

## Real-World Digital Design at Middleburg High

When Duane Mallicoat, President of the Defense Acquisition University Alumni Association (DAUAA) needed a newsletter designed for the DAUAA non-profit organization, he didn't have to look any further than MHS's VITAL ACADEMY and Mrs. Mallory Guldi's Digital Graphic Design students to contract the job!

Mr. Mallicoat met with MHS Academy Coach Stacey Rutherford and explained his vision of the DAUAA partnering with the employees of Naval Air Station Jacksonville (NAS JAX), Defense Contractors and Businesses at Cecil Field, local NJROTC programs, and the Academies of Clay through fundraising, field trips, mentoring, and guest speaking engagements.

In an effort to partner directly with Middleburg High School Academies, Mr. Mallicoat pitched his newsletter needs to the talented Digital Design students in Mrs. Guldi's Digital Design program. Mr. Mallicoat explained his newsletter vision



to the students and offered them the opportunity to develop and design a newsletter to represent the newly formed DAUAA organization. The team of John-Edward Cormier, Jules Dempsey, Alexis Hall, Braedon Norris, and Steven Tennyson accepted the challenge and got to work! The team brainstormed names, planned the layout, designed vector graphics, and created typography and color schemes for the newsletter.

The partnership between MHS's VITAL Academy and the DAUAA is a perfect example of a "partnership where education meets experience" in our Academies of Clay model at MHS. Students do hands-on, real-world projects representing their career interests in their academy classrooms!

The Digital Design students will be able to put their newsletter design and articles in their portfolios, list the real-world work on their resume, college applications, and scholarship applications! DAUAA and the community will see their newsletter work in print for years to come as the DAUAA uses this newsletter for their membership, marketing, and communication needs! A true win/win!



IN PARTNERSHIP WITH:



## From The President

Greetings and welcome to the Defense Acquisition University Alumni Association (DAU AA) Jacksonville Florida Chapter.....

We are a 5013(c) corporation formed exclusively for educational purposes within the meaning of Section 501(C) (3) of the Internal Revenue Code of 1954 to promote the welfare of the Defense Acquisition University under the national DAU AA located at Ft. Belvoir, VA. We officially stood up as a Chapter in April 2015.

### Our Vision

Have a positive impact by:

- Supporting, educating, and recognizing the 1150+ personnel who comprise the local AT&L Workforce.
- Supporting the local military (active, reserve and JROTC) through recognition, training and awards
- Supporting the future workforce through the local Middle School and High School Academies and STEM education outreach.
- Supporting our local community charities Susan G. Komen North Florida, Hubbard House and Greater Jacksonville USO

#### GOALS For 2016

We have several ongoing projects to support our vision:

- We have developed/are developing partnerships with FRCSE, DLA Aviation, NAVSUPFLC Jax, NAVFAC Jax, and CNATTC Jax.
- We are working with NAS Jax and local high schools with JROTC to support/recognize the local military.
- We have developed STEM outreach programs and opportunities to support specific events and scholarships with our first scholarships awards set for May 2016.
- We have a partnership with Susan G Komen North Florida, Hubbard House and the Greater Jacksonville USO and working on what the needs are on an annual basis.

#### Duane Mallicoat

#### President, DAU AA JAX Chapter

#### Duane.mallicoat@dau.mil

(301) 769-8206

# From The President Cont.

### What Can YOU do to Help?

FIRST, we would love to have you join us as a member....see the website for application.

**SECOND**, if any area within our vision or goals that interests you, let's chat. If you have a passion for something AND it is not on the list, let's discuss it.

**FINALLY,** we have a busy year of events and fundraisers planned. We can always use help if just for the day of the event. Consider signing up just to work 1 or 2 major events we have each year to raise money to accomplish our goals.

In closing, a lot has been accomplished in 10 months and 2016 is shaping up to be a great year for the DAU AA Jax Chapter. I hope you will consider joining us.

### <u>Membership: WHO Can Join?</u>

You must be a member in good standing of the national DAU Alumni Association in order to become a member of the DAU Jacksonville, Florida Alumni Association Chapter and to be eligible to hold an office. National membership is open to any member of the AT&L Workforce as well as any areas within industry or the community which support the workforce.

Check out our website for details:

www.dauaajax.org





## **DAUAA Science Fair**



Clockwise from top left, DAUAA-Jax member Liz Nealin, Code 4.0 Research and Engineering Department Site Lead, presents FRCSE Special Engineering Awards to senior Howard Royce and junior Kylie Wnorowski at the Northeast Region Science and Engineering Fair held at the Morocco Shrine Auditorium 8 February 2016 and Chapter Vice-President of Operations Tony Conard, Code 1.0 IPTL for Support Equipment and Site Lead, presents FRCSE Special Engineering Awards to seniors Gladys Irizarry, Daniel Hiromoto, and Faith Hauhe (left) and junior Sebastian Kouchakjy for their entries in the Clay County Science and Engineering Fair held at the Clay County Fairgrounds 9 February 2016. The awards were sponsored by the DAUAA-Jacksonville Chapter.

# Text Neck

Back in September I was interviewed by Jacksonville Magazine about workplace postures and common practices and challenges that face people tethered to desks. My conversation with the journalist got me thinking about lifestyle problems that plague the population today.

We have known for years, about the dangers and detriments of a sedentary lifestyle and work environment. The postural problems of today have morphed slightly, as technology advances exponentially and the average person spends increasingly more time on handheld devices. According to research published by Kenneth Hansraj in the National Library of Medicine, (1) Smartphone users spend an average of two to four hours per day hunched over, reading e-mails, sending texts or checking social media sites. That's 700 to 1,400 hours per year people are putting stress on their spines, according to the research. And high-schoolers might be the worst. They could conceivably spend an additional 5,000 hours in this position, Hansraj said. (2)

Over time, researchers say, this poor posture, sometimes called "text neck,"(3) can lead to chronic headaches and muscle strain, early wear and tear on the spine, spinal degeneration and even a reversal of the neck's natural curve. While "Text Neck" is certainly a new medical term, the condition is impacting millions and is a growing critical global concern.

The human head weighs about a dozen pounds. (4) But as the neck bends forward and down, the weight on the cervical spine begins to increase. At a 15-degree angle, this weight is about 27 pounds, at 30 degrees it's 40 pounds, at 45 degrees it's 49 pounds, and at 60 degrees it's 60 pounds. This excess weight on the spine has a disastrous effect on overall health as posture begins to suffer. Experts estimate poor posture can reduce lung capacity by as much as 30 percent. It has also been linked to headaches and neurological issues, depression and heart disease. (5)

While it's practically impossible to avoid the technologies that cause these issues, individuals should make an effort to look at their phones with a neutral spine and be conscious of "hunching over" laptops tablets and other devices. I advise my patients to look down at their devices with their eyes, not bending their neck. Additionally, holding the device at eye-level can help protect the neck.

Dr. Jon Paul Fritz, D.C. 904.425.9060 www.selecthealthandwellness.com

- (1) https://cbsminnesota.files.wordpress.com/2014/11/spine-study.pdf
- (2) http://www.ncbi.nlm.nih.gov/pubmed/25393825
- (3) http://text-neck.com
- (4) http://www.spine-health.com/conditions/spine-anatomy/cervical-spine-anatomy-and-neck-pain
- (5) http://www.cbsnews.com/news/omg-youre-texting-your-way-to-back-pain



# DAU Lunch and Learn Schedule

#### DAU Lunch & Learn 3rd Quarter Schedule, FY16

Date	Time (CT)	Topic
Apr- 6	1130-1300	Color of Money
Apr-13	1130-1300	Aircraft Operations: Limiting
		Government Liability through the Application of the
		"Ground and Flight Risk" Clause
Apr-20	1130-1300	Performance Based Logistics
		Contracts
May- 4	1130-1300	Overhead Rates
May-11	1130-1300	Rapid Fielding of Capabilities
May-25	1130-1300	Acquisition Planning Simulation
Jun - 8	1130-1300	Cybersecurity from a Systems
		Engineering Perspective
Jun-15	1130-1300	The Materiel Fielding Plan
Jun-22	1130-1300	Integrated Baseline Review
Jun-29	1130-1300	Design Interface & Supportability
		Analysis - Impact to Life Cycle
		Maintenance, Planning, & Execution

The presentations are offered via DCS at: https://conference.apps.mil/webconf/3rdQtrDAULunchnLearn (Enter as a Guest) Register for session(s) at: http://go.usa.gov/H2sA

6

### DAU ACQUISITION TRAINING SYMPOSIUM



### 'Strengthening Cost Consciousness, Professionalism, and Technical Excellence'

Mark your calendars for this significant event – an opportunity to learn and share best practices with other acquisition professionals.

Register: http://dauaa.org/Symposium2016/Index.htm Or call 703-960-6802

<u>When</u>: Tues, Apr 27, 2016 8:00 AM to 5:00 PM

<u>Where</u>: Scott Hall (Bldg 226) DAU Ft. Belvoir Campus

<u>Who</u>: Keynote: USD(AT&L), Honorable Frank Kendall



Supported by the DAU Alumni Association

> THIS TRAINING SEMINAR QUALIFIES TOWARD 6.0 CONTINUOUS LEARNING POINTS (CLP)



#### THE DEFENSE ACQUISITION ALUMNI ASSOCIATION JACKSONVILLE CHAPTER PROUDLY PRESENTS OUR...... 2nd Annual DoD/AT&L CHARITY GOLF OPEN Friday, 22 April 2016 Cimarrone Golf Club

2800 Cimarrone Blvd Jacksonville, FL 32259 904.287.2000

**\$75 per player or \$300 per team.** Fee Includes practice balls, carts and lunch.



Proceeds to support local DoD AT&L members (civilian and military), local schools STEM, AERO, and Leadership academies, and Greater Jacksonville USO.

Sign up at www.dauaajax.org

# **Call For Volunteers**

### **Golf Tournament April**

Greetings to all! As you can see we have a golf flyer for our "second" AT&L/DoD Golf Open to be held on Friday April 22nd

So WHAT are we raising \$\$ for?

- \$2000 for awards and training for the AT&L Workforce
- \$2000 for local Military (active and reserve AND JROTC) awards, training, tours, guest speakers
- \$2000 for 3-4 \$500 each.....scholarships for STEM Seniors
- \$2000 for USO Greater Jacksonville to support their projects and outreaWe need



WORKERS 10 workers that would show at 7am and depart by either 9am OR stay the whole day and depart about 3pm the day of the event.

We need 3 to 5 people to contact local businesses to get raffle item gifts. We are looking for 25-30 items (gift cards, food, movie gift cards, oil change changes, massages, etc.)

We need players (36 teams of 4). We have 8 teams signed up verbally and now I am mapping that to the actual registration on the DAUAAJAX website......so we have 28 teams to go. (If you are playing you can go to the DAUAAJAX website and register and pay via credit card).

We need 3-5 people to procure corporate/business hole-sponsors at \$250 per hole. Sponsors can use credit card or pay by check and we provide a W-9 and receipt for tax purposes. If we get 10 hole-sponsors, we meet the \$8000 goal and if we get sponsors for all 18 holes, we will make approximately \$10,000.

Let the games begin. PLEASE consider helping out in one of the above areas and let me know at **Duane.mallicoat@dau.mil** or let Tony Conard know at **Tony.conard@navy.mil**.







#### DAUAA Membership Application PROMOTION 6 JAN 2016 – 30 APRIL 2016



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10