeters across. The cancer has spread to the underarm lymph nodes.

Stage IIIB — Stage IIIB is one of the following:

The tumor has grown into the chest wall or the skin of the breast.

The cancer has spread to lymph nodes behind the breastbone.

Inflammatory breast cancer is a rare type of Stage IIIB breast cancer. The breast looks red and swollen because cancer cells block the lymph vessels in the skin of the breast.

Stage IIIC — Stage IIIC is a tumor of any size. It has spread in one of the following ways:

The cancer has spread to the lymph nodes behind the breastbone and under the arm.

The cancer has spread to the lymph nodes under or above the collarbone.

Stage IV — Stage IV is distant metastatic cancer. The cancer has spread to other parts of the body.

Recurrent cancer — Recurrent cancer is cancer that has come back (recurred) after a period of time when it could not be detected. It may recur locally in the breast or chest wall as another primary cancer, or it may recur in any other part of the body, such as the bone, liver, or lungs, which is generally referred to as metastatic cancer.

Word Search 'Flowers'

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Gosling Games

Color Me 'Pink is for hope'



Jokes & Groaners

Short takes

What's the difference between a hunter and a fisherman? A hunter lies in wait while a fisherman waits and lies.

At the day-care center, some of the children were telling each other about their siblings. "My brother takes horse-back-riding lessons," bragged one. "My sister takes gymnastics," said another. Not to be outdone, the youngest child piped up, "My sister takes antibiotics!"

The new minister was talking to the church's oldest inhabitant. "I am 97 years old, sir, and I haven't an enemy in the world," the aged one said. "That is a beautiful thought," the clergyman said approvingly. "Yes sir," was the answer. "I'm pleased to say that I've outlived them all."

What do you get when you cross an elephant and a skin doctor? A pachydermatologist.

Why do bagpipers walk when they play? They're trying to get away from the noise.

Remember, half the people you know are below average.

A philosopher always knows what to do until it happens to him.

Marine course teaches to L.E.A.D. from the front

By Curtis Prentice and 2nd Lt. Kelsey Lourie
MATSG-21 PAO

As paintballs zip past overhead, new corpsman and junior enlisted Marines are taught the basics of how to train together and apply their knowledge of combat tactics while gaining an early understanding of what the Navy/Marine Corps team is all about.

This is all part of a realistic field exercise that culminates the MATSG-21 four week Leadership, Education and Development (LEAD) course. LEAD provides relevant training to junior servicemembers, exploiting every opportunity to make Marines better prepared for combat as the Marine Corps operational environment evolves.

At NAS Pensacola, Marines conduct entry-level training for 79 aviation primary warfare specialties with an annual throughput of more than 5,000 enlisted Marines. The current fight requires Marines to be prepared both mentally and physically for operations outside their military occupational specialty. In light of this, nearly every enlisted Marine awaiting training gets a chance to take the LEAD course where class sizes range from 40-100

Marines.

"LEAD is a leadership tool and excellent PME (Professional Military Education) for E-1s to E-3s," said Corporal David Cole, LEAD non-commissioned officer in charge (OIC). 2nd Lt. Shane Vigil, LEAD OIC, agreed: "The LEAD program is a great way for junior Marines straight from Marine Combat Training to develop their leadership and communication skills."

Lieutenants who are awaiting flight training serve as LEAD staff and instructors while NCOs mentor the students. For 2nd Lt. Greg Czyzewski, LEAD executive officer, the best part is "knowing that I've positively impacted junior enlisted Marines so that they can better themselves and be successful." The lieutenants, all recent graduates of The Basic School, bring a

depth of theoretical knowledge which is complemented by the NCOs' battlefield experiences.

Developing the Marines' character attributes and mental toughness begins in the classroom, utilizing Marine Corps Institute (MCI) classes such as Math for Marines, Terrorism Awareness and Personal Financial Management. Fulfilling these PME requirements early in a career prevents delays in promotion to E-4 of otherwise qualified Marines. Current operational tempo has precluded many Marines from successfully completing their MCI classes in a timely fashion; LEAD counters this problem.

Instruction in these courses also addresses current issues and how they affect Marines' combat readiness. "We are teaching these young warriors to think for themselves,"



HM2 Jason Hartop and 2nd Lt. Ryan Casey observe as two LEAD students attend to a third Marine's "injuries" while a fourth pulls security. Photo by 2nd Lt. Kelsey Lourie

1st Lt. Benny Kandhiraj explained as he prepared a class. "Counter-terrorism operations are dynamic; the Marines' ability to quickly adapt to this ever changing situation is what will make them and the Corps successful." Combat tactics taught progress from fire team (four Marines) to squad level (13 Marines), and at the conclusion of the course, graduates are able to give, receive and execute combat orders. Also, experienced corpsmen teach advanced first aid and field triage in order to qualify the Marines as combat life savers.

Martial arts instruction develops the Marines'

physical readiness as it builds confidence and provides for advancement to the next skill level. Students are also put through a series of daily physical training including MATSG-21's Combat Conditioning Course: an obstacle course, a 15-station circuit course and beach/trail runs.

The results of LEAD are significant. "In LEAD I had a chance to actually lead (fellow) Marines instead of how it was at boot camp where only some Marines got to lead," said Lance Cpl. Chris Britton, now a mentor, about his time in the program. As Marines engage in the challenging training

provided, their confidence and camaraderie is boosted and there is a decrease in conduct violations, both on and off base. When the Marine goes to their first unit, commanders receive Marines that already possess some tactical proficiency, creating a positive impact on the unit's training cycle: at least 90 hours per Marine can now be used for alternate training.

LEAD is important to the junior officers involved as well. "It is great working with the junior marines at this early stage, Marines who may one day be my crew chiefs, in charge of keeping our aircraft in the sky," said 2nd Lt. Vigil.

CNATRA changes leadership

By Bob Torres

Naval Air Station Corpus Christi Public Affairs

CORPUS CHRISTI, Texas (NNS) — A change of command ceremony for Chief of Naval Air Training Command (CNATRA) was held on board Naval Air Station Corpus Christi recently.

Rear Adm. Mark D. Guadagnini relinquished command as CNATRA to Rear Adm. William G. Sizemore II, during the ceremony with Vice Adm. Thomas J. Kilcline, commander, Naval Air Forces, as the keynote speaker.

Guadagnini, who has served as the CNATRA since Aug. 15, 2007, also served as the head of human resources for the Naval Aviation Enterprise.

"The most important achievements of CNATRA over the past two years are a renewed dedication to professionalism," said Guadagnini. "And the new measures by which we gauge the training of aerial combat professionals, through their: knowledge, skills, and experience — KSEs."

Guadagnini, a 1980 graduate of the U.S. Naval Academy, has

flown 95 combat missions. He has operated from the decks of 12 different aircraft carriers and participated in operations Desert Storm, Provide Comfort, Deliberate Force, Southern Watch, Enduring Freedom and Iraqi Freedom. He has more than 4,600 hours of flight time in 50 different

aircraft.

"The highlight of my tour is the people here. They are the heroes," said Guadagnini. "People getting up every day coming to work and doing things in defense of our country. Every day people doing their work for this organization are the heroes. People on this base and people on the CNATRA staff that make things happen."

Guadagnini was referring to the staff that helped him oversee the Naval Air Training Command comprised of five training air wings located on naval air stations in Florida, Mississippi and Texas. The wings are home to 17 training squadrons, all training future naval aviators. This includes joint training with the Air Force on bases in Texas, Oklahoma and Georgia. CNATRA also oversees the Naval Flight Demonstration Squadron, the Blue Angels.

One of the highlights serving as the CNATRA has been having his son, Ensign Mark D. Guadagnini, who is also training to be a naval aviator, stationed here as a student. And although he didn't say much about his son, pride was evident when Guadagnini said he was proud of all new naval aviators for their patriotism.

Guadagnini's next assignment will be as commander, Carrier Strike Group 9, in Everett, Wash.

Sizemore comes to the Training Command from San Diego, Calif., where he served as chief of staff for commander, Naval Air Forces, U.S. Pacific Fleet.



Rear Adm. William G. Sizemore II, arriving Chief of Naval Air Training, left, and Rear Adm. Mark D. Guadagnini, departing Chief of Naval Air Training, take part in the traditional cake cutting at the change of command reception at Naval Air Station Corpus Christi. Photo by Richard Stewart



NAS Whiting Field's Helicopter Training Squadron Eight Commanding Officer Cmdr. Michael Fisher (center) signs a partnership agreement with Hobbs' principal, Stephen Shell (right). Lt. Stephen Skinner, the squadron's volunteer coordinator, looks on (left). HT-8 service members will be joining Hobbs Middle School students as individual and classroom tutors, student mentors, in school beautification projects and more.

NAS Whiting Field's HT-8 renews school partnership

Story, photo by Jay Cope

NAS Whiting Field Public Affairs

Volunteering at schools is nothing new for military members at Naval Air Station Whiting Field, but after the Helicopter Training Squadron Eight/Hobbs Middle School partnership lapsed for several years, it was important to re-invigorate the program. With that in mind, Hobbs' principal, Stephen Shell and members from the aircraft squadron agreed to a flagship contract focused on helping the kids.

"I am very excited about the process we are undertaking today," Shell said before signing the agreement. "We are very connected to the military here. It is a big part of Hobbs Middle School and we are excited by a renewal of this partnership."

The agreement was signed by Shell, HT-8 Commanding Officer Cmdr. Michael Fisher, and the squadron's

volunteer coordinator Lt. Stephen Skinner. It delineates the volunteer needs of the school and areas where HT-8 can help promote school goals. Planned commitments include helping with: individual and classroom tutors, student mentors, school beautification projects, field trips, student athletic fitness, substance abuse prevention programs and more.

The agreement is a one-year partnership, but with an intention to renew it annually. The school and the squadron have actually had agreements dating back 10 or 15 years according to Shell, but following Hurricane Ivan, other priorities took precedence and the partnership faded.

Fisher is looking forward to getting back on track.

"I want us to be a positive influence on you," he said to the 30 or so students in attendance. "Thank you for giving us the opportunity to reengage in this important partnership."

NASP's CMDCM(SW/AW) Dollen takes the helm for senior enlisted issues

By Mike O'Connor
Gosport Staff Writer

A Pensacola native has returned home — as NASP Command Master Chief. “My goal is to make NAS Pensacola the finest training base in the U.S. military,” CMDCM(SW/AW) Michael F. Dollen said. “Our job is to train Sailors for the fleet and I want to provide the best environment possible for that training.”

Dollen was born in Amesbury, Mass. Aug. 17, 1959, and raised in Pensacola. He entered naval service March 3, 1983.

After graduation from Recruit Training Command, Great Lakes, Ill., Dollen attended Basic Electronics and Electricity (BE&E)

and Electronics Technician “A” School at Great Lakes Naval Training Center. He then graduated Nuclear Power School at Orlando Naval Training Center, going on to qualify as a nuclear reactor operator at S8G Prototype, Nuclear Power Training Unit, Ballston Spa, N.Y.

Dollen’s first sea tour of duty was onboard USS Arkansas (CGN 41) from 1985 to 1989. He then served onboard USS Carl Vinson (CVN 70) from 1992 to 1996. His next sea tour was onboard the USS George Washington (CVN 73) where he served as reactor department senior enlisted adviser from 2000 to 2001. Master Chief Dollen’s first CMC tour was onboard USS De Wert (FFG 45) from 2001 to 2004. The De Wert achieved two Battle E’s during his tenure. He served as CMC of Strike



**CMDCM(SW/AW)
Michael F.
Dollen**

Fighter Squadron Fourteen (VFA 14) Tophatters from 2004 to 2006.

His shore duty assignments include instructor duty at Nuclear Field “A” School, Orlando, from 1989 to 1992. He also served as leading crew chief at Modifications and Additions to Reactor Facilities (MARF) Prototype, Nuclear Power Training Unit, Ballston Spa, N.Y. from 1996 to 1999. From 2006 to 2008 he served as Command Master Chief of Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS PAC).

Master Chief Dollen served as the senior enlisted leader for Iraq Security Assistance Mission/Multi-National Security Transition Command — Iraq, International Zone, Baghdad, Iraq from September 2008 to August 2009.

His personal awards include the Bronze Star, Navy Meritorious Service Medal, Navy Commendation Medal (four awards), Navy Achievement Medal (three awards), Good Conduct Medal (seven awards) and various service and campaign awards. He has been designated an enlisted surface warfare specialist, enlisted aviation warfare specialist and master training specialist. He has also qualified as a naval nuclear engineering officer of the watch.

Dollen graduated from the U.S. Navy Senior Enlisted Academy, Newport R.I. in October 2001. He is also a Keystone Fellow, graduating from the Keystone Joint Senior Enlisted Course, Washington, D.C., in July 2007.

While serving in the Navy, Master Chief Dollen earned a Bachelor of Science degree in electronics management from Southern Illinois University at Carbondale, Ill.

Dollen is married to the former Nordene S. Ferguson.

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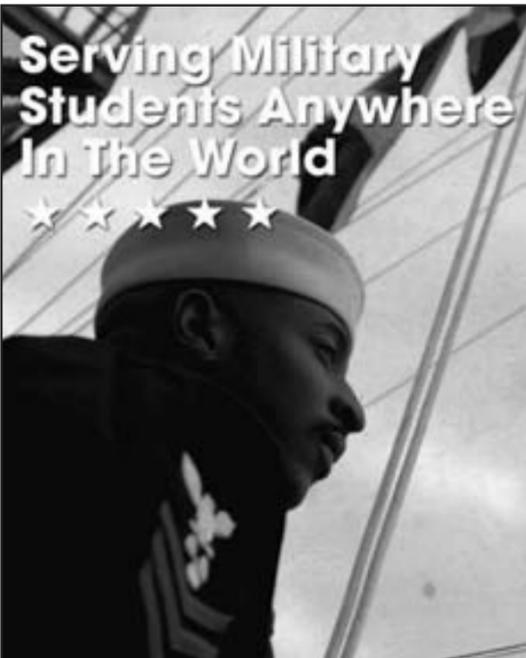


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Blue Angels Homecoming Air Show, Nov. 13-14

Night show will be Saturday, Nov. 14

For details visit www.naspensacola.navy.mil/mwr/current/airshow/airshow.htm

WORSHIP

NAS Pensacola

Protestant

All Faiths Chapel, Bldg. 634: Sundays, Holy Communion, 8 a.m.; Contemporary service, 6 p.m.

Naval Aviation Memorial Chapel (NAMC) Bldg. 1982: Sundays, Contemporary Worship, 10:15 a.m.

J.B. McKamey Center, Bldg. 634: Sunday School Classes, 9 a.m.

Roman Catholic

NAMC, Bldg. 1982: Saturday Mass, 4:30 p.m., preceded by confessions from 3:45-4:15 p.m. Sunday Mass, 8:30 a.m. J.B. McKamey Center Bldg. 634: Religious Education Classes, Sundays (September-May), 10 a.m. Our Lady of Loreto Chapel Bldg. 1982: Daily Mass (Monday, Thursday and Friday), noon.

Corry Station

Protestant

Sundays, Bible Study (conference room), 9 a.m.; Worship Service, 10 a.m.; Fellowship, 11:30 a.m.; and Praise and Worship, 6:30 p.m. Thursday Bible study (fellowship hall), 5:30 p.m.

Roman Catholic

Sunday Mass "Catholic Life," noon. Tuesday Mass (small chapel), 11 a.m.

Jewish

Friday, van leaves Corry Chapel at 5:30 p.m. for services on the first and third Friday of the month.

Latter Day Saints

All Faiths Chapel: Sundays, Sacrament, 10:30-11:25 a.m.

J.B. McKamey Center Sunday school classes, 11:35 a.m.-12:15 p.m. Priesthood/relief society 2:25-1:10 p.m. Family home evening Mondays, 7-8:30 p.m. Wednesday, 7 p.m., at Corry fellowship hall.

Islamic Services

Bldg. 1504: Fridays, 12:15 p.m. Call Command Chaplain.

Antique show at O'Club Oct. 30-31

By Anne Thrower
Gosport Staff writer

People interested in antiques should find plenty to see at an antique show at the Mustin Beach Officers' Club Oct. 30-31 onboard Naval Air Station Pensacola.

Organized by the Officers' Spouses' Organization (OSO) at NASP, the show is open to the public.

The event will feature dealers from the local antique malls who will show off what they have to offer, including furniture, glass and jewelry. There is no charge to attend.

"It gives people an opportunity to see a variety of antiques in one place," said Karin Feagles, who is in charge of organizing the event.

"The people who will be selling will have knowledge, so you can ask questions about a piece," said

"I think it's more

threatening to walk into an antique mall," Feagles said. "Here it will all be spread out nicely and the people will know what they are selling."

The show will be set up in the ballroom of the O'Club from 3-8 p.m. on Oct. 30 and 9 a.m.-4 p.m. on Oct. 31.

The club will offer special drink prices on Oct. 30, and on Saturday the grill will be open for lunch.

Feagles said there will be a lot of different eras represented, with most of the items from the 1900s or younger, including Depression glass, carnival glass and retro items.

So far 10 dealers have signed up, including Ooodles, an antique mall in Pensacola, but there is still room for a few more. Spaces can be rented for \$75 for two days.

Those interested in participating can call Feagles at 292-8063.



Rocky Horror

From Auriette Lindsey
Pensacola Little Theatre

"The Rocky Horror Show" is back at Pensacola Little Theatre. After last Halloween's successful run, the stage musical that inspired the cult film is returning to PLT.

Performances are Oct. 22-24 and 29-31 at 7:30 p.m. Prices are \$15-\$25, with a \$2 discount available to senior citizens 60 or older, full-time students or active-duty military with I.D. Tickets are on sale now at the theater's box office or by phone at 432-2042.

Many of the same cast members are back. Fans will find all the fun songs and campy scenes, along with the energy and excitement of live theatre. Audience members are encouraged to dress in costume and sing along, but leave props at home. A packet of props appropriate for use in the theater will be available at the door for \$5 each.

The production contains mature subject matter sexual situations; anyone under 17 must be accompanied by an adult.

For information, visit pensacolalittletheatre.com or call 850.434.0257.

October Liberty Activities

The Liberty Program events target young, unaccompanied active-duty military. For a monthly calendar of activities at the main Liberty Center in the Portside Entertainment Complex or onboard Corry Station, call 452-2372 or visit their Web site at www.naspensacola.navy.mil/mwr/singsail/liberty.ht.

16 Liberty — Greek Festival of Pensacola in downtown Pensacola. Free shuttle leaves NASP at 5:30 p.m. and leaves Corry at 5:45 p.m.

17 Liberty — Tandem skydiving, \$140, departs NASP at 8 a.m. and 11 a.m. and departs Corry at 8:15 a.m. and 11:15 a.m.

18 Liberty — New Orleans Saints football — Saints vs. Giants — \$35 includes tickets and transportation. Leaves NASP at 6:45 a.m. and Corry at 7 a.m.

19 Liberty — NASP — Ladies pick movies night.

Liberty — Corry — Navy pick movie night.

"NAS Live" — Guests will be Emmett Walker, social worker/HUD-VASH coordinator, VA Gulf Coast Veterans Health Care System; Janis Wilson, Americorps VISTA member, National Coalition for the Homeless. The show airs at 6:30 p.m. on Cox Cable's Channel 6 or Mediacom's Channel 38.

Discounts for military in Pensacola

By Anne Thrower
Gosport Staff Writer

Whether you're looking for someone to fix an old grandfather's clock or just want a cup of coffee, businesses in the Pensacola area often extend discount to service members.

The purpose of this column is to provide *Gosport* readers with a sampling of the kinds of discounts offered, in many cases by former service members who now have businesses in the area.

Take **Joshua S. Sparrow** of Pensacola, who has been a clock-

maker and antiques appraiser for more than 55 years. He learned to be a clockmaker while serving with the U.S. Coast Guard at Wake Island in the Pacific during the Korean War.

After the service, he became a lawyer and practiced for years. But he has chosen to spend his "retired" years working with clocks and antiques.

He is offering a 25 percent discount to all retired or active military. Mr. Sparrow can be

reached at docclock@bellsouth.net or by phone at 494-0770.

Retired Navy Lt. Cmdr. Mark Robertson owns **Lost Key Java**, a full-service coffee shop and deli on Perdido Key at the shops of Villagio. For military he is offering a 10 percent discount on all coffee and espresso drinks. He also offers a flat \$3.95 breakfast and \$4.95 lunch. He can be reached at 497-9501.

Retired Navy Senior Chief Thomas E. Dutton, who is an assis-

tant store manager at **Home Place Furniture** on Davis Highway in Pensacola, says Homeplace offers an 8-10 percent discount to all active duty, retiree and dependants at all stores, including Hank's Furniture Stores, in Arkansas, Missouri and Texas. He can be reached at 478-4966 or through e-mail at pen@homeplacefurn.com.

As space permits, we will run more military discounts.

Businesses can submit their discounts to Anne Thrower at anne.thrower.ctr@Navy.mil.



Ballinger Publishing Welcomes Gosport

For years, Ballinger Publishing has been providing the community and the region with business and lifestyle publications like *Pensacola Magazine*, *NW Florida's Business Climate* and *Pensacola Downtown Crowd*. Now, Ballinger Publishing is proud to announce that it is the new publisher of *Gosport*.

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For more information on *Gosport*, visit www.gosportpensacola.com.

GOSPORT MOVIES

Movies and show times for Portside Cinema

FRIDAY Shorts (PG) 5; 500 Days of Summer (PG13) 5:15; I Can Do Bad All By Myself (PG13) 7; Whiteout (R) 7:15; Sorority Row (R) 9:15; The Final Destination (R) 9:30

SATURDAY Shorts (PG) noon; 500 Days of Summer (PG13) 12:15; Julie & Julia (PG13) 2; Sorority Row (R) 2:15; I Can Do Bad All By Myself (PG13) 4:30; Inglorious Basterds (R) 4:45; Halloween 2 (R) 7; The Final Destination (R) 7:30; District 9 (R) 9:15; Whiteout (R) 9:30

SUNDAY 500 Days of Summer (PG13) noon; Shorts (PG) 12:15; Julie & Julia (PG13) 2:15; I Can Do Bad All By Myself (PG13) 2:30; Sorority Row (R) 4:45; Halloween 2 (R) 5; Inglorious Basterds (R) 7; Whiteout (R) 7:15

MONDAY Closed

TUESDAY Whiteout (R) 5; Gamer (R) 5:15; I Can Do Bad All By Myself (PG13) 7:15; Sorority Row (R) 7:30

WEDNESDAY The Final Destination (R) 5; 500 Days of Summer (PG13) 5:15; Inglorious Basterds (R) 7; Halloween 2 (R) 7:15

THURSDAY Julie & Julia (PG13) 5; Gamer (R) 5:15; I Can Do Bad All By Myself (PG13) 7:15; Whiteout (R) 7:30

TICKETS Children ages 6-11 \$1.50, children younger than 6

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