



SKY RANGER

NAS Fort Worth JRB, Texas

Vol. 68, Issue 8



UNDER NEW MANAGEMENT

New Commander Takes the Reins

Editor's Note: The following is a brief Question and Answer with Naval Air Station Fort Worth Joint Reserve Base's ninth Commanding Officer, Capt. Robert A. Bennett, who assumed command on July 15.

Question: What are your initial impressions about NAS Fort Worth JRB?

Answer: Since arriving in Texas on the 4th of July, I have been nothing but impressed. Everyone has welcomed my family and I with open arms and a warm smile. This has been the warmest reception received in my 22-plus years of service. It was not only evident by all the Warriors; Sailors, Airmen, Soldiers, Marines and Guardsmen, but everyone in the community has been equally hospitable. So my first impression is a great feeling of pride, ownership and positive attitudes which are resident and alive and well on the base and in the surrounding Fort Worth community.

Q: What is your vision for NAS Fort Worth JRB?

A: NAS Fort Worth Joint Reserve Base was the first Department of Defense joint base in existence. Therefore, there were and still are many challenges and Service paradigms that needed to be addressed from multiple perspectives to hopefully find the best solutions to the challenges we face. However, it is quite evident that, as a team especially with the leadership of CAPT Smyers, we have been working hard to resolve those challenges. I believe we still have many opportunities to improve our service and products to our custom-

ers; our Warriors, their families, our retirees, local employers, and the surrounding communities who have embraced NAS FTW JRB as part of their community and family. We will strive to continue to improve on the base's rich legacy where opportunities exist and sustain the air station as a strategic asset for the Department of Defense.



BENNETT

Q: What things do you think are working well?
A: My impression is that most things here are working well!

Over the past decade we have trained and deployed Warriors in support of overseas contingency operations from every service component aboard NAS FTW JRB. This is our ultimate mission: support combatant commanders executing our national military strategy.

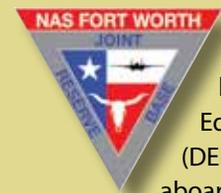
The training and preparation to deploy and achieve mission success, not only requires extensive resources and coordination, but also requires consummate support from our families, employers and communities. Our Fort Worth team is achieving mission success.

At home, our community engagement regarding collaboration and coordination for compatible land use between the NAS and the surrounding municipalities of Fort Worth are working very well. It appears that we are collaborating to find win-win solutions to ensure the future viability of the base while ensuring the most optimized development surrounding the base. We will continue to expend our time and effort to make this symbiotic relationship between the

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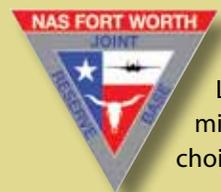
DEFY Campers Learn Valuable Skills



Military Volunteers help with Drug Education for Youth (DEFY) annual camp aboard installation.

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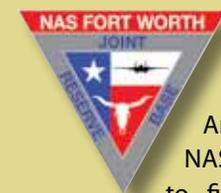
Study: Low-Fat Chocolate Milk Helps Build Muscles



Trying to build muscle mass? Low-fat chocolate milk could be a great choice.

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American Idols Visit Base



Contestants from the last season of American Idol visit NAS Fort Worth JRB to film Public Service Announcement, meet military members.

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SKY RANGER

NAS Fort Worth JRB, Texas

The Official Base Newspaper of Naval Air Station
Fort Worth Joint Reserve Base, Texas

Naval Air Station Fort Worth Joint Reserve Base
Commanding Officer
Capt. Robert Bennett

Public Affairs Officer
Mr. Don Ray

Deputy Public Affairs Officer
Rusty Baker

Editor
Kathleen Bynum
(817) 782-7815
kathleen.bynum.ctr@navy.mil

Staff
MC2(AW) Bradley Dawson
Janet Ruiz

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CAPTAIN'S LOG:

Continued Improvement for NAS Fort Worth JRB

BY CAPT. ROBERT BENNETT

Greetings, Warriors!

I've been "sitting in the seat" for almost two weeks now, and our temporary move to Bldg. 1425 is just about complete. What I have learned through the onslaught of in-briefs, meetings, office calls, travel and community visits, is that I have much to learn about this business and Fort Worth.

However, we are truly blessed to have such a dynamic and professional team here onboard the base and in the community. Without exception, my family and I have been welcomed with overwhelming hospitality. I personally thank all of you. My family and I look forward to countless more visits and meeting to get to know each and every one of you in the near future.



BENNETT

If you see us out an about, if able please stop us and say "Hi."

Naval Air Station Fort Worth Joint Reserve Base has a rich history and legacy, dating back to its inception as Tarrant Field Air-drome in 1941, the Fort Worth Army Air Field from 1942 to 1948,

then it became a Strategic Air Command installation, Carswell AFB in 1948, and its recent transition to Navy leadership since 1994. It is truly a humbling experience and honor to be chosen to lead some of America's finest sons and daughters who wear the cloth of our nation.

So for now, my only message will be my commander's intent. It is quite simple; provide our customers what they need to accomplish the mission. Our tenants, our families, retirees and the community deserve our very best efforts. Remember this basic guidance: "Mission first, our people, community compatibility and safety always," and we will continue to improve upon the great accomplishments of those who served before us. God Bless.

NEW COMMANDER continued from page 1

base and the community flourish.

Q: Are there some things you would like to change? How do you plan to implement any changes?

A: Before anything changes, we will need to do some homework. Basically, what is the requirement or need? Is that being met? If not, as a collaborative, "joint" effort, we will work together to find the most effective and efficient solutions.

Q: Several years ago, the installation began the VPP (OSHA) program, how do you see the base proceeding in regards to that program?

A: Great question ... We are actually enrolled in the "Challenge" program and hope to achieve a VPP "STAR" rating when training and implantation is complete. I

believe there are some personnel that may not have fully embraced this program. The program's central focus is to preserve our most vital resources; our personnel and the assets we use to accomplish the mission. The program is no more than identifying risk, mitigating it when and where possible and then executing the mission in a safe manner...Common Sense is our No. 1 ally!

With that in mind, we are working hard to complete this program since we believe it is of vital importance to our personnel: service members, civilians and contractors. We recently achieved Stage I completion of a three-stage process and are about 50 percent+ complete with Stage II. We are in work in re-acquiring resources to push the program to completion. Again, this program is critical to preserving our most precious resources, our Warriors and

warfighting assets.

Q: And lastly, is there anything you'd like the Sailors, Marines, Airmen and Soldiers of the base to know?

A: Yes, be proud and honored by the opportunity to serve our country. You literally represent less than one percent of the U.S. population, and most importantly, you are the very best the Nation has to offer. Luckily here in Fort Worth, the community fully appreciates and understands the immense sacrifices that you and your families endure. Always remember, your loved ones, friends and countrymen are counting on you to succeed in any and every endeavor. If you focus your efforts every day on the following basic guidance; "Mission first; our people, community compatibility and safety always," I am sure we will continue to accomplish the mission. God Bless.



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Military Volunteers Help with Annual DEFY Camp

BY JANET RUIZ

 During the week of July 17, 49 local children participated in the Navy's Drug Education for Youth (DEFY) aboard NAS Fort Worth JRB.

Since the program's local introduction in 1998, more than 1,000 at-risk youth from the Dallas/Fort Worth area have been through the summer camp, according to Dow Croyle, law enforcement coordinator at the U.S. Attorney's Office, and DEFY program liaison between the community partners and the Navy.

"The youth are referred by schools, churches and in some cases, by community residents that are a part of the Weed and Seed Steering Committee," Croyle added.

DEFY camp counselor and FRC West Petty Officer Second Class Crystal Janes said, "DEFY reinforces positive behavior in kids who are surrounded by



PHOTO BY KATHLEEN BYNUM

The annual DEFY summer camp took place aboard NAS Fort Worth JRB in July, with 49 campers staying for a week. They learned leadership skills from military volunteers. They were separated into small groups, each receiving a specially colored hat to be easily identified. Here they stand in front of a static F-4 at the bottom of Doolittle Ave.

gangs, drugs and alcohol. It shows them that there are positive directions to go in life."

Aboard this installation, 50 Sailors and one civilian volunteered as counselors for the

campers.

"I feel like this program really allows you to impact the lives of children who are eager to learn and long for someone to look up to," Janes said. "You cannot leave

these kids without them touching a place in your heart. They are so thankful, not just for the activities, but for the mentorship and the education of the Sailors who give their time."

Every summer, DEFY camps worldwide graduate thousands of children at military installations.

The DEFY program began in

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NOW HEAR THIS: Base Announcements

Thrift Shop is reopened after a monthlong vacation for volunteers. It resumes its regular hours, each Wednesday, Thursday and Friday from 10 a.m. to 2 p.m. and on the first Saturday of the month, also from 10 a.m. to 2 p.m.

Military volunteers needed: VITAS Innovative Hospice Care needs military members to visit veterans who are living in retirement homes and assisted living facilities on Friday, Aug. 12 from 1 to 5 p.m. For details, call coordinator Kathy Campbell at 817-870-7117.

Uniform Alterations: The on-base shop, "Stripes, The Alternation Place" is now open from Monday through Saturday from 9 a.m. to 5 p.m. The shop does alternations, hems, patch work, nametags and rank. For details, see www.shopmyexchange.com or call 817-732-0023.

The Navy-Marine Corps Relief Society's Budget for Baby class is the second Thursday of each month. B4B is for any service family who is expecting a new family member and is open to all ranks, branches of services and reservists. Sign up for the class by calling the NMCRS office at 817-782-6000.

The Navy-Marine Corps Relief Society's Coupon Secrets

& Healthy Meal Planning class is the third Wednesday of the month. Learn couponing techniques and how to shop strategically. Participants will also learn simple, quick and inexpensive meal planning and basic, healthy cooking skills. Class is available to all ranks and services at no charge. Sign up by calling the NMCRS office at 817-782-6000.

Work in Texas representatives will be at Fleet and Family Support Center from 10 a.m. to 3 p.m. on Tuesday, Aug. 16; Tuesday, Aug. 23; Tuesday, Aug. 30; Tuesday, Sept. 6; and Tuesday, Sept. 13. Call Ext. 5287 for details.

Educational Fair at VA Outpatient Clinic Fort Worth, 300 W. Rosedale St., will be on Friday, Aug. 12 from 10:30 a.m. to noon. Call 817-335-2202 for details.

Texas VA representative will be at FFSC from 10 a.m. to 3 p.m. on Thursday, Aug. 11; Thursday, Aug. 18; and Thursday, Aug. 25.

Transition Assistance Program, or TAP, is available at Fleet and Family Support Center from 8 a.m. to 4 p.m. on Tuesday, Aug. 22 through Friday, Aug. 26; and from Sept. 20 through Sept. 23.

FFSC presents Life Skills: Anger Management class from 9 to 11 a.m. on Wednesday, Aug. 17, and Wednesday, Sept. 14. Call 817-782-5287 for details.

FFSC presents Life Skills: Military Pay Issues class from 1 to 2 p.m. on Wednesday, Aug. 17. Call 817-782-5287 for details.

FFSC presents Life Skills: Planning for Retirement class, Wednesday, Sept. 7. Call 817-782-5287 for details.

Attention Fitness Center Enthusiasts: The parking lot normally used by most gym users, located directly across the street, will be cordoned off for several months to accommodate the construction of an addition to building 1730. Construction is to be completed at the end of November. Interim parking for the Fitness Center will be available in the lot behind the Fitness Center.

One-on-one computer coaching is now being offered by Martin Arredondo at the Fleet & Family Service Center (FFSC), Bldg. 3175. These sessions are for active duty, Guard and Reserve members, retired military and spouses. To schedule a class, call the FFSC at 817-782-5287. Classes being offered include: Word for Resumes; Microsoft Power Point; Basic Computer Skills; Do's and Don'ts of the Internet; Basic Computer Maintenance; Use the Internet for job searches; Email/Communication Services; Photo Editing with Photo Editor; College Seeking via the Internet; and Social Networking/Facebook.

The Child Development Center is looking for members interested in becoming CDH certified. This program allows

more options to military parents looking for quality care for their children. Please contact the CDC at 817-782-7520 if interested.

Thinking about a PPM, or Personally Procured Move, or recently completed move? Formerly known as DITY moves, all military personnel are reminded that they must obtain certified weight tickets signed by a weighing official in order to be reimbursed for their PPM.

Have something to sell or trade? The Sky Ranger is now accepting personal ads from active duty, retired service members and NAS Fort Worth JRB employees who want to sell or trade something. Call the Public Affairs Office at 817-782-7815. All ads are subject to editing and are placed on a space-available basis.

FOR SALE: 2000 Harley Davidson Road King with 6-speed, fuel-injected, oil cooler, custom paint and several upgrades (mostly S&S parts). Parts and labor documentation available. Trailer and helmets included. \$11,995 or will consider trade. Call Larry, 817-247-9558.

FOR RENT OR SALE: 2-Bedroom farm-style home in Arlington for rent or sale. Three blocks from UTA. Asking \$795/month or \$59,900. Call Cynthia, 817-422-7881.

Commissaries Support 'Feds Feed Families'

BY KEVIN L. ROBINSON, DECA PUBLIC AFFAIRS SPECIALIST



Commissaries throughout the United States have joined with other government agencies and organizations to support the 2011 Feds Feed Families food drive campaign, which runs through Aug. 31.

The food drive is coordinated by the U.S. Office of Personnel Management and the Chief Human Capital Council to encourage federal employees to help supplement food banks across the country.

"DeCA [Defense Commissary Agency] is proud to partner with others in our military communities to help support the children and families who are hardest hit by our tough economy," said DeCA Director and CEO Joseph H. Jeu. "Food banks across the nation are struggling to replace the items people depend on to survive, especially during summer months when donations are traditionally lower."

Locally, customers who visit the NAS Fort Worth JRB commissary will see marked bins near commissary entrances or exits, where they can donate non-perishable food and daily hygiene items. Items may also be dropped off at the Robert P. Taylor Base Chapel, Bldg. 1838.

Base Chaplain Lt. Guy Thompson, along with help from Lorenzo Cherry of the Commissary, Religious Programs Specialist Third Class Savannah Brown, Equipment Operator Second (SCW) Class Brian Louwsma, Religious Programs Seaman Recruit Brian Neier, Equipment Operator Second Class Samuel Speed,

THE MOST-NEEDED ITEMS FOR DONATION INCLUDE THE FOLLOWING:

Canned vegetables: low sodium, no salt

Canned fruits: in light syrup or its own juices

Canned proteins: tuna, salmon, chicken, peanut butter and beans

Soups: beef stew, chili, chicken noodle, turkey or rice

Condiments: tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing or oils

Snacks: individually packed snacks, crackers, trail mix, dried fruit, granola and cereal bars, pretzels and sandwich crackers

Multigrain cereal

100 percent juice: all sizes, including juice boxes

Grains: brown and white rice, oatmeal, bulgar, quinoa, couscous, pasta and macaroni and cheese

Paper products and household items: paper towels, napkins, cleaning supplies

Hygiene items: diapers, deodorants (men and women), feminine products, toilet paper, tissues, soap, toothpaste and shampoo

Dave Bryan of Supply and chapel volunteer Linda Carreon, have loaded, weighted and delivered several boxes to two Fort Worth food banks: the Tarrant County Area Food Bank off Cullen Street and WestAid inside JPS Health Network's Viloa M. Pitts/Como Health Clinic off Bryant Irving Road.

"Deliveries are made weekly," Thompson wrote in a recent email.

So far, the base has donated 2,219 pounds of nonperishable goods.

With collections continuing through the end of August, there is still plenty of time left to donate.

Last year, the national food campaign set a goal of raising 1.2 million pounds of food and other



PHOTO BY KATHLEEN BYNUM

David Bryan of Supply weighs several boxes of food before Chaplain Guy Thompson and Seabee Brian Louwsma make a delivery to an area food bank.



PHOTO BY KATHLEEN BYNUM

Daniel Santiago of Fort Worth's Tarrant Area Food Bank unloads one of the donated boxes from NAS Fort Worth JRB.

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PHOTO BY LT. COL. DAVID KURLE

Brig. Gen. Bruce Miller, left, and Lt. Col. Max Stitzer, center, chat with 2011 American Idol winner Scotty McCreery during a break in filming an advertisement for Air Force Reserve Command Recruiting Service July 20 at the 301st Fighter Wing, based at NAS Fort Worth JRB. Miller is the 301st FW commander, and Stitzer is the commander of the 301st Maintenance Group.

American Idols Meet American Military at 301st

BY LT. COL. DAVID KURLE,
301ST FIGHTER WING PUBLIC AFFAIRS

The 301st Fighter Wing's main hangar was turned into something akin to a Hollywood movie set July 20 as the 11 contestants from last season's American Idol television show arrived aboard Naval Air Station Fort Worth Joint Reserve Base to film a public-service announcement (PSA) for Air Force Reserve Command Recruiting Service.

The recruiting service hired a production crew, which set up lights, cameras and directed the action as the 11 "American Idols"

learned about the wing's F-16C Fighting Falcons and explosive ordnance disposal mission from 301st FW Air Force Reservists.

"They (American Idol Contestants) are just as interested in what we do in the military as we are in them," said Chief Master Sgt. Glen Barnes, the chief of the AFRC Recruiting Service's advertising branch.

AFRC Recruiting Service is one of the sponsors of the current American Idol national tour. Once the season ends, the 11 finalists tour the country, performing concerts in major cities.

Yesterday's stop in the Dallas-Fort Worth area included shooting a PSA and a meet-and-greet with joint-military members and their families.

"It was a great visit," Barnes said. "It was nice to make this available to the other services on the joint base."

The Air Force Reserve's recruiting service decided to sponsor the tour to help market the Reserve to young men and women, as well as increase awareness and participation in one of its key initiatives - the Get One Now program.

The Get One Now program is designed to encourage current Air Force Reservists to recruit people they know for the

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Free Audio, E-Book Downloads Available Through Library

BY JANET RUIZ



NAS Fort Worth JRB's library offers patrons many media options, but one resource people may not be familiar with the availability of audio and e-book downloads via the Internet and the Navy Knowledge Online (NKO) site.

Available since 2005, the Morale Welfare and Recreation (MWR) E-Library has allowed thousands of people all around the world to check out and return books electronically. The E-Library allows temporary, free download of digital and audio books, but remains an untapped resource for base patrons. For that reason, Pat Tellman, the base librarian, is enthusiastic about disseminating the information.

"The system has been around for a couple of years," she noted, "and not many people are aware of it."

Sponsored by the Navy General Library Program, the E-Library carries an inventory of

more than 19,000 audio books, 3,000 e-books, 200 videos and 2,000 music files. In addition, the library offers more than 400 titles specifically for children. The service is free and is accessible 24 hours a day/7 days a week, after an initial set up through the Navy Knowledge Online (NKO) site, www.nko.navy.mil.

"Anybody with NKO access can open an E-Library account that the whole family can use," Tellman said.

However, there are restrictions. Titles cannot be downloaded to NMCI computers and cannot be used on certain wireless reading devices.

The audio books available on the site are MP3 format and are compatible with most audio devices.

In the same manner as movies and music, the audio book titles can be downloaded to a personal PC, and depending on the level of Digital Right restrictions, the files can also be transferred to CDs and other devices.

With OverDrive Media Console (OMC), a free software

available on the website, most WMA and MP3 files are MAC compatible, and users can download, burn and transfer MP3 files to their Apple devices.

PDF or EPUB formatted e-books are also available for download, and can be played on most eBook compatible computers and wireless devices.

However, printing or copying e-Book files is generally prohibited.

Titles include both fiction and nonfiction, and range from the classics to Pop culture. The latest bestsellers from popular authors can be found in the E-Library too. Self-help, business, professional military reading, whatever the search, the E-Library is a good resource to find it.

With many options to choose from, navigating the site can be confusing. For that reason, Tellman is planning to offer classes on the use of E-Library sometime in the future. Check the library for details, or visit the E-Library site online at <http://navy.lib.overdrive.com>.

Information, Cyber Security — A Continuous Battle

BY MIKE CONROY, NAVY REGION SOUTHEAST PUBLIC AFFAIRS

By definition, information security is the on-going process of exercising due care and due diligence to protect information and information systems from unauthorized access, use, destruction, modification or disruption.

Since the early days of writing, heads of state and military commanders understood that it was necessary to provide some mechanism to protect the confidentiality of written correspondence and to have some means of detecting tampering.

Julius Caesar is credited with the invention of the "Caesar Cipher" in 50 B.C., which was created to prevent his secret messages from being read by the enemy. Today that battle continues, particularly in cyberspace.

Recently, websites masquerading as Department of Defense (DoD) and other government websites have been created with the intent to harvest login credentials or exploit hosts visiting the site. Army Knowledge Online (AKO) is one example of a legitimate portal that was targeted.

Search engines, such as Google, displayed the illicit website often before the real website, according to the South Carolina State Law Enforcement Division's Information and Intelligence Center.

In 2006, the personal data of more than 26 million military veterans and spouses was stolen from the Veterans Administration computers. And just last March, 24,000 files containing Pentagon data were stolen from a defense industry computer network.

On July 14, Deputy Defense Secretary William J. Lynn III laid

out the new DoD Cyber Strategy to protect the nation from potentially devastating network attacks.

"All the advanced capabilities we have, whether it's targeting or navigation or communication, have a backbone that's run through information technology,"

Lynn said. "So if you're a smart adversary and you're seeking an asymmetric way to come at the United States, cyber will appear to you very quickly."

Lynn noted that DoD's approach is to harden defenses and reduce incentives for cyberspace attacks, which are hard to trace to the source.

The strategy rests on five pillars, he said: treat cyber as a domain; employ more active defenses; support the Department of Homeland security in protecting critical infrastructure networks; practice collective defense with allies and international partners; and reduce the advantages attackers have on the internet.

A little closer to home, at the Navy Marine Corps Intranet (NMCI), security continues to be a key priority for protecting the computers at Navy Region Southeast and more than 700,000 active military and civilian users at more than 600 locations in the continental U.S., Hawaii and Japan.

According to the NMCI Homeport, the network prevents more than 9 million network connection attempts per month; detects an average of 60 new viruses per month; blocks 9 million spam messages and investigates 1,200 unclassified intrusion attempts per month.

Adding the human layer of defense in cyber security practices is also a key to victory in the

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One path to energy savings runs just outside your door—the hallway. Halls usually need only 5 to 10 foot candles of light.

The average ambient light level in offices is usually around 30 foot candles. If your hallways look bright compared to your office areas, tell your building energy monitor or facility manager. They may be able to take out some lamps or fixtures to save energy.

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INTERNET SAFETY

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battle. According to Lynn Herbert, Navy Region Southeast Information Assurance manager, training and awareness is our greatest asset.

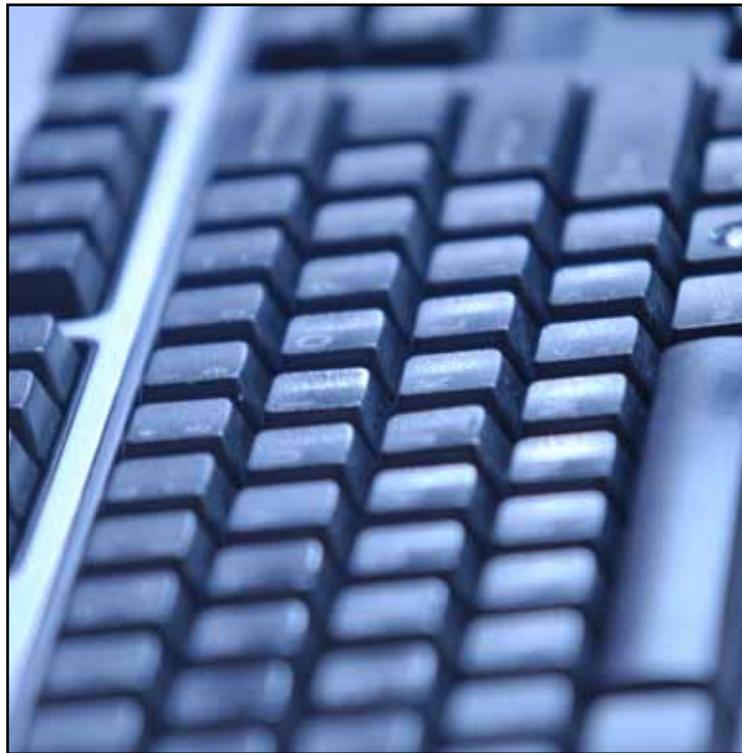
"We have several systems in place to coordinate cyber security efforts, but it starts with the individual at the keyboard," Herbert said.

Something as simple as a "phishing" attack is an example of how one person can protect or compromise an entire network. Phishing is defined as using email to get the recipient to click on a corrupt link or attachment.

Herbert provided five tips to help identify phony messages and avoid getting "hooked."

First, be skeptical of all emails, if it doesn't make sense, delete it; second, be wary of attachments; three, ignore requests for action on your part; four, check out the link if it is suspicious; and lastly, make a phone call to verify or contact the sender.

"Just remember to always be aware, make sure you know the sender and that the email is valid,"



Herbert said.

The old expression from World War II, "loose lips sink ships" was a cry for information security and it makes even more sense today.

Just ask the new Secretary of Defense Leon Panetta. At his Senate confirmation hearing last month Panetta cited "a strong likelihood that the next Pearl Harbor"

could well be a cyber attack that cripples the U.S. power grid and financial and government systems. He also stated that cyber security will be one of the main focuses of his tenure at the Pentagon.

It should also be one of ours.



SUBMITTED PHOTO

DEFY's green team, also known as the Destroyers, takes a moment to display their flag.

DEFY CAMP

continued from page 4

1993 by the Department of the Navy to help military dependent youth between 9 and 12 develop drug-free life skills. The training and mentorship they receive during camp helps them build character, leadership and confidence to better face the social challenges they may face as they grow up.

After the Navy partnered with the Department of Justice's Weed and Seed Program in 1996, DEFY's reach extended beyond the military installations to include community youth. The Weed and Seed Program, a strategy implemented by the Department of Justice to deter crime in the local communities, added with DEFY the benefit of military role models to promote positive life choices among high-risk youth. Through summer leadership training camps in military installations the program aims to reduce the demand for illegal drugs and gang activity.

The annual DEFY summer training camp that has taken place aboard NAS Fort Worth JRB, "gives the community exposure to the positive aspects of the mission of the Navy and demonstrates that the base is a part of the local community," Croyle said.

The summer training camp is one of four phases that complete the yearlong program. During camp, youth receive lessons on leadership, team building, conflict resolution, goal setting and self confidence.

After summer camp, the DEFY community partnership provides mentoring, parental involvement and outplacement, a unique element that ensures the youth continue to be engaged with the community.

"After the yearlong DEFY program concludes," Croyle said, "the Weed and Seed outplace the youth in other community programs to continue building on the foundation DEFY has created."

This year, the base DEFY volunteers not only helped these 49 youth develop lifelong resilience skills, but they also contributed with the building of positive relations between our military installation and the community.

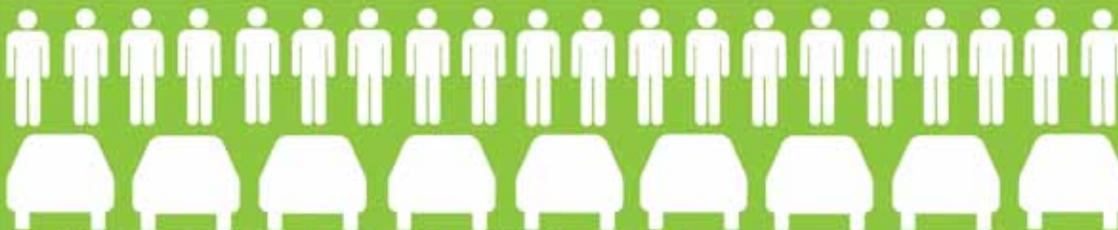
"DEFY is different from many prevention programs [because of] the partnerships between the Navy, the U.S. Attorney's Office, law enforcement and community leaders/volunteers," Croyle noted.

"This partnership," he added, "gives DEFY the edge when assisting at-risk youth, and being part of making the difference in a child's life is priceless."

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Base Unveils 'Pay at the Pump' Option for Wright Express Card-Holders

Drivers with General Services Administration fleet vehicles on Naval Air Station Fort Worth Joint Reserve Base are finding it much quicker to fuel up at the Shoppette because the Army & Air Force Exchange Service recently began accepting the Wright Express fleet card at the pump.

Previously, drivers using

the Wright Express card had to go into the Express to pay.

This program, which started in July, allows GSA fleet drivers to pay for fuel at the pump.

"Paying at the pump is a luxury that we've all grown very accustomed to," said the NAS Fort Worth JRB Exchange's Andrew Vereen,

Shoppette manager. "Accepting the Wright Express card at the pump [is] undoubtedly welcome news to GSA fleet drivers gassing up at the Shoppette."

—Sharlene Piskorowski, AAFES

MAG-41 Set to Change Commanding Officer

The commanding officer of Marine Aircraft Group 41, 4th Marine Aircraft Wing, is scheduled to change commands to the new incoming commander on Saturday, Aug. 20 at 9 a.m. at Naval Air Station Fort Worth Joint Reserver Base.

Col. Kevin liams will relinquish his command to Col. Adam Holmes during an official ceremony. Each commander



would like to extend an invitation to servicemembers, family and friends to attend the ceremony on base.

liams will give a final farewell to his Marines and those attending and welcome Holmes to the aircraft group command.

— Sgt. Chris Mann

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AMERICAN IDOL continued from page 6

Air Force Reserve.

"American Idol actually reaches our target demographic – 17- to 34-year-olds," Barnes said. "We are reaching a large portion of our target audience."

Barnes said that working

with the finalists from American Idol was "actually a lot of fun."

"They're very supportive of the military and what we do," he said.

The chief said to expect the new video, shot at the 301st FW, to be released in the next 30 days.

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NAS Fort Worth JRB Change of Command



1. Capt. T.D. Smyers, left, and Capt. Robert A. Bennett, incoming commanding officer, salute the American flag at the beginning of the change of command ceremony aboard of Naval Air Station Fort Worth Joint Reserve Base on July 15. 2. Smyers reflects on his three years, three months and four days as the base's eighth commanding officer. 3. Captains Bennett and Smyers salute one another during the change of command ceremony.

4. Change of command Guest Speaker Rear Adm. Townsend G. "Tim" Alexander, commander, Navy Region Southeast, pins the Legion of Merit medal to Smyers. 5. Command Master Chief Shannon Thornton salutes Smyers after his retirement. 6. Smyers leaves the ceremony with his wife. 7. Newly-sworn in Fort Worth Mayor Betsy Price takes a moment to share her thoughts with Smyers. 8. Bennett congratulates Smyers on his retirement. 9. Bennett's family gathers on stage to help pin his "Command Ashore" medal to his jacket. 10. Bennett addresses the NAS Fort Worth JRB staff as the ninth commanding officer for the first time.



PHOTO COURTESY OF THE STAR-TELEGRAM/JOYCE MARSHALL



PHOTO COURTESY OF THE STAR-TELEGRAM/JOYCE MARSHALL



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PHOTO BY MC2 BRADLEY DAWSON



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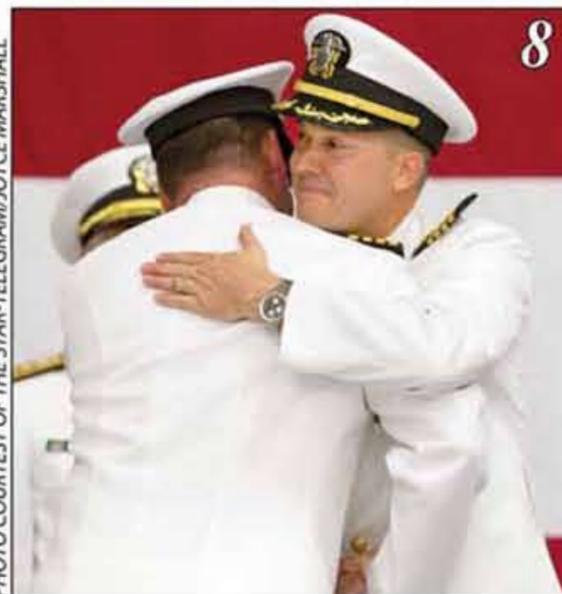


PHOTO COURTESY OF THE STAR-TELEGRAM/JOYCE MARSHALL



PHOTO BY MC2 BRADLEY DAWSON



PHOTO BY MC2 BRADLEY DAWSON

TEXADILLO CORNER: BASE ACTIVITIES FOR ALL

Milk Drinkers Build More Muscle, Study Says

BY KATHLEEN BYNUM

Everyone knows that it's important to hydrate, especially after an intense workout. A recent University of Texas study found that low-fat chocolate milk may be one of the best after exercise options because of its superior carbohydrate-to-protein ratio, and NAS Fort Worth JRB Morale, Welfare and Recreation Personal Trainer Derek Arden agrees.

"My opinion is low-fat chocolate milk is an excellent choice as a post-workout drink," Arden wrote in a recent email.

It helps replenish energy, as well as repair and build more muscle than traditional sports drinks.

The study, which followed 32 healthy, amateur men and women cyclists for four and half weeks of biking five days a week, compared the effects of drinking low-fat chocolate milk to the effects of a carbohydrate beverage (with the same ingredients and calories as typical sports drinks) as well as to a calorie-free beverage. The results were improved exercise times of cyclists who consumed the low-fat chocolate milk.

"Low-fat chocolate milk drinkers built more muscle and shaved off more fat

during training, ending up with a three-pound lean muscle advantage after four and a half weeks of training as compared to study participants who consumed a carbohydrate drink," the study states.

Arden said he's been hearing of the effects of low-fat chocolate milk for some time now.

"Recently I attended the Navy Operational Fitness & Fitness Series (NOFFS Course) at Naval Air Station Oceana in Norfolk, Va., and the instructors were talking about the positive results from their clients drinking low-fat, 1-percent or 2-percent chocolate milk," he said. "I find personally that it has helped me recoup better after an intense workout, and for that matter any workout. Now all the data hasn't been done, but from my personal use and the results I've attained, I would say drinking (low-fat) chocolate milk after working out has been beneficial."

Although he likes what he's hearing and seeing, Arden also stressed the importance of good, old fashion water.

"I usually drink water for quenching my thirst, but if I have a really intense workout I'll consume a drink that will replenish my electrolytes," Arden noted.

While Arden doesn't believe there is a set amount of water one should drink while working out, he does say that "a person should consume their bodyweight in fluid ounces per day, and as a minimum half their bodyweight in fluid ounces per day."

Arden said, "The best method for hydration is to drink water. My advice for those working in heat is to ensure you eat well balanced meals, take breaks as needed and drink plenty of H₂O."

Additionally, Arden said that what one eats and drinks is as important as when one consumes it, stressing that there is a 30-minute window after exercise in which to properly feed one's muscles.

"When you lift weights, your body is stretching and tearing muscle fibers," Arden said. "This may seem like a bad thing, but this is the process in which your body initiates growth. So the most important part in making this happen is to feed your muscles. So for the most part, you have a window of about 30 minutes after your weight training to eat a post-workout meal. Try a simple high Glycemic Index ranked sugar; For example, eat a slice of



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Bowling Center's
FREE WiFi Network

bread with a teaspoon of jelly and a whey protein shake. Do not take in any fats."

Arden, who retired from the Army with 24 years of service, has been a personal trainer since 2005. He holds certifications as an Aerobics Group Exercise Instructor, Navy Command Fitness Leader, a Corrective Exercise Instructor and a Personal Fitness Trainer.

COMMUNITY RESOURCES and ATTRACTIONS

LIBRARY

1802 Doolittle Ave.
817-782-7735

Hours: Monday through Thursday 9:30 a.m. to 7 p.m.; Friday and Saturday 9:30 a.m. to 5:30 p.m.; Closed Sunday and holidays.

Ongoing: The Library is hosting ESL (English as a Second Language) classes every Thursday evening at 5:30 p.m. Yolanda Williams is the instructor and Co-Sponsored by FreshStart Literacy, Inc. Call for details.

Ongoing: Rosetta Stone available online. Learn a new language or improve your skills. Call the library for details.

Of note: The Library's new additions include children's and young adult's titles, provided by the Navy General Library Program. Also available are new adult titles, books on CD and the latest movies (rental is free).

**A special thanks to all library patrons for their understanding concerning the electrical outage.

TEXPLEX CENTER

1815 Military Pkwy.
817-782-6122/5505

Information, Ticket and Tours (ITT)

Hours: Tuesday-Saturday from 10 a.m. to 5 p.m.

Summer Attractions: Medieval Times Tournament & Dinner Theater, Grapevine Vintage Railroad, Dinosaur World (Glen Rose), Fort Worth Zoo, SeaWorld, Disney World, Disneyland, Ripley's Believe It or Not/Wax Museum, OMNI Theater, Rave Motion Pictures, AMC and Hawk's Creek Golf Course vouchers. New Military Salute tickets for Disney World. Stop by or call for information and purchasing guidelines.

Passes: Season passes, Play passes and Combo passes, which include Six Flags and Hurricane Harbor, are available. NRH20, Schlitterbahn Water parks in New Braunfels, South Padre Island and Galveston, Hawaiian Falls (all parks) and Legoland Discovery Center & Aquarium in Grapevine are also available.

TORNADO LANES

1815 Military Pkwy.
817-782-6122/5505

Hours: Monday through Thursday 10 a.m. to 9 p.m.; Friday and Saturday 10 a.m. to 10 p.m.; Sunday 11 a.m. to 6 p.m. Lanes close 15 minutes prior to center.

Ongoing: Special military group pricing

available for command events and birthdays. Call 782-6122 for details.

Thursdays: Red Pin Bowling beginning Aug. 4 from 10 a.m. to 9 p.m. Strike the red pin in the No. 1 position and win a free game of bowling. Free drawings for food, beverages and more.

Lunch Special: Active duty and reserve bowling games from 10 a.m. to 2 p.m. Bowl for only \$1 each game and \$1 shoe rental any weekday.

Youth Bowling Workshop: will be Saturday, Aug. 13, from 10 a.m. to 1 p.m. for children 5 to 18. Snacks and beverages will be furnished; cost is \$6 per person. Register in person at the center or by calling 817-782-6122.

Sept. 5: Dollar Days begin at 11 a.m. to 6 p.m. Bowling and shoe rental \$1 each; Small hamburger, fries or soda, \$1 each.

CHUCKWAGON GRILL

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Hours: Monday through Thursday 6:30 a.m. to 9 p.m.; Friday, 6:30 a.m. to 10 p.m.; Saturday 7 a.m. to 10 p.m.; and Sunday 11 a.m. to 6 p.m. Open daily for breakfast, lunch and dinner.

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Ongoing: Free Munchies on Fridays, 4:30 to 6 p.m.

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1739 Eisenhower Ave.
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Thursdays, Aug. 11, 18, 25: The clinic will be open for veterinarian appointments and the purchase of medications. Call ahead for appointments.

FITNESS CENTER

1810 Tuskegee Airmen Drive
817-782-7770

Hours: Monday-Thursday, 5 a.m. to 10 p.m.; Friday and Saturday, 5 a.m. to 8 p.m.; Sunday, 7 a.m. to 5 p.m.

New: The Fitness Center now has a certified personal trainer free to active duty personnel. Non-active duty \$20/month for 2 days per week. To schedule an appointment with personal trainer, Derek, call the Fitness Center.

New: The Fitness Center is now offering KICK WITH IT (Cardio Kickboxing) classes available on Tuesdays and Thursday, from 8 to 9 a.m.

continued on page 18

BASE HAPPENINGS



PHOTO BY KATHLEEN BYNUM



PHOTO BY PAT TELLMAN



PHOTO BY KATHLEEN BYNUM

Above, Joe Crawford of Cowtown Bowmen Archery Club shows the children of the library's Summer Reading Program how to position their hands while preparing to shoot an arrow from the bow. Far right top, Jala Johnson, 12, receives instruction from Crawford about shooting a bow at the target. At right, While Crawford, far right, helps Luke Sapp, 10, Robert Colbert, far left, helps his granddaughter Isibella Colbert load the bow.



PHOTO BY MC1 TIM MILLER

Aviation Structural Mechanic 3rd Class Jessie D. Andrews, a mobilization specialist assigned to Navy Operational Support Center (NOSC) Fort Worth, explains the mobilization process to employers of local Reserve personnel on July 14 aboard NAS Fort Worth JRB. The 14 employers were touring the base during a Dallas/Fort Worth Employer Support for the Guard and Reserve (ESGR) tour. This year's event was hosted by NOSC Fort Worth.



PHOTO BY KATHLEEN BYNUM



PHOTO BY CARL RICHARDS

Above, Several Navy ROTC groups spent time aboard NAS Fort Worth JRB during July. Part of their training included water safety instruction in sailboats. At left, JCC Cadets From Leonard Middle School graduated from the base's summer program. Front row, from left: C/PFC Brittany Marshall, C/ Cpl Sahviye Johnson and C/PFC Ryan Hadden. Back row, from left: MGySgt Jon McCracken (Ret.) and C/PFC Harley Richards.

Community Plans and Liaison Officers Safeguard Mission, Community

BY SUZANNE SPEIGHT, NAVY REGION SOUTHEAST PUBLIC AFFAIRS



As residential and commercial developments expand around what were once rural areas, a military installation's mission, existence and the economic well-being of the surrounding communities can be at risk.

While no "one-size-fits-all" approach can prevent or stop growth altogether, Navy Region Southeast Community Plans and Liaison Officers (CPLO) are proving that with the proper planning, adjacent lands can be utilized in ways that are both

compatible with the military mission and enhance the value of the neighboring community.

"All military installations attract development," said Navy Region Southeast Regional Mission Sustainment Officer Dave Dahl. "A military installation is inherently a major economic driver that attracts employees and businesses, which in turn spawns area development."

Dahl said the CPLO's main mission is to safeguard the health, safety and welfare of the public, while supporting the operational mission of the base.

Reporting directly to the commanding officer, CPLO's play

a critical role in communicating, managing and taking action regarding compatible land use issues that impact the installation's mission.



The CPLO is responsible for quickly identifying possible mission impacts stemming from land use development, and taking

steps to find a balanced solution that benefits the Navy and the community. Although CPLO's in various forms have been around since the late 1980s, the role has increased in prominence in the last 10 years, the result of hard-fought lessons learned in places like Naval

Air Station Oceana, Va., where homes and businesses sit directly in the path of low level jet training.

CPLO's start with an Encroachment Action Plan (EAP), which identifies and prioritizes potential compatible land use issues. The EAP gives the CPLO a road map to identify stakeholders, reach out to community businesses and city planners, and build partnerships that both allow development while protecting the mission of the base and the economic benefits it brings to the community. In Navy Region Southeast, no two bases are exactly alike, and each of the region's 15 installations has unique mission sustainment

challenges.

From Georgia to Texas to the Florida Keys, every CPLO has to become an expert in the operational needs of the base and the threats to that mission in the local community.

"Two-way communication between the military and our communities is essential to successful and compatible land use and ensuring the long-term health of our military installations," Dahl said. "However, we have a lot of tools to help our CPLO's educate the public and work with planners."

Among those tools are Air Installation Compatible Use Zones (AICUZ) studies, which

continued on page 15

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Retired Military Wives Invited to Monthly Meetings

All wives and widows of career military men with a valid ID card are invited to participate in the twice-monthly assembly of the Retired Military Wives Club.

The Retired Military Wives Club has its business meeting on the second Thursday of each month at the Fort Worth Elks Club, 3233 White Settlement Road. It begins at 11 a.m. The group's social event is on the fourth Thursday of every month.

For details about the club or

these events, contact Jean Bonner (817-246-9523) or Judy Corso (817-266-0167).

The Society of Military Widows

Chapter 32 of the National Organization meets at the Chapel on base on the fourth Wednesday of the month at 11 a.m. for fellowship, lunch and a short business meeting. All military branches and ranks are welcome.

For details, contact Jo Henry at (817-283-0416).

Carswell Retired Officer's Wives Club

Carswell Retired Officer's Wives Club meets on the second Tuesday of each month at 11 a.m. at the Women's Club in Fort Worth. The CROWC is open to wives of current and retired officers of all branches. For details, or to make a reservation, contact Lois DiBartolomeo (817-346-8931).

—Staff Report

LIAISON OFFICERS

continued from page 14

help to demonstrate noise contours and accident potential zones around an installation airfield, and

Range AICUZ, which does the same thing for ranges. These studies help zoning officials protect the health, safety and welfare of the public.

Another valuable tool is the Joint Land Use Study (JLUS), which is run by the city or county and funded by the Department of Defense's Office of Economic Adjustment. The Navy is a part of those studies, and it helps cities and municipalities determine a way ahead for development that will benefit the community without impacting the mission of the installation.

Rachel Wiggins served as a JLUS project manager before becoming the CPLO at NAS Fort Worth JRB.

"The JLUS data here in Fort Worth really allowed the communities to become the owners of the process for compatible planning around the installation," Wiggins said. "We all learned more about AICUZ,

began to apply it to zoning decisions, and have gone a step further to begin looking at housing supply, transportation issues and peer review of one another's projects near the base. The JLUS made this intergovernmental dialogue come to life in a way that supports the military mission in North Texas."

"It doesn't happen overnight," said Matt Schellhorn, the CPLO for both Naval Air Station Jacksonville and Naval Station Mayport. "It takes time to build trust and confidence between communities and the Navy. It's all about building relationships." That means a lot of getting out in the community for CPLO's, not just sitting at a desk. They play an active and participatory role in city planning meetings and conferences, meet stakeholders and influential community members, and provide an understanding of the installation mission through base tours and presentations. "They might come in thinking 'all you do is make noise,'" Schellhorn said. "But then they leave realizing the significance of the work we do every day."

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DOD's New Helpline to Support Victims of Sexual Assault

OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE (PUBLIC AFFAIRS)

The Department of Defense launched its newest initiative to support victims of sexual assault. Using DOD Safe Helpline, service members can "click, call or text" for victim support services for themselves or others. The free, anonymous and confidential resource can be accessed worldwide, 24-hours a day, every day, to connect with live sexual assault support professionals.

In addition to improving vic-

tim care, secure and confidential access to Safe Helpline was developed to encourage victims to come forward when they might not otherwise.

"The underreporting of sexual assault poses a serious challenge to military readiness," said Clifford L. Stanley, under secretary of defense for personnel and readiness. "We believe the Safe Helpline will provide DOD sexual assault victims with a variety of support outlets, which will lead victims to

report sexual assault, seek needed information and receive care."

Safe Helpline offers three access options designed for service members. Users can log on to www.SafeHelpline.org to receive live, one-on-one confidential help with a trained professional through a secure instant-messaging for-



mat. The Web site also provides vital information about recovering from and reporting sexual assault.

A second option is to call the telephone hotline at 877-995-5247 to speak with Safe Helpline staff for personalized advice and support. Safe Helpline staff can also transfer callers to installation-based sexual assault

response coordinators (SARC), on-call victim advocates, civilian rape crisis centers or to the Suicide Prevention Lifeline.

The third option is for users to text their location to 55247 inside the United States or 202-470-5546 outside of the United States to receive automated contact information for the SARC at their installation or base.

More information on Safe Helpline can be found at www.SafeHelpline.org or at www.sapr.mil.

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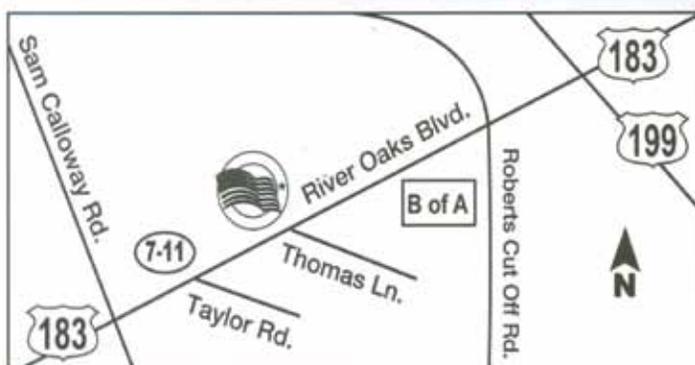


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How to Use the Debt Collections Practices Act to Your Advantage

BY LT EVAN AUSBAND, JAGC, USN

In today's credit based economy, it is virtually impossible for an individual to carry no debt. Car loans, mortgages, student loans, credit cards, all of these leave everyday people obligors to a third party.

Some people fall behind on their obligations and end up subject to debt collection. Others, unfortunately, are subject to debt collection for debts they do not even owe! If you find yourself being the subject of a debt collection matter, you need to do several things to equip yourself to defend. This article lays out some basic key points about the federal Fair Debt Collections Practices Act and how to protect yourself. What it boils down to is: Verify, Protect, Assess, Resolve and Damage Control.

VERIFY

First, do you owe the debt? Since our economy is based largely on a credit system, there are many different records of your debt. Sometimes, mistakes are made. Maybe it is

an accounting error by the company trying to collect, or maybe similar names caused the mix-up. Sometimes, it is an error on your credit report. Any notice of debt collection is required to contain the amount of the debt, and to whom it is owed. If it does not contain this information, it is in violation of the law.

If you receive a notice of debt collection, you need to immediately demand verification of the debt. You have 30 days from receiving notice of debt collection to demand verification. This puts the onus on the debt collection company to provide you proof that the debt is yours, and that it is delinquent in some manner.

Once you request validation, all collection attempts must stop until you are provided proof of the debt. This includes phone calls, emails, letters, even smoke signals. The only permissible contact a debt collector may have with you is to inform you that they will no longer be pursuing the debt, or to provide proof of the debt. During this waiting period, you

should be first and foremost- coming to Navy Legal!

Finally, find any and all documentation of all dealings with the company in question. This includes account statements, cancelled checks, contracts, etc.

Once you receive the verification of the debt, determine if it is actually your debt. In the alternative, if it is from a company you have never heard of, or a place you have never been, it might not be your debt. If it is not your debt, you are not obligated.

PROTECT

The problem with most debt collection is the harassing phone calls. By law, debt collectors are not allowed to engage in harassment to collect debt. Threats to call your mother- illegal. Threats to call your chain of command- illegal; questioning your maturity and calling you names- illegal. All of these examples are used every single day by debt collectors. Immediately tell the debt

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PHOTO BY KATHLEEN BYNUM

Chaplain Guy Thompson and EO2 (SCW) Brian Louwsma wrap one of three boxes headed to the Tarrant Area Food Bank. The base is participating in the "Feds Feed Families" summer food drive.

FEDS FEED FAMILIES continued from page 5

essential goods – they eclipsed that by receiving 1.7 million pounds in donations. This year, organizers have raised the bar for a goal of reaching 2 million pounds.

The Feds Feed Families campaign grew out of the Serve America Act that created "United We Serve," an initiative that urged Americans to contribute to the nation's economic recovery by helping their communities.

A commissary's participation in this campaign is tied to its lo-

cal installation's ability to provide the support necessary to pick up and deliver the donated items.

"We hope many installations will be participating in the program and will provide the assistance DeCA needs to facilitate these donations," said Randy Eller, chief of DeCA's grocery/specialty division. "DeCA's workforce and our customers have the potential to make a huge difference in the fight against hunger in the nation through voluntary donations."

Sky Ranger Editor Kathleen Bynum contributed to this article.

Church Services

Regularly scheduled church services at the Robert P. Taylor Chapel, Bldg. 1838, are as follows:

CATHOLIC SCHEDULE

Sunday
.....8:15 a.m.: Confession
.....9 a.m.: Roman Catholic Mass
Mondays
.....11:45 a.m.: Mass
Tuesdays
.....10 a.m.: Rosary of Our Lady of Fatima

11:45 a.m.: Mass
First Friday of each month
.....11:45 a.m.: Mass.

PROTESTANT SCHEDULE

Sunday
.....9:15 a.m.: Sunday school
.....10:30 a.m.: Church service
Tuesday
.....10:30 a.m.: Women's Bible study
Wednesday
.....Noon: Bible study

WORLD PREMIERE EXHIBITION

ASCENT

WHEN DREAMS DEFY GRAVITY

CLOSES LABOR DAY, SEPT. 5

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fortworthmuseum.org



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Are You Ready for the Next Disaster?

BY KEVIN L. ROBINSON, DECA
PUBLIC AFFAIRS SPECIALIST

If a tornado, flood or any other natural disaster strikes, would you be able to survive? That's the question emergency preparedness organizations want the public to address before the next crisis occurs.

Disaster planning is considered crucial to improving one's odds of survival, and this year, the Defense Commissary Agency (DeCA) has worked with its industry partners to offer many of the items needed for severe weather survival kits at reduced prices, said DeCA Director and CEO Joseph H. Jeu.

"We always offer certain non-perishable foods, water and non-

HELPFUL SITES:

For information about preparing for emergencies, visit the following sites:

National Oceanic and Atmospheric Administration: www.cpc.ncep.noaa.gov/products/outlooks/hurricane.shtml

Centers for Disease Control: www.bt.cdc.gov/disasters/foodwater/prepare.asp

Red Cross: www.redcrosslv.org/disaster/materials.html

Federal Emergency Management

Agency: www.fema.gov/pdf/library/epc.pdf

edible items such as batteries as part of our summer club packs," said Jeu, referring to the bulk purchases similar to what a consumer would see at a membership warehouse. "But this year our network of industry partners — manu-

facturers, vendors and suppliers — offered us a special package of discounted items that our customers would need to augment their survival kits, and we extended the availability of these items in our stores to coincide with the peak periods of severe weather."

Since April 1, items such as canned chicken, powdered milk, batteries, weather-ready flashlights, all-weather tape, first aid kits, lighters, matches, candles and hand sanitizer have been reduced in price as part of the severe weather promotional package that runs until Oct. 31.

DeCA's severe weather promotional package coincides with the prime time for tornado season in the United States. According

DISASTER SUPPLY KITS

Water: at least one gallon, daily, per person (three-day supply for evacuation, two-week supply for home)

Nonperishable foods: canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter and foods for infants and the elderly (three-day supply for evacuation, two-week supply for home)

Paper goods: writing paper, paper plates, paper towels, toilet paper

Cooking items: pots, pans, baking sheet, cooking utensils, charcoal, a grill and a manual can opener

First-aid kit: bandages, medicines and prescription drugs

Cleaning materials: bleach, sanitizing spray, hand and laundry soap

Specialty foods: diet and low-calorie foods and drinks

Toiletries: personal hygiene items and moisture wipes

Pet care items: food, water, muzzle, leash, carrier, medications, medical records and immunization tags

Lighting accessories: flashlight, batteries, candles and matches

Radio: either battery-powered or hand-crank radio (NOAA Weather Radio, if possible)

Duct tape

Scissors

Copies of personal documents: (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)

Cell phone: don't forget the chargers

Contact list: Family and emergency contact information

Extra cash

Emergency blanket

Maps of the area

to the National Weather Service, this year the number of tornadoes doubled in comparison to the same period in 2010.

"Although there's lots of attention, and deservedly so, on the peak storm periods in the states,

we want our customers to know that they need to stock their food pantries with items to sustain them for any emergency — natural or manmade — that could occur anywhere in the world at any time," Jeu said.



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CREDO Celebrates 40th Anniversary

BY LT. LEEMON G. BROWN, CHAPLAIN CORPS,
NAVAL AIR STATION JACKSONVILLE

This year marks the 40th Anniversary of the Chaplain's Religious Enrichment Development Operation (CRDEO).

From humble beginnings in San Diego, CREDO now spans the globe in 11 CREDO centers ministering to Sailors, Marines, Coast Guardsmen and their families. Tens of thousands of brothers and sisters in arms have been impacted by this phenomenal program that the Navy offers, yet it still remains one of the Navy's best kept secrets.

Started as the Chaplain's Response to the Emerging Drug Order, it was the answer in ministering to struggling Vietnam War veterans returning from war with substance abuse issues. Chaplain Don Harris was the pioneer who assumed responsibility for the program and met the need. He developed a 72-hour retreat model to help the returning veter-

How to Contact CREDO

WEBSITE: www.cnrc.navy.mil/cnrse/Programs/CommandandStaff/ReligiousMinistries/CREDO/Registration/index.htm

CONTACT: Chaplain POC: Lt. Lee Brown, USN

PHONE: (904) 542-4914

ans address the real needs in their lives and to focus on their priorities and goals. He also taught them coping skills.

The results were incredible. As the program blossomed, other chaplains joined the effort and it was noticed that more than substance abuse issues were being addressed. Great life changes were being affected.

Today, CREDO offers four core programs: Personal Growth Retreats (the original model), Marriage Enrichment Retreats, Family Enrichment Retreats, and Returning Warrior Workshops. Most CREDO Centers offer each of these programs, and they are free

of charge to service members and their families.

The basic method is still much the same as its inception in 1971. While there have been advances in training methods, the most important piece – the individual Sailor, Marine or Coast Guardsman – remains the same. Whether addressing the needs of an individual at a Personal Growth Retreat, or a couple at a Marriage Enrichment Retreat, the goals continue to be: gain self-esteem and self-understanding, learn to respect yourself and others, accept responsibility for your life and develop a healthy spirituality.

CREDO doesn't and won't try to fix you, however, you will be challenged to consider the important things in life in a safe environment where you are cared for and accepted.

Contact command chaplain for more information. Do so and you will understand why CREDO is the Navy's best kept secret.

DEBTS

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collector to cease calling you. Keep a call log handy, and take note of every time thereafter that the debt collector calls you, and record what they say. Do not fall to their level — do not yell back, do not threaten them and do not call them any expletives.

ASSESS

If it is your debt, depending on its status, you have options. The statute of limitations on debt collections is five years. If the debt is more than five years old, they can bring an action in court, but you have an affirmative defense, and the case should be dismissed. If it is less than five years old, then how it is handled will be a product of what stage it is in.

Debts can be either sold off, or a company can engage a third-party debt collector to try to collect. Let us presume you owe a debt to the Target-Mart store for a store credit card. Target-Mart can hire a debt collection company to try to recover the debt owed which will be paid to Target-Mart. In the alternative, they can write-off the debt as a loss for tax purposes, then sell the debt to a third party debt collection company. If they choose the latter option, the debt collection company now owns the debt and you are obligated to the debt collector.

Virtually all debts can be settled for much less than their face value. This can have potential negative consequences on your credit report, so you should always speak to a JAG before doing this.

If the debt has been sold, the debt collector has likely purchased the debt for pennies on the dollar.

Many initial communications will offer an enticing settlement. For instance, if you owe \$5,000, the letter may say "the company has authorized a settlement of \$3,000."

This is a trick, do not fall for it. The language prior to this authorized settlement will be very frightening. It may discuss a law suit, and destruction of credit, liens on

property or some other situation that you do not want to be in. You then see this authorized settlement which knocks a large portion of the debt off, and you are enticed to get this matter resolved. Remember, the company is trying to maximize what you pay.

RESOLVE

If the debt is indeed yours, and it will cause problems for your credit and/or security clearance, Navy Legal will assist you with a resolution. Remember, if the debt collector pursues an action in court and wins a judgment against you, and you have lost your job because of credit problems, they will have a hard time collecting — no money equals no ability to pay. Companies and debt collectors know this, so they generally want to set up a payment plan that you can afford. It might take some fighting from us, but we will likely get there.

If the debt is not yours, then we will assist you with getting the matter resolved. If the collections attempts were egregious enough, the company might have to pay punitive damages for their behavior.

DAMAGE CONTROL

After you resolve the debt, it can still be a negative item on your credit report. It will say "charged off" or words to that effect. Any amount forgiven can also be considered income and taxable as such. The best option is for the company to delete the line of trade from your credit report. This means that it will appear as if the debt and account never existed. It is essentially the same effect as if you paid the debt completely on time.

In conclusion, the best way to avoid debt collection problems is to never go into debt. Since that is likely not an option, you need to remain vigilant and aware of your obligations and due dates. Check your credit report regularly. You are entitled to one free report per year from each credit reporting agency.

COMMUNITY RESOURCES AND ACTIVITIES

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Ongoing: step aerobics, pilates, yoga, spin, zumba, pump-it-up, adult/children karate and personal training. Check center for days and times.

More Classes: Spin class offered Tuesday and Thursday, 6:30 to 7:30 a.m.; Weekend yoga is from 10:45 to 11:30 a.m. on Saturdays.

Through Aug. 16: Sign up for team volleyball league. Six-person minimum, 12-person maximum on teams. Games will be played Monday, Tuesday, Wednesday and Thursday evenings. Call the Fitness Center for details.

Sept. 9: Tug of War competition scheduled by the Marina at 11 a.m. Ten-member team cost, \$10. First- and Second-place trophies awarded. T-shirts for all entrants. Register by Sept. 7 at the Fitness Center.

AQUATICS CENTER

3319 Hensley Ave., 817-782-1220

Hours: Monday-Saturday, 6 a.m. to 7 p.m.; Sunday, 7 a.m. to 4 p.m. and holidays 10 a.m. to 2 p.m. Active Duty and Reserves only: Monday-Saturday from 6 to 8 a.m.

Ongoing: Water Aerobics on Tuesdays and Thursdays, \$1 per person. Classes are at 1 p.m. and 2:30 p.m.

Summer Swim Classes: Call the Aquatics Center for classes offered. 817-782-1221.

Aug. 11: Back to School Splash Bash for middle and high school students will be from 5:30 to 9:30 p.m. at the Aquatic Center. Students will be treated to a DJ, karaoke, movie showing and food.

**Full schedule of classes posted at the center.

OUTDOOR REC & BOAT RENTALS

1145 Hercules Drive 817-782-6375

NAME THE BOATS CONTEST WINNERS

Winners will receive free rental of the boats located on Lake Worth. Congratulations to our winners!

Pontoon Boat 1: Liberty, submitted by SFC William Huesman

Pontoon Boat 2: Freedom, submitted by SFC William Huesman

Ski Boat 1: Striker, submitted by Michelle and Dalton Autry
Ski Boat 2: The Seal, submitted by Cynthia Humphreys

Check out the new bicycles and helmets, available for rental at Auto Hobby/Outdoor Rec.

Boats, paddle boats and kayaks are now available for rental at the Outdoor Rec Annex in the boat parking lot. Rentals available Thursday through Tuesday (no Wednesday rentals). Bicycle and helmet rentals are available at Auto Hobby/Outdoor, 1145 Hercules Drive.

CHILD YOUTH PROGRAM (CDC)

3320 Sesame St. Drive

817-782-7520

Summer Camp for school-age children is Monday through Friday, from 6:30 a.m. to 5:30 p.m. Register at the CDC, Bldg. 3320, or visit the Web site www.mwr.navy.mil under the CYP tab. Fees are charged according to income and rank. For details, call Anita at 817-782-7520.

ACTION ZONE SUMMER CAMP

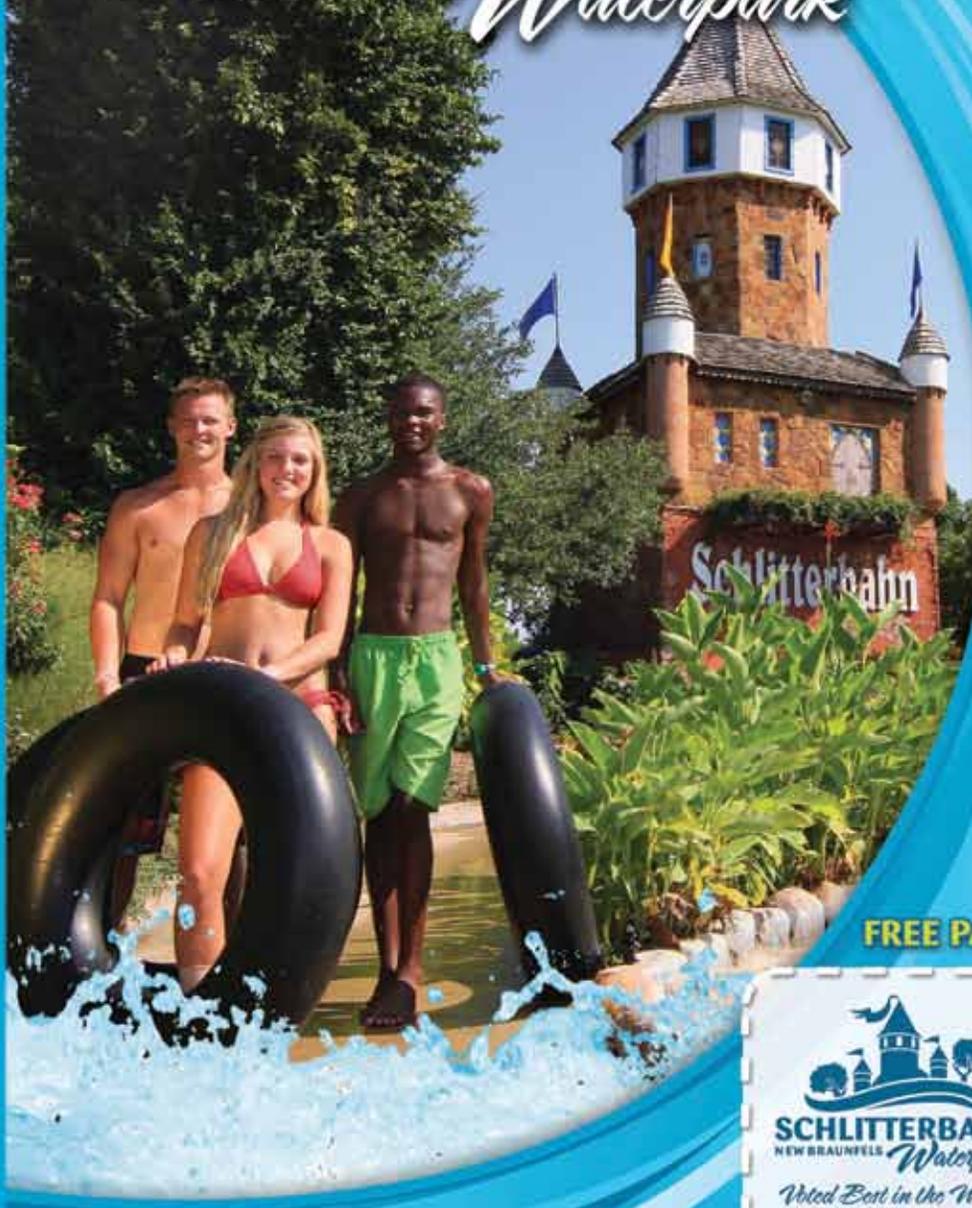
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Call Anita for details on summer activities.

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