

SKY RANGER



NAS Fort Worth JRB, Texas

Vol. 69, Issue 7



GRAPHICS BY SENIOR MASTER SGT. ELIZABETH GILBERT

An artist rendition of the newly constructed vegetative roof on top of the add-on maintenance building shows the possibilities of 'farm town' coming to life. The first vegetative roof installed on the new constructed add-on maintenance building is part of an initiative to reduce energy consumption. The 2,700 square foot garden is currently planted with yucca plants and buffalo grass. Future plants are under consideration.

The Secret Garden, A Vegetative Roof

BY SENIOR MASTER SGT. ELIZABETH GILBERT, 136TH AIRLIFT WING PUBLIC AFFAIRS

The 136th Civil Engineering Squadron is the first to take advantage of an extensive vegetative roof system at Naval Air Station Fort Worth Joint Reserve Base. The roof was constructed under Executive Order 13514/13423, a strategic plan to reduce energy usage for the newly constructed maintenance add-on buildings.

"The hotter the rooftop, the more energy it takes to cool the building" said Capt. John Hall, 136th CES deputy base civil engineer in charge of new

construction. "The vegetative roof system prevents the rooftop from getting hot, therefore requiring less energy to cool the air-conditioned space."

According to the National Institute of Building Sciences, a vegetative roof, also known as a green roof, consists of thin layers of living vegetation installed on top of conventional flat or sloping roofs.

There are two categories for vegetative roofs: 1) extensive vegetative roofs, which are six inches or shallower and designed to satisfy specific engineering and performance goals such as energy conservation, and 2)

intensive vegetative roofs for deeper rooted plants such as large perennial plants and trees.

Extensive planning with building contractors took place prior to installation of the roof. The building design had to meet or exceed the Leadership Energy Environmental Design (LEED) rating of silver and the infrastructure had to be re-enforced for the added weight.

The LEED Green Building Rating System designed by the U.S. Green Building Council advances energy and material efficiency and sustainability.

continued on page 11

Visit us on the web at www.cnic.navy.mil/FortWorth

Inside...



Fort Worth Sea Cadets Among Best in Nation

...SEE PAGE 4



SOAR, Don't Slide This Summer

...SEE PAGE 5



NAS Fort Worth JRB Celebrates Family Day

...SEE PAGE 12



SKY RANGER

NAS Fort Worth JRB, Texas

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

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

Public Affairs Officer
Mr. Don Ray

Deputy Public Affairs Officer
Rusty Baker
Rusty.Baker@navy.mil

Editor
MC1 Eric Deatherage

www.facebook.com/NASFortWorthJRB

Get up-to-date information affecting the service members,
families, retirees and civilian employees on this installation.

The Sky Ranger is an authorized newspaper published on the second Thursday of every month for the installation's tenant commands, base military personnel, civilian employees and retirees of the Naval Air Station Fort Worth Joint Reserve Base, Texas.

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office. News items, photos and event briefs must be submitted by noon on the last Wednesday of the month. The Public Affairs Office is in building 1510 (Chennault Ave.) News ideas and questions can be directed to the editor by calling (817) 782-7815 or faxed at 782-3293. All materials are subject to editing.

The Sky Ranger is an authorized publication for members of the military service. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy, and does not imply endorsement thereof.

The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Naval Air Station Fort Worth Joint Reserve Base, or Full Armor Group of the products advertised. Advertisers are responsible for accuracy of ads contained herein.

Everything advertised in the publication shall be made available for purchase, use, or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of purchaser, user, or patrons.

The Sky Ranger is published by Full Armor Group, a private firm, in no way connected with the Department of Defense, or the U.S. Navy, under exclusive contract with the U.S. Navy. The circulation is 10,000.

POSTMASTER: Send address changes to NAS Fort Worth JRB Public Affairs Office, 1510 Chennault Ave., Fort Worth, Texas, 76127

The Sky Ranger is a registered trademark of the United States of America.

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to the Public Affairs Office at 817.782.7815 or call Full Armor Group directly at 210.379.5110.



A MESSAGE FROM YOUR COMMANDING OFFICER

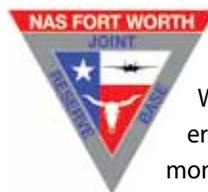


BENNETT

Summer is here... It's time for fun, family and good times, usually outside. The only problem with summer is that we seem to take more risks or make more mistakes....why? Do we forget our training, do we forget to apply our risk matrix, or fail to use the 'risk versus reward' thought process? We need to be prepared for summer, which is historically the season of higher risk exposure.

However you intend to take advantage of each opportunity to enjoy recreational time, be sure to take some time to prepare for your event, and employ safety. Safety must be ingrained in everything we do.

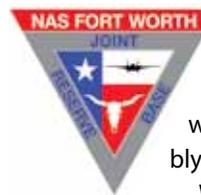
We need to continuously reinforce that we value each and every member of our team, and our extended 'families.' It is critical that leaders remain actively engaged, fully utilizing all the tools available in the safety toolbox to help mitigate our team's risk. There must always be a plan, time and attention paid to real-



CO's Suggestion Box

We had several inputs this month for us to address this month. Here are a couple, and the others have been sent to our Department Heads for action/remedy if able.

First, I want to thank those of you who took the time to compliment our personnel/staff on the fine job they are doing supporting our Warriors and patrons. I too believe that they take pride in the job they are doing and genuinely are interested in providing the best possible service and/or products available.



izing, and then addressing the hazards we could possibly face. Whether you're swimming, boating, exercising, grilling, or any other activity this summer, be sure to follow all prescribed safety measures and use common sense. When planning your summer fun, please remember the unique risks that many of these activities may bring with them. Road trips, water sports, and even backyard barbeques have risks which need to be considered.

Motor vehicle accidents continue to be the primary cause of death for our naval personnel. During the last fiscal year the DON had 111 fatalities, 67 of those involved the use of POVs. Alcohol, fatigue and a lack of proper planning all contributed to making this number unacceptably high.

Drink wisely; consume plenty of water to stay hydrated and limit your alcohol intake to ensure

you maintain awareness and solid decision-making ability. If you are drinking alcohol, do it responsibly and ensure someone who is not operates the vehicle.

Almost half of the POV deaths in FY11 involved motorcycles. All riders must have the proper training and ensure all protective gear is donned prior to riding to help mitigate riding hazards.

Recently within our own region, we have suffered several losses that could have been avoided if we had made better decisions or not let alcohol hinder our capability. Also remember, fatigue has the same affects as alcohol on the body, including delayed reaction times and poor decision making.

Enjoy these summer days. Remember those on our Warrior team who are deployed protecting our freedoms, as we relax with family and friends. Let's consider safety in everything we do. Have a plan; stay sharp and focused on your task at hand. Always drink responsibly!

God bless,
Skipper

investment including the weight room, basketball, volleyball and racquetball courts and our cardio and exercise rooms. We may not have the newest, best or largest facility, but we do have just about every opportunity to engage in whatever type of exercise and fitness program you enjoy.

Lastly,
continued on
page 7





www.TexasMotorsFord.com



Just One Mile North of I-30 on West Loop 820 Exit White Settlement Rd.



Ask for "The Colonel" Pat Snell

Follow Us On Your Favorite Web Sites!



SUMMER SALESEVENT

**WE'RE PAYING TOP DOLLAR FOR YOUR TRADE!
THERE'S NEVER BEEN A BETTER TIME TO
SWAP YOUR RIDE!**



AS SEEN ON TV



Go Further

NEW 2012 FORD F-150 XLT 4X4 CREW CAB

0% FINANCING APR AVAILABLE
ON SELECT MODELS, LIMITED TERM CONTRACT. SEE DEALER FOR COMPLETE DETAILS.

DISCOUNTS UP TO \$10,000 OFF MSRP
EXAMPLE: NEW 2012 FORD F-150 XLT CREW CAB. ALL FACTORY REBATES ASSIGNED TO DEALER. MUST FINANCE THRU FMCC, SEE DEALER FOR DETAILS.

HEAD WEST TO WEST FT. WORTH



300 West Loop 820 South in Fort Worth Just One Mile North of I-30 on West Loop 820 Exit White Settlement Rd.

Call Toll Free **800-338-8452**

www.TexasMotorsFord.com



Water Systems Consumer Confidence Report

FROM PUBLIC WORKS DEPARTMENT

The U.S. Environmental Protection Agency (EPA) requires that all community water systems deliver an annual Consumer Confidence Report (CCR) to their customers. Naval Air Station Fort Worth Joint Reserve Base has received its CCR for reporting year 2011.

Our drinking water meets or exceeds all federal (EPA) drinking water requirements. Our drinking water is purchased from the City of Fort Worth Water Department, who treats water from various surface sources.

The 2011 CCR is available for viewing on the NMCI NAVFAC "R" and CNI "S" drives, Air Force POP server, and at various locations throughout the installation.

You can find the 2011 CCR posted at Public Works, Housing Office, Admin, TXAir National Guard, MAG-41, 301st Air Force, FRC West, Operations, VR-59, VR-46, MWR, 14th Marines, AAFES, DeCA, 90th Aviation Support Battalion and Environmental. If you have any questions regarding the 2011 CCR, please contact Les Bowers at 817-782-6476.



Fort Worth Sea Cadets Named Among the Best in the Nation

FROM FORT WORTH SEA CADET UNIT, LONE STAR SQUADRON

The Fort Worth Sea Cadet Unit, Lone Star Squadron, was named among the finest in the

nation May 9.

Each year Sea Cadet Units are ranked against their peers around the nation with the rankings reflecting what the units

accomplish in terms of training, number of cadet personnel, and other criteria determined by the national headquarters.

continued on page 6

Trinity River TRASH BASH

Saturday, Sept. 15

Free Lunch • Free T-shirts
Giveaways • Family Fun

Register @ www.trwd.com



Brought to you by:

trwd

Tarrant Regional Water District



SOAR Not SLIDE This Summer

BY MIKE ARNETT,
SCHOOL LIAISON OFFICER

If your child's report card indicates retention in a grade or just passing to the next grade, maybe you need to take a more serious approach to academic remediation during the summer.

With military children having access to SOAR (Student Online Achievement Resources), students can use the summer to review or learn the standards for their grade or a particular course. This online program focuses on math, reading, and language arts for students in grades 3-12. It allows you to manage your children's education with cutting edge technology.

Students initially take a test on any of the state learning standards, receive immediate feedback, and be directed to a tutorial which will improve their skills, where needed. You can then monitor their progress from anywhere in the world. In addition you will be provided with resource materials to assist your child in areas of deficiency.

SOAR is not a placement program. It is a free program designed to help students and

parents:

- identify strengths and areas where students may need improvement.
- address the specific needs of a student.
- gain practice with remediation and enrichment resources.
- examine curriculum standards in any U.S. school district.
- use free ACT and SAT prep programs.

Go to <http://www.soarathome.org> to register your child and explore the parent resources. The tutorials are short, entertaining and kid friendly. Even if your child did not fail a grade or a course this year and just did poorly in a particular course, he or she can use the program to either avoid the summer slide or to accelerate his skills for the next grade in school.

Mike Arnett is the School Liaison Officer for NAS Fort Worth JRB. If you have questions about this article or concerns about an educational issue impacting your child, he can be reached via email at michael.b.arnett@navy.mil or by phone at 817-825-6428. You can also schedule a meeting with him.

Fast Facts about Summer Activities for High School Students

BY MIKE ARNETT,
SCHOOL LIAISON OFFICER

With the 2011-2012 school year complete, it is important for high school students to be aware of some important tasks they must complete during summer months. Even recently graduated seniors have several tasks they must complete before starting college in the fall. Check out these important reminders!

Graduated Seniors:

Make sure you have completed the Free Application for Federal Student Aid (FAFSA) application and received a response from colleges. Bright Futures funds will not be released in the fall without this. This is a new BF eligibility rule. Go to www.fafsa.ed.gov to apply.

Amend your Bright Futures application at www.floridastudentfinancialaid.org to indicate the college you actually plan to attend.

continued on page 7

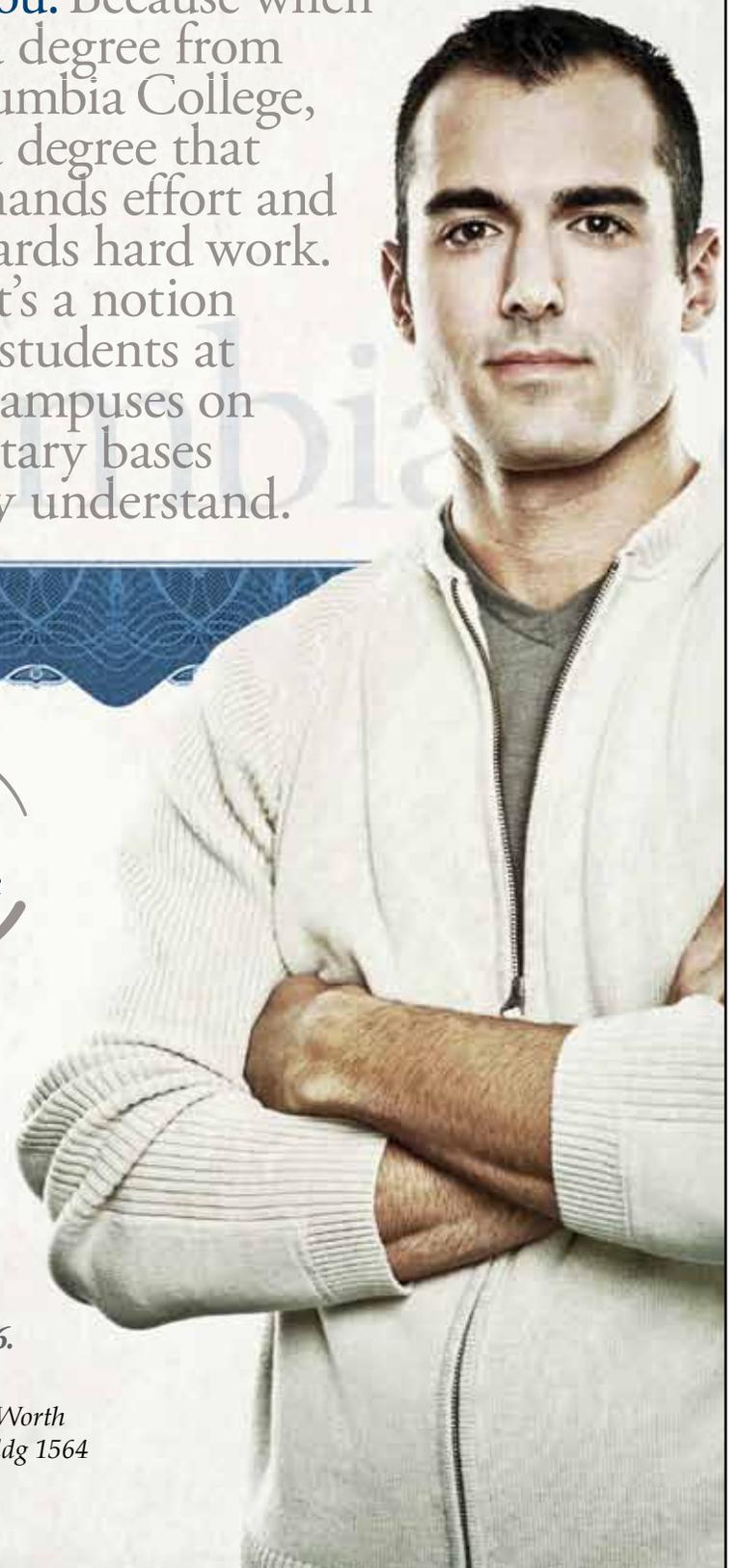
You receive it on Graduation Day. But it's never handed to you. Because when it's a degree from Columbia College, it's a degree that demands effort and rewards hard work. That's a notion our students at 18 campuses on military bases truly understand.



Go for Greater.

*Offering Associate,
Bachelor's and
Master's Degrees.
Online. On Campus.
Or both. Visit us at
GoForGreater.org
or call (817) 377-3276.*

*Columbia College - Fort Worth
NAS Fort Worth JRB, Bldg 1564*



Resilience Helps Sailors and Families Navigate Rough Times

FROM NAVY PERSONNEL
COMMAND PUBLIC AFFAIRS

Navy leadership has implemented the Operational Stress Control (OSC) program to help Sailors and their families recognize and navigate stress.

According to Capt. Kurt Scott, director, Navy Behavioral Health, the Navy's goal is to help individuals identify stressors and develop the skills and tools to be resilient and handle the curveballs life may throw.

Deployment work-ups, a sick child, four-section duty, marital trouble can all cause stress levels to rise. Stress is a fact of life but resiliency helps make stress manageable.

"Stress is normal and can help you excel and succeed, but there is a point when stress may impact your ability to meet life's challenges," said Scott.

OSC defines resilience as the capacity to withstand, recover, grow, and adapt in the face of stressors and changing demands.

Scott discussed four skills that can help Sailors and their families improve resilience.

- Maintain your body for its unique optimal performance. Balanced and nutritious meals

with moderate portions help fuel the body. Getting enough sleep is critical to physical and emotional well being. Regular exercise helps you physically and improves your mood.

- Develop positive relationships. Nurturing at least one trusted friendship can help individuals achieve personal and professional success.

"A friend can provide support, influence personal growth and provide a source of strength during difficult times," said Scott.

- Manage your finances - Don't let them manage you.

"Financial strain is a top stressor. It can cause personality changes in an individual and has been linked to depression which can impact duty performance and interpersonal relationships," said Scott. Fleet and Family Support Centers, Navy-Marine Corps Relief Society and command financial specialists can help Sailors examine their finances and develop a budget.

- Consider spiritual wellness. "Talking with a mentor, trusted advisor or chaplain can be a great outlet for stress reduction and resiliency.

When stress becomes overwhelming to your well-being, ask



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS TIMOTHY WALTER

Aviation Boatswain's Mate (Handling) 3rd Class Jesse K. Hicks laughs off stress following a general quarters drill aboard the aircraft carrier USS George H.W. Bush (CVN 77). George H.W. Bush is in the Atlantic Ocean conducting carrier qualifications.

for assistance.

"Asking for help is a sign of strength and a commitment to yourself to perform at your optimal level," said Scott. "Friends, families and co-workers can be your support network, but there may be times when someone with more experience, knowledge and skill is better suited to provide the help you need."

The OSC Continuum can help individuals determine what level of support is needed. The continuum is a color-coded guide for Sailors and leaders to measure their stress as it relates to one of four color-coded zones: green is ready, yellow is reacting, orange is injured and red is ill.

"The green zone is where

we want to be but the green zone is not stress free," said Scott. "It means you have the skills and the tools you need to really be able to manage what life is throwing at you. Learning from life lessons makes you stronger and more resilient - and that is our goal."

SEA CADETS

continued from page 4

The Lone Star Squadron based at Naval Air Station Fort Worth Joint Reserve Base ranked second out of more than 385 units nationally for the George S. Halas Trophy, which is an award that is given to the Most Outstanding Combined Sea Cadet Unit in the nation.

The local Lone Star Unit has won numerous awards in the past and as recently as 2010 was named the most Outstanding Unit in the nation.

The Naval Sea Cadets, through cooperation with the Department of the Navy, and sponsorship of the Navy League of the United States, is a youth organization which encourages and aids American youth to develop and train in seagoing skills.

The program teaches them patriotism, courage, self-reliance and kindred virtues. Sea Cadets spend one weekend a month learning seagoing skills and are mentored by both active duty Navy personnel and civilian volunteers.

Sea Cadets are not just found in the United States. The United Kingdom began their Sea Cadet Corps in 1856 and have roughly one in sixty of their nation's young men and women serving in that volunteer youth organization. Sean Connery is among many famous Brits who served as a youth in the UK Sea Cadet Corps.

If a youth aged 11-18 are interested in information about joining the Sea Cadets, contact them via email at recruit.lonestar@gmail.com or phone, 817-913-9018.

CLASSIFIED AD

Take your Combatives Training
to another level at Genesis Jiu-Jitsu!
Conveniently located 5 minutes from Base!
Open 7 Days a Week! Ages 4&UP!
www.genesisjiujitsu.com
817.602.2585

CLASSIFIED AD

Legacy Arts, Coins, & Collectibles
Buying all forms of Gold (Broken, Old Rings, Coins, etc.,)
We sell all forms of Art and related Media along with Sports Memorabilia
4911 Camp Bowie Blvd 10-5:30 pm Mon-Fri & 10-3 pm Sat
817-737-ARTS (2787) or 817-600-0371

TACO NIGHTS

TUESDAY **THURSDAY**

3-11 PM
Price and participation may vary.



\$1.09
3 Regular Tacos



\$2.09
3 Deluxe Tacos™



\$2.09
3 Grilled Chicken Tacos

THE DEL TACO DIFFERENCE

Our salsa is made daily from **FRESHLY** chopped tomatoes, onions and cilantro.

100% real aged cheddar cheese is **GRATED** in our kitchen every day.

We **SLOW-COOK** and mash our **FAMOUS** scratch recipe pinto beans all day.

Our Strawberry Shakes use **100% REAL STRAWBERRIES.**

Our burgers are **GRILLED** to order, not sitting under heat lamps.

We **GRILL** our **MARINATED** chicken throughout the day.

Del Taco, where your food is always **MADE TO ORDER FRESH.**

BUY 1 GET 1 FREE

GRILLED CHICKEN TACO

CHOOSE ORIGINAL, CHIPOTLE OR RANCH



Coupon #31. Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Prices may vary. Not valid with any other offer, discount or coupon. Customers pay all applicable sales tax. No cash value. Valid only at participating locations. Expires 7/31/12.

OPEN 24 HOURS




WHITE SETTLEMENT
520 State Highway 183 (Alta Mere Drive)

©2012 Del Taco LLC DTL-5934

BUY 1 GET 1 FREE

BREAKFAST BISCUIT SANDWICH

CHOOSE BACON OR SAUSAGE



Coupon #77. Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Prices may vary. Not valid with any other offer, discount or coupon. Customers pay all applicable sales tax. No cash value. Valid only at participating locations. Expires 7/31/12.

SUMMER ACTIVITIES

continued from page 5

If you plan to play sports in college, make sure your high school sends to the NCAA Clearinghouse this summer your final transcript which confirms your high school graduation.

Rising 9-12th Graders:

Research colleges over the summer. Who offers a degree program you are interested in? What are the application deadlines? What does the college's freshman profile look like (GPA, test scores)? At www.ACT.org check out their college planning checklist for freshman, sophomore, junior, and senior years. Other great college planning resources include www.facts.org, www.campustours.com, and www.collegeboard.com.

Still need higher ACT or SAT scores for college admissions, graduation, post secondary readiness or Bright Futures? Try these FREE websites for test prep: www.majortests.com; www.SoarAtHome.org; www.March2Success.com

Research Bright Futures eligibility requirements at <http://www.floridastudentfinancialaid.org/ssfad/bf/>

Start doing community service work. Bright Futures now requires community service for all three levels of their scholarships. Students entering ninth grade can start earning community service hours. Check out the district guidelines online at <http://www.duvalschools.org/static/aboutdcp/departments/>

[acadprog/guidance_services/downloads/Community%20Service%202012-11.pdf](http://www.duvalschools.org/static/aboutdcp/departments/acadprog/guidance_services/downloads/Community%20Service%202012-11.pdf). The verification form for completed hours is available at http://www.duvalschools.org/static/aboutdcp/departments/acadprog/guidance_services/downloads/serviceverif.pdf.

Create a portfolio of all the different activities you have participated in, including clubs, sports, community service and work activities. Also include schools attended, courses taken and grades received. For mobile military students check out DODEA's site at <http://www.dodea.edu/students/dodea.cfm?cType=hsi&cld=portfolio>.

While a first step for deciding what to do after high school is talking to your school counselor, these summer tasks will certainly put students on the right road to graduating from high school and selecting a college. If your student is still not sure about a career or even his or her strengths, weaknesses and interests to discover a potential career choice, have your student take these free self-assessments at www.federalstudentaid.ed.gov/preparing and www.facts.org.

Mike Arnett is the School Liaison Officer for NAS Fort Worth JRB. If you have questions about this article or concerns about an educational issue impacting your child, he can be reached via email at [HYPERLINK "mailto:michael.b.arnett@navy.mil"](mailto:HYPERLINKmailto:michael.b.arnett@navy.mil) michael.b.arnett@navy.mil or by phone at 817-825-6428. You can also schedule a meeting with him.

CO SUGGESTION BOX

continued from page 2

our aquatic center was constructed and validated to sustain our Warriors water training requirements. Again, unfortunately, families and swimming team requirements were not factored

into the design. That is why we do not have a 'family bathroom' nor was the length of the pool constructed to support swim team activities. It is a precious resource that we all can enjoy and hopefully, next time, we can incorporate those types of amenities into our final design.

NOW HEAR THIS: Base Announcements

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. Widows of all military branches and ranks are welcome. For details, contact Jo Henry at (817-283-0416).

Carswell Retired Officer's Wives Club

Carswell Retired Officer's Wives Club meets on the second Tuesday of each month at 11 a.m. at the 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).

Lone Star Officers Club

Our dinner meeting is on the third Wednesday of each month. The June meeting is June 20 at the Ridglea Country Club (3700 Bernie Anderson Avenue, Fort Worth) in the Garden Room. Mix and mingle starts at 6 p.m. You won't want to miss this informative meeting about the new littoral combat ship (LCS 3) being named for our city, the USS Fort Worth. The guest speaker will be Cmdr. Warren E. Cupps, prospective commanding officer of the ship. Information on our monthly program, menu, reservations and location is at HYPERLINK "http://www.lsoc-inc.com" www.lsoc-inc.com.

Purple Heart Chapter Meeting Announcement

Purple Heart Chapter 1849 meets at 11 a.m. on the third Saturday of every month at the Paul Mansir American Legion Post 297 located at 8201 Old Benbrook Road, Benbrook, TX 76126. All Purple Heart recipients are welcome. For further information, please contact Mr. Ron Krotty at 817-768-8613.

Exceptional Family Member Program/Special Education-504 Workshop for Parents

This is an informational workshop for parents who want to better understand and navigate the military-associated EFMP program and School Districts Special Education/504 programs. The workshop is July 19 at the Fleet and Family Service Center from 10:30-11:30 a.m. The base EFMP Coordinator, Angela Luckey, will lead the discussion on the EFMP program and Mike Arnett, the School Liaison Officer, has 30 years experience in

the school Special Education/504 school programs. To find out more, contact Mike Arnett at 817-825-6428.

B-36 Peacemaker Museum Presents

The B-36 Peacemaker Museum has monthly speakers. This month's speaker is Col. Ken Cordier. Cordier is a command pilot with more than 2,000 hours in fighter type aircraft. His combat

decorations include the Silver Star with oak leaf cluster, the Legion of Merit, Distinguished Flying Cross, Bronze Star with V for Valor, Air Medal with six oak leaf clusters, Prisoner of War Medal and the Purple Heart. The lecture is July 17 at 7 p.m. at the University of North Texas Health Science Center, 1000 Montgomery Street, room 124. To find out more, call 800-575-0535.



Fleet and Family Support

July 2012 Class and Event Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Texas Workforce Rep 0830-1830	4 FFSC Closed 	5 Tarrant County Vet Rep 1000-1500	6	7 Freedom School 0900-1300
8	9	10 Texas Workforce Rep 0830-1530 Ombudsman Teleconference Assembly Meeting 2000	11 Wealthy Warrior 0900-1600	12 Tarrant County Vet Rep 1000-1500	13	14 NOSC IA/Deployment Briefing 1000-1200
15	16	17 Texas Workforce Rep 0830-1530 "In Her Shoes Training" Safe Haven 0930-1130 FFSC Closed for Staff Training 0930-1130 Holiday Spending 1300-1400	18 Conflict Resolution 0800-1600 Life Skills Anger Management 0900-1100	19 Tarrant County Vet Rep 1000-1500 Exceptional Family Member Program I&R Workshop 1030-1130 quarterly FAC Meeting 1300 CWC 1400-1600	20 Ombudsman Basic Training 0900-1600	21
22	23	24 Texas Workforce Rep 0830-1530 Financially Fit Kids 0900-1100	25 TAP (4 day course) At NOSC 0900-1600	26 Tarrant County Vet Rep 1000-1500	27	28
29	30	31 Texas Workforce Rep 0830-1530 Ten Steps to Federal Employment 1000-1130	1	2 Tarrant County Vet Rep 1000-1500	3 Survivor Benefits 0900-1030	4



Fleet and Family Support Center CENTRALIZED SCHEDULING CENTER



YOUR ONE-CALL SERVICE FOR FFSC APPOINTMENTS

The Fleet & Family Support Program is here to support you and stands ready to assist with every career and life change.

Contact our Centralized Scheduling Center for individual, marriage and family counseling, class reservations, individual resume assistance, financial counseling, relocation assistance or deployment and mobilization support anywhere in the Southeast Region.

TO SCHEDULE AN APPOINTMENT
Call: 1-866-293-2776

Fleet & Family Support Centers
Southeast

- ALABAMA
NSA Montgomery
NS Mayport
NSA Panama City
NAE Whiting Field
- GEORGIA
NSG Kings Bay
- MISSISSIPPI
NSG Gulfport
NAG Meridian
- LOUISIANA
NAS New Orleans-JRB
- TEXAS
NAE Ft. Worth-JRB
NAR Corpus Christi
NAS Kingsville
- CUBA
USNB GTMO





Fleet and Family Support Center

Supporting the needs of all our military members and families
3175 Vandenberg Ave. NAS Fort Worth JRB, Tel. 817-782-5287

Some Service we provide

- Deployment Support and their Families
- Personal and Family wellness education counseling
- Emergency preparedness and response
- Crisis intervention and response
- Military and personal career development
- Financial Education and counseling
- Spouse Support



The FFSC has a virtual Job Board where jobs are listed daily. You can visit our board online at: <http://tinvturl.com/73Yv5p4> Please check daily for updates.

Beware of Credit Score

Many people do not know about the credit scoring system—much less their credit score—until they attempt to buy a home, take out a loan or make a major purchase. It's imperative that all of our service members and their spouses be aware of their score and where they stand. To get started and know where you stand, you can request your credit report and score by calling FFSC at 817-782-5287.



Important Bulletin

It's a Heat Wave!

With record-reaching temperatures this season, take precautions. When Mother Nature provides too much heat or not enough precipitation; it may result in a heat wave or drought. According to the Centers for Disease Control, approximately 400 deaths in the United States are attributed to excessive natural heat each year.

Heat waves and droughts can be very dangerous, which is why it is important to be prepared. Protect yourself and your family from heat exhaustion, heat cramps, or heat strokes during intense heat waves. Discuss with your family ways to be safe and consider implementing responsible water conservation in your home.

Extreme Heat

- Stay alert of weather conditions.
- Stay hydrated.
- Wear loose, light-colored clothing.
- Avoid strenuous activity and stay indoors.
- If your home is not air-conditioned, stay on the lowest floor or use a fan to circulate the air.

Water Conservation

- Check for water leaks around your home.
- Take shorter showers.
- Turn off water while brushing teeth.
- Install low-flow toilets.
- Be aware of water restrictions.



For more information on how to prepare for extreme heat or water droughts, visit the Commander Navy Installations Command, Operation Prepare webpage.

Navy Safe Harbor

Navy Safe Harbor is the Navy's lead organization for coordinating the nonmedical care of seriously wounded, ill and injured Sailors, Coast Guardsmen and their families. Safe Harbor provides a lifetime of individually tailored assistance designed to optimize the success of the service member's recovery, rehabilitation and reintegration activities.

Enrollment is open to seriously wounded, ill and injured Sailors and Coast Guardsmen to include OIF/OEF casualties, shipboard accidents, liberty accidents, and serious medical and psychological conditions (e.g., cancer, severe PTSD).

To learn more, visit www.safeharbor.navy.mil, email to safeharbor@navy.mil, or call 877-746-8563.



Hours of Operation

M-Th 0730-1630

Fri 0730-1600

Sat 0700-1630

Centralized Scheduling To make an appointment for Clinical, Marriage, or Family Counseling. Please call 866-293-2776

Sexual Assault Advocate Line:
817-204-3081



facebook.com/ffsc.fortworth

Tarrant County

Veteran Service Officer

Get onsite assistance in filing your VA claim! Call 817-782-5287 to sign up. Every Thursday from 1000-1600 the Tarrant County Veterans Service Office will be at the FFSC to help, please call for appointments.

Retired Affairs

The FFSC Retired Affairs Officer provides information and explanation of available veterans' and retirees' entitlements, benefits, and resources and refers to available civilian programs and services when military or veterans' resources cannot provide assistance. If you need help or have any questions please contact 817-782-5287 to make an appointment or speak to our Retired Affairs Officer.



Workforce Commission

Every Tuesday at the FFSC a Texas Workforce Rep is available to assist you from 1000-1500 with job search and resume tips. Call your FFSC.

Recently at the Courthouse



FROM COMMANDER NAVY REGION SOUTHEAST

Courts-martial in Navy Region Southeast recently heard the following cases:

At a Special Court-Martial convened on board NAS Jacksonville, an Airman Recruit pled

guilty to wrongful possession of synthetic cannabis (known as Spice), wrongful use of marijuana, housebreaking by unlawfully entering a barracks room with intent to commit a criminal

continued on page 10

Big Dave's CIGARS

**Low Prices
Great Selection
Friendly Atmosphere**

Come to our lounge - Happy Hour all day!

6501 Camp Bowie Blvd. • FW, 76116 • 817-731-6433
www.bigdavescigars.com

Present this coupon with valid military ID for one FREE Robusto Cigar - Dave's choice

The Military Lifestyle: Are Your Children at Risk of Psychological Problems?

Military children face frequent parental separation, stress from service member's unpredictable work hours, a wounded or lost parent, and relocations requiring social adjustment. This lifestyle may negatively effect a child's school performance and psychological well-being, putting them at greater risk for mental health and adjustment problems.

Your family is invited to participate at no cost in a research project aimed at addressing the shortage of programs known to be effective in preventing adverse effects on military children and families. University of Texas at Arlington researcher,

Dr. Alexa Smith-Osborne is teaming up with the Tarrant County Safe City Commission to test a scientifically-based coping program. "The Youth Resilience Project" consists of weekly educational sessions for youth and parents in Fort Worth and Arlington beginning in February 2012 and continuing throughout summer 2012.



For information contact Dr. Smith-Osborne at: alexaso@uta.edu or phone us at 817-272-2165.

Fleet Logistics Support Wing to Change Command

FROM FLEET LOGISTICS SUPPORT WING

Fleet Logistics Support Wing's change of command is scheduled for Aug. 3 at 10 a.m. in the VR-46 hangar. Capt. John Gorman will relieve Capt. Patrick Barrett.

Gorman, a native of Spring Grove, Ill., graduated from Eastern Illinois University in June 1985 where he earned a Bachelor of Science degree in Business with an emphasis in Marketing. He was employed by the Xerox Corporation for the ensuing two and a half years in Chicago.

Recruited out of NAS Glenview, Ill., Gorman attended Aviation Officer Candidate School in Pensacola, FL the summer of 1988 and received his commission in September. After completing initial and intermediate flight training in Pensacola, Florida, he



PHOTO FROM FLEET LOGISTICS SUPPORT WING
Capt. John Gorman

reported to Corpus Christi, Texas, the spring of 1989 for advanced prop training where he was designated a naval aviator in November 1989.

Upon completion of Fleet Readiness Squadron training at

Moffett Field, CA, Gorman reported to VP-22 at Barbers Point, Hawaii for his first fleet assignment in 1990, flying the P-3B, P-3C 2.5 and P-3C Update III. While there he was designated a Mission Commander and deployed to Misawa, Japan and Diego Garcia, conducting detachments to Masirah, Oman in support of Operations Desert Shield, Desert Storm and Restore Hope. He also detached to Panama and participated in JTF-4 counter-narcotic operations. Before leaving the islands Gorman served on CINCPACFLT staff as the Aviation/Strike Warfare Requirements Officer.

In 1993, he reported to NAS Dallas, where he performed the duties of Environmental Officer, Administrative Department Head and C-12 Operations Officer. A designated Transport Plane Com-

mander and Instructor Pilot flying the station C-12, he doubled as the Commander Naval Air Force Reserve C-12 NATOPS Evaluator.

In December 1996, after completing C-130T initial flight training, he reported to VR-53 at Naval Air Facility, Washington D.C., Andrews Air Force Base, Md. During his tour he served as Quality Assurance, Training, NATOPS, and Operations Officers. While there, VR-53 twice earned the Noel Davis Battle "E," the James Holcombe "Golden Wrench" Maintenance Excellence and Phil Smith Operational excellence awards.

As a squadron NATOPS instructor pilot and Transport Aircraft Commander, he made numerous detachments to Atsugi, Japan in support COMFAIRWEST-PAC, Sigonella, Sicily in support of COMFAIRMED and Bahrain in

support of CENTCOM. He participated in a detachment in October 2001 in support of Operation Enduring Freedom before leaving the squadron in 2002.

Following a year in Newport, R.I., where he attended the Naval War College and earned a Master of Arts Degree in National Security and Strategic Studies in March 2003, Gorman reported to VR-55 in Point Mugu, Calif. for his RESFORON Officer-in-Charge assignment. VR-55 twice earned the Phil Smith Operational Excellence award and set a CFLSW flight hour record flying well over 4,000 hours in FY04 in support of fleet operations and Operation Iraqi Freedom. The "Minutemen" of VR-55 received the Battle "E" in recognition of their professional-

continued on page 15

COURTHOUSE

continued from page 9

offense, and larceny of a 22" LCD television, an iPod touch, an iPod speaker, a Dell laptop computer, 5 DVDs, and \$400 U.S. currency; a total value of about \$2,340.00. The military judge sentenced the accused to 11 months confinement, forfeitures of \$994.00 pay per month for eleven months, and a Bad Conduct Discharge.

At a General Court-Martial convened on board NAS Pensacola, a Private First Class pled guilty to abusive sexual contact with a person substantially incapable of declining participation in the sexual contact. The military judge sentenced the accused to 18 months of confinement, reduction in rate to E-1, and a Bad Conduct Discharge.

At a contested Special Court-Martial convened on board NAS Pensacola, a Seaman was acquitted of wrongful use of cocaine.

At a General Court-Martial convened on board NS Mayport, a Petty Officer Third Class pled guilty to desertion ended by apprehension, wrongful use of methamphetamine, knowingly purchasing more than nine grams of ephedrine or pseudoephedrine, and distributing chemicals knowing that they would be used to manufacture controlled substances. The military judge sentenced the accused to three years of confinement, reduction in rate to E-1 forfeiture of all pay and allowances, and a Dishonorable Discharge.

Courts-martial in Navy Region Southeast are tried with few exceptions at NAS Jacksonville, NS Mayport and NAS Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial.

CLIP AND SAVE

Phone Dialing Changes Coming

If your command, unit or office phones fall under the 817-782-xxxx exchange, then you are about to change dialing procedures on and off base.

The dialing plan for NAS Fort Worth JRB is going to change to comply with the Defense Switched Network (DSN) standardized dialing plan effective July 27. This new dialing plan changes station to station calling from four to seven digits and the use of access codes for local, long distance, DSN, toll free and international calling.

Emergency 911 calling will remain the same. Any autodial or speed dial on telephone directories, faxes and modems will need to be changed. For any issues, contact the Base Communications Office (BCO) trouble desk at 817-782-3400.

The attached Dialing Plan Information Sheet is distributed for your assistance in transitioning to the new dialing plan:

On-Base NAS Fort Worth JRB – 782-xxxx

Users dial 7-digit local on-base number

Example: (782-1234)

99 - Local Off-Base Dialing

Users dial 99 + 10-digit local number
Example: (99-817-123-1234)

99 – Toll Free Access

Users dial 99 + 1 + toll free number (800/866/877)
Example: (99-1-800-123-1234)

98 - Long Distance – FTS (Commercial)

Users dial 98 + 1 + 10-digit long distance number
Example: (98-1-214-123-1234)

94 – DSN

Users dial 94 + 7-digit DSN number/Overseas dial 10-digit DSN number
Example: (94-xxx-1234)
Consult the DSN Directory Global Directory at:
<http://www.disa.mil/Services/Network-Services/Voice/SBU-Voice/Directory>

Balfour Beatty Communities to Kick-off Housing Survey

FROM NAS FORT WORTH JRB HOUSING DEPARTMENT

Family housing residents will soon receive the CEL Resident Satisfaction Housing Survey. The annual survey is part of Balfour Beatty Communities' performance assessment program.

"The survey allows us to see where we are succeeding and where there is room for improvement," said Sheena Marvin,

Community Manager for Balfour Beatty, "It's important for residents to fill it out honestly."

Balfour Beatty Communities encourages residents to fill them out and return them at its Neighborhood Cookout and Waterslide Day being held to kick off survey time. The event is set to begin July 19 at 5 p.m. at Nimitz Park.

By completing and handing the survey in, residents will

qualify for a weekly drawing. The top prizes include a Patio Set and iPad. Residents who hand in the surveys by Aug. 19 will also qualify for a special early bird drawing.

"We truly strive to exceed our residents' expectations and hope that every resident enjoyed their home and the services that we provided," explained Marvin.

Once residents complete



PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS ERIC DEATHERAGE

the survey and seal them in the postage paid envelopes provided, they can simply bring it to the Balfour Beatty Communities Management Office and drop it in the authorized locked mail-

box. Only CEL employees will open the returned envelopes. Survey results are completely confidential and anonymous. The survey deadline date is Aug. 31.

Navy Announces New Sexual Assault Prevention and Response Training

CHIEF OF NAVAL PERSONNEL PUBLIC AFFAIRS

As part of the Navy's continuing efforts to eliminate sexual assaults and promote positive culture changes within the fleet, the Chief of Naval Personnel announced June 28 the creation of new Sexual Assault Prevention and Response (SAPR) training.

For the first time, targeted and comprehensive sexual assault prevention training will be delivered to every active and reserve uniformed member in the Navy. The training follows the Navy's all-hands efforts for Sexual Assault Awareness Month in April, during which all Sailors from commands around the world took part in focused stand-down sessions highlighting varying aspects of sexual assault and each Sailors' role in eliminating this crime.

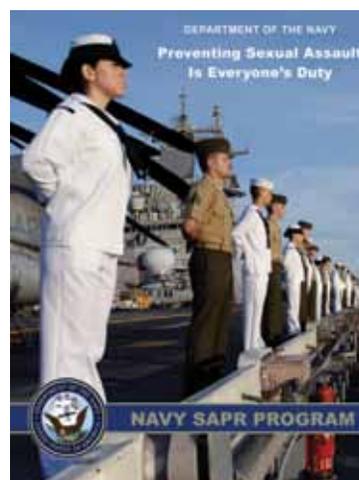
The training will also complement the Navy's multi-faceted approach to education and awareness; prevention and intervention; victim advocacy and resiliency;

and investigation and accountability.

Training programs have been developed for command leadership (SAPR-Leadership) and for the Fleet as a whole (SAPR-Fleet). The wide-sweeping reach of this initiative ensures that all Sailors are motivated and able to intervene to stop sexual assault, according to Rear Adm. Martha Herb, Director of Personnel Readiness and Community Support.

Embedded in the response portion of SAPR-L, representatives of the Office of the Judge Advocate General's Corps will provide facilitated training on the Secretary of Defense's new initiatives regarding Summary Court-Martial Convening Authority and the new changes to the Uniform Code of Military Justice as they pertain to SAPR.

"In the last fiscal year alone, the Navy received 582 reports of sexual assault, affecting Sailors across all ranks. This crime is corrosive to both our morale and to our operational readiness," said



Herb. "Just as all Sailors are affected, all hands must work together to reduce and ultimately eliminate these crimes."

"Both SAPR-L and SAPR-F training will provide our team the critical tools to eliminate sexual assault and promote the Navy's core values of honor, courage and commitment that define our culture of respect and professionalism," continued Herb.

NAVADMIN 199/12 details the process for fleet-wide train-

continued on page 14

GARDEN

continued from page 1

"The LEED has four ratings: 1) platinum, 2) gold, 3) silver and 4) LEED certified," said Hall. "It costs money to have LEED requirements. Since it is tax payer money, DoD will not authorize above a silver rating."

The entire building-construction project cost was \$1.7 million to include the 5,000 sq. ft. solar panels, 16 geothermal wells and the 2,700 sq. ft. vegetative roof. The vegetative roof cost was more than \$145,000 by itself. With all the energy initiatives installed, the construction attained a LEED rating of platinum.

"We have the only facility on base to achieve this rating with the budgetary constraints in DOD," said Hall. "Only a few buildings in the DFW area have achieved this high of a rating."

The vegetative roof system is designed to be self-contained. Currently, yucca and buffalo grass are planted on the vegetative-roof trays. Other plants are under consideration.

The roof was also tested for water tightness by filling the rooftop with more than six inches of standing water to en-

sure no leakage will occur. There are overflow measures in case the water exceeds the required depth. The water will drain down the downspouts onto the ground, removing excess water.

Future measures have already been planned for the up-

The secret garden is no longer a secret and hopefully future building constructions will follow suit and take advantage of several energy initiatives.

keep and maintenance of the vegetative roof. A periodic trimming, once the vegetation grows, will keep the system manageable and could last as long as standard roofing materials. "The secret garden is no longer a secret and hopefully future building constructions will follow suit and take advantage of several energy initiatives," concluded Hall.

BASE HAPPENINGS



Radiation and Pepperonis



PHOTO FROM PAT TELLMAN

The Library held Science and Food as its Summer Reading theme June 23. Attendees made solar ovens out of pizza boxes. They also discussed how and why they could heat a pizza with their boxes. Pizzas were made prior to the event start to show how the use of the hot Texas sun could heat up their food. Everyone enjoyed pizza after their oven building.

The Ultimate Pick-Up Truck



Leathernecks from the 14th Marines load an ISO container on to a Logistics Vehicle System Replacement (LVSR).

PHOTO BY RUSTY BAKER

Pedal Power



PHOTO COURTESY OF AMY MUNNELL

MWR held paddleboat races June 22 at the NAS Fort Worth JRB marina on Lake Worth. Thirteen two-person teams paddled for glory on Lake Worth.

Chief of Navy Reserve All-Hands Call



PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS ERIC DEATHERAGE

Vice Adm. Dirk Debbink, Chief of Navy Reserve, held an all-hands call in the NOSC drill hall June 14. He discussed advancement opportunities and retention among other topics.

Party Rockers in the House



Campers and counselors of Camp Carter YMCA summer camp perform a dance routine June 12. Seventy military children were able to attend the camp for free thanks to a donation from a local community business.

PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS ERIC DEATHERAGE

Strike One!!



NAS Fort Worth JRB commanding officer, Capt. Robert Bennett, throws out the ceremonial first pitch during Military Appreciation Night for the Fort Worth Cats June 30.

U.S. AIR FORCE PHOTO/SRA MELISSA HARVEY



Just Fork It Over

Sailors from Alpha Company, NMCB-22 use a Skytrak MMV to load road barriers on to the back of a seven-ton Medium Tactical Vehicle Replacement.

PHOTO BY RUSTY BAKER

Family Day



NAS Fort Worth JRB held Family Day June 29. To get the day started, family members joined Sailors in the gym for some good 'ol Navy PT. The day was capped off with a picnic, featuring a bouncy water slide, burgers, hotdogs and all the fixings.

PHOTOS BY MASS COMMUNICATION SPECIALIST 1ST CLASS ERIC DEATHERAGE

Navy Weeds Out Users of Designer Drugs

FROM NAVY PERSONNEL
COMMAND PUBLIC AFFAIRS

The Navy's implementation of synthetic drug testing for synthetic chemical compounds like "Spice" and "Bath Salts" is helping the service close ranks on Sailors who use these prohibited and dangerous substances, officials said July 2.

"Navy has zero tolerance for drug abuse. Drug abuse, including use of designer drugs and synthetic compounds, by members of the Navy is incompatible with high standards of

performance, military discipline, and readiness as embodied by of 21st Century Sailors and Marines," said Rear Adm. Tony Kurta, director, military personnel plans and policy.

Navy reviews its testing of synthetic compounds continuously, and also continually responds to production of new controlled and synthetic compounds, changing testing procedures and pacing the changes being made by producers.

Navy has analyzed more than 3,300 urine samples for

synthetic chemical compounds since testing began in March, with 101 samples testing positive. Authorized testing under the synthetic drug testing program is conducted under member consent, command directed, unit and/or subunit sweep.

NCIS will be notified of every positive sample for possible further investigation with a view towards potential disciplinary or adverse administrative action by the service member's command.

continued on page 15



PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS MARK LOGICO

The Criminal Investigative Division at Commander, Navy Region Hawaii, displays examples of seized evidences of synthetic drugs, commonly known as "Spice" as part of an awareness campaign and training against its usage. Spice looks similar to marijuana or oregano and is used for its psychoactive and hallucinogenic effects. Spice and other designer drugs are falsely marketed by manufacturers in commercial-like packaging as a safe way to get high while avoiding drug testing.

BASE ACTIVITIES & MWR INFORMATION



All information is intended for military, DoD, Bureau of Prisons ID-card holders and families. Events and facilities are not open to the general public

Like us on FACEBOOK: NASFWMWR

TEXPLEX CENTER

1815 Military Parkway, 817-782-6122/5505

INFORMATION, TICKETS AND TRAVEL (ITT)

Located in TexPlex, Bldg. 1815, 817-782-6121

- Summer Hours are Monday-Saturday from 10 a.m. to 5 p.m.

- Tour the Cowboys Stadium and Rangers Ballpark with ITT in July. Sit back and relax, we'll do the driving. Tour will leave from Bldg 1815. Date and price TBD.

- Discounted tickets to Ringling Bros and Barnum and Bailey "The Greatest Show on Earth" circus "Fully Charged", Aug. 1 - 12 at the American Airlines Center and Aug. 15 - 19 at the Fort Worth Convention Center. Exclusive savings for the military - save 50 percent. Purchase tickets through Ticketmaster.com or call 1-800-745-3000. Use code: ASY50 for discount.

- Disneyland tickets are now available! Plan your summer vacation today!

- Get your summer fun tickets to Six Flags, Hurricane Harbor, NRH20, Hawaiian Falls, Schilletterbahn, Fort Worth Zoo, Omni Theater and so much more! Daily tickets and season passes are available.

- Armed Forces Vacation Club: A "space available" program that offers military and other DoD-affiliated personnel the opportunity to enjoy vacations at popular destinations

around the world - for incredibly low prices starting as low as \$369 per unit, per week. Check it out at www.afvclub.com or call 1-800-724-9988. When booking with AFVC, be sure to mention our base code: 310.

- Texas Rangers offer a military discount on tickets. Contact ITT for information.

- Tickets also available for venues in Virginia, Pennsylvania, Florida and California.

BOWLING CENTER

Located in TexPlex, Bldg. 1815, 817-782-6122

- Keep an eye out for the date for the re-opening of the Bowling Center, ITT, "L" Bar/Lounge and "Grill".

- Great things are happening... renovations, upgrades, and all AMF Bowling Lanes with state of the art technology. Stop by and see the progress. ITT, Grill and Bar open during the remodel.

- Start planning for fall bowling leagues! Gather your friends and family and get your teams together now! First meeting is in September.

THE "GRILL"

Located in TexPlex, Bldg. 1815, 817-782-5505

Monday-Thursday 6:30a.m. to 9 p.m.; Friday 6:30 a.m. to 10:30 p.m.; Saturday 7 a.m. to 10:30 p.m.; Sunday 7 a.m. to 6 p.m.;

- Daily breakfast and lunch specials.

- Healthy choice menu items.

LOUNGE

Located in TexPlex, Bldg. 1815, 817-782-7919

Tuesday-Thursday 4 p.m. to 9 p.m.; Friday & Saturday 4 to 11 p.m.

- \$2 dollar Tuesdays.

- DJ/Karaoke - Thursdays from 5 to 10 p.m.

- Free munchies on Fridays 4:30 to 6 p.m.

- Saturday Specials

MOVIE REEL THEATER

1845 Military Pkwy., 817-782-6037

Friday-Sunday, call for movie times.

- The wait is over; Movie Reel now has state of the art Digital format and 3D!

- Best prices in town!

- Admission prices are \$3.00 for active duty and adults (12 and above), \$2.00 for children ages 6 to 11 and free for children 5 and under. Admission prices for 3-D movies will be \$5.00 for active duty and adults, \$4.00 for children and free for children 5 and under. We will provide 3-D glasses for all 3-D movies.

- Concessions are available for purchase and at great prices!

- Movie schedule updated bi-weekly. Call 817-782-6037

LIBRARY

1802 Doolittle Ave., 817-782-7735

Library Hours: Monday - Thursday, 9:30 a.m. to 7 p.m.

- Closed Sundays & Holidays

- "like" us on facebook.com/NASFortWorthLibrary

- Story time - Wednesday at 10:30 a.m.

- Free music downloads available with "Freemag" account. Contact library.

- Rosetta Stone available for library patrons. Transparent Language Online also available through NKO.

- New Item - Playaway VIEWS for youth.

- Summer Reading - Reading is So Delicious! Activities throughout the summer for adults, young adults and children. Programs for all ages including field trip to the base galley, local author visits and readings, Mad Science party and more.

July Summer Reading Events:

July 15 - Summer Reading Pool Party, 4:30 to 6:30 p.m. at the Aquatic Center.

July 17 - Author Janet Eystad, 10:30a.m. "What's Inside." Ages 2 -4

July 18 - Storytime @10:30a.m.

July 19 - Author Janet Eystad, 10:30a.m.

"What I Got Into Last Summer." Ages 4 - 8

July 24 - Storytime @10:30a.m.

July 25 - Central Market Demo @ 11 a.m.

July 30 - Fire Truck Stories @ 1 p.m.

LONE * STAR CENTER

2570 Desert Storm Road, 817-782-5293/7237

Office hours are 8:30 a.m. to 2:30 p.m. or by appointment.

- It's not too early to start planning your holiday parties. Call to reserve your date today!

- The center is the first stop when planning a wedding reception or a variety of events including meetings, conferences, change of commands and promotion parties.

- The center will be closed August-November for repairs and install of a new AC/heat system.

FITNESS CENTER

1810 Tuskegee Airmen Drive, 817-782-7770

- Fitness Center Swipe Card: please remember to swipe your card when you visit the Fitness Center. It allows us to keep track of how many patrons use the center.

- July is Zumba month at the Fitness Center! Tuesday and Thursday from 9 to 10 a.m.; Friday from 5:30 to 6:30 p.m.; Saturday from 11:30a.m. to 12:30 p.m.

- New at the Fitness Center--TRX Suspension Training. TRX Equipment is available for daily check out. What is TRX? TRX is a type of training that uses your own body weight and gravity, to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries. For more information contact the Fitness Center.

- Friday Family Fitness Class, 9 a.m. For ages 6-18. Parents must participate in workout program with their children.

- Saturday Yoga classes 10:45 a.m. to 11:30a.m.

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

AQUATIC 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.; Holidays 10 a.m. to 2 p.m.

- American Red Cross-endorsed youth swim lessons are Tuesday and Thursday, 9 a.m. to 1 p.m.; cost is \$25 for (4 lessons). Ages 4 and up. 8 -student limit per session. Sign up at the Aquatic Center prior to desired session date. Payment is required at time of registration.

- Summer Swim Lessons

Session C: July 3 - 12

Session D: July 17 - 26

Session E: July 31 - August 9

Make-up Lessons: August 14 & 16

- Saturday swim lessons now available.

- Swim Across Texas Club: a fitness incentive program for youth and adults. Swim 500 laps, 1,000 laps, 1,500 laps and 2,000 laps. Receive an Aquatic Center t-shirt after swimming these distances. Get signed up at the Aquatic Center and start swimming across Texas today!

- Book your summer party at the Aquatic Center! Call the Aquatic Center for reservations or more info.

LIBERTY

1815 Military Pkwy. (located in TexPlex), 817-782-3175

-Single servicemember program (17-25 years, restrictions apply), call for additional information and schedule of upcoming activities.

CHILD YOUTH PROGRAM (CDC)

3320 Sesame St. Drive, 817-782-7520

- Please contact the CDC for all your childcare needs.

ACTION ZONE Summer Camp

1145 Hercules Dr., 817-782-7566/7520

AUTO HOBBY/OUTDOOR RECREATION

RV/BOAT STORAGE

BOAT RENTALS

All are now located in the shop at 1145 Hercules Dr. 817-782-6375/6376

SUMMER HOURS:

Monday: 11 a.m. to 7 p.m.

Tuesday & Wednesday: closed

Thursday: 1 to 7 p.m.

Friday: 10 a.m. to 6 p.m.

Saturday: 9 a.m. to 5 p.m.

Sunday: 10 a.m. to 7 p.m.

*Hours are subject to change

- All RV/Boat Storage and rentals have moved to the Auto Hobby/Outdoor Recreation Bldg. 1145, 817-782-6375

CONTACT OUTDOOR RECREATION FOR ALL BOAT RENTALS!

SEXUAL ASSAULT continued from page 11

ing. Starting Jul. 16, Master Mobile Training Teams (MMTTs) qualified by the Center for Personal and Professional Development (CPPD) will deploy globally to provide SAPR-L preparation training to command leadership triads (commanding officer/officer in charge, executive officer/assistant officer in charge and command master chief/chief of the boat/senior enlisted advisor) in Fleet concentration areas and locations with significant Navy presence.

One MMITT is scheduled to address Navy leaders aboard NAS Fort Worth JRB this month, July 22-23.

After receiving the MTT training, command triads will return to their units and provide SAPR-L training to their khaki leadership (E7 and above) through interactive video and facilitated face-to-face discussions. This 2-hour training course is designed to raise leaders' awareness about the reality of sexual assault in the Navy and emphasize their key prevention and response roles, provide leaders with tools and techniques to prevent assaults.

To ensure all hands are trained, command leadership will then deliver SAPR-F training to all Sailors E6 and below. This training will focus on the importance of bystander intervention and will equip Sailors with the knowledge

and skills necessary to engage, address and positively impact behavior at the deckplate level. Additional guidance on SAPR-F training will be presented to the Fleet in a future message.

"Not only are SAPR-L and SAPR-F part of the Secretary of the Navy's 21st Century Sailor and Marine initiative, but support for this initiative from the top down to the deckplate will enable our Navy to create command climates and environments based on mutual respect, trust and professional relationships," added Herb. "This training is a lynchpin in eliminating sexual assault crimes within our ranks."

Completion of all SAPR training will be reported using the

Fleet Training Management Planning System (FLTMPs). Commands are required to complete SAPR-L training by Sept. 30 and SAPR-F training no later than Dec. 31.

Commands may access Navy SAPR-L and SAPR-F training information, policy information, training schedules and locations, FAQs, and FLTMPs reporting instructions at www.sapr.navy.mil. The site is also where command leadership triads register for SAPR-L preparation training.

Sexual assault prevention

is an important element of the readiness area of the 21st Century Sailor and Marine initiative, which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy (DoN). DoN is working aggressively to prevent sexual assaults, to support sexual assault victims, and to hold offenders accountable.

FY13 Chiefs' Quotas Announced

FROM CHIEF OF NAVAL PERSONNEL
PUBLIC AFFAIRS

Quotas from the Fiscal Year (FY) 13 Active Duty E7 Board show Navy's force management initiatives are having some positive results, resulting in advancement opportunity increasing 5.73 points from 18.23 percent in FY12 to 23.96 percent for the FY13 board.

With approximately 4,400 quotas for this board, the Navy is ensuring the fleet has the right mix of Sailors with appropriate skills and experience to meet the Navy's mission.

The expected improvement in advancement opportunity is the result of balancing the force across ratings, and it is expected that opportunity will move slightly downward in coming years and level off.

The selection board convened June 18 in Millington, Tenn. and will review the records of approximately 18,900 E-6s.

Notable opportunity this cycle is in the Logistics Specialist (Submarine) (LS grp 1) with 100 percent opportunity and 22 quotas, rising from 73.8 percent opportunity and 31 quotas from



PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS PETER D. LAWLOR

The 2011 CNO Shore Sailor of the Year (SOY) Chief Aircrew Survival Equipmentman Maria Johnson of Strike Fighter Squadron (VFA) 131 gets her anchors pinned on by her mother and a shipmate at the U.S. Navy Memorial during the SOY pinning ceremony.

FY12 rates. Also showing strong opportunity is Yeoman (Submarine) (YN Grp 1) at 55.77 percent and 29 quotas from 33.93 with 19 quotas in FY12.

Communities seeing a decrease from FY12 include the Fire-controlman Technician (FT), down from 38.46 percent with 35 quotas to 12.50 percent with 10 quotas for FY13. Aviation Structural Mechanic - Equipment (AME) also saw a drop this board with FY12 having

29.73 percent opportunity with 33 quotas to 11.70 percent with 11 quotas for FY13.

The full list of quotas and advancement opportunity by rating, as well as opportunity from the last two cycles, is available at http://www.navy.mil/docs/FY13_E7_Quotas.pdf.

For more information on the FY 13 E7 board, visit www.npc.navy.mil.

Why choose us?

1. Early morning & evening appointments.
2. We accept most major insurance.
3. We accept most major credit cards.

free teeth
whitening for
life!

with initial exam,
necessary cleaning
and x-rays. subject
to exam results and
doctor approval.

\$200 off
dentures
including a
free consultation

Limited time offer. Offer cannot be combined with Dental HMO, PPO or other discounts. The single largest discount will be applied.

\$79 exam,
cleaning
and X-ray
new patients only

Limited time offer. Additional charges may apply if gum disease is present. Offer cannot be combined with Dental HMO, PPO or other discounts. The single largest discount will be applied.

TWIN LAKES
DENTAL CARE
& ORTHODONTICS

YOUR
DentalWorks
DENTIST

[dentures](#) | [partials](#) | [crowns](#) | [bridges](#)

[restorative](#) | [cosmetic](#) | [preventive](#)

Sherry K. Flusche, DDS
6076 Azle Avenue, Suite 100 · Lake Worth, TX 76135

817-237-9900
dentalworks.com

SPICE
continued from page 13

Spice is a synthetic chemical compound that is sold as herbal incense and mimics the effects of the drug marijuana. A ban was placed on five synthetic cannabis compounds commonly found in the designer drug Spice, but also sold under different names.

Some of the short-term effects include auditory and visual hallucinations, painless head pressure, panic attacks, time distortion and delirium. Long-term effects from the designer drug can include permanent physical impairment, mental illness or death.

Another synthetic chemical compound, bath salts are

sold under the common names: Vanilla Sky, Ivory Wave, Pure Ivory, Purple Wave, Charge+, Ocean Burst, and Sextacy. Bath salts are a potentially addictive powdered substance that is snorted, smoked or injected. They can have an adverse effect on the heart, circulation, nervous system, similar to ecstasy or cocaine, and result in lethal overdose.

The unlawful possession or use by Department of the Navy personnel of controlled substance analogues (designer drugs), natural substances, chemicals wrongfully used as inhalants, propellants, prescribed or over-the-counter medication or pharmaceutical compound with the intent to induce intoxication, excitement or stu-

pefaction of the central nervous system is prohibited via SECNAVINST 5300.28D. Violators are subject to punitive action under the Uniform Code of Military Justice, Article 92.

Navy's Synthetic Drug Testing Operating Guide is posted on the Navy Alcohol and Drug Abuse Prevention Office (NADAP) website and contains procedures for commands to request synthetic drug testing and synthetic drug testing information.

The Navy's zero-tolerance policy towards drug use is a key contributor to the readiness area of the 21st Century Sailor and Marine. To view the guide or for more news from NADAP, visit www.nadap.navy.mil.

CHANGE COMMAND
continued from page 10

ism and dedication.

Gorman then reported to the Chief of Naval Operations staff as an Air Warfare Requirements Officer overseeing the procurement and program management of Transport Aircraft. Gorman returned to VR-55 for his command tour in 2006. In 2008, Gorman returned to the Pentagon and CNO

staff for his second tour as an RO. Gorman is currently serving as the Deputy Commander in the Fleet Logistics Support Wing. His personal awards include four Meritorious Service Medals, two Navy Commendation Medals and two Navy Achievement Medals. He is married to the former Gina Pasaglia of Elmwood Park, Ill. They have two children and reside in Keller, Texas.

**The act of terrorism
can occur any time, any place.
If you see something,
then say something.**



**Optical
CENTER**

Take care of your troops.

**FREE 2nd
FRAME***



for your
**FAMILY,
FRIEND,
or YOU**

**Limited
Time
Offer!**

*Second free frame must be of equal or lesser retail value as the first frame. You only pay for the lenses and extra features. Complete pair purchase required on both pairs. Second free frame must be purchased with the first pair and at the same date and time. Offer cannot be combined with any other discount, coupon or insurance plan. All eyeglass and contact lens purchases require a current, valid prescription. Offer expires 09/01/2012. ©2012 National Vision, Inc.

**NAS JRB
Fort Worth Exchange
817-738-3101**

Eye Exams Available by:
Dr. Bert Buie
Independent Doctor of Optometry
(817) 570-0545

TRICARE accepted.
Appointments are available.
Walk-ins are welcome.

BUY CONTACT LENSES ONLINE AT www.MILITARYCONTACTS.net

Free Parking | Free Tubes | Picnics Welcome



SCHLITTERBAHN

NEW BRAUNFELS *Waterpark*




SAVE up to \$12!

Save \$2 per person! Present this coupon prior to purchase at any New Braunfels ticket window Sunday through Friday in June, July or August or any operating day in May or September and SAVE \$2 each on up to 6 full-price, all-day tickets.

Not valid Saturdays in June, July or August or with any other offer, discount, special price, prepaid, afternoon, group, two-day or season tickets. Tickets must be purchased at Schlitterbahn and used the same day. Coupon has no cash value and is not for resale. Prices, operating schedule and attractions subject to change without notice.

Coupon expires at the end of the 2012 summer season.



20 000 0074



Buy TICKETS at schlitterbahn.com