

# SKY RANGER

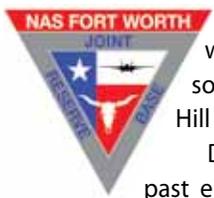


NAS Fort Worth JRB, Texas

Vol. 68, Issue 10

## Burton Hill Teachers Visit Military Families

BY KATHLEEN BYNUM



The foundation of learning begins with one important factor – that of a solid relationship, according to Burton Hill Elementary Principal Tamera Dugan.

Dugan, who has led Burton Hill for the past eight years, continues to make strides in helping her students develop the skills they need to succeed.

On Friday, Sept. 16, about 30 teachers from Dugan's elementary launched the Taking Education Home program and visited military students' families aboard NAS Fort Worth JRB, as well as non-military families throughout the community. Dugan said there are about 60 military dependents in her Westworth Village school.



She first envisioned a program like Taking Education Home while in graduate school at TCU. The program is "the launching of an idea developed 12 years ago," Dugan said. "I wrote a proposal to the district, and they allowed us to use this professional development day to pursue our Taking Education Home initiative."

The program, open to all campus students, involves getting families and teachers together outside of the classroom setting.

"Building strong relationships with students and their families is a proven method to increase students' participation in school academics and other activities,"

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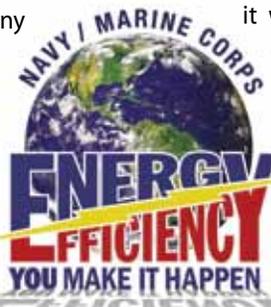
## Don't Mess With Texas, or Energy Consumption

BY NELSON WELLS, PUBLIC WORKS



Growing up in Irving, our family regularly traveled between home and Brownwood, visiting grandparents. One distinct memory I have was looking out the window of our Ford station wagon as we traveled and seeing the vast quantities of trash that littered the road sides - it wasn't pretty.

The state of Texas didn't like it either, and after many unsuccessful attempts, in 1986 Texas Department of Transportation adopted a statewide campaign to personalize littering - to make every Texan feel they were be-



ing trespassed when others littered our roads and highways.

Y' all are very familiar with the campaign they adopted: "Don't Mess With Texas."

It was so successful. The campaign slogan was singularly credited with reducing litter on Texas highways roughly 72 percent between 1986 and 1990. Even today the slogan has been unofficially adopted as a cultural icon for the state of Texas and even familiar to most Americans. So successful it was, that the U.S. Navy adopted the slogan as the official motto for the USS Texas (SSN-775), commissioned in 2006.

Why did it work? What made it so wildly successful, changing the behavior of Texans to such a degree?

In my opinion, it was successful because it caused Texans to take littering personally. It caused Texans to believe littering harmed THEIR Texas, THEIR road sides. The rest, they say, is history. We enjoy much cleaner roads and highways today because of the slogan created 25 years ago.

OK, so what is the connection between littered highways and energy awareness?

Just like 25 years ago when Texas had a problem with its littered highways, we have a problem, as a nation ... as a DOD ... as NAS Fort Worth JRB, with excessive energy use.

October is National Energy Awareness Month -- an annual effort to emphasize the importance of energy to our national prosperity, security and environmental well-being.

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Inside...

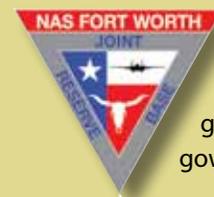
## Donation for Toys for Tots

The Toys for Tots Foundation receives donation from nonprofit organization, just as annual campaign is set to begin.

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## Gown Giveaway



Military members and their dependents attend fashion show; get to choose formal gowns.

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## VR-59 Pilot Flies C-40 to Atoll



NAS Fort Worth JRB Reservists refuel at Wake Island Airfield.

SEE PAGE 4



# 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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## A MESSAGE FROM THE COMMANDING OFFICER

# We Know... Freedom Is Not Free

Last month we reflected on the tenth anniversary of the tragedy of September 11, 2001, a tragic day that is forever etched in our memory. We remember exactly what



BENNETT

we were doing that day, and subsequently how that event has irrevocably changed our lives. Hopefully, last month you were able to take a few moments to respect the incredible courage and sacrifice that was displayed by our countrymen and patriots on that faithful day. Our military has earned a rich history and legacy serving our country's interests around the globe enduring great challenges and displaying uncommon courage. But last month was a time

to celebrate some of our public servants; police, firefighters and emergency services personnel who are prepared to make that same sacrifice for us every day.

Since September 11, 2001, our everyday way of life has changed, however, we understand as did our forefathers, freedom, safety and liberty are not free. It requires dedicated, unwavering and staunch sustainment of our American values. And especially, the blood, treasure and sacrifice of a nation and its people to uphold and even spread the most dear value on earth, freedom. We enjoy the sweet taste of liberty and freedom every day, and for that there is no substitute. That is why we serve, and why we honor our public servants who help support our American way of life too. Every day since the inception of our great nation, brave men and women abroad and at



Service members and civilian personnel on base bow their heads while Navy Chaplain Lt. Guy Thompson delivers the invocation during an American flag retirement ceremony given in tribute to the ten year anniversary of the Sept. 11 attacks. Among those in attendance, Installation Commander, Capt. Robert A. Bennett (pictured right), spoke of the sacrifices made that fateful day.

home 'stand the watch' because we fully understand, recognize and know freedom is not free.

Stay safe and God Bless,  
Skipper



## CO's Suggestion Box

The CO's suggestion box again yielded only a few comments. There were a couple of requests for repairs and one request for an elliptical machine or two at the pool.

First, the repairs. I have been very impressed with our Public Works team! They are professional and responsive. However, at times they can be challenged by the magnitude of their workload compared to their manpower and resources, especially during the end of the fiscal year. Therefore, in order for us to help them address each discrepancy, we must properly document the problem by using a work request which in turn establishes a work order to apply resources and prioritization of the problem. Unfortunately, every discrepancy that we identify or request to be fixed does not garner resources. For example, I believe a larger and more modern gym is

'overdue' at NAS FTW JRB. We'll keep trying, and our team will continue to address those repair requests with due diligence.

Regarding the elliptical exercise equipment at the pool, our research tells us that the safety risk outweighs the benefit of introducing other fitness equipment in the aquatic center.

Stay safe and God Bless.

Skipper





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# NAS Fort Worth JRB Reservists Refuel at Wake Island Airfield

BY CAPT. AMY HANSEN, 11TH AIR FORCE PUBLIC AFFAIRS

**WAKE ISLAND AIRFIELD**  
More than 5,000 miles from Texas, an aircrew from Naval Air Station Fort Worth Joint Reserve Base made a pit stop on Sept. 1 at a small atoll in the Pacific Ocean known as Wake Island.

Lt. Cmdr. Brian Tuin, a Reserve naval aviator with fixed-wing logistics squadron VR-59, landed a C-40 Clipper, the military version of a Boeing 737, on the runway for a short break to refuel and rest.

For this leg of the trip, Tuin said he is flying passengers and cargo from Marine Corps Base Kaneohe Bay in Hawaii across the Pacific to Okinawa, Japan.

According to Aircrewman-Mechanical 2nd Class Tim Neuverth, VR-59 crew chief, the C-40 can carry either 121 passengers, 35,000 pounds of cargo, or a split load of 70 passengers and 15,000

pounds of cargo.

Wake Island Airfield is on a 1,821-acre atoll located about 2,000 miles west of Hawaii and 2,000 miles east of Japan, which makes it a perfect refueling spot for aircraft transiting the Pacific Ocean, according to Maj. Tammy Dotson, 611th Detachment 1 commander. Wake Island has the longest strategic runway in the Pacific Islands at nearly 10,000 feet, she said.

"I've been fortunate enough to stop overnight here a few times," Neuverth said. "You can fish or peddle a bike around the island, and it has a laid-back Gilligan's Island-type atmosphere. It's a nice break from big city life."

When he is not flying around the world on military duty, Neuverth is a real estate investor in the Fort Worth area, while Tuin is a pilot for Continental Airlines.



PHOTO BY CAPT. AMY HANSEN

Aircrewman Mechanical 2nd Class Tim Neuverth, VR-59 crew chief, boards the C-40 Clipper. Below, Lt. Cmdr. Brian Tuin, VR-59 naval aviator, does his pre-flight check while Suchin Sawangsrri, a ground crew member from Chugach Federal Services, Inc, prepares to marshal the airplane out of its parking spot. CFSI is the company that is contracted to operate Wake Island Airfield with the oversight of military quality assurance specialists.

## NOW HEAR THIS: Base Announcements

**Uniform Alterations:** The on-base shop, "Stripes, The Alternation Place" is open from Monday through Saturday from 9 a.m. to 5 p.m. The shop does alterations, hems, patch work, nametags and rank. For details, see [www.shopmyexchange.com](http://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.

**FFSC presents Life Skills:** Women's Personal Safety and Security, Thursday, Oct. 13 from 10 to 11:30 a.m. Call 817-782-5287 for details.

**Work in Texas representatives** will be at Fleet and Family Support Center from 10 a.m. to

3 p.m. on Tuesday, Oct. 18 and Tuesday, Oct. 25; and Tuesday, Nov. 1, Tuesday, Nov. 8, Tuesday, Nov. 15, Tuesday Nov. 22 and Tuesday, Nov. 29. Call Ext. 5287 for details.

**Texas VA representative** will be at FFSC from 10 a.m. to 3 p.m. on the following Thursdays in October: 13, 20 and 27; and on the following Thursdays in November: 3, 10, 17 and 24.

**Transition Assistance Program**, or TAP, is available at Fleet and Family Support Center from 8 a.m. to 4 p.m. on Tuesday, Oct. 25 through Oct. 28, and Tuesday, Nov. 29 through Dec. 2.

**FFSC presents Life Skills:** Spouse Orientation, Tuesday, Oct. 18, from 5:30 to 6:30 p.m. Call 817-782-5287 for details.

**FFSC presents Life Skills:** Exceptional Family Member Program training, from 10 a.m. to noon, Wednesday, Oct. 19, from 5:30 to 6:30 p.m. Call 817-782-5287 for details.

**FFSC presents Life Skills:** Saving and

Investing class on Wednesday, Nov. 2. Call 817-782-5287 for details.

**FFSC presents Life Skills:** Insurance Needs workshop on Wednesday, Nov. 9. Call 817-782-5287 for details.

**FFSC presents Life Skills:** Introduction to New Parent Support from 9 to 10 a.m. on Tuesday, Oct. 18, and Tuesday, Nov. 15. Call 817-782-5287 for details.

**FFSC presents Life Skills:** Anger Management class from 9 to 11 a.m. on Wednesday, Oct. 12, and Nov. 16. 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.

# It Fits, It Flatters, It's Free

## NAS Fort Worth JRB Conducts Third Annual Gown Giveaway

BY LANCE CPL. JEN S. MARTINEZ



The frustration that comes with attending a formal event such as a military ball can be overwhelming.

Many factors go into preparing for such an event, like transportation, ticket cost, and for women, the perfect dress. Many women and young girls settle for a "less than perfect" dress because of its price, size or convenience.

The same is true for military spouses and their families, but thanks to a group of family readiness officers at Naval Air Station Fort Worth Joint Reserve Base called the Joint Communications Circle, many military wives, daughters and sisters will be one step closer to being the "belle of the ball."

The JCC hosted its third annual Ball Gown Giveaway Sept. 17, at the Navy Operations Support Center on base. Families from all military branches were treated to a fashion show, participated in a prize raffle and given the chance to look through hun-

dreds of dresses to find the perfect look.

"The event is intended for all military families of all branches that are stationed aboard this base, including girlfriends, mothers, wives, et cetera," said Melissa McCracken, a volunteer for the giveaway. "The dresses are 100 percent donated by companies and private citizens. They bring in [the dresses] and the ladies get to come in and shop."

The word "shop" is used loosely because women pay nothing for the dresses they choose.

"They find one, it fits them, they fall in love with it, and out they walk," McCracken said.

The idea for the giveaway came from Brooke O'Dea, the family readiness coordinator for Marine Aviation Logistics Squadron 41 and a member of the JCC.

She said she admired the giveaways she saw while working as a family readiness coordinator for Marine Corps Recruit Depot San Diego. When she arrived at NAS Fort Worth JRB, she presented the idea to other Marine family readiness coordinators who were enthusiastic to try it out.

"We had no idea if we were going to get any response as far as dress donations," O'Dea said. "We sent out an email that was spread all over the place. We ended up the first year receiving more than 600 dresses from all over the country from organizations to individuals and they even paid for shipping."

O'Dea said the first giveaway was a big success, but it was exclusively for Marines, sailors and their families. Since NAS Fort Worth JRB is a joint base, the giveaway needed to be a joint event.

She said since the JCC began meeting last year, all branches now have equal representation for events like the giveaway.

"Everyone wanted to jump on board so last year was the first year we had the giveaway open to all branches," said O'Dea.

This year, many families from the Marine Corps, Navy, Army and Air Force, active and reserve, were happy to attend the giveaway and save the frustration of going out and shopping for an expensive dress.

For Amber Phillips, a Marine

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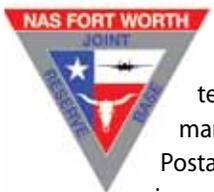


BY LANCE CPL. JEN S. MARTINEZ

Military family member Elizabeth Taylor-Dixon sorts through hundreds of dresses during the 2011 Ball Gown Giveaway Sept. 17, at Naval Air Station Fort Worth Joint Reserve Base. Many women and young ladies were able to choose their favorite new or gently used dress at no cost to them.

# NAVSUP Announces 2011 Holiday Season Mailing Dates

BY NAVAL SUPPLY SYSTEMS COMMAND OFFICE OF CORPORATE COMMUNICATIONS



The Naval Supply Systems Command's (NAVSUP) Postal Policy Division mail-by dates for pre-Dec. 25 delivery of holiday cards, letters and packages were announced Sept. 27.

The dates are as follows:

- Shore APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966
  - Express Mail: Dec. 17
  - First-Class Mail (letters/cards and priority mail): Dec. 10
  - Parcel Airlift Mail: Dec. 3
  - Space Available Mail: Nov 26
  - Parcel Post: Nov. 12
  - Shore APO/FPO/DPO AE ZIP 093
    - Express mail Military Ser-

vice: N/A

- First-Class Letters/Cards/Priority Mail: Dec. 3
- Parcel Airlift Mail: Dec. 1
- Space Available Mail: Nov. 26
- Parcel Post: Nov. 12
- For mail addressed from all shore FPOs (except 093):
  - Express Mail Military Service: Dec. 17
  - First-Class Mail (Letters/cards, priority mail): Dec. 10

- Parcel Airlift Mail: Dec. 3
- Space Available Mail: Nov. 26

Express Mail Military Service (EMMS) is available from selected military post offices. If mailing to an APO/FPO address, check with your local post office to determine if this service is available.

Parcel Airlift Mail (PAL) is a service that provides air transportation for parcels on a space-available basis. It is available for

Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

Space Available Mail (SAM) refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to

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**NEW SAPR 24/7 Victim Advocate**

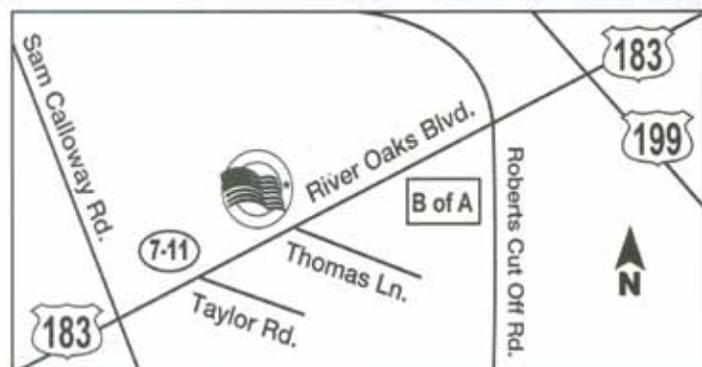
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# FFSC Presents Free Domestic Violence Prevention Seminar

BY KATHLEEN BYNUM

Drivers along Military Parkway may see a parade of purple ribbons during the month of October, placed around the base to bring attention to domestic violence awareness month.

Fleet and Family Support Center is hosting a free seminar, presented by Powder Puff Security, Oct. 13, beginning at 10 a.m. about domestic violence and prevention.

The seminar, led by Fort Worth pilot and former Los Angeles County sher-

iff's deputy Missy Roth, will give attendees useful information about domestic violence situations.

"Women of all ages are increasingly being targeted as victims of violence," said company founder Roth. "There are certain innate qualities and characteristics that we have as women that are sometimes manipulated by the bad guys who might want to take advantage of us."

Powder Puff Security aims to arm people with knowledge.

"Our seminars are about empowering individuals, (wom-



## Domestic Violence Awareness Month October, 2011



### Plan to attend a Free Seminar:

October 13<sup>th</sup>

10:00-11:30A.M.

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RSVP to [connie.dyc@navy.mil](mailto:connie.dyc@navy.mil) or 817-782-5287

### FREE SEMINAR

**What:** Free seminar about domestic violence

**When:** Oct. 13, 10 to 11:30 a.m.

**Where:** Fleet & Family Support Center, 3175 Vandenberg Ave.

en and men), by making them aware of possible threatening situations where they could perhaps be victimized," Roth wrote in a recent email. "And hopefully, armed with this knowledge and renewed sense of awareness, they will feel confident enough to take action to extricate themselves from a potentially dangerous situation.

"For those who have never experienced domestic violence or abuse, some of the information presented may be shocking," Roth added. "Our goal in this seminar is bring an increased sense of awareness to the issue. Also, to more clearly define the roles of the abuser and abused victim. Domestic or interpersonal abuse is not just about physical violence. It's also includes

psychological and emotional abuse and the control issues that are involved."

Roth said the consequences of abuse are far reaching, so much so that it can influence the well-being of an entire community — in this case, a military community.

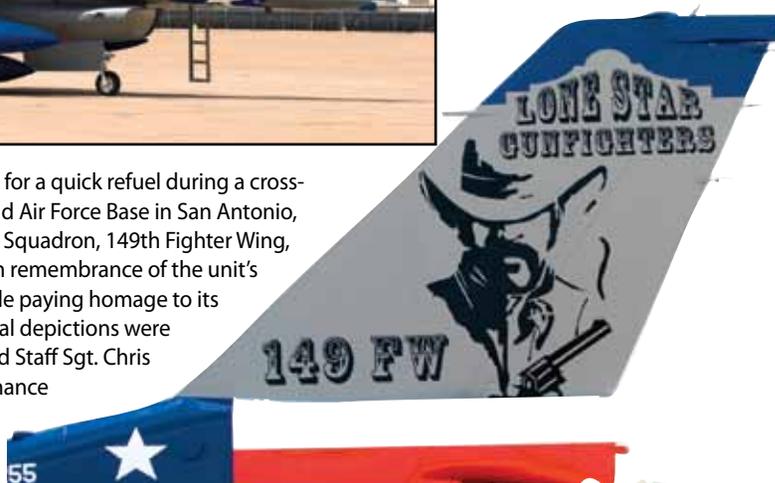
"Since this in itself offers a unique set of circumstances and familial pressures on military families, I plan to meet with several people from the base family advocacy center, as well as anyone else on the base to assist in gaining a specific insight into some of the less obvious problems encountered by military

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# BASE HAPPENINGS



Landing at NAS Fort Worth JRB's Transient Line for a quick refuel during a cross-country flight back to its home base of Lackland Air Force Base in San Antonio, the F-16C Heritage Fighter from 182nd Fighter Squadron, 149th Fighter Wing, sports a unique, Texas-themed paint scheme in remembrance of the unit's 65th anniversary in the Air National Guard while paying homage to its western traditions of South Texas. The graphical depictions were created by Senior Master Sgt. Penny Laflam and Staff Sgt. Chris Hamilton, both members of the 149th Maintenance Group.



PHOTOS BY CARL RICHARDS



PHOTO BY MC2 (AW) BRADLEY DAWSON

With the local community's rate of hunger on the rise, (from left to right) Religious Petty Officer Third Class Savannah Brown, Food Bank volunteer Brian Harman, Base Chaplain Lt. Guy Thompson, Base Chapel volunteer Linda Carreon, Food Bank volunteers Susan Highfidle and Nadine Nichols, and Installation Commander Capt. Robert Bennett, labor in a team effort to reach a two-million pound goal of food collection at the base chapel's food bank to be distributed to communities surrounding NAS Fort Worth JRB.



SUBMITTED PHOTOS



Incoming from Naval Operations Support Center Orlando, the new Transient Line Chief, Aviation Support Equipment Chief Petty Officer ASC(AW) Sergio Morales, conducts a uniform inspection of his Sailors to uphold and enforce Navy standards on Sept. 29.

PHOTO BY CARL RICHARDS



SUBMITTED PHOTOS



SUBMITTED PHOTOS

Sailors and Marines on base teamed up to dominate the Air Force in a single-elimination, co-ed tug-of-war contest sponsored by MWR's Fitness Center near the base marina on Sept. 9. (Pictured top left) The Air Force's line disintegrates as airmen are dragged across the sand of the marina. (Pictured top right) Crowned tug-of-war champs in mere seconds, the Navy and Marine Corps team pose for photos with reigning Mrs. Tarrant County, Mrs. Angela Pollard, and a shiny, new trophy. (Pictured left) Prior to the competition, Installation Commander's wife, Mrs. Lori Bennett, and Pollard show support to both the Navy and Marine Corps team on the left, and the Air Force team on the right.

## MOFW Commandery to Open in Texas

BY RICHARD COUNTERMASRH

The Military Order of Foreign Wars of the United States (MOFW) is establishing a Commandery in Texas, according to retired Brig. Gen. Robert Cheseman, former deputy commanding general of the Texas State Guard, one of three components of the Texas Military Forces.

Cheeseman, the organizing secretary for the Texas Commandery, said membership is open to commissioned and warrant officers of all the federal and state military forces who served during foreign wars including

the Global War on Terrorism. Hereditary descendants of those officers who served during wartime are also eligible.

Cheeseman said past members include 10 former U.S. presidents, and currently 87 flag and general officers are members.

"I believe in the organization and its guiding purposes such as honoring those who have served and perpetuating the memory of their service as well as cultivating the study of military and naval science," Cheeseman said.

Along with Cheeseman, Col. Brian Dumble is assisting in

the formation of the local commandery as its deputy organizing secretary.

The Military order of Foreign Wars of the United States is one of the oldest veterans' and hereditary associations in the nation. Membership is composed of all Armed Services, including active duty, reserve and retired officers who have served during one of the wars in which this country has engaged.

For details, see the MOFW website, [www.MOFWUS.org](http://www.MOFWUS.org) or contact the organizing secretary at [mofwus.tx@gmail.com](mailto:mofwus.tx@gmail.com).

## GOWN SWAP

continued from page 5

spouse who has been stationed here with her husband for eight months, dress shopping can take hours. With the help of the volunteers at the giveaway, she said she found a dress in about 20 minutes.

"To find something that's appropriate, within budget, and that fits? It's a huge headache – a massive headache," Phillips laughed. "[The JCC] made it a whole lot easier. They had consultants that helped you figure out your size and accommodated whatever styles you were interested in."

While many ladies came in to find themselves a beautiful dress, some women brought along their daughters to score a dress.

"I have a daughter who actually got a dress for her senior prom today and she's very picky," said Laura Wedel, an Air Force spouse who brought her three daughters. "It's not an easy task because the girls all have different tastes. There were several ladies who helped out and gave their opinion and it was nice to



BY LANCE CPL. JEN S. MARTINEZ

A model walks down the runway to give the audience a closer look at the different dresses they could choose from during the 2011 Ball Gown Giveaway Sept. 17, at Naval Air Station Fort Worth Joint Reserve Base.

have the extra support [when looking for a dress]."

The JCC worked hard to make sure the giveaway ran smoothly and that the attendees received the assistance they needed.

"The JCC volunteers have been working nonstop since the

end of last year, McCracken said. "It's coordinating all the [external] volunteers, the music, and getting the escorts to come in. It was a lot of work."

Many attendees expressed positive feedback due to the volunteers' hard work and dedication to pulling off the event.

"It's free, which makes me happy," said 16-year-old Katelyn McKinney, an Air Force dependent who picked out dresses with her mother. "It's a lot better than going to the store and finding you really like a dress and then you're like, 'that's the price?'"

McKinney said girls her age decide they like the dress before looking at the price tag, but at the giveaway, that wasn't an issue.

"You can just go up to a dress and say, 'I like that. I'm going to try it on,'" McKinney said, "and if you like it you can take it home."

McCracken said the many positive comments proved that the giveaway was a big success and she is hopeful that future giveaways will be just as successful.

"It went off without a hitch," she said. "Everybody had a great time and everybody's walking out of here happy, with dresses."

## Wrong Decision Ends Navy Career

During a general court martial on board NAS Jacksonville, a petty officer first class (PO1) pled guilty on Sept. 9 to child molestation and possession of child pornography.

The Military Judge sentenced him to 52 years confinement, reduction in rate to E-1 and a dis-

honorable discharge. A pre-trial agreement limited confinement to 25 years.

The PO1 is expected to serve about 19 to 22 years, with good time. Once released, he will be required to register as a sex offender.

— Staff Report

## HOLIDAY MAIL

continued from page 5

overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to CONUS by air on a space available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

It is also recommended that customers check with their local civilian or military post office for information on size restrictions and possible need for customs declaration forms. Additionally, customers are advised that certain mail restrictions apply and some items can not be mailed. Examples are: switchblade knives, pornography, controlled substances, and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact your local civilian or military post office.

As a final note, customers are

cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

NAVSUP's primary mission is to provide U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance. In addition, NAVSUP is responsible for quality of life issues for our naval forces, including food service, postal services, Navy Exchanges, and movement of household goods.

For more news from Naval Supply Systems Command, visit [www.navy.mil/local/navsup/](http://www.navy.mil/local/navsup/).

### CLASSIFIED AD

#### WINE TASTING

Are you looking for a job to earn extra spending money? Join our team and conduct wine tastings at NAS Ft Worth. For information, contact us at [info@c2mil.com](mailto:info@c2mil.com)

# Association Donates \$30,000 to Toys for Tots

SGT. CHRIS T. MANN

Marines with Marine Aircraft Group 41, 4th Marine Aircraft Wing, accepted \$30,000 on behalf of the U.S. Marine Corps Reserve and the Dallas-Fort Worth Toys for Tots Foundation, Aug. 19 aboard Naval Air Station Fort Worth Joint Reserve Base.

The North Texas Oilman's Association, a nonprofit organization, donated the funds to the Toys

for Tots Foundation. The funds were raised during a local charity and fundraiser in the DFW area.

The current and former commanding officers of MAG-41 were present to speak with members of the association and offered their sincere appreciation and gratitude.

"This is a great chance for you to get to know the Marines a little better," said Col. Kevin M. Iiams,



the former commanding officer of MAG-41. "We wanted to show our appreciation to you, for all you do for Toys for Tots, by bringing you on base and giving you a tour of what we do here."

The Oilman's Association

raised money, during a local "fun run" race in Decatur and a motorcycle ride through the Metroplex.

The Toys for Tots program is composed of members of the Marine Corps Reserve, Toys for Tots Foundation, Marine Corps League detachments and local community organizations.

Lt. Col. Thomas J. Mackie, a pilot with Marine Fighter Attack Squadron 112, MAG-41, took several members involved in the Toys for Tots program around the installation and VMFA 112's squadron hangar.

Mackie took time to explain how his squadron's F/A-18 Hornets operate and fly. Civilian program participants stood inside the hangar and observed several aircraft conducting flights, and met with several Marines.

"For us, it is a passion, being able to do what we do," said Diane Varnedore, an administrative assistant for the DFW Toys for Tots Foundation. "We all have childhood memories that we hold onto

that will last for a life time, and we try to do our part to turn a child's memories around during the holidays."

The U. S. Marine Corps Reserve Toys for Tots Program is directed by the Commander, Marine Forces Reserve and the sole fundraising entity is the Toys For Tots Foundation, a nonprofit charity, based out of Triangle, Va. Marines are permitted to facilitate and accept funds that are immediately forwarded to the foundation. All funds collected in a geographical area are used locally by the foundation.

The Toys for Tots program begins in October and lasts until December. Toys are distributed near the end of December.

Last year the DFW Toys for Tots collected 265,000 toys to distribute around the area.

"This program is an amazing thing when it comes together," said Dan Varnedore, a retired Marine Corps warrant officer and warehouse manager for the Toys for Tots foundation. "Being able to watch the kids get toys is what makes this special."

Those wishing to participate in the local Toys for Tots program can visit the website [www.dfw-toysfortots.org](http://www.dfw-toysfortots.org).

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PHOTO BY SGT. CHRIS T. MANN

Col. Kevin M. Iiams, the former commanding officer of Marine Air Group 41, accepted \$30,000 on behalf of Marine Forces Reserve and the Dallas Fort Worth Toys for Tots Foundation here, Aug. 19. The North Texas Oilman's Association, a nonprofit organization donated the funds. Toys for Tots collect toys every year around the holidays to distribute to the less fortunate community members.

## TEXADILLO CORNER: BASE ACTIVITIES FOR ALL

# Pumpkin Run on the Horizon

BY KATHLEEN BYNUM

As Halloween grows closer, runners should pick out their costumes because NAS Fort Worth JRB's biennial 5K Pumpkin Run is set for Friday, Oct. 28.

"We switch every year," said Donna Johnston, fitness center director. "One year we do the Pumpkin Run, and the next year we do the Turkey Trot," she said of the two events.

The 5K will begin at 11 a.m. on the west side of the Fitness Center, Bldg. 1810.

"This makes for a good team-building event for the people that work together on the base," said Donna Johnston, fitness center director.

"All ages are welcome, even babies in strollers," she added.

Teams of four will run the 5K-route in costume, and must carry a pumpkin.

"They have to start and finish with a pumpkin," Because it's a team event, each

### FITNESS TIP OF THE MONTH

Beat the heat with water! Drink more water and less soda, says Fitness Center Director Donna Johnston.

"Even diet sodas have caffeine, which can dehydrate you," Johnston said.

Drink six to eight, 8-ounce bottles daily. For more fitness tips, contact the Fitness Center at ext. 7770.

runner will carry that team's pumpkin part of the way.

"I buy the pumpkins," Johnston said. "I usually get them pretty small, because they have to run 5K with them! Plus they're in their costumes."

Johnston said that in years past, they've had runners show up dressed as



PHOTO BY MC2(AW) BRADLEY DAWSON

Previous 5K Pumpkin Run participants traverse the route.

pirates, gypsies and even ballerinas. Usually the run draws about a dozen or so teams, according to Johnston.

The team fee to participate is \$20. Entry deadline is Oct. 26, Johnston noted.

Winners will receive first-, second- and third-place trophies. Each team member also gets a T-shirt and a goody bag.



### Get MWR Updates!

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Search 'LibertyFW'

Offline?  
Connect at the  
Base Library's  
Computer Lab  
or use the  
Bowling Center's  
FREE WiFi Network

## 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:** 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).

**Of Note:** The Library's ESL (English as a Second Language) classes have been canceled.

**Wednesdays:** Preschool Storytime continues from 10:30 to 11 a.m. Programs include stories and activities.

### 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.

**Of Note:** ITT has moved to the back side of the counter and installed new point of sale equipment so there will no longer be long lines behind bowling customers.

**Of Note:** Cruises available through ITT. Let Michelle book your next cruise.

**Ticket Extension:** The military Special Savings Offer for Disney World has been

### MARK YOUR CALENDARS

#### HAUNTED HAYRIDE CONTEST

**Oct. 18:** Deadline for Units/commands to be part of the Oct. 28 hayride route. Earn money for your next event, have a great time and make the hayride a great ride for the children, families and guests. Information is available at ITT or call Michelle at 817-782-6122. Register no later than Oct. 18 for your assigned spot on the route. Hayride is from 7 to 9 and MWR needs eight groups. Prizes include first-place, \$350; second-place, \$250; and third-place, \$150.

**Oct. 28:** 5K Pumpkin Fun Run begins at 11 a.m. at the Fitness Center. Teams must be in costumes to run.

**Dec. 9 & 10:** Family Holiday Festival begins. Enjoy the return of the artificial ice rink, Snow Globe pictures, Santa, Elves, Gifts and Goodies!

extended and new information is available.

**Upcoming:** Tickets for Six Flags Fright Fest and Holiday in the Park.

**Attractions:** Medieval Times Tournament & Dinner Theater, Grapevine Vintage Railroad, Dinosaur World (Glen Rose), Fort Worth Zoo, Legoland Discovery Center & Aquarium, 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.

#### 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 11 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 special from 10 a.m. to 9 p.m. Strike with the red pin in No. 1 position and win a free game of bowling, plus the opportunity to draw for free 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.

**\$2 Tuesdays:** Get your first game of bowling and shoes for only \$2. Check out the bar for drink specials.

**Wednesdays:** Ladies enjoy first game of bowling and shoes free when more than one game is bowled.

**Fridays & Saturdays:** Cosmic Bowling from 6 to 11 p.m.

**Sunday Jersey Day:** Show your team spirit by wearing your favorite NFL jersey or T-shirt and get your first game free when additional games are bowled.

**FAMILY BOWLING SPECIAL:** Two hours of bowling, shoe rental, pitcher of soda and 1 large, 1 topping pizza for only \$40, Sunday-Thursday and \$50, Friday and Saturday.

#### CHUCKWAGON GRILL

1815 Military Pkwy.  
817-782-6122/5505

**Hours:** Monday through Thursday 6:30 a.m. to 9 p.m.; Friday, 6:30 a.m. to 10:30 p.m.; Saturday 7 a.m. to 10:30 p.m.; and Sunday 11 a.m. to 6 p.m.

Open daily for breakfast, lunch and dinner. Pizza is available for delivery. 817-782-5505.

#### SPORTS BAR

1815 Military Pkwy.  
817-782-6122/5505

**Hours:** Tuesday through Thursday, 4 to 9 p.m.;

Friday and Saturday, 4 to 11 p.m.

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

**Monday Night Football:** Continues at 6 p.m., and every Monday following during NFL season.

**Thursdays:** Karaoke featuring DJ Glenn begins at 5 p.m. with music for everyone.

#### MOVIE REEL THEATER

817-782-6037; \$3, adults; \$2, children.

Best price movie and snacks available in the Metroplex and for our military families. Friday through Sunday, call for times.

#### LONE STAR CENTER (formally DESERT STORM CONFERENCE CENTER)

2570 Desert Storm Road  
817-782-5293/7237

**Hours:** Monday-Friday, 9 a.m. to 5 p.m. Office is closed on weekends, but building is open most weekends for scheduled events, conferences or meetings.

**Ongoing:** Call for information concerning your next conference, meeting or event.

#### VET CLINIC

1739 Eisenhower Ave.  
817-782-5608

Call ahead to set up appointments.

**Thursdays, Oct. 13, 27:** The clinic will be open for veterinarian appointments and the

continued on page 12

**CLASSIFIED AD**

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Ref: COMNAVREG SE Jacksonville message dated 291448Z AUG 11.

# Mobile Training Team Delivers Incident Management Team Course

Since its inception, CNIC has been involved with innovative anti-terrorism and emergency preparedness training, an initiative driven in response to the lessons learned from previous natural and man-made disasters and the Presidential Report on the Federal response to Hurricane Katrina which read, "an investment in the continued training and exercises of our command and control is a top priority."

Commander Navy Region Southeast (CNRSE) hosted a mobile training team-delivered CNIC Emergency Operations Center Incident Management Team (EOC IMT) Course aboard NAS Fort Worth Station the week of September 26.

The idea for the MTT course

pilot was conceived after Installation Commanding Officers and Regional Staffs submitted requests for a mobile delivery of the popular CNIC Shore Force Training Center (SFTC) San Diego course. Led by the CNIC Shore Operations Training Group (SOTG) with support from the SFTC and the CNIC N37 Emergency Management Directorate, instructors taught the course over three and a half days to 17 students who would normally help man the Emergency Operations Center here. Each student learned how to properly serve as a member of an Installation's EOC IMT during an emergency.

EOC IMT course lessons cover EOC team member roles and responsibilities, information management, communications, and

the use of C4I Suite, the Navy's current common operating picture online application.

The course also consists of a number of practical application classroom exercises utilizing student working groups to apply the knowledge gained during lectures. For operations center exercises, students are broken into common EOC functional groupings (Operations, Logistics, and Plans) and given a practical scenario of an on-base emergency where they are forced to realistically lead, brief, coordinate and plan. Each day, classroom instruction is followed by an EOC exercise that gets progressively complex as the course progresses.

— Staff Report

## 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 widows of 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 Fort Worth Woman's Club, 1316 Pennsylvania Ave. 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

## DOMESTIC ABUSE continued from page 6

families," Roth added.

"Anyone who is involved in an intimate relationship where emotional, physical or sexual abuse is occurring should realize that they are not alone," Roth said. "There are people and resources available who are ready

to help. Also, they must believe that it is not their fault, and no one should be allowed to control or harm another human being in those ways. Hopefully, anyone who needs to hear this message will be able to attend."

This seminar is especially timely because statistically authorities are alerted to increased incidents of abuse during the up-

coming holiday season.

"Unfortunately, even though the holiday seasons are supposed to be joyous occasions for families, they quite often place tremendous pressures and perhaps unrealistic expectations on both spouses," Roth said. "Tempers may be quicker to flare and tensions run higher during these times of year."

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# 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

## BRAVO ZULU

ETC TERRY ALLEN, GEMD .....	NAVY ACHIEVEMENT MEDAL
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MILLARD W. SMITHEE .....	LETTER OF COMMENDATION
MICHAEL HUTCHINSON .....	LETTER OF COMMENDATION
SGT. JOHN MATTISON .....	LETTER OF COMMENDATION
SGT. JOHN WILLIAMS .....	LETTER OF COMMENDATION
SGT. ROBERT MILLER .....	LETTER OF COMMENDATION
ATCS ROBERT REID .....	MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL
PR2 DANIEL KEETS .....	NAVY AND MARINE CORPS ACHIEVEMENT MEDAL
LS2 JOHN HALL .....	NAVY AND MARINE CORPS ACHIEVEMENT MEDAL
ADAN JASON KREITZ .....	NAVY AND MARINE CORPS ACHIEVEMENT MEDAL

## TEXADILLA

continued from page 10

purchase of medications. Call ahead for appointments.

### FITNESS CENTER

1810 Tuskegee Airmen Drive  
 817-782-7770

**Hours:** Monday-Thursday, 5 a.m. to 9 p.m.; Friday and Saturday, 5 a.m. to 8 p.m.; Sunday, 7 a.m. to 5 p.m.

**New:** The Fitness Center has added a new 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, Vicky, call the Fitness Center. Derek is also available for personal training.

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

**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.

### 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.

**Baby & Me Water Awareness Class:** For children 6 months to 4 years, one child per adult. For details, call the Aquatics Center.

\*\*Full schedule of classes posted at the center.

### OUTDOOR REC & BOAT RENTALS

Bldg. 3326 (by the ball fields) 817-822-8952  
**Of note:** Boat rentals not available for the fall and winter season.

**Bike Rentals:** Check out the new bicycles and helmets, available for rental at Auto Hobby/Outdoor, 1145 Hercules Drive. Rentals are available Thursday through Tuesday (no Wednesday rentals).

**Canoe/Kayak Rentals:** Call 817-782-6375, Auto Hobby Shop/Outdoor Rec Rental. Make reservations in advance.

### CHILD YOUTH PROGRAM (CDC)

3320 Sesame St. Drive  
 817-782-7520

**Oct. 28:** Children's Halloween party and hayride, recommended for children 3-12 years old.

Activities include games, crafts, pumpkin decorating, bounce houses and a haunted hayride. Participants receive a goody bag and buffet.

**Tickets are on sale** at ITT through Oct. 27. Military: children, \$3; adults, \$4. DoD/BoP: children, \$4; adults, \$5.

For details, call Anita at 817-782-7520.

# Conservation and Energy Efficiency Tips

October is energy awareness month, and NAS Fort Worth officials believe everyone should do their part both at home and at work. Here are some tips to utilize throughout the year.

## COOL WISELY

- Set your thermostat to 78 degrees or higher. Each degree below 78 can increase your energy consumption by 6 to 8 percent.
- Use ceiling or portable fans instead. Fans move the air and make the room feel four to six degrees cooler and will use much less energy than the air conditioner.
- Keep windows and doors shut tight. Going in and out of the house repeatedly will make air conditioners work harder.
- Block the sun. Close blinds or drapes on windows that directly face the sun.
- Make sure your air-conditioner is clean. Washing the outside coils and clearing high grass and debris around the unit will prevent blockage of the air-flow.

## REFRIGERATORS AND FREEZERS

- Minimize opening and closing refrigerators and freezers. Every time you open it, cool air will rush out and be replaced with warm air, causing the refrigerator to run more to stay cool.
- Keep it full. Refrigerators and freezers actually operate most efficiently when full, so keep your refrigerator and freezer as full as possible (with bottles of water if nothing else).
- Dishwashers and Clothes Washers/Dryers
- Only run dishwashers and clothes washers

when fully loaded. This will save water in addition to electricity. Use cold water for laundry.

- Use the air-dry setting on your dishwasher. Using the heat-dry setting can also heat the kitchen, causing the air conditioner to run more.
- Use them at night. Running dishwashers and clothes washers/dryers at night will keep the house cooler and reduce strain on the power grid during the peak usage hours of 4 p.m. and 6 p.m. and reduce the chance of an emergency.

## LIGHTING AND OTHER ELECTRICAL EQUIPMENT

- Turn off lights, TVs and other equipment when you leave a room. You'll save electricity and generate less heat, meaning the air conditioner will run less.
- Use power strips. Even when turned off, electronic and other home office equipment continue to consume electricity when plugged into the wall. Shutting off power at a power strip will eliminate this standby electricity consumption.

## HOME COMPUTERS

- Use power management tools. Set monitors and computers to switch to sleep mode when idle for more than a few minutes. This will not only use less energy, but will also run cooler and reduce the need for air-conditioning. Turn machines completely off at a power strip when not in use.

## Energy Efficiency Tips:

### REDUCE LIGHTING COSTS

- Replace incandescent light bulbs with compact

fluorescent bulbs (CFLs). CFLs use 75 percent less electricity and produce 90% less heat.

## INSTALL AND USE A PROGRAMMABLE THERMOSTAT

- Set it to raise the temperature during the day when you're not home and to cool the house down before you arrive home. Properly used, a programmable thermostat can save 10-20% of your energy use.

## STOP LEAKS

- Check your ducts to see if there are any leaks, and seal them with mastic tape if needed. Caulk and weather-strip doors, windows and pipe clearances to save as much as 10% on cooling costs.

## PROPERLY MAINTAIN AIR CONDITIONER

- Check air filters once a month and replace at least every three months as dirty filters make your system run and work harder. Have a licensed contractor inspect and maintain your air-conditioner in the spring or fall to make sure it is running efficiently. If your air-conditioner is more than 15 years old, consider replacing it with a newer, more efficient model that can use up to 40% less energy than older models. Ensure any new unit is properly sized and correctly installed. Bigger is not always better.

## VENTILATE AND INSULATE ATTICS

- Check your ducts to see if there are any leaks, and seal them with mastic tape if needed. Caulk and weather-strip doors, windows and pipe

continued on page 13



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**ENERGY**

continued from page 1

It also serves to provide a period of time to emphasize and promote energy efficiency and stewardship.

In honor of National Energy Awareness Month, the Federal Energy Management Program (FEMP) has adopted its own slogan for 2011: "Turn Words Into Action: Turn Action Into Results."

Just like Texans took the "Don't Mess With Texas" words to action and cleaned up the state's roads, we need to take energy efficiency and conservation words into action.

How do we do that?

The best place to start, in my opinion, is at home. The more energy you save at home, the more money you save on each electric and natural gas bill. When you

personalize it, I expect it will become a more natural behavior and easily performed in the workplace.

The Texas State Energy Conservation Office has many helpful tips for home energy. As base Resource Efficiency Manager, I think it's important from time to time to offer suggested energy efficiency tips that can be used not only in the workplace, but at home.

At the end of the day, it can be argued that the base won't start conserving energy at the workplace until our military and civilian members make it a priority at home - i.e., until it starts becoming a behavior... until the base energy consumption is MY ENERGY CONSUMPTION.

**CONSERVATION TIPS**

continued from page 12

clearances to save as much as 10% on cooling costs.

- Proper ventilation reduces the temperature and moisture buildup which can cause the air conditioner to work harder. Proper insulation with high R-value insulation will keep more cool

air in the house.

**ADD SHADE**

- Adding trees and shrubs on the east, west, and south sides of your house can cut your cooling costs.

**CONSIDER ENERGY COST WHEN BUYING APPLIANCES**

- When buying an appliance, remember that it has two price tags: what you pay to take it home and what you pay for the energy and water it uses. ENERGY STAR qualified appliances

incorporate advanced technologies that use 10 to 50 percent less energy and water than standard models. The money you save on your utility bills can more than make up for the cost of a more expensive but more efficient ENERGY STAR model.

**IMPROVE WINDOWS**

- If your home has single pane windows, consider replacing them with more energy efficient windows or adding solar shades or tinting film.

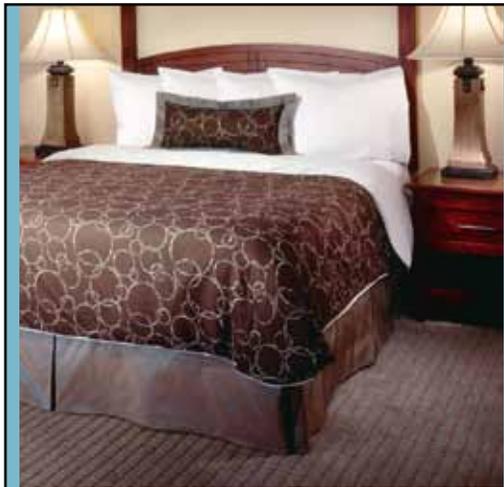
**Are Your Halls Too Bright?**

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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## TEACHERS

continued from page 1

Dugan said.

"When a teacher visits a student in their home, they send a message that they care about the student and want to get to know them," she said. "This in turn can motivate students to work harder and more cooperatively with their teachers."

That cooperation will foster a better learning environment, Dugan believes.

Ashley Bradley, mother of two students at Burton Hills, visited with several educators on the teacher's professional development day.

Ashley and her husband Air Traffic Controller Chad Bradley are the parents to 10-year-old Madi-

son Gehris, a fifth-grader, and 4-year-old Burl Gehris, who is in pre-Kindergarten. The family has lived on base for about a year, according to Ashley.

The family was visited by three Burton Hill teachers: Debra Allen, Jeremy West and Kelly Short.

While the teachers only stayed for about 30 minutes, they sure made a positive impression on Ashley.

"I thought it was a great thing," she said. "We got to know the teacher on a personal level and meet a couple more faculty members in a less busy environment."

Young Burl seemed a bit surprised to find his teacher in his living room, his mom said.

"He was a little shocked but you could tell he thought it was

funny with his teacher being here sitting on our couch," Ashley said.

Ashley said she appreciated the visit because "it gave a us a chance."

Dugan hopes the program will make parents more aware of what's happening in the school setting while allowing teachers to learn more about their students. Teachers can then better instruct and individualize student needs, she added.

In addition, the initiative could foster lasting relationships with families in the community, Dugan noted.

"It is critically important for parents to be involved in their child's education," Dugan said. "They are, after all, their child's first teacher! They also have more influence over their child's actions and habits than anyone else."

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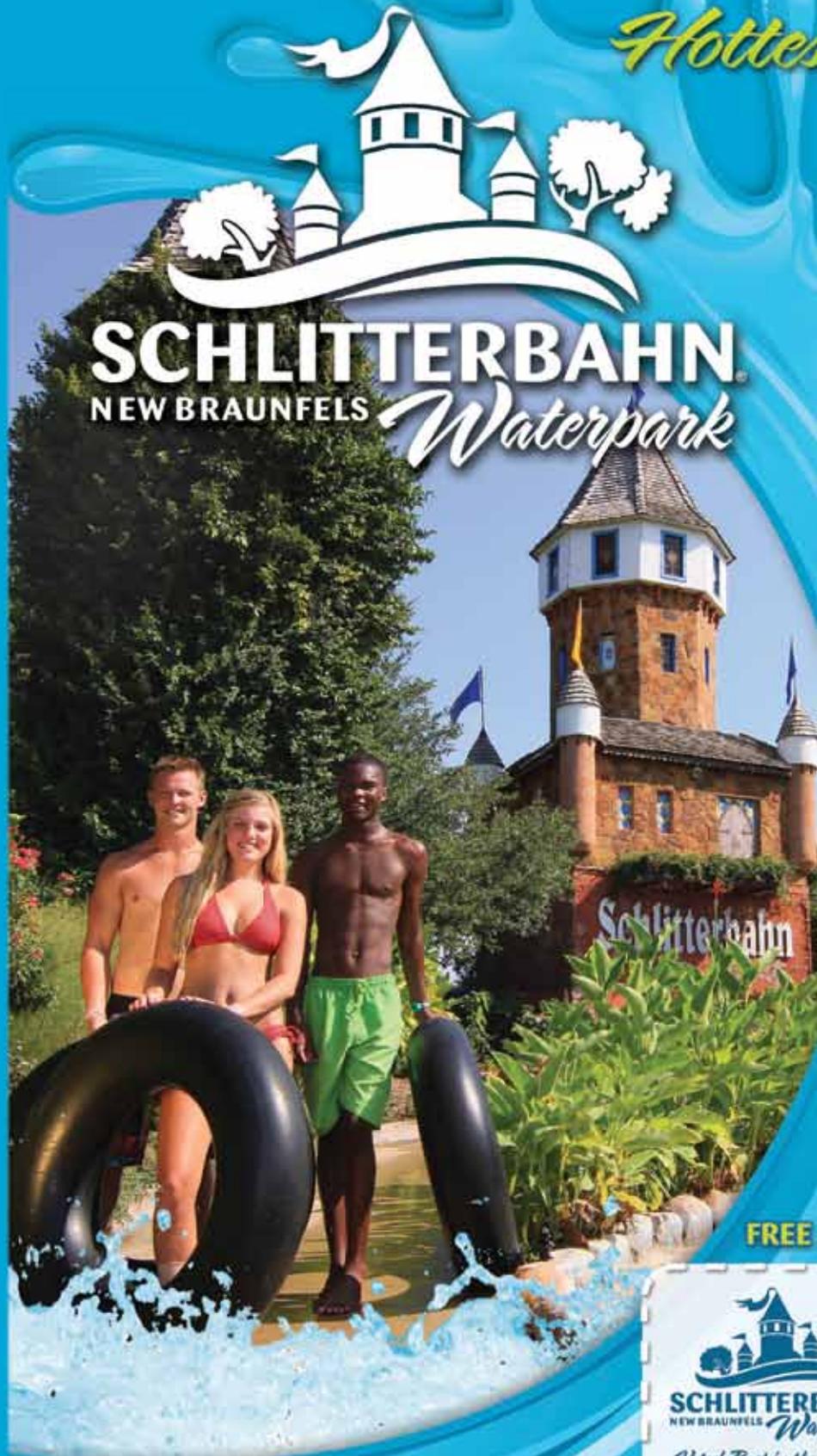
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