

# SKY RANGER

NAS Fort Worth JRB, Texas



Vol. 67, Issue 2



## NAS Fort Worth JRB Sailor of the Year

BY RUSTY BAKER

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## Home Invasions are Real

BY TECH SGT JOSH WOODS,  
10TH AIR FORCE PUBLIC AFFAIRS

According to the latest statistics by the United States Justice Department, one in five homes undergo a home invasion or break-in and more than 8,000 home invasions occur every day in North America. Due to the training Lt. Col. Rozyskie received while serving in a United States Army Airborne unit and 20 years of martial arts, he was able to use his past knowledge to assess the situation, observe the surroundings, and react.

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# Any Hour, Any Day



## Young fighter is called 'Honorary Marine'

After two remissions, Briana Menendez's T-Cell Lymphoblastic Lymphoma had a dismal prognosis. Her only hope for a cure was a stem cell transplant. As Briana and her family pray for a miracle, the Marine Corps welcomes her into its ranks. Now, the family watches her bear the title, "Honorary Marine," a title held by even fewer and yet, ever proud.

BY CPL KYLE T. RAMIREZ, 8TH MARINE CORPS DISTRICT HEADQUARTERS

*EDITOR NOTE: Shortly after this feature was written, Briana Menendez passed away peacefully in her home Jan. 27.*

Each of the women in the Menendez family is staring at the father, Larry, his hands clenched tightly around the handles of a wheelchair in front of him. He speaks into a microphone for reporters. Briana, the youngest daughter, is turned almost all the way around in her wheelchair just to see him. A warm grin travels slowly across her face as she listens to him recite the same story she's heard him tell for weeks. She is perhaps the only one smiling in the large venue as Larry

tells reporters that his youngest daughter is closer than ever to dying — rightfully so. At least for the moment, she's content.

Briana wore a special pin on her chest after the ceremony, where the United States Marine Corps officially made her an Honorary Marine Jan. 25. The short event at the NAS Fort Worth JRB would seem to many to be a happy ending to the 13-year-old's miraculous story. Though Briana, her family, her friends and followers will say that it wasn't much of an ending at all.

The title, "United States Marine," is earned by roughly 40,000 young men and women each

year — less than one percent of Americans. Since 1992, only 68 men and women have earned the title, "Honorary Marine" — a title held by those whose actions are honorable, whose character is courageous, and whose lives are steeped in commitment. In 13 years, the Marine Corps believes Briana has exhibited these traits.

"She's a combat veteran, too, in her own battle," said Col. Mark Toal, commanding officer of the 8th Marine Corps District, during Briana's ceremony.

Briana waited at her mother's side as her credentials were read off in front of a crowd of service

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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

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## CAPTAIN'S LOG:

# Keep The Press On For A Culture Of Fitness

BY CAPT. T.D. SMYERS

A renewed joint fitness culture here at NAS Fort Worth JRB encompasses much more than successfully squeezing ourselves, and our borderline buddies, past another PRT cycle; it involves integrating good diet and exercise into our daily routines. There are a number of initiatives happening around the base specifically designed to expand your opportunities for fitness-enhancing activity.

Key "muscle movements" in the renewed NAS Fort Worth fitness culture, offered to both staff and tenant commands, include:

- Robust base-wide team/league sporting events.
- Seasonal fun runs.
- The return of our runners' incentive program.
- A new "Biggest Loser" weight

loss incentive program. ...and several other health and wellness activities!

The Lone Star Pros in our Morale, Welfare and Recreation (MWR) Department get it. They know that creating a culture of fitness begins and ends with goal-setting and discipline. We have improved our gym by adding new, cutting edge equipment; correcting some unhealthy conditions in the locker rooms; and adding towel service.

When you're taking advantage of the many opportunities offered at our gym, take the time to thank the staff there, as well as those leaders who are enhancing base readiness while helping you reach your personal fitness goals - our Base Fitness Director Donna



Johnston, for example.

You can expect to see new events and more initiatives as our culture of fitness matures here at NAS Fort Worth. Embrace it; and be a happier, healthier member of your service team ... who will never sweat another PRT cycle.

## CO's Suggestion Box

**How about a weekly Ladies Night, open to civilians, at the Lone Star Sports Bar?**

I remember "Ladies Night" at my first base, NAS Jacksonville; it was always a great time, and a positive link to the community ... most of the time. As security requirements made access to military bases much more restrictive, this practice died off in a lot of places. Still, I like the concept; and our MWR and Security teams are looking into things like sponsored access, club cards, etc to make this possible.

**Please do something about the railing by the new USMC building. It is bent, needs**

**painting, and is an eye sore.**

It sure was! Your input brought this issue to our attention and, thanks to our Public Works team, it's fixed. I appreciate you taking pride in our joint base, and our newest tenants in the 8th Marine Corps District are feelin' the love!

**The sauna, locker rooms and showers in the Gym are filthy!**

I got several notes, some with graphic detail (TMI), about this one. Message received, loud and clear! MWR is now cleaning these spaces every week, using special processes where required. Also, drainage problems that may have contributed to this unhealthy

situation are being addressed by Public Works. Our team is dedicated to fixing this NOW, so you should have already noticed the change when this goes to print.



There are 10 CO's Suggestion Boxes on base. If you've got a bright idea, question or comment, please let us know by putting it in writing the next time you stop by a box.

## Now Hear This: Base Announcements

Spin classes will be offered Mondays, Wednesdays and Fridays from 4:30 p.m. to 5:30 p.m. Morning spin classes will begin February 15 on Tuesdays and Thursdays 6:30 a.m.-7:30 a.m. Other classes offered at the fitness center are step aerobics, Pilates, yoga, Zumba, strength training and Karate for adults and children. For times and days contact the fitness center at (817) 782-7770.

How 'Bout A Nice Cup of... Starbucks?!?! The Moreland Hall Dining Facility is now serving Starbucks Coffee with breakfast, lunch and dinner.

Treat your heart to the Heart & Health Fair at the library on February 25 from 10:00 a.m. to 1:00 p.m. The MWR fitness director will be available to perform blood pressure checks, body fat measurements, weight checks and provide nutrition information. The library has

a wide selection of current titles on health and fitness. All participants can register to win door prizes during the health fair.

Learn about the opportunities that are available to Texas Veterans to purchase land and the different programs to financial a home on February 27 at 11:30 a.m. at the library at the Texas Land Board Seminar.

H&R Tax Service has begun operating in the AAFES BX bldg near the Food Court in mid-January.

A Tactical Shop (Patriot Outfitters) and a Coffee Shop (Beantree Espresso) are scheduled to open soon in Bldg. 1275 adjacent to the Laundry/Dry Cleaners and Alteration Shops.

The on-base Gas Station will be installing new gasoline dispensers soon. Be aware it will be necessary to temporarily close the

gasoline operation during the installation of these new dispensers. The installation dates are still to be determined.

The Base-wide Mardi Gras Parade & Party is scheduled for Feb. 16th. Begin planning now for your Command's float in the parade. MWR has more info.

The NAS Fort Worth Air Power Expo will be April 23-25. Put this free event on your calendars now.

Visitor Control Center's New Hours of Operation Started January 4th

Mondays-Thursdays . . .6:30 a.m. to 4:00 p.m.  
Fridays . . . . .7:00 a.m. to 6:00 p.m.  
Saturdays . . . . .6:00 a.m. to 4:00 p.m.  
Sundays . . . . . Closed



# NAS Fort Worth JRB Sailor of the Year

BY RUSTY BAKER

Confidently, the first class petty officer strode quickly through the passageway leaving other Sailors to play catch up from about three or four steps behind. His Navy Working Uniform blouse was removed to reveal both his athletic build and a motivational quote that had been silk screened to his blue undershirt. He carried himself with coolness and self assurance that would lead any passerby to believe that he had years of experience in his current assignment as the NAS Fort Worth JRB Career Counselor, but this was just week one in this position which normally held by a chief petty officer.

Aviation Ordnanceman 1st Class (AW/SW) Erich M. Francis, a 31-year-old native of Cleveland, has served his Navy career with distinction for 13 years; and he doesn't plan on stopping any time soon. Yesterday, he and a few of his former Station Weap-

ons shipmates were named as the NAS Fort Worth JRB Sailors of the Year.

Prior to assuming the role of Career Counselor, Petty Officer Francis was assigned as the Station Weapons Leading Petty Offi-

**Aviation Ordnanceman 1st Class (AW/SW) Erich M. Francis, a 31 year-old native of Cleveland, has served his Navy career with distinction for 13 years; and he doesn't plan on stopping any time soon.**

cer on base directly after a failed Explosive Safety Inspection. He led his division through a successful Technical Assist Visit, and a subsequent re-inspection, for which he received high praise for a dramatic turnaround in the attitude and professionalism of his Sailors. His leadership brought a quick, five-month turnaround of

the shop that produced results most other divisions on base would give a collective right arm for. A near-perfect inventory accuracy rate in the disposition of over 4,000 condemned pieces of ordinance; a comprehensive

training program that resulted in the certification of 18 ordnancemen; and what has become a limitless list of promotions, awards and decorations of his Sailors.

"[Francis'] positive attitude, dedication and commitment to excellence led the division to becoming a unified team of model Sailors and an example for the

entire command to strive to emulate," said Capt. T.D. Smyers, Commanding Officer of NAS Fort Worth JRB.

Francis cut his teeth as an "Ordy" on F-14 Tomcats assigned to Fighter Squadron 201, the "Hunters," (VF-201) here in Fort Worth. The squadron received a full compliment of F/A-18A Hornets and would later mobilize to support Operation Enduring Freedom off the Coast of Syria in 2003. While aboard the USS Theodore Roosevelt (CVN-71), Francis served as the night check supervisor, rack shop supervisor, and later was in charge of the entire 700 Division. Later, he transferred to New Orleans based Fighter Attack Squadron 204, the "River Rattlers," (VFA-204) to excel as the ordinance shop supervisor. In 2005, he received command advancement to his current rank. He returned to Fort Worth, as Station Weapon's Leading Petty Offi-



Sailor of the Year, AO1 (AW/SW) Erich M. Francis. (Photo by MC2(AW) Bradley Dawson)

cer in 2008.

"My family has been my biggest role model," said Francis.

His family has a budding tradition of military heritage. Erich's father, brother, and uncle served in the Navy, while another uncle and grandfather have served in the Army and Air Force. His

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## Calling All Competitive Shooters

BY WILLIAM LOVELADY,  
CHIEF MASS COMMUNICATION SPECIALIST, NAVY PUBLIC AFFAIRS SUPPORT ELEMENT SOUTH EAST

The U.S. Navy Marksmanship Team (USNMT) is looking for new members to participate in Navy and inter-service rifle and pistol matches. All active-duty Sailors and Reservists are welcomed and encouraged to participate.

With a growing security force of Masters at Arms and a constant commitment of individual augmentees (IAs) in every war zone around the world, Sailors have a greater need than ever to be familiar and proficient with firearms. The U.S. Navy has more Sailors serving in ground combat operations in the U.S. Central Command area of responsibility, than it has on ships in the AOR.

"Sailors receive limited small arms training as they process through Navy Individual Augmentee Training at various U.S. Army training centers," said Cmdr. Mick Glancey, USNMT officer in charge and captain of the rifle team. "All Sailors serving IA tours are issued a service rifle (M-16) or a service pistol (M9), some receive both prior to deployment. Small arms marksmanship is a basic fundamental skill-set all our Sailors are required to possess."

The USNMT is the leading proponent of small arms marksmanship and safety training for U.S. Navy personnel. Each year, the team conducts the U.S. Fleet Forces Command (Atlantic and Pacific) Rifle and Pistol Matches, where hundreds of Sailors are trained in service rifle and service pistol marksmanship. Sailors participating in fleet matches represent their commands in individual and team events, earn marksmanship medals and badges, and qualify to stand armed watches aboard ships and at other commands.

USNMT also conducts the annual All Navy Rifle and Pistol Championships, in which the top 100 Sailors who have fired qualifying scores in fleet matches compete. As members of the rifle and pistol teams, the top 20 Sailors from each coast represent the Navy in the annual Interservice Rifle and Pistol Matches, the Civilian Marksmanship Program's National Rifle and Pistol Matches, and the National Rifle Association's National Rifle and Pistol Championships. Both fleet



Lt. Eric Palmer calls shot corrections as Gunners Mate 1st Class Aaron Stempeck fires from the 300-yard line during the Infantry Trophy Match at the 2009 National Rifle and Pistol Matches. During the competition, each 6-man team fires a total of 384 rounds from distances of 600, 500, 300 and 200 yards in a time limit of 50 seconds per firing line. The National Matches have been held at Camp Perry since 1907. Photo by Chief Mass Communication Specialist William Lovelady, Navy Public Affairs Support Element South East

matches begin with classroom and range training to familiarize shooters of all skill levels with safety and proper practices on the range as well as the fundamentals of marksmanship. Then the shooting starts. There are warm up matches before the 600-point rifle match fired at distances of 200, 300 and 500 yards and the 600 point pistol match fired one-handed from 25 and 50 yards.

Competitors also shoot in both pistol and rifle excellence-in-competition (EIC) matches. EIC competitions are qualification matches in which competitors earn "leg points" toward the Distinguished Marksman and the Distinguished Pistol Shot badges.

Last year's Atlantic Fleet Grand Aggregate winner, with the highest Navy combined rifle and pistol scores during the Fleet matches, was Lt. Richard Ray of Commander, Submarine Forces, with a score of 1056-13X. Ray, who began his career in competitive shooting in 1994 after spotting a co-worker wearing a silver (8-point) EIC medal on his uniform, also served as the pistol match director. "The Navy shooting team is the Navy's best-kept secret," said Ray, referring to the low-profile, all-volunteer nature of the Navy's competitive marksmanship program, but the team wants to change that.

"We want to get the word out to everybody," said Glancey. "We want more new shooters to come out and participate in the

matches."

Sailors do not have to be experienced shooters to benefit from competitive shooting—they don't even need to own firearms.

Throughout the match season, Naval Sea Systems Command Crane Division provides an armorer's van with match

***Serving in the Navy has always been a profession of arms, but in the last 10 years it has increasingly become a profession of small arms.***

grade rifles, pistols, ammunition, and a workshop where a group of veteran gunsmiths build and maintain these precision firearms for Navy shooters. They even have all the small gear for matches like spotting scopes, shooting coats, mats, and folding stools used to carry gear up and down the 500-yard rifle range.

"Most shooters buy their own gear once they get involved in the sport, but if you don't already own the guns and gear, it's best to try competing before you buy so you're sure of getting what you need," said Lt. Eric Palmer a member of the team who got his start like most Navy shooters—he heard about a match and decided he wanted to shoot. "Once you've shot for a while

and are ready to buy your own equipment and guns there are a lot of manufacturers that offer discounts to team members on rifles, ammunition, and just about everything else you need."

Gunners Mate 2<sup>nd</sup> Class Evan Cruz, a Reservist from Bronx, N.Y., shot his way to the national matches with borrowed gear. He purchased his first competition rifle at Camp Perry the day before the President's Match started.

"We've had shooters shoot their whole careers with a van rifle," said Master Chief Utilities Constructionman Scott Hancock. "They just keep track of the rifle number and shoot the same one at every match."

One common area of confusion for Sailors wanting to shoot is how to join the team. It couldn't be easier. The Navy Marksmanship Unit is not a commissioned unit of the Navy. It has no unit identification code and there are no billets. Team leadership is a collateral duty and team membership is entirely voluntary. The Navy team doesn't hire professional shooters like the Army Marksmanship Unit and it doesn't have permanent change of station assignments like the Marine Corps team. It is made entirely of Sailors who love to shoot and want to compete.

Joining the Navy and shooting either of the Fleet Forces Command matches is the same thing. Interested shooters need to read the annual message, announcing match dates and locations, that came out recently and contact their commands to request orders to attend. The annual match announcement message and team details may be found at the team website [www.usnst.org](http://www.usnst.org)

Depending on funding availability, Active-duty Sailors may have to pay some of their travel and messing expenses out of pocket. Reservists can use any type or combination of orders, with command approval. However, if funding is unavailable, some Reservists do have to come on unpaid annual training orders.

## Shooting for Safety

BY MC2(AW) BRADLEY DAWSON

The time has come around for the base firing range to have maintenance completed to avoid safety regulations from closing the range for use.

"Based on the number of rounds fired in the range and visual inspections of the backstop, we decided it was time to perform maintenance and replace the backstop," said Police Chief Shawn Wallace. The backstops have to be replaced on both ten lane ranges.

The backstop, comprised of granulated rubber material, stops incoming rounds. The bullet impacts the soft media and is captured predominately intact, minimizing airborne lead dust and averting ricochet. This provides a cleaner, safer, and quieter environment for shooting ranges, and maximizes the bullet recovery and recycling processes.

The maintenance is being done now so that one range may remain open while the other undergoes repairs. Averaging about one million rounds a year, this is the first time since the range was built that the backdrops will have been changed.

Wallace said, "The range first opened up in May 2002." He was an active duty Sailor stationed here at NAS Fort Worth JRB starting in the year 2000 and became a civilian member of the Security Department in 2007.

Along with the backdrops being changed, the ranges will also have the ventilation systems modified to increase air flow.

"This will make the air cleaner and will filter out more of the iron floating in the air after discharging rounds," said Wallace.

Keeping the range open is beneficial to more than just military commands.

Wallace continues, "We have agreements with more than 40 federal, state, and local law enforcement agencies who make regular use of our gun range." All of the outside agencies who use the gun range do so under the agreement that their use is not to interfere with military operations.

Repairs were scheduled to begin on the first of February and continue through the end of March.



NAVY HEALTH

# Losing Track of Your Resolution

BY AZ2 (AW/SW) PERCY DIAZ

While a month has past since the New Year arrived, many individuals have lost track of their New Years resolution diet. Go-

When skipping a meal you are more likely to snack on unhealthy foods, which are usually high in calories and fat. If for any reason

To accomplish this, trim the extra fat from all meats before cooking, remove the skin from poultry and use fat-free cooking techniques.

**Lower Sugar Intake:** Minimizing sugar intake is challenging because, other than the fact that approximately everyone likes to eat foods loaded with sugar, almost everything we eat has sugar. Don't be discouraged because where there is a will there is a way. Try to avoid sugar-loaded products like fruit juice, soda, chocolate, cakes, cookies and ice cream. Instead use sugar substitute products or sugar-free products.

Try to use these tips to help you stay on track.



Command Master Chief Ellen Zubke gets inoculated with the H1N1 vaccine shot by Hospital Corpsman 2nd Class (FMF) Aaron Nicholson during command "Shot-X" at the base theater on Jan. 28. The command staff was the first in line to receive the shot, to protect against the influenza virus, which was mandatory to all active duty Sailors within the command. (Photo by MC2(AW) Bradley Dawson)

***It seems much easier to start a diet, than staying committed to it. Here are five hints on how to stay loyal to your diet and make better choices.***

ing on a diet is the number one pledge that individuals are willing to commit to throughout the New Year. This is a very common reaction after going through the last two months of the past year indulging in delicious, fattening foods and empty-calorie drinks; diminishing the shape of the body, while having a devastating effect on cardio performance.

Going on a diet as your New Years resolutions is a great choice; however, it would be even better if more people stuck to it. It seems much easier to start a diet, than staying committed to it. Here are five hints on how to stay loyal to your diet and make better choices.

**Plan Ahead:** Instead of taking a hold of whatever comes in to your line of vision, carefully plan your meals. On weekends, go to the supermarket and get everything you are going to need to prepare the meals for your week. Planning ahead will save you the hassle of having to decide your meals during the day.

**Stay Away From Fad Diets:** Fad diets are glorified when published on newspapers or magazines. Do not be fooled by catchy phrases and sexy covers that are used as a tool to attract buyers and increase sales. Keep in mind that these diets do not re-educate your eating habits and are sometimes impossible to follow. As an alternative, eat a minimum of six moderate meals daily that are nutritionally balanced and keep yourself well hydrated.

**Avoid Skipping Meals:**

you did skip a meal, try snacking on fruits, vegetables or nuts.

**Minimize Fat Intake:** Reducing the amount of fat in your meal is a key factor when dieting.

*Beef Stroganoff  
Lightened Up*

*Main  
Entree*

**1 1/2 lbs boneless beef sirloin steak**  
**2 teaspoons olive oil**  
**1 cup chopped onion**  
**8 oz. fresh mushrooms, sliced**  
**1 teaspoon finely chopped garlic**  
**1 1/2 cups beef broth**  
**1/2 cup dry red wine**  
**4 teaspoons Worcestershire sauce**  
**1 teaspoon dried rosemary**  
**1/2 teaspoon salt**  
**1/4 teaspoon ground black pepper**  
**1/4 cup all-purposes flour**  
**1/2 cup water**  
**1 cup light sour cream**  
**6 cups hot cooked medium egg noodles**



Cut beef into 2 inch slices. In a medium skillet over medium heat, saute beef for about 4 to 6 minutes. Add onions, mushrooms and garlic and cook an additional 2 minutes.

Stir in beef broth, wine, worcestershire sauce, rosemary, salt and pepper. Heat to boiling, reduce heat and cover and simmer 12-15 minutes until beef is tender. In a small bowl, mix flour and 1/2 cup water until smooth. Add to skillet, heat to boiling for 1 minute.

Remove from heat and stir in sour cream until well blended. Serve over hot noodles.

(Photo by Barbara Smyers)

# NAS Fort Worth JRB's Support of Haitian Relief Efforts

BY RUSTY BAKER



Although Naval Air Station Fort Worth Joint Reserve Base has not been tasked to provide operational or logistics support, many of its tenant flying squadrons and commands are participating in operations located on bases and stations in Florida and the Caribbean.

Within days of the devastating earthquake that hit Haiti, service members have responded to the urgent needs of the Haitian people by supporting the joint, interagency and international effort known as Operation Unified Response.

Navy personnel play a vital role in supporting this humanitarian effort; including making the logistics chain possible and distributing life-saving assistance.

The Navy's Fleet Logistics Support Squadron 59 (VR-59) flew their first Haitian relief mission on January 20, transferring 113 doctors and nurses from Jacksonville, Fla., to Guantanamo Bay, Cuba via a C-40 Clipper aircraft.

The very next day, the squadron, known as the Lone Star Express, ferried an additional 120 doctors and nurses. Upon landing in Cuba, the mission was extended to begin transporting these same doctors and nurses into Port-au-Prince, sending 67 medical personnel into Haiti.

"It's hard to see people in need, but when you know that you are directly impacting these peoples lives by helping out and doing your part, it makes you feel good," said Aircrewman Mechanical 1st Class Brandon Clouatre, the Navy crew chief on board the squadron's Clipper prior to departing for Cuba.

Also on board were four local logistic-specialist Sailors from our Fleet Industrial Supply Center

(FISC) Jacksonville's Fort Worth detachment, who are serving as fork-lift operators at Guantanamo Bay for the next 30 days.

"The military personnel here are working non-stop, around the clock, coordinating the air and sea assets to deliver immediate, life-saving supplies to Haiti. The timely delivery of this aid is only possible due to the close proximity of Naval Base Guantanamo Bay to the affected area," said Rear Adm. Patricia Wolfe, Commander of Task Force 48 in Guantanamo Bay, Cuba. "Guantanamo Bay is a critical asset to meet the strategic needs in this region."

The Navy continues to work in support of the joint, interagency serve's local B. Company, of the

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## Fort Worth Reserve Soldiers Deploy for Haiti

BY RUSTY BAKER



90th (Aviation) Support Battalion Command Sergeant Major Jeffrey Darlington (extreme left), Battalion Commander Lt. Col. Robert M. Notch, and B Company Commander Maj. Jon Johnson wait at the front of the chartered bus to shake hands with their mobilized Reserve Soldiers prior to their departure to Fort Hood, Texas. Approximately 40 Soldiers from Baker Company began their deployment to Haiti on January 25 to provide Aviation Intermediate Maintenance and component repair in support of Army Reserve Aviation assets in Port-Au-Prince, Haiti. (Photo by Rusty Baker)

Approximately 40 Army Reserve Soldiers from NAS Fort Worth JRB based 90th (Aviation) Support Battalion's B Company began their deployment to Haiti on January 25 to provide Aviation

Intermediate Maintenance (AVIM) and component repair in support of Army Reserve Aviation assets in Port-Au-Prince, Haiti.

The Soldiers, consisting of

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## NAS Fort Worth Sailor of the Year

continued from page 3

grandfather's straight forwardness, his father's determination and drive, and his mother's role as his personal "drill sergeant," drove him to carry on the family tradition.

Francis is likened to say, "Through adversity, the cream always rises to the top."

**Francis is likened to say, "Through adversity, the cream always rises to the top."**

It's an axiom which he preaches to his Sailors, as well as his nine-year-old daughter and three-year old boy. The character traits that he instills in all are a professional attitude, morale within the shop, dedication to duty and above all, leadership. These are the reasons why Francis feels his Sailors always seem to rise to the top, just like cream.

To prove it, this year alone, Aviation Maintenance Admin-

istration 2nd Class (AW) Percy Diaz was named the Junior Sailor of the Year, AO3 Benjamin Poroda became the Blue Jacket of the Year, AO2 (AW) Christopher Day was awarded a Navy/Marine Corps Achievement Medal, AO3 (AW) Maria Espinoza was given a command challenge from the commanding officer, AO2 (AW) Candice Bell was received the Hard Charger Award, and AO2 Joaquin Schumacher was given the prestigious title of Morale, Welfare and Recreation's Athlete of the Year. Nearly all of the Sailors of Station Weapons have been promoted since Francis had been their leading petty officer.

Every month at Base Quarters, Capt. Smyers is known to regale Sailors and civilians with stories of heroism from our nation's past. In most cases, the subject is that of a Medal of Honor recipient going above and beyond the call of duty with little-to-no thought of individual safety. In every case, the commanding officer will end his story by reminding the Sailors that they are cut from the same

fabric as in all these heroes.

The idea of the skipper's message of, "the fabric from which you're cut," stuck with the Station Weapons division.

Thanks to Petty Officer Schumacher, the message inscribed on Francis' blue undershirt is worn by every ordnanceman belonging to Station Weapons. Its theme is so captivating, that even the commanding officer is to known to wear it under his Navy Working Uniform from time to time.

It states, "A single thread can produce a strength, strong enough to hold its own when challenged by the strength of adversity. It isn't until that single thread is faced with multiple adversities that it must believe in a strength of many threads. Weaving together, they build a fabric - a fabric of multiple threads that combined produce a strength far greater than any single thread. The Fabric of 2009."

AO1 (AW/SW) Francis started this most recent journey as this installation's Sailor of the Third



Junior Sailor of the Year, AZ2(AW) Percy Diaz, is committed to the Navy's Core Values, a leader in the command's PFA Program, an active member of numerous command committees and a committed student. He is a sought after and trusted mentor to junior Sailors and a dedicated leader throughout the command. His commitment to Station Weapons, NAS Fort Worth JRB and the Navy made him the only obvious choice as Junior Sailor of the Year for Calendar Year 2009," said Cmdr. Philip C. Schulz. (Photo by MC2(AW) Bradley Dawson)

Quarter (SOQ) in 2009. He then competed locally, against the other three SOQ's of 2009, for the Sailor of the Year. Next, he will compete for the Region Sailor of the Year against every SOY of Commander, Navy Region South-

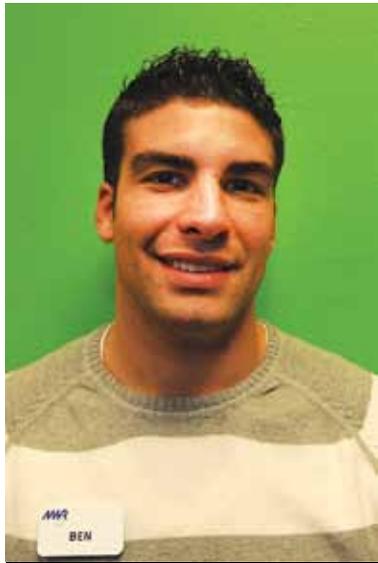


Blue Jacket of the Year, AO3 Benjamin J. Poroda, is an extraordinary Sailor who exhibits the finest qualities of professionalism and military bearing. He is committed to the Navy's Core Values, a leader throughout the command, an active member of numerous committees and a committed student of higher education," said Cmdr. Philip C. Schulz. (Photo by MC2(AW) Bradley Dawson)

east in Jacksonville, Fla.

Hopeful for promotion to chief petty officer this coming cycle, Francis plans on making the Navy a career, and has plans to finish his degree to pursue his passion as a culinary chef.

## What Are You Doing For Your Special Someone This Valentine's Day?



"I am taking my girlfriend to a nice restaurant in downtown Fort Worth, and then to the mountains in New Mexico for a ski trip."

**Ben Stevens, MWR Employee**



"I am taking more family burdens off of my wife this year by doing all the household chores and helping with our children."

**Gunnery Sgt.  
James L. Kenrick, USMC**



"I am taking my girl friend out to eat a nice dinner and then to see a concert at Billy Bob's."

**Air Traffic Controller 1st Class  
Kerry Mannon, USN**

## Ball and Chain Workshop

BY MC1 (AW/SW) MICHELLE SMITH

The flowers have wilted, the box of candy has been eaten and Valentine's Day has come and gone. And to top it all off, in spite of your best efforts; your relationship with your spouse isn't going as well as you'd like. You are not alone.

According to recent reports, there were an estimated 27,312 divorces among roughly 765,000 married members of the active-duty Army, Air Force, Navy and Marine Corps as of fiscal year 2009.

The Defense Manpower Data Center said these figures equate to a divorce rate of around 3.6 percent, compared to a 3.4 percent in fiscal year 2008.

According to the Associated Press, among reservists the divorce rate for fiscal year 2009 was 2.8 percent, compared to 2.7 the previous year.

There's a free program that may get your relationship back on track whether you are dating, engaged or married. It's a military marriage and relationship workshop, which is scheduled for March 27 at the Grand Prairie Armed Forces Reserve Complex.

The workshop will be facilitated by Robert and Barbara Zielinski, who are providers for the Together in Texas, a state-wide civilian and military marriage initiative.

The Zielinskis have worked in the marriage enrichment field for 37 years and are the founders and executive directors of Marriage Management, a non-profit organization dedicated to providing marriage and relationship enrichment services geared towards those who serve our country in the military.

You may have already heard about the Zielinskis. They have facilitated marriage enrichment workshops on base in the past and have been married for 39 years. Their workshops include the following topics: what makes up a healthy marriage, effective communication and conflict resolution skills.

Participants at one of the workshops held on base in July of last year found the workshop very helpful. One attendee remarked, "It doesn't matter how long you

have been married, there is always something you can learn." All participants said they would recommend the workshop to a friend.

The topic for March's workshop will be similar to the workshops held on base and will give couples a chance to learn and share experiences in a safe, relaxed and fun atmosphere while enjoying lunch and refreshments, but unlike the workshops held on base, no child care will be available. Besides developing better communication and relationship skills, engaged couples will receive a special bonus: a certificate for \$60 off their marriage license.

Registration is required to attend, either by calling 903-874-0077 or online at: [www.marriage-](http://www.marriage-)

**According to recent reports, there were an estimated 27,312 divorces among roughly 765,000 married members of the active-duty Army, Air Force, Navy and Marine Corps as of fiscal year 2009.**

[www.marriage-management.org](http://www.marriage-management.org)

If you can't make the upcoming workshop, marriage counseling is also available at The Fleet & Family Service Center. Two clinical counselors and licensed clinical social workers, Karen Fitzgerald and Mary Gallon provide free marriage counseling.

"Military members are entitled to 12 counseling sessions, but most couples' issues are resolved within six sessions," said Fitzgerald. One of the benefits of coming to one of the workshops or one-on-one sessions on base is that child care is available, if you meet the guidelines. The Child Development Center provides walk-in child care for \$3 per hour or \$25 per day according to a CDC staffer.

## Bombs Away to TXANG

BY RUSTY BAKER

There is a ton of history on this base. As a matter of fact the Mark 17 hydrogen bomb located off Military Parkway is about 21 tons of history in its own right. The Mark 17 is so heavy, it could only be delivered by one bomber; the Fort Worth made B-36 Peacemaker bomber.

When NAS Fort Worth JRB held the name of Carswell Air Force Base, it was one of the few Strategic Air Command bases to operate in the United States. The Air Forces' 7th and 11th and 43rd Bombardment Wings stationed here in the 1940s through early '90s, flew a myriad of bomber aircraft, most of which were made across the runway at what is now Lockheed Martin Aeronautics Company.

The Peacemaker was just one of many models that operated out of here, but her former pilots, crewmembers and support personnel still swear by her today. Time has deteriorated the once mighty fleet, and now no B-36 will ever take to the air. The Peacemaker that was once being restored locally as a static display

has now been moved to Pima Air and Space Museum in Tucson, Ariz.

Presently, there are only three Mark-17 bombs in existence; one of which is on constant display off the main drive on board the in-



stallation. It's now flanked by two Texas Air National Guard aircraft; a P-90 Shooting Star and F-86 Sabre.

One Last Salvo of Bricks Maintenance of the Strategic Air Command (SAC) Monument at NAS Fort Worth JRB will be permanently turned over to the Texas Air National Guard in March. The SAC Monument Committee desires to make landscape improvements and to install solar-powered lighting prior to their

relinquishing of the monument.

To raise funds for these improvements, the SAC Monument Committee has decided to offer for sale additional personalized bricks until March 1. This will be the final opportunity to add bricks to the monument.

Bricks will cost \$100 each. Three lines of up to 13 characters on each line are available for engraving. Blank spaces are counted as a character.

Go to <http://www.sac-monument.org> for a Brick Engraving Form. From there, simply right-click the form and print the picture from the context menu.

Make payment in the form of either a check or money order. Please write "SAC Monument Brick" on your check or money order and make it payable to:

Robert Adams, 509 Big Creek Rd., Willow Park, Texas, 76087

Mail your payment and engraving form before March 1 and your brick will become a part of the monument within 60 days.

# NAS Fort Worth JRB Year in Pictures



1



2



5

1. Due to its 12,000-foot runway, NAS Fort Worth served as an alternate landing site to NASA's space shuttle and orbital vehicle twice in the last year when inclement weather diverted the flight to Cowtown. (Photo by MC2(AW) D. Keith Simmons)
2. A 136th Airlift Wing C-130H passes over the city of Fort Worth. Their mission is to provide highly trained, equipped and motivated military forces for worldwide combat and peacetime tasking supporting community, state and national interests. (Photo by Tech Sgt. Charles Hatton)
3. Navy transient line personnel direct one of two planes full of President George W. Bush's achieves to be transported off base and stored until the completion of the Bush Presidential Library to be located at Sothern Methodist University. (AP photo by L.M. Otero)
4. NAS Fort Worth JRB Commanding Officer, Capt. T.D. Smyers, cuts a ceremonial ribbon to one of many completed Navy Facilities projects to enhance the base. (Photo by MC2(AW) Bradley Dawson)
5. Sailors from the administration office of NAS JRB Fort Worth aid in the construction of a new home being built by the Habitat for Humanity group. (Photo by MC2(AW) Bradley Dawson)
6. Moisture builds on the leading edges of a F/A-18F Super Hornet during a .98 Mach speed pass at the Air Power Expo portion of the Armed Forces Day Celebration on NAS Fort Worth JRB. (Photo by Rusty Baker)
7. Country music superstar, Trace Adkins, entertains fans during the Armed Forces Day Celebration. (Photo by Rusty Baker)
8. The Commander of Navy Region Southeast, Rear Adm. Townsend G. Alexander, and 301st Fighter Wing Commander, Col. Richard W. Scobee, swap gifts after their F-16 Viper flight during Alexander's first command installation tour of NAS Fort Worth JRB. (Photo by Tech Sgt Shawn David McCowan)
9. Marine Maj. David de Carion is greeted by his four-year-old daughter, Avery, after his return from Iraq with Marine Fighter Attack Squadron 112. (Photo by Carl Richards)

Background: Service members, base employees, students from Mesquite's Berry Elementary School and 'Brite' the energy-awareness light bulb joined in Morale Welfare and Recreation's Turkey Trot on board NAS Fort Worth JRB. (Photo by MC2(AW) Bradley Dawson)



# Legacy Of Tuskegee Airmen Is Here On Base

BY MC1 (AW/SW) MICHELLE SMITH

You probably have driven down the street countless numbers of times; without realizing the rich military history in its name.

The street, which runs in front of the base gym, was previously called Hulk Drive. It was renamed Tuskegee Airmen Drive in August 2007 after the Tuskegee Airmen, an all African-American pursuit squadron.

To understand the significance of the Tuskegee Airmen we have to go back to September 16, 1940, when Congress passed a Selective Service Act, which required all armed services to enlist "Negroes."

On this same day, the War Department announced that there would be a "colored personnel" for aviation service

created by the Civil Aeronautics Authority along with the U.S. Army. Until this time, African Americans were barred from flying for the U.S. military because it was believed at that time they weren't qualified for combat duty.

It was from these laws, along with protest from civil rights groups and other organizations that created an Army Air Corps program designed to train African Americans to maintain and fly combat aircraft.

The first aviation cadet class at Tuskegee Army Air Field began in July 1941 and completed training nine months later in March 1942. Thirteen started in the first class. Five successfully completed the training, one of them being Capt. Benjamin O. Davis, Jr., a West Point

Academy graduate. The other four were commissioned second lieutenants, and all five received Army Air Corps silver pilot wings.

According to historians, from 1941 through 1946, nine hundred and ninety-four pilots graduated at TAAF, receiving commissions and pilot wings.

The Tuskegee Airmen weren't only pilots, but navigators, bombardiers, maintenance, support staff, instructors and ground support.

Then in 1948, President Harry Truman enacted Executive Order Number 9981, which directed equal treatment and opportunity in all of the United States Armed Forces. In time, this order, led to the end of racial segregation in the military forces.



Members of the Tuskegee Airmen plan their itinerary for another aerial victory. During World War II, 72 Tuskegee Airmen shot down 112 enemy aircraft, including several ace German fighters. Photo courtesy of <http://www.tuskegeearmen.org>

## NAS Haitian Relief Efforts

continued from page 6

90th (Aviation) Support Battalion committed about 40 of its Reserve Soldiers to support and maintain Army Reserve helicopters directly in Port-Au-Prince, Haiti.

The 10th Air Force deployed their mobility expert, as well as other Airmen from its supporting units within days of the earthquake. Tenth's 610th Regional Support Group Commander was sent to Homestead Air Reserve Base, Fla.,

Texas Air National Guard's 136th Civil Engineer Squadron sent four Airmen to serve as a basic engineering team, and command and control personnel at Haiti's International Airport after receiving a request for assistance the Joint Information Exchange Environment for assets to support Operation Unified Response. The crew will provide civil engineering capabilities to erect Disaster Relief Beddown

humanitarian relief that Haitians need.

"As long as two million people in Haiti are still struggling to get food and water, fuel and medical care, it would probably be a mistake for anyone to say they are satisfied with the level of effort," said Secretary of Defense Robert M. Gates. "That said, it is hard for me to say what more the United States could make available of how we could make it available faster to deal with the tragedy there."

As far as donations to Haiti relief, the Navy is encouraging members of the community, community organizations, and local businesses to visit <http://www.usaid.gov/helphaiti/> on how they can donate money or items in support of Haiti earthquake relief. This Web site provides links and detailed information on what are acceptable donations and how to make them. One point to keep in mind, NAS Fort Worth JRB cannot accept donations of any kind from business, organizations or individuals and transport them overseas.

For information on how to donate locally, please contact your local disaster relief and charitable organizations.

A special thanks to all who are donating their time, money and goods in this time of need.



Aircrew members of the Navy's Fleet Logistics Support Squadron 59 (VR-59), the "Lone Star Express," make final preparations prior to flying their first Haitian relief mission on January 20, transferring 113 doctors and nurses from the Fort Worth area to Guantanamo Bay, Cuba via a C-40 Clipper aircraft. (Photo by MC2(AW) Bradley Dawson)

to act as the base's emergency operations center director, coordinating cargo, airflow and recovery of people. A handful of Airmen from 301st Fighter Wing, 73rd Aerial Port Squadron, were also deployed to Homestead ARB to support cargo loading operations for the relief effort.

Sets (DRBS), provide meals, latrines, power and water for 150 people. The four volunteering Airmen are expected to be on site for 90 to 120 days before they are rotated back here.

The people of Haiti continue to have the support of the U.S. in the urgent effort to deliver



## Do Not Underestimate the Power of the Bench Press

Bench Press / Power-Lifting Competition open to both male and female, to be held on April 3 at 10:00 a.m. at the Fitness Center. Cost of \$10 per person, per event, with T-Shirts given to all who participate. Trophies given in both weight and age categories. Registration and weighing in start at 8:00 a.m. on the day of the event. Call (817) 822-8967 for more information.

## Spring Forward, Replace Batteries

Daylight Saving Time begins March 14. Move clocks ahead one hour at the start of Daylight Saving Time. Switching your clocks is a perfect time to remind you to switch out all the old batteries in your home smoke alarms, carbon monoxide detectors, and other battery-operated safety devices.



## A DASH OF SALT:

## A Series of Articles on Nautical Terms, Phrases and Clichés

BY JON CRAIG

## Part Thirteen: Grog

Now for a salty term which has moved ashore. We will start in the early days of the British

healthier than the rest of the navy, due to the daily doses of vitamin C that prevented disease, mainly



Navy. The *lucky* sailors of that day were issued a ration of wine, weak beer or brandy to keep them manageable and to stretch the water ration. Since there was very little else to look forward to on a cruise in a British man-of-war, the issuing of the daily ration were the high points of the day. The crew was lined up and the ration was issued by a petty officer under the supervision of one of the lieutenants. The crew had a chance to exchange rumors and swap tobacco for scrimshaw and, generally, take a short break from what was a very hard life.

After Britain's conquest of Jamaica in 1655, a half pint or two "gills" of rum gradually replaced beer and brandy as the drink of choice. Given to the sailor straight, this caused additional problems, as some sailors would save up the rum rations for several days, then drink them all at once. Due to the subsequent illness and disciplinary problems, the rum was mixed with water. This both diluted its effects, and delayed its spoilage. A half pint, one cup, of rum mixed with one quart of water and issued in two servings before noon and after the end of the working day became part of the official regulations of the Royal Navy in 1756 and lasted for more than two centuries.

In 1740, English naval officer Adm. Edward Vernon began mixing the rum with citrus juice, usually lime or lemon, and water. Although they did not know the reason at the time, his sailors were

scurvy. In time, this custom got the British the nickname limeys for the limes they consumed.

Vernon was fond of wearing coats made of Grogam, a coarse fabric made of silk, worsted and mohair stiffened with gum, and was known to his crews as "Old Grog." The watered down rum acquired his name and became known as Grog's Rum and eventually was shortened to grog.

One of the forms of punishment was to deprive a man of his issue of rum. And it's interesting to note that even the ship's boys, some as young as 10 or 11, were issued their ration right along with the rest of the crew.

The practice of serving *grog* twice a day was carried over into the Continental Navy and the U.S. Navy. Robert Smith, the second Secretary of the Navy, serving from 1801 to 1809, experimented with substituting native rye whiskey for the imported rum concoction. Finding the American Sailors preferred it, he made the change permanent. It is said his sailors followed the practice of their British antecedents and took to calling it "Bob Smith" instead of *grog*.

In a case of familiarity breeds snobbery, sailors, over the years, became fond of rum and water and drank it that way in preference to drinking it straight. And a sailor who over indulged was said to be groggy, a term still used today.

## February is African American History Month

## Book Titles, Adult

**1001 Things Everyone Should Know About African American History** By Jeffrey C. Stewart

**The Black Book** By Middleton A. Harris

**The African American Century: How Black Americans Have Shaped our Country** By Henry Louis Gates, Jr.

**Eyes On The Prize: America's Civil Rights years, 1954-1965: A companion volume to the PBS television series** By Juan Williams

**The Golden Thirteen: Recollections of The First Black Naval Officers** Edited by Paul Stillwell & Foreword by Colin L. Powell

**American Patriots: The Story of Blacks in The Military from The Revolution to Desert Storm** By Gail Buckley

*These are just a few of the titles the Base Library has to offer. We also have many biographies about African Americans from Frederick Douglass, W.E.B. DuBois and many more to the present. We also offer a large selection of contemporary fiction including such authors as Terry Mcmillan, Walter Mosley, E. Lynn Harris, Toni Morrison, Zane, Eric Jerome Dickey, and more.*

## Book Titles, Youth

**Guide to More Great African American Children's Books** By Donna Rand

**Black Civil Rights Champions** By Kimberly H. Taylor

**Black Abolitionists and Freedom Fighters** By Kimberly H. Taylor

*The library also has numerous biographies for children about African Americans. We offer many titles in fiction written by authors such as, Walter Dean Myers, Virginia Hamilton, Jerry Pinkney, and more. Two excellent titles are:*

**Roll of Thunder, Hear my Cry** By Mildred Taylor

**The Watsons go to Birmingham-1963** By Christopher Paul Curtis

*In addition we have books on cassette and CD by African American authors and some videos of famous people. In our movie selection we have such titles as Roots and The Color Purple and others.*

<http://www.infoplease.com/spot/bhm1.html>

Black History Month: Extensive and comprehensive links to history, timelines, contemporary issues, special features, holidays, education, awards, quizzes & crosswords, biographies, and other resources.

<http://www.africanamericanhistorymonth.gov/index.html>

February is African American History Month: The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

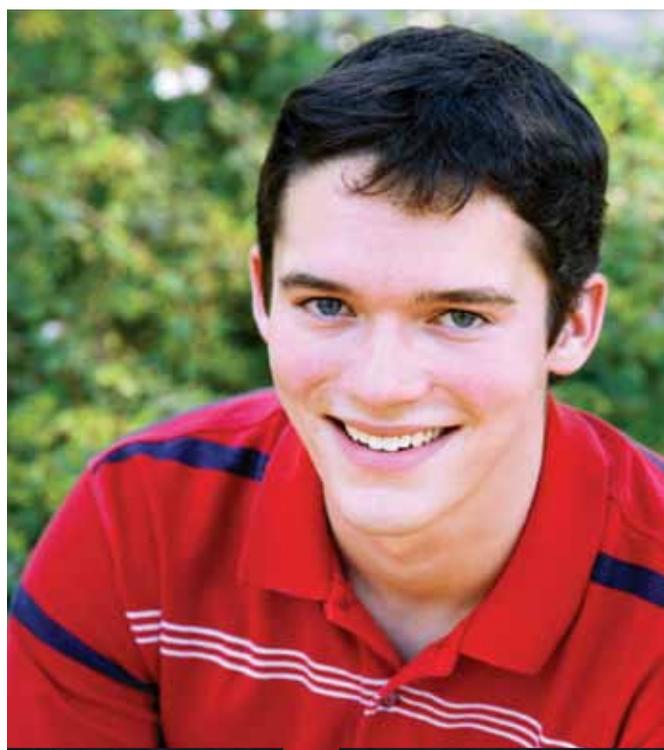
<http://www.onehistory.org/black.htm>

**BlackHistory.org** is dedicated to providing reference materials to the public on six centuries of African American History.

<http://www.nps.gov/history/aahistory/>

U.S. Department of the Interior  
National Park Service  
African American History

Meet some of the people and visit some of the places that have shaped **our nation**.



*"ACU has one of the only undergraduate programs that actually involves undergraduates in research ... We're doing research at a level of graduate students."*

**SCOTT STEWART**  
Sophomore physics  
major from San Antonio

Read more at [www.acu.edu/stewart](http://www.acu.edu/stewart)



ABILENE CHRISTIAN UNIVERSITY



# Tax Tips and More

BY MC2 (AW) BRADLEY DAWSON

In less than a week of opening on January 26, the VITA tax center had already helped over 100 active duty, dependents, retirees, and reservists (on active duty for more than 30 days) complete their taxes for the year 2009.

In case you did not know, there are a few things that not everyone thinks about that can be claimed on your taxes. Hopefully, this article will enlighten a few readers to new ways of saving some money.

For those of us who want to look good and have very little if no skill with an ironing board, dry cleaning can actually be claimed on your taxes. If you are one of the fortunate ones who had the money to buy a new automobile (does not matter if it was out of need or necessity), you may

claim the sales tax from that 2009 model vehicle – this includes recreational vehicles as well.

Reservists can claim mileage and travel on drill weekends when the distance is greater than 100 miles one way. So, if you are in the reserves and do not already keep track of miles traveled on duty weekends, now would be a good time to start.

Officers are allowed to claim uniforms on their taxes as they are not allotted funds for clothing. For those who complain about not getting enough money for clothing allowance, keep in mind that not everyone gets that money.

"This year the IRS (Internal Revenue Service) is forgiving \$2,400 of unemployment compensation," said LN1 Andrea

Navarro. This means that \$2,400 would be deducted from the total amount of unemployment compensation collected when filling taxes for 2009. This is a small piece of good news for those who are having trouble finding work.

"If you bought a new home and plan to take advantage of the homebuyer tax credit, you will have to submit copies of your paperwork as a new homeowner this year," said Navarro.

Apparently, there have been some people trying to get this credit illegally. Because of the requirement to file a paper return when claiming the homebuyer credit, the VITA tax center will not be able to file your taxes if you are claiming a new home - the VITA tax center software

## ***In less than a week of opening...the VITA tax center had already helped over 100 active duty, dependents, retirees, and reservists***

utilizes the internet in order to e-file. However, the tax credit is definitely worth the hassle with an \$8,000 return for first time buyers. There is still a credit for someone who is not a first time buyer but did buy a new home in 2009 – check with your tax preparation specialist for details.

For those of you trying to make some extra money on the side by running your own small business, "VITA will not be able

to file your taxes as this requires more than a scheduled EZ form," Navarro said. "Other than the employees that provide child care for the MWR Child Development Center, because they are sponsored by the base."

Before you head to the VITA tax center, make sure you do not forget to bring all of your paper work. The prepared customer is more likely to get in and out of the tax center with fewer hang ups. Bank Routing numbers and a copy of your taxes from the previous year will help get your taxes done quickly.

The VITA tax center is still in need of volunteers. For more information call the VITA tax center at 817-782-6397.

# Fort Hood Reserve Soldiers Deploy

continued from page 6

rotary-wing aviation mechanics and aircraft maintainers who specialize in everything from engine, powertrain, sheet metal and aircraft component repair to avionics equipment repair, began the first portion of their potential 180- mobilization via a chartered bus destined for Soldier Readiness Processing (SRP) at Fort Hood.

"We had received a request from our Brigade Headquarters a few days prior to start looking for volunteers to support shortfalls in the helicopter companies that were on notice," said Lt. Col. Robert M. Notch, 90th (Aviation) Support Battalion Commander. "Our specific tasking for a portion of our unit was unexpected, but our Soldiers and leaders handled it very well."

Before the weekend was out, Reserve members of the unit began streaming on base to answer the call. Two days later, the company was alerted that it would mobilize its Soldiers within a day's time to report to Fort Hood for deployment processing. The entire process from notification to wheels rolling was only 72 hours, but Baker Company would prove to be ready.

As with any mobilization, nothing goes without a hitch. Halfway through the process, red flags began to pop up on a handful of Soldiers' medical records that would keep them

from deploying. Lt. Col. Notch picked up the phone and called on NAS Fort Worth JRB Commanding Officer, Capt. T.D. Smyers for help.

"Since we have always received tremendous support from the base and I know that Capt. Smyers is serious when he talks about the Joint family we have here, I contacted him to see if we could get rapid assistance from Cmdr. Phillip Sanchez and the branch medical clinic," said Notch. "Capt. Smyers promptly engaged his staff and was able to prioritize our Soldiers for assessment first thing Monday

## ***Capt. Smyers promptly engaged his staff and was able to prioritize our Soldiers for assessment first thing Monday morning.***

morning. This medical and dental assistance allowed every Soldier to board the bus Monday afternoon."

"Baker Company is truly unique in the nature as it is the sole AVIM Company in the U.S. Army Reserve inventory," said Company Commander, Maj. Jon Johnson. "The Soldiers in B Company bring particular skill

sets to the Aviation Task Force that can only be found at the AVIM level of aircraft maintenance."

The company was converted from the former M. Company, 158th Aviation Regiment, which had been located on base for two years. The core group of aviation mechanics and support personnel had already been trained in their duty position and augmented with combat experience from several Operation Iraqi Freedom veterans from 2004 and 2005.

Both the battalion and company commanders feel that the favorable conditions set for the mobilization's success, were due to the senior non-commissioned officers (NCO) within the battalion. Battalion Command Sergeant Major, Sgt. Maj. Jeffrey Darlington, and his senior leaders ensured all tasks were accomplished safely and with a sense of urgency, according to Notch.

"This unforecasted mobilization allowed key leaders, such as the B Company First Sergeant, Eddie Zayas, and the Aircraft Production Control NCO, Master Sgt. Kenny Lewis, the opportunity to showcase knowledge and expertise related to prep and movement of personnel, Aviation maintenance shops and equipment," said Johnson. "Additionally, key players in the movement piece



Fellow Soldiers and families alike line either side of the road to bid farewell to a bus load of mobilized Army Reservists as they depart the base for Fort Hood, Texas. Approximately 40 Soldiers from Baker Company began their deployment to Haiti on January 25 to provide Aviation Intermediate Maintenance and component repair in support of Army Reserve Aviation assets in Port-Au-Prince, Haiti. (Photo by Rusty Baker)

of the mobilization, such as the Aircraft Component Repair Platoon Leader, Capt. Aaron Hupp, and the Systems Repair Platoon Sergeant, Staff Sgt. Jesus Ceballos, continue to work tirelessly ensuring the proper equipment gets sent forward to our Soldiers in Haiti."

"Our job supporting our deployed Soldiers is not complete," said Notch. "We still need to prepare and ship the deploying equipment, and keep our families informed and supported. Our Family Readiness volunteers have also done an outstanding job."

Supporting personnel and families lined either side of the road as the bus departed the company's training center. A command for hand salute was given as teary-eyed loved ones waved goodbye.

"As the Families made their way in on Monday for our farewell, it was clearly evident that they all were extremely proud to know that their beloved Soldier was prepared to contribute to something much bigger than any one of us," said Johnson. "I'm absolutely proud of what these Soldiers were able to accomplish in a very condensed timeline."

# Saving for Retirement?

## Know Where Your Money Goes.

BY LT COREY BEAN, JAGC, USN  
NAVY LEGAL SERVICE OFFICE CENTRAL

"Military personnel are often young and transient, but they earn a regular paycheck from Uncle Sam. That makes them prime targets for shady sales practices and financial criminals," writes Kimberly Lankford, contributing editor from *Kiplinger's Personal Finance*. One ongoing

Counselor."

**Were you offered free pizza, movie tickets, or some other freebie to attend a meeting on or off the installation where you received a sales pitch for insurance, investments, savings or retirement?** Many states' laws

consider this an unfair or deceptive practice

**investment?** SGLI pays even if you die in combat. Although commercial insurance policies have not typically included war exclusion clauses since the Vietnam War, it is always a good idea to read a policy carefully. The clause excuses the insurer from paying the death benefit if the insured is killed in a war.

The Thrift Savings Plan offers low cost equity, bond, and money market funds in a tax deferred account. Deferring taxes can be a significant advantage because it allows the fund holder to earn a return on a portion of his account that would otherwise have gone to taxes and therefore not earn a return.

**Were you pressured to sign up or rushed through an application without time to understand the details, ask questions, or read the information?** Common sense alone should tell you this is a bad idea. If someone is pressuring you to sign an agreement that you do not understand, especially when the one applying the pressure stands to gain, the agreement is rarely in your best interest.

**Were you asked to show you CAC or access your myPay account to set up payments to a bank or someone you have never done business with?** Many states' laws consider this an unfair or deceptive practice regardless of location.

**Did they fail or refuse to give you copies of your paperwork and information clearly describing what you just bought?** If the sale is conducted face to face and the agent knows the purchaser to be a service member, many states' laws require the agent to provide an explanation of any free look period and instructions on how to cancel and a copy of the application or written disclosure.

Legal assistance attorneys are available to help. Call them at (817) 782-6009. This article is not intended to substitute for the personal advice of a licensed attorney.

regardless of location when the individual being solicited is in a pay grade E-4 or below. Yes, it is paternalistic to assume junior enlisted lose their capacity for critical thought when given free pizza, but the law could help some service members out of misleading investments.

**Did the sales pitch focus on tax deferred savings paying a high rate of interest? Was life insurance mentioned? If so, were you asked how much life insurance you needed, or just asked how much you could afford to "save" each month?**

Some unscrupulous insurance agents will sell life insurance as an investment. While whole life and universal life policies will accrue cash value and can pay a benefit prior to the death of the insured, keep in mind that the insured is also paying for insurance which he may or may not need. The insurance is not free. For someone who already has enough life insurance and wants to save for retirement, a growth oriented investment not bundled with life insurance may be the better option.

**Did anyone say or imply that SGLI might not always pay or that the TSP isn't a good**

scam is to sell insurance as or in conjunction with other investment products so that the true cost of the insurance is disguised. Even if the service member discovers the deception, deployment cycles or simple embarrassment may discourage him from complaining and getting relief. The National Association of Insurance Commissioners and the Department of Defense advise military members to examine their retirement and savings plans closely to see if any of these "red flags" apply:

**Were you approached by someone, or did you receive a card or a mailer, offering information on your military or VA benefits, or about a military service organization, only later to receive a sales pitch for insurance, investments, savings or retirement?** This is a deceptive or unfair practice regardless of whether it happens on or off base and violates the law of most states. A similarly deceptive practice is for the agent to use a title such as "Unit Insurance Advisor," "Servicemen's Group Life Insurance Conversion Consultant," or "Veteran's Benefit

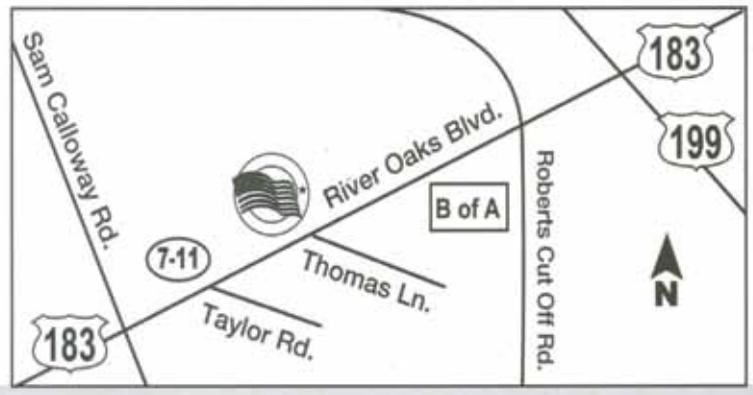


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# Any Hour, Any Day

continued from cover

members and civilians. She frequently gave cameras and attendees a gentle wave and "Hello." In a few moments, she would have a special badge pinned on so she could finally call herself "Marine." Like many of the service members present, Briana came in wearing a matching outfit. She wore pink sweats with "Marines" across the chest complete with a matching pink cover and slippers. After her citation was read, Briana and her family accepted the framed letters, challenge coins and coveted Eagle, Globe and Anchor. As the National Anthem, Anchors Aweigh and The Marines Hymn played, signaling the end

him and said, 'OK. Thank you,' and that was it."

It had been a while since some of Larry's fellow Marines had seen their master sergeant. He had been away at Briana's bedside by request of physician Richard Howrey, M.D., the assistant medical director of the Stem Cell Transplant Program at Cook Children's Medical Center in Fort Worth. He is currently one of the oncologists working toward Briana's health.

On Mother's Day, 2008, Briana's smiling face was the first image her parents, Larry and Stephanie, saw as they woke up to her bouncing on their bed.



While her father, Master Sgt. Larry Menendez, stands behind Briana, she receives a set of personalized dog tags from 8th Marine Corps District Commanding Officer Col. Mark Toal during her induction ceremony as an Honorary Marine (Photo by J. Brent Winn)

of the ceremony, Briana's hands pressed tightly across her heart. It was an uneasy but well-deserved victory for her to be seated where she was.

Attendees lined up to shake hands with the new Marine as her father, Master Sgt. Larry Menendez, looked on proudly. Reporters began their interviews as some waiting in line to greet Briana were in tears. There wasn't a tremble in Briana's voice or a tear building up in her eye. This was her moment and she exhibited the same bearing her father had come to respect.

"(The doctor) went to talk to her and said, 'Your life is going to come to an end,'" Larry told reporters of Briana's last visit to the hospital Jan. 10. "She looked at

It was the day after Briana's last track meet where she competed in the 400-meter and 1600-meter dash. Larry recalled her feeling less than her energetic self that day. As the family embraced that morning, Stephanie, a former Marine, noticed Briana had a baseball-sized lump on her neck, which Briana failed to notice. They rushed to the local emergency room. It was then they learned of her condition. Doctors diagnosed Briana with T-cell lymphoblastic lymphoma, an aggressive form of blood cancer usually found in children. Since the battle began, each member of Briana's family has stayed at the front lines, nobody losing hope or energy.

Larry came to Fort Worth just four years away from retirement.

After being in the recruiting sector for nine years, he was looking forward to a change of pace by working at the district headquarters. Now, more than half of his tour here would be spent fighting desperately alongside Briana and his family to save his most precious investment.

"We've had a lot of close calls since it all started in 2008," said Larry. "In August 2008, she went into remission. In March of 2009, the cancer relapsed and came back as leukemia. That's when doctors told us that her only hope for survival was a stem cell transplant."

Relapsed T-cell diseases cause concerns for oncologists. Physicians typically use a stem cell transplant as a way to eradicate fluid-type tumors including lymphoma and leukemia. White blood cells or lymphocytes are migrated to the bloodstream in hopes of them maturing into specialized type B or T cells — cancer fighters. If the stem cells fail to eradicate the tumor fluids the cancer is still alive and it is likely to come back more aggressive than ever.

"We anticipate that she will be in the hospital approximately 6-8 weeks which will be her most critical time," wrote Howrey in a letter to Larry's commanding officer, talking about Briana's transplant preparation. "Briana's transplant preparative regimen of radiation, high dose chemotherapy, followed by her cord blood transplant will cause her to have significant serious side effects; therefore, we ask that Dad be at her bedside 24 hours a day."

Larry and Stephanie said they noticed a bothersome change in attitude in Briana in the months surrounding her transplant in August 2009. Larry said she assumed a listless expression and was no longer of the same energy she had projected for years. Stephanie recalls it being the most difficult time for the family, realizing that this exhausting fight was far from over.

By Jan. 10, Briana was back in the hospital. This time, doctors at Cook's Medical Center found a liter of fluid in the pericardial sac that surrounds her heart. This



After returning from the hospital early January, Briana Menendez, 13, an Honorary Marine, spends the majority of time at home resting in her room, which is decorated much to the tastes of a young teenage girl. Along with an oxygen tank and hospice supplies, the room is complete with dozens of balloons and stuffed animals. (Photo by Cpl. Kyle T. Ramirez)

would keep the heart from beating as efficiently, causing a dangerous drag of energy.

"They told us that usually after 500ml of fluid is drained, it's clear that the heart is attacking itself," said Larry. "They said that she could go at any hour, any day. We took her out of the hospital. We wanted this time with her to be spent being happy and with the people and things she loves. So far, she's made it two weeks, which surprised even the doctors. She's fighting it with everything she's got."

Despite Briana's physical condition being at its worst, her

her graduation certificate for the Kiddie Crucible.

"One of the things she always said is that she wanted to be a Marine, just like her mommy and daddy," Larry boasted. "She's been around the Marine Corps her whole life and always talks about how much she loves it."

"We would sit down and have talks about what this all meant to her and how she was feeling," said Stephanie. "She seemed to have this positive relationship with God that I had never seen in anyone. She would say simply, 'God is in control,' or 'Whatever happens, God wanted it to happen.' She has a very strong relationship with him. I always tell her that if she knows his plan, I'd like to know what he's up to."

Larry said life hasn't been as gloomy as one might imagine after leaving the hospital. The past weeks have been spent in warm adoration — a family clinging closer together than ever before.

The family attended a unit party in Briana's honor. The Honorary Marine ceremony, visits from family and friends of Briana have given the young fighter a lot of energy and willpower, Larry said.

"She's shown us not to be afraid," said Larry. "The moment we got the final news from the doctor, she told us immediately, 'It's gonna' be OK.' She's comfortable knowing that we are going to do everything in our power to keep her around. All of our strength, we get it from her."

***The past weeks have been spent in warm adoration — a family clinging closer together than ever before.***

parents began noticing again the young fighter inside her — a personality trait they say changed both of their lives. Briana has been a fighter since she started walking, Larry said. In October 2000, the family was living in South Carolina. She and her sister attended Kiddie Crucible at Parris Island, an abridged recruit training for children and she attacked the obstacles with vigor. Larry keeps a thick white binder with all of Briana's life accomplishments. Full from certificates and photos, he shows it off proudly, including



# Home Invasions are Real

BY TECH SGT JOSH WOODS, 10TH AIR FORCE PUBLIC AFFAIRS

It was a beautiful evening and a great time to take the dogs out for a walk.

Lt. Col. Elwin Rozyskie, Jr., 10th Air Force Director of Civil Engineering, grabbed the leashes and headed back to the kitchen as his wife unlocked the door. All of a sudden, an intruder burst through the door and shoved a gun to his face demanding everything he had. Just then, the colonel's wife walked unsuspectingly into the room; the intruder took his gun and pointed it at his wife threatening, "If you do anything I will kill him." Taking only a moment to assess the situation,

the 53-year-old martial arts expert decided to remove his wife from the situation. He tells the intruder, "Everything you need is out back."

Lt. Col. Rozyskie led the intruder out back, knowing that if he had the intruder one-on-one he might have a chance to over-power him. While walking outside, the intruder was distracted by the dogs and, it was at this moment, the colonel made his move -- grabbing the intruder's gun, he ripped it from his hand at the same time pulled him down to the ground. When the two fell, the gun was knocked away and they both rolled on the

ground. Now, a second intruder, previously undetected, rushed over and tried to kick their victim. The Air Force Reservist of more than 31 years blocked his kick and managed to get back up and run over to the adjacent house. At this point he realized his wife was running outside through the front door calling for help and she noticed the two men run away. Pumped full of adrenalin, the two had bungled the would-be robbers' plans.

Home invasions are becoming an increasing trend throughout the United States. Home invasion, defined as "burglary of a dwelling

while the residents are at home," typically leads to other crimes once the intruder has entered the home, sometimes as serious as sexual assault, rape or murder. The most frightening part of a home invasion is that the intruders can often perform their crime without detection from neighbors.

According to the latest statistics by the United States Justice Department, one in five homes undergo a home invasion and more than 8,000 home invasions occur every day in US.

Due to the training Lt. Col. Rozyskie received while serving in a United States Army Airborne unit

and 20 years of martial arts, he was able to use his past knowledge to assess the situation, observe the surroundings, and react. The colonel recommends, "Be aware of your situation around you... always have a plan and always be flexible." He also suggests, "If an opportunity presents itself to get away that's what you should do." His preparation mentally allowed him to not only save his life, but his wife's life as well.

Through education and staying cautious, you can protect yourself and your family from becoming a victim of the next home invasion.

The best defense is the best offense. Becoming prepared for this type of heinous crime will not only help save your life, but the lives of others. According to the United States Justice Department, here are several preparations for yourself, your home and your family:

- Use doors with solid cores rather than hollow wooden doors, complete with heavy duty locks
- Install security devices in windows such as alarm systems or bars
- Utilize all locks on any entrance into your home
- Use four three-inch screws to secure heavy duty lock strike plates in door frames
- Install and use a peephole in your doors to assess visitors prior to opening the door
- Install and set home security systems to prevent a home invasion while you are asleep
- If you are suspicious of visitors, alert neighbors or Neighborhood Watch groups
- Talk to your family about the possibility of a home invasion and proper preventative measures
- Discuss escape plans in the event they become necessary



Lt. Col. Elwin Rozyskie, 10th Air Force Director of Civil Engineering at the Naval Air Station Fort Worth Joint Reserve Base, Texas, receives the 10th AF Commander's Coin for bravery from Brig. Gen. Steve Arthur, 10th AF Vice Commander, after foiling an attempted robbery at his residence in recently.

## NAS Fort Worth JRB Saving Energy With New Energy Saving Performance Contract

BY NAVFAC PUBLIC AFFAIRS

Recently, NAS Fort Worth JRB received a long-awaited Energy Savings Performance Contract (ESPC). Naval Facilities Engineering Command (NAVFAC) Southeast awarded a \$7.1 million contract to NORESKO, LLC of Westborough, Mass.

An ESPC is the result of the joint interest between an energy services company (ESCO) and its customer and is formed for the purpose of financing and implementing cost-saving energy-efficiency improvements. It is a win-win situation for both parties involved in the contract. The ESCO pays the up front cost of purchasing and installing new equipment and the customer repays the ESCO over the life of the contract from the cost savings resulting from the project.

Many changes will take place at NAS Ft. Worth JRB over the next

20 months that will provide nearly \$720,000 in energy cost savings and 28,067 MBTUs per year.

Energy conservation measures for this contract will include HVAC upgrades and controls, energy efficient lighting upgrades including Photovoltaic (PV) and Power Factor Correction. The HVAC and controls upgrades will affect 20 base facilities and the energy efficient lighting retrofit will affect 27 base facilities.

"Overall, during the next 20 months, the base will receive new utilities infrastructure, optimized HVAC performance and more energy efficient lighting systems," said Nelson Wells, Public Works Department Ft. Worth resource efficiency manager.

"Photovoltaic is distinct from

other kinds of solar energy in that it harnesses the sun's light, rather than its heat," said Wells.

"Photo means light and voltaic refers to volt, a unit of electricity; hence, photovoltaic activity is the process where



electricity is generated using the sun's light," said Wells.

To accomplish this, a 10-kW solar array will be mounted on a carport structure located at the parking lot of Building 1802 and tied into the existing electrical power grid.

"So, if you've ever used a solar calculator, you've seen PV in

action," commented Wells.

Not only will the project utilize green technology, it will also increase the power factor which utility companies measure for efficiency. The power factor is defined as the ratio (a number between 0 and 1) of real power to the apparent power in a given load. A load with lower power factor draws more current than a load with a higher power factor for the same amount of useful power transferred. To compensate for resultant transmission line losses and reduced capacity resulting from a low power factor (efficiency), electrical utility companies charge a penalty to customers with low power factors.

"Historically, NAS Ft. Worth JRB's power factor is 0.89, which

results in penalty charges of nearly \$50,000 each year," stated Wells. "The power factor correction will increase the power factor from 0.89 to above 0.95, thereby eliminating the penalty."

ESPC projects take a lot of coordination.

"It took over a year from project inception to award," said Wells. "Several months to survey the base, develop the detailed energy study, coordination and discussions between the government and contractor, negotiations, and then the final contract award."

Although the process is long, this effort will further enhance the Region's ability to implement its energy strategy and move towards the President's goal of energy independence.

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