

Whiting Tower

NAS Whiting Field, Milton, Fla.

"THE WORLD'S MOST EFFICIENT NAVAL AIR COMPLEX"

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Marcell Turns Over Command of VT-3



Lt. Col. Christopher Marcell passes the Training Squadron THREE Pennant to Cmdr. Jody Bridges during the unit's change of command ceremony March 20 at NAS Whiting Field. U. S. Navy photo by Jay Cope.

By Jay Cope, NAS Whiting Field Public Affairs

With the symbolic passing of the squadron flag, Lt. Col. Christopher Marcell turned over responsibility of Train-

ing Squadron THREE to Cmdr. Jody G. Bridges. Calling his time as the commanding officer of the squadron "a distinct honor," Marcell stepped down during the Mar. 20 ceremony in front of more than 150 guests, friends, family and fellow service members.

"I have truly lived a dream," he stated as he bid farewell to the military personnel under his charge. "The depth and the breadth of the instructor corps in this squadron is without peer. I haven't done much other than give a few pep talks and manage not to mess up the playbook too much. Thanks!"

It is a sign of the joint nature of Whiting field that an Air Force officer would turn over command to a Navy officer. Navy, Marine, Coast Guard and Air Force aviators can receive training at the base, and VT-3 alternates commanding officers from Navy to Air Force. Lt. Col. George Hobson is slated to relieve Bridges in turn after Bridges tour is complete. Marcell enjoyed the tour so much that when

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Whiting Team Helps Cast "On Golden Pond"!

By Naval Air Station Whiting Field
Public Affairs

Naval Air Station Whiting Field personnel are showing a flair for the dramatic during the Panhandle Community Theatre's performance of, "On Golden Pond," March 27, 28 and 29 at the Milton High School auditorium.

Half of the play's cast are members of the Whiting team. David Cook, the SSSI Safety Coordinator from Sikorsky Support Services; Trevor Rowe, the Air Traffic Control Leading Chief and Jay Cope, the Deputy Public Affairs Officer take up the tools of the acting trade for the three-night show.

The play was the source for the critically acclaimed movie, starring Henry Fonda and Katherine Hepburn, in the lead roles of Norman and Ethel Thayer. The couple had been spend-

ing the summers at Golden Pond for 48 years, and the play depicts one special summer of reconciliation and family remembrances.

Cook plays the irascible Norman Thayer, the part made famous by Henry Fonda, while Rowe plays the new fiancé of Ethel Thayer's daughter (Alec DeLacueur) and Cope a family friend and postman.

The play, directed by Lauren Sutton, deals with aging, the fear of death, finding an identity, long-term



Ethel (Beverly Hise) warns Norman Thayer (Dave Cook) and Billy Thayer's daughter (Alec DeLacueur) not to go fishing during a rehearsal of Panhandle Community Theatre's production of "On Golden Pond." Cook is one of three people working at Whiting Field in the cast. U. S. Navy photo by Jay Cope.

family conflicts and illness, but also shows how love and relationships help couples persevere. It was those themes - (Cont. on Page 7)

From the Deckplate:



CMDCM Hari Singh

by the NAS Whiting Field First Class Petty Officers' Association and all base personnel are invited.

It is important for us to take time each year to focus on the many contributions women have made to our world, our country and our military. In the past the accomplishments of women were often overlooked by the writers of history, and by celebrating Women's History Month we have the opportunity to show our daughters that they truly can accomplish anything.

Women have been a strong part of America's national defense since the earliest days of our nation. Margaret Corbin was the first woman known to have served in the Revolutionary War, and on July 6, 1779, the Continental Congress voted to award her a pension for her service. She fought with her husband at Fort Washington during the Battle of New York, stepping in to his place loading and firing the cannon after he was killed. She was herself severely wounded and taken prisoner in the battle that earned her recognition as the first woman soldier in the American Army.

Not only have women served our country by defending it through service in the military, but also through their defense of our environment. Ellen Richards was the first woman in the United States to be accepted into a scientific school. She graduated from the Massachusetts Institute of Technology in 1873 and became a prominent chemist. In 1887 she conducted the first ever water quality survey in America, which led to the creation of national water quality standards.

Today greater than 16,000 women serve on active duty in the United States military. Many work as part of evolving military initiatives that focus on our relationship with the community and with the environment. One of the pioneers in this area was Elsie Munsell, who served as the first ever Deputy Assistant Secretary of the Navy (Environment and Safety). She helped to develop the Navy's view on environmental issues into the comprehensive environmental strategy that we have in place today.

There are so many others that are worthy of mention, but these three remind us how important it is to recognize both the historic and current contributions of women each year with Women's History month. I feel that the only way to ensure equal opportunities in America is for us all to be aware of the ability for accomplishment within every individual, no matter who they are.

VT-3 Change of Command

- (Cont. from Page 1)

he understood that a commendation was being put in on his behalf, he requested the lower precedence Navy and Marine Corps Commendation Medal to show the joint nature of the command. Col. Scott Walsh, Commander Training Air Wing FIVE was happy to comply and praised Marcell's efforts.

"This squadron was the finest training component in the Chief of Naval Air Training command during his tour," he said, "and is a terrific example of the great capability we develop here."

During Marcell's 28-month tour first as executive officer and then commanding officer, the Red Knights flew more than 55,000 mishap-free flight hours and produced more than 700 Air Force, Navy, Marine, Coast Guard and international flight training graduates. Under his tenure time-to-train was reduced by ten percent and overall student production was increased by one-hundred fifteen percent making VT-3 the top squadron in operations efficiency. His leadership and commitment to safety inspired the squadron to earn the 2007 Chief of Naval Operations Naval Aviation Safety Award.

Marcell's career spanned approximately 20 years and included a tour of duty overseas in the United Kingdom as well as tours in Mississippi, North Carolina, Colorado, and Whiting Field. He is a command pilot with more than 2,900 flight hours logged in diverse aircraft. As an F-15E "Strike Eagle" pilot he amassed 200 combat flight hours in 65 combat missions. Marcell has earned the Distinguished Flying Cross for Heroism, the Air Medal with three Oak Leaf Clusters, and the Aerial Achievement Medal.

Brig. Gen. Darryl Roberson, Commander 325th Fighter Wing, served as the guest speaker for the event, and he spoke briefly about Marcell's contributions.

"One of the hallmarks of a good leader is leaving the command better than you received it," he stated. "This command was number one of 16 squadrons in operational efficiency. That kind of success takes leadership and that is what Lt. Col. Marcell brings to the fight"

Bridges takes command of the squadron after serving a tour as the executive officer. He reported to the command in Aug. 2007 and is a 19 year naval aviator. He has flown numerous patrols as a Patrol Plane Commander and Mission Commander flying the P-3C Orion, including missions in support of Operation Enduring Freedom and Operation Iraqi Freedom, and launched more than 6,000 aircraft while attached to the USS Dwight D. Eisenhower (CVN-69) as the Catapult and Arresting Gear Officer, Air Department Administrative Office and Hanger Deck Division Officer.

Having served as the executive officer for the past year, Bridges knows his team well and praised their efforts and gave them the credit for the squadron being selected as the first on the base to begin receiving the T-6 Texan aircraft.

"I am humbled to stand here as the commanding officer of such an outstanding organization...No matter what you do after this tour, you will remember this fraternity and the esprit-de-corps here. There are so many here who care about the mission and you are all the best," he said.

News and Notes

Fishin' With a Mission - The United Way of Santa Rosa County will host their "Fishin' With a Mission" bass tournament and family festival April 11 at Carpenter's Park. Registration begins Feb. 17 at the United Way offices at 6576 Caroline St or 6479 Highway 90 between 8 a.m. and 4 p.m. Monday through Friday. Top prize is anticipated to be \$3,000. Call 623-4507 or check out bassfishing@unitedwaysrc.org. Rusty Whitfield will be the premiere performer for the family day at the park.

Softball Tournament - NAS Whiting Field Military Appreciation Softball Tournament. \$150.00 entry fee per team. T-shirts for first place team. Don't miss out on the Home-Run Derby. Teams must be registered by Monday, April 20th for gate access. Attached is the flier. Call or e-mail Todd Mooneyham (MWR, Sports Coordinator) at 850-623-7502 ext.23 / todd.mooneyham@navy.mil for all of the details (home-runs, bats, cleats,...etc.) This Tournament is open to everyone including civilian teams.

Universal and Disneyworld Ticktes - ITT now has the free universal tickets & Disneyland tickets free tickets for active duty, reservist, or retirees, and we also have the family and friends tickets. For more information contact : 623-7032 Monday-Friday 9-5 and Saturday 9-12.

Sesame Street Special - "Coming Home: Military Families Cope with Change" will air nationwide on PBS at 8 pm. This primetime special, presented by Sesame Workshop and featuring Queen Latifah and John Mayer, tells the stories of service members returning home with injuries-both visible and invisible-and explores the heroic struggles their families face on the path to finding a "new normal." With help from Elmo, Rosita and their Sesame Street friends, "Coming Home" gives voice to the children as they play a central role in the family's adjustment process, and encourages them to be what they are: kids. Check out "Coming Home" on April 1st, 2009 on PBS at 8 p.m. Eastern and Pacific, 7 p.m. Central and Mountain Time (check your local listings).

Golf Tournament - The NASWF Leadership Council Golf Tournament will be held on Fri, 24 Apr 09, at the NAS Whiting Field Golf Course. Tee-off time will be at 1000. This is a 4-man scramble, \$120.00/team. Prizes for will be given to the top 3 teams, longest drive and closest to the pin. Mulligans - 3 for \$5.00 per person. Tee-Buster - \$3.00 per person. Fee includes green fees,



Making a Difference

Cub Scouts from Pack 400 in Pace, Fla. planted about 300 longleaf pine seedlings Saturday Jan. 31 on board NAS Whiting Field. The youths wanted to participate in a beneficial ecological project and as an added benefit, earned their forestry badge. U. S. Navy photo courtesy of NAS Whiting Field Public Works.



It's All Academic

Alethia Christian Academy sent 75 students to NAS Whiting Field on a field trip to learn about the base. They were introduced to the T-34 and TH-57 aircraft as well as the base firehouse. U. S. Navy photo by 2nd Lt. Nicholas Uzelac.

cart and light lunch. Pre-pay or pay the day of the tournament. Contact LTJG Sirjoo, (850) 449-0360, or ABHC Perry, (850) 623-7220, for reservations. Pre-pay or pay the day of the tournament.

Animal Adopt-A-Thon - Santa Rosa County Animal Services with sponsors Mediacom, Soft Rock 94.1 and WXBM 102.7 will hold its 5th annual adopt-a-thon on Saturday, April 18 from 10 a.m. to 2 p.m. at the shelter located at 4451 Pine Forest Road in Milton. For this special event, the adoption fee is \$15 for cats and \$20 for dogs with a spay/neuter voucher provided at no cost for any unaltered animal. Pets on leashes are welcome to attend. Free food, local rescue organizations, vendors, children's activities, contests and drawings will be offered during the adopt-a-thon. For more information call (850) 983-4680.

Sunset Stampede - The Zoo at Northwest Florida's 1st Annual Sunset Stampede 5K Run/Walk will be held on Sat, May 21 at Navarre Beach. The race begins at 6 p.m. with a Kids Fun Run beginning at 5 p.m. The first 500 people to sign up get a t-shirt. Cost: \$20.00 thru 4 Apr, \$25.00 after. See www.zosunsetstampede.org online for more information.

Passport Fair - The Santa Rosa Clerk of Court's Office is hosting a Passport Fair in Milton, FL, on Saturday, March 28, 2009, from 10:00 a.m. until 3:00 p.m. to provide passport information to U.S. citizens and to accept passport applications. Beginning June 1, 2009, U.S. citizens must present a passport book and/or other travel documents approved by the U.S. government to enter the United States from Canada, Mexico, the Caribbean and Bermuda at land borders and sea ports of entry. Information on the cost and how to apply for a passport book and/or a passport card is available at travel.state.gov. U.S. citizens may also obtain passport information by phone, in English and Spanish, by calling the National Passport Information Center toll-free at 1-877-487-2778.

Country Fest - WXBM's Country Fest will serve as the National Military Appreciation Month kick off event! for the Pensacola Area. Come spend the day with Your Country 102.7 WXBM as we bring Country Fest to life in Pensacola at Five Flags Speedway. This all day family fun music festival features great music, vendors, activities, attractions and so much more! Gates open at 9am – show starts at 10am. Tickets are only \$25.00 for adults, children 12 are admitted free. Featuring Artisits Craig Morgan, James Otto and Whitney Duncan. For details call studios: 850-994-5357.

Upcoming Events

Mar 27, 1300 - HT-28 Winging Ceremony - Base Auditorium
Mar 28, 1000 - NMCRS 5K Run/Walk - NASWF
Mar 31 to Apr 5, All Day - SRC Fair - Fairgrounds

Apr 2 All Day - Rear Adm. Alexander (CNRSE) Visit
Apr 9 1300 - HT-28 Winging Ceremony - Base Auditorium
Apr 18, All Day - SRC Great American Clean-up - Various

Fleet and Family Support Center Classes

Car Buying Strategies - Tuesday, March 31, from 1:00 – 3:00 pm

Many people begin the car buying process by visiting a dealership, which should be one of the last things you do. Come find out why. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

Speed Reading

If you are a flight student, or anyone else desiring to improve your reading skills, the speed reading program at the FFSC can help you learn how specialized eye movement exercises and other techniques can dramatically increase your reading rate. The program will target both speed and comprehension skills. You can check out the CD at the front desk and utilize the program in our computer room.

Ten Steps to a Federal Job - Monday, April 6, from 8:00 – 10:00 am

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

Your Insurance Needs - Tuesday, April 7, from 1:00 – 3:00 pm

A 60 – 90 minute interactive program suitable for all audiences, designed to develop knowledge and skills that will enable participants to make informed consumer decisions on the basic types of insurance, and to determine their personal need for life insurance. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

Anger Management - Wednesday, April 8, from 1:00 – 2:00 pm

Is anger affecting your health, your relationships or your work performance? Learn to understand the causes and effects of unhealthy anger and how to express and release that anger in a healthy way! Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

Security Has New LED Stop Signs Installed at NASWF

By Ens. Andrew Stephenson, NAS Whiting Field Public Affairs

The Naval Air Station (NAS) Whiting Field Security Department recently installed five new stop signs containing Light Emitting Diodes (LED's). These signs were requested by security for the base in order to increase driver awareness and safety at several on base intersections.

Eight flashing red LED lights surround the outside border of the signs and are battery powered, with the battery charged by solar cells mounted to the sign.

The lighting makes the signs easier to see, especially at night and during inclement weather. Additionally, complacency can be a major driving safety concern, especially on a base such as Whiting Field where many drivers cover the same route daily.

According to Master at Arms First Class Robert Ward, NAS Whiting Field Security Department Lead-



One of five new LED stop signs recently installed on the base by Public Works is shown above. The solar panel charges the LED lights at each point of the sign. U. S. Navy photo by Ens. Andrew Stephenson.

ing Petty Officer, “This is a small base, with small speed limits, and we want to increase driver awareness.”

The flashing lights serve as a reminder to come to a full and complete stop at all stop signs and be aware of possible crossing traffic. An independent study done by the Texas Transportation Institute in 2004, showed that installing flashing LED stop signs resulted in a near thirty percent reduction in vehicles not fully stopping, and a greater than fifty percent reduction in the amount of vehicles passing through the intersection without slowing.

The signs are made by Traffic and Parking Control Co., Inc. (TAPCO). The life of each sign battery is up to five years and the battery can power the sign in continuous operation for fourteen days without a charge. Each LED has a life expectancy of greater than eleven years and they are placed at each corner on the octagon shape of the sign, highlighting the shape of the sign in addition to drawing drivers' attention to it by flashing. Reflective coatings on

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Deadline for Creating Electronic Service Records Approaches

By Chief Mass Communication Specialist (SW) Maria Yager, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- As of March 19, more than 128,000 Sailors have established a self-service electronic service record (ESR) account as the April target date approaches.

The chief of naval personnel released a NAVADMIN Feb. 5 announcing the requirement for all active duty and Reserve personnel to establish and maintain a self-service ESR account within 60 days.

"Having a self-service account is necessary for updating emergency contact information. Self-service accounts contain other important features, such as enabling Sailors to directly submit PCS (permanent change of station) travel claims upon PCS transfer, update race, ethnicity, and religion information, and view all other ESR service record information," said Vice Adm. Mark Ferguson, chief of naval personnel in NAVADMIN 043/09.

The requirement date for Sailors serving at sea and without connectivity to establish an ESR is 60 days upon return to homeport.

The Navy first implemented ESRs in 2006. The ESR provides individual Sailors, Personnel Support Activity Detachments (PSD) and personnel offices holding service records with secure, worldwide Internet access to personnel, training, and awards data. Navy Operational Support Centers and customer commands of PSDs can also use the system.

"Eventually, the enlisted field service record will be phased out and we will use only these electronic systems, so it's important for all Sailors to establish an ESR account,"

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Weekly Tri-Care Notice

DoD Anti-Tobacco Campaign Invades Military

The Department of Defense (DoD) isn't just blowing smoke about its tobacco cessation campaign. "Quit Tobacco. Make Everyone Proud" is making its presence felt with enthusiastic marketing initiatives in 13 U.S. metropolitan markets containing 28 major military installations. "Quit Tobacco" focuses on the interactive Web site, www.ucanquit2.org.

Ucanquit2.org helps Service members wanting to quit tobacco use and those helping others quit. The campaign positions military members as role models, particularly to children, as a motivation to quit using tobacco. On the site, users can get information; develop a personalized cessation plan; play games; listen to podcasts; connect to Federal, military, state, local and on-line quitting programs; and communicate privately with a trained counselors seven days a week from 8:30 p.m.-2:30 a.m. (EST).

DoD Provides Guidance on Travel to Mexico

Due to the increased violence of Mexican drug trafficking organizations along the Mexican border regions, Navy Region Southeast, per guidance provided by the Department of State, the Department of Defense (Northern Command and U.S. Fleet Forces Command), has issued a travel advisory for U. S. Navy active duty military, civilians, and contractors.

As a matter of personal safety for region personnel and their families, the following safeguards have been instituted:

Navy Petty Officer First Class or below will need a leave or liberty chit signed by a Commander (O-5) or above in the traveler's chain of command to authorize travel to Mexico.

Navy Chief Petty Officers and above must notify their chain of command of intent to travel to Mexico.

All Navy military, civilian, and contract employees must have completed the Level I Antiterrorism Training within the previous 12 months.

The training is available at www.at-awarenews.org or from a certified Level II Antiterrorism Officer.

All Navy military personnel on liberty or leave in Mexico must have in their possession the following numbers in case of emergency:

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Stop Signs

- (Cont. from Page 4)

a convention stop sign can only be seen from a half mile away, while the lighted signs can be seen two miles away. The solar cells used for recharging the batteries do not need direct sunlight to operate and will generate a charge even on cloudy days.

The new stop signs have replaced standard signs at intersections where security felt traffic safety would see the largest benefits. There have not necessarily been frequent accidents at these locations, but the signs will serve to make drivers more aware in these high traffic areas. New lighted signs are located near North Field on Saratoga Street, near the NAS Whiting Field Golf Course, and two signs near South Field on Lexington Circle.

NAS Jacksonville has also installed these new lighted stop signs and credits them with reducing accidents at one intersection by one-hundred percent in a recent ten month period. Naval Station Mayport has installed an LED lighted crosswalk sign at a busy pedestrian crosswalk.

In the future more signs on base may be updated with the new lighted signs, depending on their availability, in order to create the safest driving environment possible here at NAS Whiting Field.

"We would like to see no one get ticketed for running a stop sign and no accidents at these intersections as a result of these new signs," says Ward.

NAS WHITING FIELD TRAFFIC SAFETY TRAINING SCHEDULE

MARCH 2009

- 26 Mar – 0730-1400 - Motorcycle Safety Foundation Experienced Rider Course
- 27 Mar – 0730-1600 - Motorcycle Safety Foundation Military Sport Bike Course
- 28 & 29 Mar – 0730-1600 - Motorcycle Safety Foundation Basic Rider Course

CLASS INFORMATION

Military Sport Bike Rider Course (MSRC) is mandatory for all active duty personnel who ride on or off base and all DoD civilians who ride sports bikes on base. The MSRC also meets the requirement for the three year re-qualification to receive a decal for base access. To qualify for the MSRC you must have completed an approved Motorcycle Safety Foundation approved Basic Rider Course or Experienced Rider Course.

The Basic Rider Course (BRC) is a 15 hour course designed for beginners or personnel who have not rode in a long period of time. It also meets the State of Florida requirement for a motorcycle endorsement on your license. The BRC is mandatory for active duty personnel who ride on and off base and all DoD civilians who ride on base.

The Experienced Rider Course (ERC) is a one day course and is designed for refresher training. The course meets the requirement for the three year requirement, except for personnel who ride sports bikes. Sports bike riders must complete the MSRC every three years.

American Automobile Association – Driver Improvement Program -This course is required for all Military and DOD civilians who operate government vehicles as part of their duties except emergency vehicle operators. DOD dependents and retired personnel may also attend on a space available basis. It is also mandatory for anyone involved in a at fault vehicle mishap with a government vehicle. The course is taught by a certified AAA-Driver Improvement instructor and is approximately 6 to 8 hours in length. Personnel who complete the course will receive a certificate of completion which can be used to receive discounts on their insurance premiums, depending on their insurance company. It also meets the Navy requirement for Driver Improvement training for persons age 26 and under. Enroll at www.navymotorcyclerider.com or contact Michael McMillan at (850) 452-3674.



The Great American Clean-Up

***Ready to pitch in and help your
Community?***

Saturday, April 18, 2009

8 am through Noon

Meeting Spots

Milton - Milton High School

Pace - Pace Assembly of God

Navarre - NatureWalk Park

Avalon - Christian Life Church

Munson - Blackwater Baptist Church

Floridale - Bliss Way

Bagdad—Bagdad Museum (Church St)

For more information call 623-1930



Corporate Sponsor



ESR Deadline

- (Cont. from Page 5)

said Dwight Stanton, military personnel records manager at Navy Personnel Command.

Self-service accounts can be created at <https://nsips.nmci.navy.mil> or on the Navy Standard Integrated Personnel System (NSIPS) ESR server on board ship.

Commanding officers, executive officers and command master chiefs can obtain command-level, view-only access by completing the NSIPS/ESR system authorization request and contacting their local NSIPS area manager. This access provides the user view-only capability for all ESR accounts within their unit identification codes.

All commands responsible for service record entries are required to initiate updates in NSIPS ESR, however official military personnel file requirements remain unchanged.

NSIPS ESR is the data entry point for electronic service record maintenance. Sailors are responsible for the accuracy of their ESR and must contact the servicing personnel office if any information is incorrect.

For more information read NAVADMN 043/09 at www.npc.navy.mil.

On Golden Pond

- (Cont. from Page 1)

that attracted Cook to the play.

"The play shows relationships and how they change through the years. You put up with things because you love the person you're with," he said. "People can stay together, but you can't wait till forever to fix the problems."

Cook wasn't really planning to tackle the play, however. He hadn't performed in one of PCT's productions before, but he works with the community theatre group in other facets. Cook was at auditions to speak to Sutton about a summer youth theatre project and out of curiosity about how the auditions were run. He was urged to read by Jay Cope. during the auditions and walked away with one of the lead roles.

"Floored" was the word he used to describe how he felt when he read the script and saw the size of the role.

This is also Rowe's first experience acting with PCT. His role as son-in-law Bill Ray has many of the play's funniest moments and Sutton praised his efforts.

"Trevor has been a pleasant surprise. I am amazed at how talented he is given he had no previous experience. Sutton admits to not knowing that three of the cast members were from Whiting Field until after the roles were selected. She had worked with Cope in last year's performance of "Dearly Departed," but the others were new. She was happy for the coincidence.

"I am just delighted that our neighbors at Whiting are taking



Ethel (Beverly Hise) comforts Norman (David Cook) during a rehearsal for "On Golden Pond." Cook and Hise reprise the roles made famous by Katherine Hepburn and Henry Fonda in the movie. U.S. Navy photo

an interest in community theatre," she said.

The remaining cast includes Beverly Robinson Hise as Norman's wife Ethel. Jane Shell is their daughter Chelsea, and 10-year old Alec LaDouceur is her new son Bill Jr.

This will be the first PCT play to be performed outside of the confines of the Imogene Theatre. Due to the downtown fire in Milton this past January and the resulting damage to the Imogene, PCT has made arrangements with Milton High School to utilize their auditorium facility for this production. PCT is donating a portion of the proceeds to the Milton and Pace High

School Drama departments as a way of saying "thank you" to the Santa Rosa County District School system.

Patrons will have the chance to designate which school they would like a dollar from each ticket sale to benefit.

"On Golden Pond" will be performed Friday and Saturday evenings, March 27 & 28 at 7:30 pm and Sunday, March 29 at 2:00 pm. Tickets are \$12 each. No reservations are needed. You may purchase your ticket via credit card (Visa, MC or Discover) in advance by calling (850) 450-2566.

The play's themes are universal and appropriate for all ages. Sutton even stated that they are relevant for all ages.

"Everyone can relate to the relationships between these characters. We have all had those conflicts at different stages in our lives and everyone can connect with those challenges."

DoD Guidance on Mexico

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American Counsel General
At Ciudad Juarez: Avenida Lopez
- 924-N Telephone (011) (52)
(656) 227-3317

At Guadalajara: Progresso 175
Telephone (011) (52) (333)
268-2100

Naval Criminal Investigative Service (NCIS) Corpus Christi - (361)
961-2918

U.S. Border Patrol Texas
Marfa Sector - (432) 729-5200 or
1-866-581-7549
Rio Grande Valley Sector - (956)
289-4800

Laredo Sector - (956) 764-3200
Del Rio Sector - (830) 778-7000
El Paso Sector - (915) 834-8350
Local Command Duty Officer
Telephone Number
All Navy military personnel will

use the buddy system which includes any individual, military or civilian, over the age of 18. The name of the individual will be on the request chit.

All Navy military personnel will receive a country-specific (Mexico) security brief from their local Navy security department or NCIS office for the area(s) of travel prior to the start of leave or liberty.

All Navy military personnel will register online with the American Consulate prior to travel to Mexico at <https://travelregistration.state.gov/ibrs/ui/index.aspx>.

Navy active duty military personnel who reside in Mexico or have immediate family (father, mother, brother, sister) living in the northern border areas of Mexico are not restricted in traveling, but are requested to inform their chain of com-

mand of travel plans and provide contact information.

Family members, DON civilian employees, and contractors are highly encouraged to abide by this travel advisory. Region personnel are advised to cooperate fully with official police or military checkpoints when traveling on Mexican highways. Personnel who visit the U.S.-border region, including the cities of Ciudad Juarez, Nuevo Laredo, Nogales, Matamoros, and Monterrey should remain alert and be aware of their surroundings at all times. These cities have been designated by the U.S. State Department as "areas of concern."

For questions about traveling to Mexico, please contact your local Security/Force Protection Office, or the local NCIS Office.

Elite Athletes Challenge Themselves in SEAL Fitness Challenge

By Mass Communication Specialist 2nd Class (PJ) Michelle Kapica, Naval Special Warfare Public Affairs

PHOENIX (NNS) -- More than 330 athletes took the opportunity to see how they stacked against America's elite, special operations warriors at the first SEAL Fitness Challenge of 2009, held at Arizona State University in Phoenix, March 14.

Men and women ages 13 and up tested themselves against the tough, physical fitness standards of Naval Special Warfare operators, including Navy SEALs, Special Warfare Combatant-craft Crewmen (SWCC), explosive ordnance disposal technicians and Navy divers. The focus of the free event, hosted by Naval Special Warfare Recruiting Directorate (NSWRD) in association with I-High Marketing, was to challenge athletes to maximize their performance in individual tests of strength and endurance.

Participants competed in five events starting with a 500-yard swim, immediately followed by push ups, sit ups, pull ups and a 1.5 mile run. All competitors were scored and ranked against each other. Participants received a free white commemorative T-shirt, while athletes who met the minimum SEAL standards received a tan T-shirt for their efforts. To be competitive, athletes worked toward a goal of under 10 minutes for the swim, 80 push ups, 80 sit ups, six pull ups and a swim time of under 11 minutes – and some competitors did just that – earning a highly-coveted blue T-shirt.

"It's all about pushing yourself," said Capt. Adam Curtis, commander, NSWRD. "As SEALs, we're all about pushing ourselves every day. This event gives us the chance to give people a taste of what the SEALs are all about – that's what makes it a fun and challenging event."

In addition to testing their physical fitness, participants were able to speak to SEALs and SWCC to find out what life is really like as an operator.

"I got to learn more about how hard the Navy SEALs work and what they do for our country," said Rebecca Cady, a student of Central Arizona College. Cady is in the delayed entry program and is scheduled to enlist in the Navy in March. "The guys helped motivate me a lot."

SEAL and SWCC Scouts gave athletes a sample of military training with some loud, verbal encouragement.

"Phoenix is a very fit city," said Chief Special Warfare Operator (SEAL) Darek Laviolette, a SEAL Scout, nicknamed "Chief Pain." Laviolette said he was impressed with everyone's enthusiasm and never-quit attitude.

"They're really stepping up to the plate. They are pushing themselves – which is all you can ask," Laviolette said.

Members of the Olympic swim and water polo teams came out to support the event, including Lacey Nymeyer, who won silver in the 400-meter relay in Beijing and three-time medalist, swimmer, Matt Grevers.

"This humanizes the SEALs for me," said Grevers. "It's less intimidating knowing that they're just cool, normal guys – even though they're still serious warriors."

The SEAL Fitness Challenge has inspired many participants to improve their fitness, including 14-year-old Manhattan Beach resident, Laura Hagedorn who competed in last year's Los Angeles event. Pull ups was the hardest event for her, so she asked for a pull-up bar for her birthday. Less than a year later, Hagedorn came back for more fun and to show off the fruits of her labor.

"Last year I had to have assistance," said Hagedorn. "Now I can do nine pull ups!"

As a special treat for athletes, the U.S. Navy Parachute Team, the Leap Frogs, gave a freefall-parachuting demonstration that got the crowd cheering. The team also attended the event to share their Navy experiences with athletes and spectators. Three more SEAL Fitness Challenges are scheduled across the U.S. this year. The next event is slated May 9 in Dallas. For more information, visit: www.sealfitnesschallenge.com.

NMCRS 2009 FUND DRIVE
5K RUN/WALK
SPONSORED BY VT-3

March 28, 2009
at 10:00 AM
NAS WHITING FIELD*

Transportation can be arranged for those traveling from NAS Pensacola/Corry Station to NAS Whiting

Entry fee:
\$15.00 minimum donation per person

Water bottles and t-shirts will be provided to first 200 participants who complete the race.

Prizes:
Trophies will be presented to the 1st place winners from each age group.

Age Groups:

- Under 18
- 18-30
- 30+

* Pre-registration is highly encouraged.
* Check in will start at 08:15 at the pavilion parking lot
* All individuals with base access/decals are invited to participate

Congrats to TAW-5 Wingers and Scholars



First Row: Cmdr. Mark Murray, Lt. j.g. Caitlin Mitchell, 1st Lt. John Pross, 1st Lt. Jacob Ashbolt, 1st Lt. Joshua Smith, Ens. Robert Filosa, Lt. j.g. Fabio Mariani, Ens. Jason Kreutter, and Col. John Walsh. Second Row: Lt. Col. Clay Stackhouse, 1st Lt. Michael Vigen, Ens. Kevin Teague, Ens. Kate Huppmann, Ens. Ross Conley, Lt. j.g. Vincenzo Labile, Ens. Emily Lapp, Ens. Benjamin Andreas, Lt. j.g. Robert Merin, 1st Lt. Michael Whiteford, Lt. j.g. Jeremy Hall, and Brig. Gen. Timothy Hanifan. Third Row: Cmdr Christopher Heaney, Ens. John Zilai, 1st Lt. Corey Healey, Lt. j.g. Asher Goldenberg, 1st Lt. Stephen Gilley, 1st Lt. Paul Jones, and Lt. j.g. Riccardo Chericoni.



Left Photo: Ens. Zachariah West, USN; 1st Lt. Russell Stanton, USMC; and 2nd Lt. Charles Chambers, USAF; stand with their Commendations for Outstanding Academic Achievement citations. West and Stanton received theirs for Advanced Helicopter training while Chambers received his for his success in Primary Flight training.

Right Photo: (From L to R) Ens. Juan Oquendo III, USN, Ens. Ryan J. Brack, USN, Ens. William F. Carey, Jr., USN, Lt. Charles K. Wilson, USCG, Lt. Brian C. Schmidt, USCG, 1st Lt. John M. Dexter USMC, Lt. Edward L. DiPierro, USCG, 2nd Lt. Mark A. Pinkerton USMC, Ens. Zachary R. Vojtech, USCG, and 2nd Lt. Robert B. Wilkins USMC receive their Academic Achievement Awards or Advanced Academic Achievement Awards March 20 at Training Air Wing FIVE Headquarters.