



NETC OMBUDSMAN COMMUNICATOR



Oct 2012 – Dec 2012

Welcome NETC Families~

Time for autumn leaves, hot chili, apple cider and donuts, cool crisp air,....all the wonderful tastes and smells of the fall season..... Did you know being outdoors in the sunshine is actually good for you? There are many health benefits to being outside on a sunny day. Being in the sun on a regular basis improves sleep because the sun encourages increased melatonin production. Catching some rays improves mood. Sunshine actually brightens our dispositions by decreasing depression and anxiety. Being outdoors on sunny days encourages us to be more active and to move more. The key to getting positive effects from the sun rather than harmful effects is not to stay outside unprotected for too long.

As the days begin to get shorter, take the time this autumn to prepare for the oncoming cold weather, inside and outside the home by checking air filters in heating systems, inspect fireplaces and chimneys, clean gutters and garages.

Make sure to mark your calendars for the many exciting events happening over the holiday season.

~ *Natalia Evans*

NETC would like to **WELCOME** our newest staff members:

CAPT John Jones - COS

CDR Joseph Finn – N7

LS1 Taunya Demouchette – 1st LT



DID YOU KNOW: Sadly, fires and burns are the third leading cause of fatal home injury. The U.S.'s mortality rate from fires ranks 8th among the 25 developed countries for which statistics are available. Although the number of fatalities and injuries caused by residential fires has declined gradually over the past several decades, many residential fire-related deaths remain preventable and continue to pose a significant public health problem.

- On average in the U.S. in 2010, someone died in a fire every 169 minutes, & someone was injured every 30 minutes.
- In 2009 about 85% of all U.S. fire deaths occurred in homes.
- Smoke inhalation is the leading cause of fire-related deaths.
- Over one-third of home fires occurred in homes without smoke alarms.
- Most residential fires occur in the winter months.

NETC Ombudsman Communicator

Naval Education and Training Command Headquarters Unit
Pensacola, Fla
Commanding Officer: Cmdr. Don Kobiec

The Communicator is an authorized newsletter published quarterly for military members of the NETC Headquarters Unit and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy and do not imply endorsement thereof.

The editorial content is edited and approved by the NETC public affairs office.

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HEALTH AND WELLNESS: OCTOBER IS BREAST CANCER AWARENESS MONTH

The causes of breast cancer are not fully understood. Although it is clear that age, gender and lifetime exposure to estrogen and other factors play an important role. Because no one knows exactly what causes breast cancer to develop in a certain person at a certain time, there are no sure ways to prevent it. However, there are steps that you can take that may reduce your risk. These include maintaining a healthy weight, adding exercise into your routine, limiting alcohol intake and postmenopausal hormones, and breastfeeding if you can. Anyone can get breast cancer. For example, did you know.....

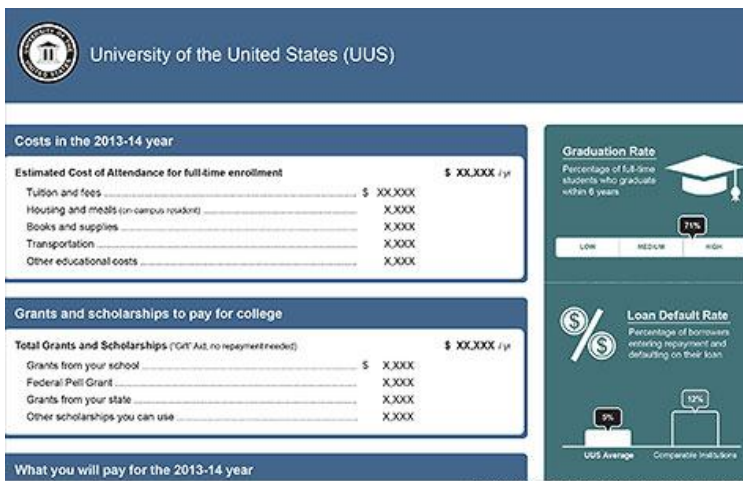
- the older a woman, the more likely she is to get breast cancer?
- young women can get breast cancer, even in their 20s?
- white women are more likely to get breast cancer than any other racial or ethnic group?
- African American women are more likely to die from breast cancer than white women?
- men can get breast cancer? Out of every one hundred cases of breast cancer, one will occur in a man.



Ombudsman Topic of the Quarter

Financial Aid: How Much Students Really Owe

In July 2012, the U.S. Department of Education unveiled the Obama Administration's model financial aid award letter, also known as the [Shopping Sheet](#) — a personalized way to help students understand the type and amount of aid they qualify for and easily compare aid packages offered by different institutions.



The Department of Education partnered with the Consumer Financial Protection Bureau to develop the Financial Aid Shopping Sheet to promote transparency in student financial disclosures. The Shopping Sheet is designed to help students better understand the amount of grants and scholarships they would receive from an institution, and the amount of loans an institution recommends a student take out to cover out-of-pocket costs. While the Shopping Sheet isn't mandatory, this standard format should be considered a best practice in helping students to compare costs across different colleges.

The Shopping Sheet is the product of extensive feedback from the public, consumer advocacy groups, and leaders from the higher education community. Since posting a draft version of the Shopping Sheet for public comment in October of 2011, the Administration and the CFPB received and reviewed over 1,000 comments before releasing the final version today. [Read entire article at:](#)
<http://www.ed.gov/news/press-releases/obama-administration-and-consumer-financial-protection-bureau-partner-promote-tr>



WELCOME FALL!

MARK YOUR CALENDARS!

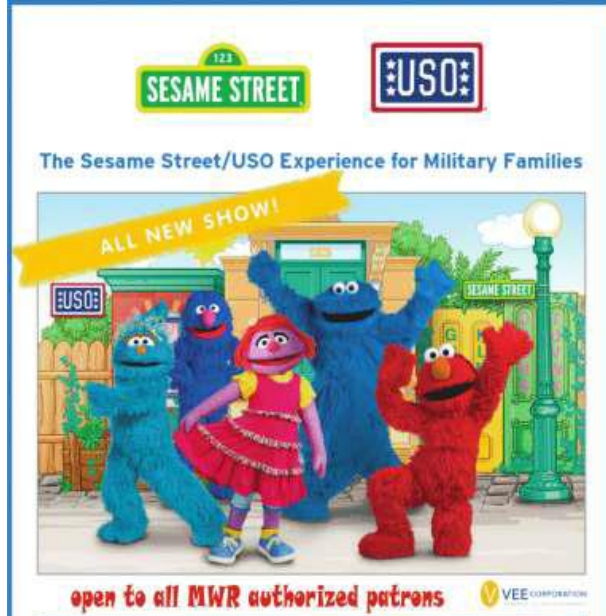
October Happenings

Oct 14, 2012 TWO SHOWS: 2 pm & 4:30 pm

Station Theater Bldg 633 NASP – Chamber Ave

FREE

FREE



Limited number of **FREE** tickets available at NASP ITT Bldg. 3787 *452-6354*, Radford Center Admin Desk Bldg 4143 *452-8285*, Youth Center Bldg 3690 *452-2296*, NAS CDC Bldg 3634 *452-3029* or at NASP Corry CDC Bldg 4119 *452-6286*, or Whiting Field ITT Bldg 1471 *623-7032*

NETC will be holding their Annual Fall Picnic October 19 at Ski Beach at 11 am. Come join in on the good food and commadarie. **Only \$8 to join in on the fun!** Catered By Sonny's BBQ – Pulled Pork, Chicken, Baked Beans, Potato Salad and Green Beans. Dessert Contest!



Breast Cancer Awareness 5K Run



7 am. Friday. Oct 19
Meet @ Radford Gym at 6:30 am

Mammogram Van Will Be There for **FREE** Screenings
9 am - 1 pm

Fridays in Oct are "Wear The Shirt Day"

Register at Radford Gym & Fitness
Info & Shirt Orders: 452-9845

Pink Dress Run

Oct 25 ♦ 4:30 pm
Wear Pink Attire with Athletic Shoes
For Chip Trail Run / Walk / Jog

Info:
452-7810



HAUNTING FALL FESTIVAL

October 20 4 - 9 pm

Blue Angel Recreation Park

Face Painting, Costume Contests
Carnival Games, Gyro, Begin 4:30 pm
Spider Mt, Bounce House, Six Age Categories
Obstacle Course, Fast Pitch,

Haunted Hayride...
4:30 - 8:45 pm
Tickets 5 for \$1

Food Available
Hot Dogs, Chips, Nachos
Soda, Water,
Capri Sun

\$5 per Carload
Entry Fee at Park
Info: 453-6286/6310





MARK YOUR CALENDARS!



2012
Blue Angels
November 2 & 3
Blue Angels Homecoming Air Show Naval Air Station Pensacola, FL ~ The Cradle of Aviation

Bleacher, box & flight line seating may be reserved at ITT 850-452-6354
Don't miss the NAS Pensacola Friday night Air Show, concert, fireworks & Wall Of Fire!

www.naspairshow.com

Save the Date
NETC – NETSAFA - NSTC
2012 Holiday Luncheon
FRIDAY, DECEMBER 7, 2012*
NEW WORLD LANDING
600 N. PALAFOX STREET
FOOD, FUN & PRIZES
MENU AND TICKET PRICES WILL
BE AVAILABLE SOON



Make plans to attend!