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NAVAIRES Whidbey receives Golden Helm Award for retention

By JO1(SW) Todd Hack
NAVAIRES Public Affairs

Recently Naval Air Reserve Whidbey Island (NARWI) was recognized for having the best retention and programs to support its Sailors of all Naval Air Reserve commands.

"The senior leadership of the command is committed to the advancement and career goals of each Sailor that comes through here," said NARWI Command Career Counselor NC1(AW) Neina Gonzales.

The commanding officer, executive officer and command master chief are key persons in the retention programs. They show leadership by example, by keeping retention in the forefront it has become an all hands program.

NARWI boasts the highest retention rate in the Naval Reserve claimancy. With a full time staff retention rate of 99 percent and a Selected Reserve retention rate of 91 percent, giving the command an overall retention rate of 95 percent.

"NAR Whidbey Island continues to emphasize a command culture and climate that places mission completion, customer service and people programs at the forefront of our guiding principals," said NARWI Commanding Officer Capt. Thomas Lindberg.

Some other keys areas that made NARWI tops among its peers include advancement programs, education benefits programs, personal recognition programs, command ombuds-



Photos by JO1(SW) Todd Hack



Recently YN1 Lynn Quinn, (above) NCIS 2422, reenlisted for six years and AD1(AW) Marvin Lolmaugh Jr., (left) NAS 0189, for three years.

man program, Employer Appreciation Day which allows civilian employers a chance to spend a day on the base to see what their employees are contributing to the country during their drill weekends, Navy training and education programs and civilian education opportunities, and volunteering in the community.

The Golden Helm awards recognize those commands achieving the highest level of retention program performance. The Naval Reserve Association awarded a plaque to the command to commemorate the award.

Customer Service is how we support our Reservists

Many of you have heard that our boss, Rear Adm. John McLaughlin has established a new set of customer service standards that he wants all Naval Air Reserve (NAVAIRES) and Readiness Commands to adhere by. These standards will better support our customer, the Selected Reservists. As I reviewed these new guidelines it was evident that NAVAIRES Whidbey Island is and has been fulfilling the requirements, however, our goal is to always seek ways to improve in all four customer service areas.

Take the time to review these customer service initiatives and provide feedback through your chain of command if you feel that we are not meeting the expectations. To improve we need your feedback!

COMMUNICATIONS

Our Full Time Support (FTS) staffs will maintain effective two-way communications with their drilling reservists to ensure timely and professional support of their requirements. To ensure this ...

* We will reply to all telephone messages, voicemail and e-mail messages as soon as possible, and always within one (1) business day of receipt. Naval Reserve Activities (NARs) will notify Reservists identified for mobilization within 24 hours of receipt of orders.

* We will provide customer feedback forms at the point of service for timely collection of customer satisfaction information, both positive and negative.

OPERATING HOURS

Our Naval Reserve Activities will be open and properly manned to provide essential services to support our drilling Reservists and their



Photos by JO1(SW) Todd Hack

PN3 Maria GallegosMendieta answers a Reservist's question in the Manpower office at Naval Air Reserve Whidbey Island.

gaining commands. To ensure this ...

* NRAs will promulgate core business hours and ensure manning during those hours to support the full range of drilling Reservist requirements (travel, orders, pay, mobilization, etc.). Drilling Reservists will make every effort to utilize these core hours for all customer service support issues involving their NRA.

* Naval Reserve Activities will have at least one FTS staff individual on duty at the NRA or on call during non-core hours to answer incoming calls and process emergent reservist requirements.

TRAVEL, ORDERS and PAY

Our drilling Reservists

should expect their travel orders and itineraries within five (5) business days of requesting them. They should expect to be paid on a regular schedule and have any pay



Capt. Thomas Lindberg

* Travel claims will be submitted within 5 days upon completion of travel, forwarded to PSD within two (2) business days of receipt, and monitored to ensure liquidation within ten (10) business days of receipt by the servicing PSD. Split disbursement will be used whenever the GTCC has been utilized for travel.

* Pay is a top priority for all NRAs, and all drills will be

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Northwest Islander

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Customer Service

transmitted within three (3) days of completion, to ensure payment within 17 days (two DFAS pay cycles) of the drill date.

* Pay problems will be immediately logged, a pay trouble ticket opened with the NSIPS Help Desk if required, and pay problems will be resolved within 30 days of notification or the Reservist will be provided with a justifiable reason for the delay with an expected date of correction. Trouble

Tickets will be reviewed on a weekly basis for resolution, and updated status provided to our drilling Reservists.

UNIFORM SUPPORT

Our drilling Reservists will muster in the Uniform of the Day at their Naval Reserve Activity no later than their third drill weekend after affiliating with



NC1(AW) Neina Gonzales stand watch at the command quarterdeck ready to answer any Reservist's query.

the Naval Reserve. To ensure this

...

* Initial seabag orders will be processed by the NRA within one (1) business day after the request is received.

* Upon receipt of uniforms at the NRA, Reservists will be notified within one (1) business day that their uniforms are available for pick-up and/or tailoring services as needed.



Photo by PHAN Joan Jennings

At sea aboard USS George Washington (CVN 73) Nov. 25, 2002 —ABH3 Dustin Jensen from Sacramento Calif., signals a pilot to move his aircraft forward onto one of four steam driven catapults on the ship's flight deck during flight operations aboard the aircraft carrier.

Ask the Chief: MyPay will help

MyPay to offer service members W2s

Military service members, military retirees and annuitants will have their account statements and tax information online due to some of the new capabilities of the Defense Finance and Accounting Service's MyPay system.

MyPay is the secure, online system that helps military service members, Department of Defense civilians and military retirees and annuitants take control over their pay.

New features include:

* Military active duty and Reserves can view and print their current year W-2, plus up

to four year's prior W-2s (available in January 2003).

* Retirees can view and print their Retiree Account Statement.

* Annuitants can view and print their Annuitant Account Statement, view and print their 1099R tax statement, view and print their 1042S tax statement, print and submit a copy of the report of existence, and print and submit a copy of the certificate of eligibility form.

Additionally, MyPay users can:

* View, print and save leave and earnings statements

* View and print tax statements

* Change federal and state tax withholdings

* Update bank account and electronic funds transfer information

* Manage allotments

* Edit address information

* Purchase U.S. Savings

Bonds

* Control Thrift Savings Plan enrollment (military only)

* View and print travel vouchers (Features vary by individual's service and status)

The MyPay system provides customers with information around the clock. It is secure, using Social Security numbers and Personal Identification Numbers to safeguard

information. By turning off their printed leave and earnings statements and only receiving them online, DoD civilians could help the agency save more than \$6 million annually, states DFAS.

Members of the Armed Forces, DoD civilian employees, military retirees and annuitants should use their Social Security numbers and PINs to log on the system at <<https://mypay.dfas.mil>> (the old E/MSS PIN also works.)

Customers needing new PINs can click on "How Do I Get A New PIN?" in the Frequently Asked Questions section of the website.

NAR Whidbey takes the baton in North Whidbey Relay for Life

By Sherry Racutt

Naval Air Reserve Whidbey Executive Assistant

'Why am I doing this?'

It's really hot, it feels like it's at least 80 degrees at 2 o'clock in the afternoon, unusual for this time of year in Oak Harbor, Wash. My feet are on fire, and sweat is burning my eyes, blurring my vision. I am really uncomfortable, but I keep going ...

scheduled time on the track, cooking up hamburgers, hotdogs and bratwurst for the team. ATC(AW) Eric Bingham had a tent set up for anyone to use during the night and early morning and most of the rest of the team were there waiting for our shirts and our turn to get our team photo taken.

PN2 Maya Hoagland volunteered to head up a NAVAIRES team this year and, though the command had a later start than

their careers. The Society's overall annual expenditure in research has grown steadily from \$1 million in 1946 to more than \$130 million in fiscal year 2001.

The American Cancer Society Relay For Life is a fun-filled overnight event that mobilizes communities across America to celebrate survivors, remember loved ones and raise money for the fight against cancer.

A little boy runs around squirting people with his super powered squirt gun offering some relief from the heat, while one nice man hands us some watermelon to help cool us off ...

In May 1985, Dr. Gordon Klatt took the first step of his 24-hour marathon around a Tacoma track -- ultimately raising \$27,000 to help the American Cancer Society fight cancer. A year later, 340 supporters joined the overnight event, and Relay for Life was born. Since then, Relay for Life has become the American Cancer Society's largest fund-raising activity, connecting more than 3,125 communities across America in support and remembrance of those who have been touched by cancer.

The growth of Relay for Life has been phenomenal -- surely beyond Dr. Klatt's



Photos by JO1(SW) Todd Hack

Led by cancer survivors the Relay began at 6:40 p.m. People of all ages were out to support the American Cancer Society in its goal to fight cancer.

NC1(AW) Neina Gonzalez and I were walking the last laps for the American Cancer Society Relay for Life at the North Whidbey Middle School Track here on Saturday June 7, 2003.

The Relay for Life started the night before at 6:40 p.m. I was on hand to add more food to the generous supply that was brought by other team members and to cheer on our teammates from the Naval Air Reserve.

Naval Air Reserve Whidbey Island Commanding Officer Captain Thomas Lindberg was there early before his

other teams in raising money, we managed to scrape together \$440 in less than two weeks through a raffle, bake sale and donations. This contributed towards the grand total of \$94,475.63 raised by all teams that participated in the June 6-7, 2003 North Whidbey Island Relay for Life.

The American Cancer Society Relay For Life helps raise the funds that are needed for research and education programs towards that goal. To date, the Society has invested more than \$2.4 billion in cancer research and has provided grant support to 32 Nobel Prize winners early in



Very apropos and straight to the point is this message on one of the paper bags for someone who has battled cancer.

Naval Air Reserve's archive

Take some time to reminisce with us



"That new man seems to be going out of the way to prove himself."

All of these clippings are taken from archived copies of the July and editions of the 'Sandpoint Skylines' and the 'Northwest Islander.' The cartoon (above) depicting an "Axeman" is from the 1987 edition of the Northwest Islander; the cartoon (top, right) is from the 1952 edition of the Skylines; the photo (bottom, right) is from the 1960 edition of the Skylines; and the cartoon (below) is from the 1958 edition of the Skylines.



TINY CAR TEMPTS FLIERS -- Bert Monette and Klint Schlake of the NAS Naviator Procurement Team try out a new recruiting aid. The 1/4-scale Model "T" will be used as an eye-catcher to attract applicants for Navy flight training.



Our purpose for bringing these old clippings to the reader is for entertainment and to keep the past fresh in our minds. We try to bring a diverse collection every month to show how times have changed and yet are still very much the same.

"I TAKE IT YOU'RE THE NEW HELICOPTER PILOT!"

NAVAIRES Staff cleans up



The Naval Air Reserve staff took time to beautify their building and grounds in June. The first day, May 30, was spent landscaping the grounds and removing all the old beauty bark. The second day, June 12, was spent covering the areas that were cleared with red lava rocks that are maintenance free and keep their rich color longer.

Photos by JO1(SW) Todd Hack





Team NAVAIRES prepares for the Relay with hot dogs, bratwurst, and hamburgers courtesy of the CO.

wildest dreams! Relay for Life has grown from one person in 1985 to more than 3,125 communities in the nation. In 2001, more than 60,000 eager participants laced up their shoes on took part in 110 Relay events in the Northwest alone. Each event pulls a community together for a great cause -- neighbors, family, friends and local businesses join forces to fight cancer, celebrate cancer survivors and pay tribute to those who have lost their lives to cancer.

NAVAIRES team members, in order of walking/running schedule, were PNC(AW/SW) DeWayne Lynch, SK2(AW/SW) Mark Easterling with SK2 Tami Seal, JO1(SW) Todd Hack, PN2 Maya Hoagland with AZ2 Jake Flowers, YN2 Joan Erich, CAPT Tom Lindberg with Leslie and Lauren Lindberg, Ms. Carol Decker, CDR Mickey Maddock, LCDR Fred Redling, SK2 Lena Tanguay with SK1 Jennifer Jackson, ATC(AW) Eric



The track was completely surrounded by paper bags. At 10 p.m. all the candles were lighted to represent all those who battled cancer and are remembered.

Before NC1(AW) Gonzales and I started our turn, we sat beside the track in Mardi Gras chairs to cheer on HM3 Schulze and HN Henderson as they paced themselves around the track. A couple of women with "cancer survivor" pins on their purple shirts walked up to us. One had what looked like dark tan marks on her legs and the other was wearing a wig. With tears in their eyes they shook our hands and said, "Thank you for being here, we couldn't have done it without you."

People on the sidelines cheer us on from the comfort of their shaded sites and the All Island Band is playing marching tunes to help us keep the pace...

I haven't lost anyone to cancer on my side of the family, but my husband has. He lost both of his parents to cancer and

Bingham, Ms. Cheryl Matteucci, SK1(AW) Doug Thornton, AO1(AW) Gary McCann, SKC(AW) Judy Tidwell, Ms. Vickie Burns with Ms. Maria Crowell, YN3 Tina Cabrera, PN3 Maria Gallegos-Mendieta, HM3 Jenny Schulze with HN Rachelle Henderson, and myself along with NC1(AW) Gonzalez.

diabetes. His father lost a leg to diabetes and a lung to the cancer that eventually took his life in 1986. His mother followed 10 years later. His sister is in remission and I have a strong feeling that he will get it too. My husband is a smoker and doesn't watch his diet or exercise, no matter how much I encourage him otherwise. I keep telling him that he's pushing his luck with his family history and his bad habits. He may be one of the lucky ones that it escapes despite his vices, but if he does get it, I want to make sure he has a chance to fight it.

Relay For Life represents the hope that those lost to cancer will never be forgot-



AO1(AW) Gary McCann takes his turn around the track Sunday in the early morning heat alongside the luminaria bags.

ten, that those who face cancer will be supported, and that one day, cancer will be eliminated.

Being hot and sweaty is nothing, I wish no one had to battle cancer.

That's why I'm doing this.



Naval Trivia

1. On what date was the first African-American commissioned in the Naval Reserve?
 - A. June 18, 1942
 - B. June 16, 1944
 - C. June 12, 1950
 - D. June 7, 1938
2. What is the nickname of a person who becomes a commissioned officer after being enlisted?
 - A. Snipe
 - B. Mustang
 - C. Twidget
 - D. Cannon Cocker
3. You can report fraud, waste, abuse and mismanagement to which of the following offices?
 - A. Navy Hotline
 - B. Chain of command
 - C. NCIS
 - D. All of the above
4. What date was the rank of Chief Petty Officer established?
 - A. April 1, 1893
 - B. June 12, 1873
 - C. September 1, 1898
 - D. January 1, 1900
5. In what year was the purple heart founded by President Washington?
 - A. 1776
 - B. 1780
 - C. 1782
 - D. 1786
6. From what part of the world does the U.S. export most of its crude oil?
 - A. Southeast Asia
 - B. Central Europe
 - C. South America
 - D. Middle East
7. What is the most common cause of mishaps in the Navy?
 - A. Apathy
 - B. Lack of knowledge or skill
 - C. Skylarking
 - D. Long working hours

Reservists build, deliver doll house to sick child

By JO2 Michael Sheehan

Naval Air Reserve Center Minneapolis

MINNEAPOLIS, MN – With help from the Make-a-Wish Foundation, Sailors from the Naval Air Reserve Center (NARCEN) Minneapolis and Minnesota National Guard soldiers helped a little girl feel better this summer.

Caylee Huber, 6, the daughter of Connie and David Huber, of LeSueur, Minn., -- who has a life-threatening illness -- found a new, life-size doll house in her backyard when she got home from a family vacation June 22.

The foundation aids children who have been diagnosed with a life-threatening illness, by granting wishes that will make their lives a little bit better. NC1 Steve Foster, a recruiter at Minneapolis Naval Air Reserve, has worked with the foundation in the past, building a playhouse for a sick child. Caylee's wish was to have her own playhouse, so when Make-a-Wish was contacted, they turned to Foster.

"This time," said Foster "I got the Seabees involved."

Foster asked for help from the Seabee detachment of Naval Air Base Support Unit (NABSU) 0196, at NARCEN Minneapolis. The Seabees eagerly volunteered to help with this cause.

Over a period of three drill weekends beginning in March, the Seabees constructed Caylee's playhouse based on design plans Foster downloaded off of the Internet. All the building materials were purchased from a local building supply vendor, at a discount, by the Make-a-Wish foundation. Many members of the Seabee detachment worked long past their normal drilling hours building the dollhouse.

Most of the Seabees knew only that a little girl with a life threatening illness wanted to have a playhouse.

"The details aren't important," said Foster. "Make-a-Wish says go, so we go. It's a lot like being in the Navy."

Once the house was completed, getting it from the hangar to LeSueur was another challenge. Working through the command Public Affairs office, Foster contacted the 434th Main Support Battalion (MSB) of the Minne-



Photo by PH2 Dan Syverson

The Public Works Division of the Naval Air Base Support Unit, Naval Air Reserve Center Minneapolis built this doll house for Caylee Huber, a kindergartner from LeSueur, Minn., that has a life-threatening disease, during their March, April and May drills. The doll house was constructed by 13 Sailors the last weekend of April and completed in May. The Sailors that worked on the project were UTC Tim Singelmann, EO1 Rory Matter, MM1 Dave Loberg, AM1 Stahlgraeve, EO1 Andy Harms, CE2 Anthony Jarosz, EO2 Christopher Riley, CE2 Bradley Spanbauer, MM2 Bethke, CE2 Menz, CM3 David Rogers, ABF3 Repp, BU3 John Cook and SN Thomas Mose.

sota National Guard for help.

The battalion, under the command of Lt. Col. Charles Parins, offered nine soldiers, two trucks, and a heavy-duty forklift for the cause.

Camp Ripley is normally a 90-minute trip from Minneapolis, but because hauling the forklift was an oversized load, special restrictions on speed and traveling routes had to be followed. Led by Master Sgt. Loscheider, the Guard left Camp Ripley, at 2:30 a.m. on June 21 and headed for the Naval Air Reserve hangar.

In Minneapolis, Sailors and soldiers worked together loading the playhouse on a trailer for transport to the Huber's home.

LeSueur is about 50 miles from Minneapolis. Since travel restrictions were needed due to the height of the playhouse and the flatbed trailer on which it was being hauled, the Guard followed a route from Minneapolis that took more than five hours.

Working with Foster and BU3 John Cook of NABSU, the Guard off-loaded Caylee's playhouse in her back yard. At the time, the Hubers were vacationing in Wisconsin, so the delivery of the playhouse was to be a surprise for Caylee. Her older sister, Amber, was at home to help set up the playhouse.

"She'll be so excited," said Amber. "This will be heaven for her."

Amber and some of the Huber's neighbors watched with excitement as the playhouse was placed in the Huber's backyard.

"The Guard and Reserve working with the community is what it's all about," said Sgt. Paquin of the 434 MSB. Loscheider agreed.

"This is why we're here," said Loscheider. "We could be out in the field building defensive positions, but this is special."

Medical Matters

Chiropractic care available to active duty members

**By Bureau of Medicine and Surgery
Public Affairs**

WASHINGTON -- The National Defense Authorization Act for fiscal year 2001 established the Chiropractic Care Program, replacing the former Chiropractic Health Care Demonstration Program (CHCDP) that ended in September 1999.

The Chiropractic Care Program is only available to active duty service members at designated military treatment facilities (MTFs). Family members may be referred to non-chiropractic health care services in the Military Health System (physical therapy, family practice or orthopedics) or may seek chiropractic care in the local

community at their own expense.

Active duty service members may be treated by a chiropractic provider for neuro-musculoskeletal conditions if they are referred by their primary care manager at one of the designated MTFs.

During the course of treatment, the primary care manager will determine if specialty care (traditional or chiropractic care) is required. If chiropractic care is considered an option, the patient will undergo a screening process to rule out any medical conditions that would prohibit chiropractic care. If appropriate, the primary care manager may refer the patient to a chiropractic provider for treatment.

Chiropractic care received outside of the designated locations may not be covered under the Chiropractic Care Program.

The Chiropractic Care Program is available at Navy MTFs in Camp Lejeune, N.C., Camp Pendleton, Calif., Jacksonville, Fla., Bremerton, Wash., and Bethesda, Md. It is also available at select Army and Air Force MTFs.

For more information about the Chiropractic Care Program, please visit the TRICARE Web site at www.tricare.osd.mil or visit your local health benefits adviser or beneficiary counseling and assistance coordinator for more details.

Healthwatch: Protect yourself against skin cancer

By Lt. Cmdr. James Polo,

Medical Corps, Naval Hospital Cherry Point

MARINE CORPS AIR STATION CHERRY POINT, N.C. - As the warmer weather approaches, we all look forward to spending more time outside, enjoying the recreational activities available in our community.

Hopefully, when you reach for your tennis racquet, golf clubs or running shoes, you are also reaching for your sunblock and wide brimmed hat.

With the incidence of all forms of skin cancer on the rise in our country, each of us must pay attention to how much and to what type of sunlight we are exposed.

The sun plays a major role in the three most common types of skin cancer. Basal cell carcinoma (BCC) is the most common form of skin cancer. It is estimated that over one million new cases of BCC will occur in the United States this year. This slow growing tumor frequently occurs on sun-exposed skin of the face, neck and upper body. It will often appear as an enlarging bump that will bleed easily if rubbed or scratched.

Squamous cell carcinoma (SCC) is the second most common sun-related cutaneous malignancy. These tumors usually appear as persistent scaly or tender red bumps on sun exposed skin and can be quite extensive and invasive at the time of diagnosis.

Melanoma is the most serious form of sun related skin cancer. Our lifetime risk of developing melanoma has increased from 1 in 150 persons to 1 in 71 persons over the past 20 years. Sun exposure is a significant risk factor for developing melanoma, with blistering sunburns and outdoor summer jobs as a youth being identified as risk factors. A melanoma is characterized by a brown or black spot on the skin that changes in size, shape or color over weeks to months.

The American Academy of Dermatology has established the

ABCD's of melanoma, which identify the warning signs of melanoma as Asymmetry, Border irregularity, Color variation and Diameter greater than a pencil eraser (6 mm). If treated early, thin melanomas are curable with simple surgery. If the diagnosis is delayed, melanomas can rapidly spread throughout the body.

Since the sun plays a major role in the development of skin cancer, the majority of skin cancer is preventable. Sunscreens and sunblock play a vital role in keeping our skin safe from the harmful

Skin cancer, Pg. 11



Photo by JOC Alan Baribeau

Gunner's Mate Second Class Christian Videtto of Augusta, Ga., conducts preventive maintenance on one of USS Donald Cook's (DDG 75) 50 cal. machine guns on April 9, 2003. The 50 cal. machine guns are used to defend the ship against small surface contacts. You don't have to be in the Gulf to get a sun burn. Remember no matter where the you are the sun is above you causing damage to your skin.



Naval Reservists' Boot Camp aligns with Navy accessions training under NSTC

By Darlene Goodwin
NETC Public Affairs

PENSACOLA, Fla. (NNS)— In another Revolution in Training initiative, the Navy has realigned the Non-Prior Service Accession Course (NPSAC) under the new Naval Service Training Command (NSTC), Great Lakes, Ill., which was recently provisionally stood up to handle all officer and enlisted accession training.

NPSAC is the Reserve equivalent of the Navy's active-duty basic training and is a requirement for all new Reservists who do not have prior service.

According to Rear Adm. Joseph Hare, deputy for Training Integration for the Naval Education and Training Command (NETC), the change more closely aligns the Naval Reserve enlisted basic training with its active-duty counterpart.

"This event marks another milestone in the continuing effort of the Navy and the Naval Reserve to align their functions to better serve our Sailors and the Navy," said Hare. "This is a natural part of the

improvements that are being made throughout the Navy and the Naval Reserve, by working together more closely and combining our resources for a better product."

NPSAC has historically been administered by the Naval Reserve Force. It will still be managed by Reservists, but will become a division of the NSTC.

"We're going to transfer the experts (Naval Reservists) who are conducting the training now to the cognizance of the active-duty component," said Hare. "The Naval Reserve will continue to provide input and support for the training cadre to make sure that the NPSAC process occurs in the most beneficial way."

NSTC Commander, Rear Adm. Ann Rondeau, welcomes the change.

"As part of the Revolution in Training, we are looking at ways to work smarter and build efficiencies," she said. "The Navy has a proven training system in place to transform volunteers into naval service professionals. Aligning the new Naval

Reservists under this same system will work very well for the Navy and provide outstanding training for Reserve Sailors."

Capt. Charles Maynard, NETC Reserve unit program manager for the NPSAC realignment, said the course is given in four phases. The 1st, 2nd and 4th phases of the training are administered at local Naval Reserve Centers. The 3rd phase, a 17-day boot camp, will be held at NSTC.

"This is abbreviated from the 67-day boot camp that an active-duty recruit would receive," said Maynard. "The other 50 days of training are delivered to the Reservist in phases one, two and four, conducted during drill weekends and annual active-duty training periods. The course is designed for Reservists who would only have a 2-3 week vacation."

"If we're going to adhere to a one-Navy concept, we have to find ways to fold non-prior service Naval Reservists into the same functions, processes and support mechanisms available to active duty Sailors," said Hare.

Skin cancer

wavelengths of light emitted by the sun.

Tanning of the skin results from the effects of two components of sunlight within the ultraviolet spectrum. UVB, abundant in sunlight, is responsible for burning the skin and inducing the tan many of us enjoy. UVA, present in a much lower percentage than UVB, penetrates more deeply in the skin, has greater effects on the genetic material, but causes less tanning.

For many years, sunscreens have been rated with an SPF or 'sun protection factor' that evaluated the product's ability to protect the skin from UVB. A properly applied sunscreen with an SPF of 30 would theoretically permit the wearer to remain in the sun 30 times longer before burning occurred.

Unfortunately, there is no similar scale

for UVA and early products did not protect the skin from this type of light. Individuals who used these early sunscreens believed they were safe because they did not burn. In actuality, the increased exposure to UVA may have increased their risk of skin cancer.

Today, many sunscreens and sunblocks offer excellent UVB and UVA protection. Sunscreens labeled "broad spectrum UVA protection" with an SPF of 30 or greater are recommended for daily use. Sunblocks, most of which contain small metal particles, reflect the sunlight and offer the broadest and most complete protection from the sun.

Here are some recommendations for protecting yourself when from the sun's harmful rays:

-Wear a broad-brimmed hat

-Use a broad-spectrum UVA sunscreen or sunblock with an SPF of at least 30

-Reapply sunscreen or sunblock frequently, even if it claims to be waterproof

- Avoid the midday sun

-Wear sunscreen beneath light cotton clothing Gone are the days of drugstore displays for 'dark tanning oils' and 'sun tan lotion'. Public awareness of the risks related to sun exposure has increased dramatically over the past several years and this awareness will hopefully have an impact on the incidence of skin cancer in our country.

Know the example we set matters. More than 80 percent of our lifetime sun exposure occurs before the age of 18! If we use sunscreen and wear a hat, our children are more likely to do the same.

The Back Page



Photos by JO1(SW) Todd Hack

Captain (for a day) Tina Cabrera (top, left) gives the XO, Cmdr. Mickey Maddock, a once over and looks over the troops (top, right) with NAVAIRES CO Capt. Thomas Lindberg during a uniform inspection May 28. Capt. Lindberg reenlists SKC(AW) Judy Tidwell (middle, right) in front of NAVAIRES Supply July 1. Capt. Lindberg poses with Capt. Roger Hanson (bottom, right) and the afghan he is wearing after winning it in a drawing for fundraiser for Relay for Life June 5. Capt. Lindberg presents HM3 Jenny Shulze (above) with a Navy and Marine Corps Achievement Medal at the command Hail and Fairwell June 13.

Trivia Answers

1. A, 2. B, 3. D, 4. A, 5. C, 6. D, 7. B

