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Military to benefit from Big Brothers Big Sisters award

By **JUDY R. LAZARUS**
Bulletin Associate Editor

Children of deployed military members will benefit from a grant of \$20,000 which has been awarded to Big Brothers Big Sisters (BBBS) of Lake County.

A proposal, submitted by the BBBS affiliated member's Chief Executive Officer Jeremy Foster, requested funds for participation in a program which provides one-to-one mentoring to children with a parent who is deployed or who has perished in the line of duty. The program also encourages the recruiting of active duty and acad-

emy personnel to serve as mentors.

The Lake County BBBS had already received a challenge grant of \$20,000 for school programs from Circle of Service Foundation, but could only draw it down if they had another \$20,000. That was provided by entrepreneur T. Boone Pickens.

"Big Brothers Big Sisters of Lake County is excited and happy to announce that we will be receiving the \$20,000 grant from the T. Boone Pickens Foundation to mentor more children of deployed military personnel and recruit more mentors from Naval Station Great Lakes,"

said Foster. "This grant was made possible by the relationship between Naval Station Great Lakes and Big Brothers Big Sisters of Lake County in the programming already happening in North Chicago.

"We already have a relationship with the Navy," Foster noted, "And are now expanding and reaching out to serve more people. Mentoring is where it's at."

The CEO expressed appreciation to Capt. David Schnell, Naval Station Great Lakes commanding officer, and Lt. Jeffrey Gray, Navy City Outreach Coordinator, Chicago,

"We are working hand in hand," he noted. "We look for-

ward to strengthening our partnership and impacting more children through the power of mentoring."

"I enthusiastically support the efforts of Big Brothers and Big Sisters of Lake County in supporting the children of military personnel who are serving our nation," said Schnell.

In congratulating CEO Foster, Tricia Bachus, director for Midwest Region Agency Development of the national BBBS organization, noted that, "The competition for these funds was impressive and, therefore, very difficult funding decisions had to be made across the network

TRICARE increases attack on smokeless tobacco use

Falls Church, Va.— Myth. Smokeless tobacco products are a safe alternative to tobacco smoking. Fact. Mouth cancer, cancer of the pancreas, and tooth loss are only a few of the serious conditions connected to the use of smokeless tobacco.

The Department of Defense (DoD) and TRICARE are deploying all the on-line weapons in their arsenals to promote the "Great American Spit Out" (GASpO) and "Through With Chew Week," that ends tomorrow. Military installations are invited to participate in the attack on smokeless, but far from harmless, spit or chewing tobacco, often simply referred to as "dip."

Campaign headquarters is located at DoD's tobacco cessation Web site, www.ucanquit2.org, online headquarters of the multi-year campaign, "Quit Tobacco—Make Everyone Proud." Military installations can now register their GASpO event at www.ucanquit2.org/facts/gaspo to alert the military community and those in the local area of their participation in the Great American Spit Out.

There are several services offered at Naval Health

Clinic Great Lakes to help the individual who is interested in quitting tobacco. The Health Promotions Department provides classes and one on one counseling for tobacco cessation. Many medical providers and especially the dental commands provide tobacco cessation help. In addition, the pharmacists at NHCGL have been trained and credentialed to provide a full array of tobacco cessation services to help all eligible beneficiaries quit tobacco. This includes professional counseling on tips to quitting tobacco products and medications such as nicotine gum, nicotine patches, Zyban and Chantix to help you quit tobacco. No appointment or prescription is necessary, just a desire to quit tobacco products. Stop by the main pharmacy at 200H today and ask to speak with a pharmacist.

The award-winning Ucanquit2.org offers high-tech and interactive tools to help service members follow through with their plans to quit. In the newly launched My QuitSpace, registered users can create a blog, either

Public comment period open for Pettibone Creek cleanup

From **NAVFAC MIDWEST ENVIRONMENTAL DEPARTMENT**

The Navy, as part of its responsibilities under the Department of Defense Installation Restoration (IR) Program, has completed a proposed cleanup plan for Pettibone Creek and the boat basin (Site 17) at Naval Station Great Lakes. A public comment period for the proposed plan is scheduled from Feb. 20 through March 21.

The proposed plan is a document that summarizes the final decision on how to protect the community after considering and addressing public comments. The proposed plan for the site, as developed by the Navy and the Illinois Environmental Protection Agency (EPA), recommends excavating/dredging contaminated sediment from Pettibone Creek and the boat basin and transporting the contaminated sediment to an off-site disposal facility.

The Navy and Illinois EPA concur with the proposed cleanup plan for Site 17.

As a result of past investigations of abandoned industrial facilities located upstream of Naval Station Great Lakes, contaminants

were found in the sediment at the site. The main contaminant included polynuclear aromatic hydrocarbons (PAHs).

The investigation also identified polychlorinated biphenyls (PCBs), pesticides and metals in the sediment samples. In general, concentrations of pesticides, PCBs and metals were lower in surface sediment samples and increased with increasing depth. Copper, lead, and zinc were also identified as significant environmental contaminants in sediment samples.

The public is encouraged to review and comment on the Navy's proposed plan. Copies of which are available by contacting Howard Hickey at Naval Station Great Lakes, Building 1A, 200 Decatur Avenue, Grayslake, Ill. 60088, telephone 847-688-2600 extension 243 or howard.hickey@navy.mil.

Comments may be written or verbal and may be directed to Hickey. Written comments must be postmarked no later than March 21. If requested, a public meeting will be held to discuss the findings and recommendations of the proposed plan.