

SKY RANGER



NAS Fort Worth JRB, Texas

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U. S. AIR FORCE PHOTO/SRA MELISSA HARVEY

301st Operations Group Commander, Col. Kurt J. Gallegos taxis to the runway to begin the flight where he will achieve the milestone goal of flying more than 4000 hours in an F-16 Fighting Falcon, Aug. 8. Reaching this point in his career, Gallegos joins a small group of pilots that currently hold this designation. On average, 4000 hours translates to 166 days in flight. His wingman for the occasion was none other than 10th Air Force Commander, Brig. Gen. William B. Binger.

Reserve Pilot Exceeds Flying Milestone

BY SRA MELISSA HARVEY, 301ST FIGHTER WING PUBLIC AFFAIRS

There's something to be said for goals. Whether big or small, they motivate a person to keep going, to take one more step when quitting would be so much easier. Sometimes, it's hard to tell if all the hard work will lead to something worth the effort. For Col. Kurt "Huevos" Gallegos, 301st Operations Group Commander, it's led to reaching milestones that only come with hard work and time.

Gallegos first flew an F-16 Fighting Falcon in July 1991, he said. It would take him the next 4 years to reach the goal of flying more than 1,000 hours in October 1995. He doubled that number in August of 2001,

and then tripled it in December of 2006. Finally, with a total of 22 years as an F-16 pilot, he hit 4,000 hours as a 457th Fighter Squadron Spad Aug. 8, flying 85-1484, the plane that bears his name.

By reaching this milestone, he is part of a small group of pilots able to say they have achieved this goal.

"I am one of 36 pilots in the F-16 community world-wide who have reached this milestone," he said. "It's very hard to accomplish on active duty. Most pilots who have this much flying time in a major weapon system (F-16, F-15, A-10, etc.) have transferred to the Guard and Reserve."

Wingmen are essential to flying and on this important day, his was none other than 10th Air Force Com-

mander, Brig. Gen. William B. Binger who hit the 4,000-hour goal while flying with a 457th Fighter Squadron Spad, in Balad, Iraq in 2005.

"For the Reserve command, it's a testament to the amount of experience we have in the weapon systems that we fly," Binger said. "It takes an incredible amount of time and effort to build up that many hours when you think about flying the airplane at about an average of 1.3 to 1.5 hours per flight. You can do the math and figure out that it takes a long time. It takes most people a 20-plus-year career to amass that many hours. We are very proud of him. It's just a testament to the amount of experience that we have in the Air Force Reserve

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SKY RANGER

NAS Fort Worth JRB, Texas

The Official Base Newspaper of Naval Air Station
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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.

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A MESSAGE FROM YOUR COMMANDING OFFICER



BENNETT

begins. In preparation, we will discuss resiliency this month.

Our Warriors today have many 'balls to juggle' in life to be successful. We have families, our careers (reservists have two; civilian and military), bills, deployments, and a multitude of other life pressures. How do we effectively manage all of these challenges, and continue to keep a positive attitude, perform our daily tasks, achieve our goals and come back for more each and every day? Resiliency...

Resiliency is how we cope, adapt and remain flexible to every day stressors and yet continue to function. During our lives, each of us learns how to best address, re-energize ourselves and bounce back from life's challenges. Hopefully, you have mastered your own routine on how to deal with stress in your; marriage/family, relationships, job,

The summer is over and the holidays are just around the corner. Our lives usually get busier and more hectic as the fall



resiliency.

For example, my wife and I attended a marriage resiliency seminar this weekend to help keep our love alive and vibrant even after twenty wonderful years of marriage. I believe we must constantly take a few moments every day during our hectic and stressful lives to focus and concentrate on what is most important. I know, as with most people, my family is the cornerstone of my resiliency and success. My wife and children love me and keep me focused on life and grounded in reality. But most of all, they provide me with love, understanding and energy that serves as my unflinching foundation, and reason for always trying my best.

Today, we have a very seri-

military requirements, deployments, training, etc. We turn to God, spouses, friends, co-workers, physical training, diet, time off, and a myriad of other techniques to sustain our

ous challenge in our military. Our Warriors have been at war for over a decade, deployed many times in support of those conflicts, our country's job market is relatively arduous, and the services are downsizing, along with a multitude of other stressors are quite difficult for them to endure.

Unfortunately, many personnel have not mastered the art of resiliency and are turning to drugs, alcohol, violence and the ultimate permanent decision to temporary problems, suicide. We must constantly and continuously work together as a team to help provide resiliency tools and techniques to our personnel and their families, and identify and help those who have difficulty in providing their own life skills to cope with today's many challenges.

If you feel one or more of life's challenges is becoming overwhelming, please turn to God, family, a friend, shipmate... someone... to get an added perspective and help!

God Bless,
Skipper

Planning for Livable Military Communities

FROM RACHEL WIGGINS,
COMMUNITY PROJECTS LIAISON

Nearby cities have joined together to engage in Planning for Livable Military Communities (PLMC). The PLMC project is focused on strengthening NAS Fort Worth JRB and surrounding communities through planning for housing, transportation and compatibility.

As part of this planning effort, the project team is interested in hearing your opinions and thoughts about housing choices and bicycle/pedestrian access



around NAS Fort Worth JRB. These surveys will help identify existing issues and concerns of residents and users and help formulate potential solutions for local governments to implement in the future.

The surveys are available online at www.nctcog.org/livablecommunities - just look for the yellow box. Surveys close Sept. 30.



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PHOTO COURTESY OF LOCKHEED MARTIN

The USS Fort Worth during sea trials in 2010. The ship will be commissioned in Galveston Sept. 22.

Anchor Dedication for USS Fort Worth

FROM CBSDFW.COM

The official anchor dedication ceremony for the USS Fort Worth was held Aug. 6 at Veterans Memorial Park in Fort Worth.

U.S. Rep. Kay Granger sponsored the ship and was on hand for the dedication. The congresswoman explained why having the anchor in the city is significant.

"It doesn't matter where the ship is at sea, the anchor will always be here in Fort Worth," she said. "This anchor will be really a long bond with the ship and her crew."

After an outpouring from leaders and residents, construction on the USS Fort Worth began in 2009, but the responsibilities don't end with an anchor or dedication ceremony.

"When you have a ship named after you it's just a very special thing," Granger explained. "When the Secretary of the Navy said we are considering this, we had to prove to the Secretary of the Navy that we would honor the ship and take



An anchor ceremony was held for the USS Fort Worth at Veterans Memorial Park Aug. 6. (photo courtesy of cbsdfw.com)

care of the ship and her crew."

Along with Granger and Navy officials, including NAS Fort Worth JRB commanding officer Robert Bennett, Fort Worth Mayor Betsy Price and Tarrant County Judge Glen Whitley also attended the dedication.

Price said, "This ceremony today is a testimony to the hard work of many who love Fort Worth, and love the Navy and

our military, and believed we needed a ship."

Whitley emphasized the long history of Texas and the U.S. military.

"The USS Fort Worth comes from a proud Navy tradition involving the Lone Star State. The Navy's first battleship, commissioned in 1895, was called the USS Texas."

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PHOTO COURTESY OF LOCKHEED MARTIN

The littoral combat ship Pre-Commissioning Unit (PCU) Fort Worth (LCS 3) departs Marinette Marine Corp. shipyard in Marinette, Wis. Aug. 6.

Future USS Fort Worth Begins Sailaway

FROM NAVAL SEA SYSTEMS COMMAND PUBLIC AFFAIRS

The Navy's newest littoral combat ship, the future USS Fort Worth (LCS 3), departed from the Marinette Marine Corp. shipyard in Marinette, Wis., Aug. 6, beginning its journey to her commissioning site in Galveston, Texas, before heading to her eventual homeport of San Diego, Calif.

Fort Worth is the third littoral combat ship delivered to the Navy, and the second LCS of the steel, semi-planing, mono-hull Freedom variant. It is scheduled to be commissioned Sept. 22.

Prior to sail-away, the Navy's Board of Inspection and Survey (INSURV) conducted acceptance trials aboard Fort Worth. INSURV found the ship to be "highly capable, well-built and inspection ready," and recommended the vessel be accepted.

"The ship's builders and crew have done an exceptional job preparing Fort Worth for sail-away," said Rear Adm. James Murdoch, program executive officer for littoral combat ships. "This ship is incredibly well built

and will provide a tremendous capability to the fleet."

A number of design changes have been incorporated in LCS 3 based on lessons learned from the first ship of class, USS Freedom (LCS 1). These changes are now part of the baseline design and will be incorporated into future ships of the class prior to construction.

The littoral combat ship is a high-speed, agile, shallow-draft, focused-mission surface combatant designed for operation in near-shore environments yet fully capable of open-ocean operation. Fort Worth, a high-speed steel mono-hull ship, is designed to defeat asymmetric "anti-access" threats such as mines, quiet diesel submarines and fast surface craft. The 387-foot Fort Worth will be outfitted with reconfigurable payloads, called mission packages, which can be changed out quickly, and focus on three mission areas: mine countermeasures, surface warfare and anti-submarine warfare.

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Off Road and Ready

BY SRA JEREMY ROMAN, 301ST FIGHTER WING PUBLIC AFFAIRS

The 301st Fighter Wing vision is to “develop the premier Active and Classic Associate Teams, providing balanced, agile, and ready Reserve and Regular Air Force Airmen and resources to support national objectives.”

Traditional Reservists and active reserve technicians from the 301st Fighter Wing Civil Engineer Squadron (CES) took that mission to heart when they participated in land navigation training at Fort Wolters in Mineral Wells, Texas July 23.

Master Sgt. Jose L. Guajardo, 301st Civil Engineer Squadron Emergency Manager NCOIC and Combat Readiness Evaluator, coordinated this training as a first

step in a three-year developmental CES “readiness” program.

“This program came online about a month ago,” Guajardo said. “It’s a joint unit effort which will prepare first responders to do their jobs during a time of crisis.”

First responders, in this case, would include Explosive Ordnance Disposal, Security Forces Squadron, Fire Department and Emergency managers. As an example, if a military plane crashed, this team would work together by surveying the site and disarming any munitions, eliminating any fires caused by the crash and re-directing any traffic that might otherwise be in harm’s way.

In this training scenario, the emergency managers simulated a deployment into an “unmarked

territory” where they used their equipment to map out locations while traveling in off-road vehicles through unknown terrain at Fort Wolters, an Army National Guard facility.

“The purpose of this training is to see who can establish themselves both as a leader and follower,” Guajardo said. “We also wanted to see how they adapt to the environmental elements and who could identify not only potentially hazardous locations, but areas that can serve as assets to our side as well during a time of crisis.”

Instructors went out and hid 10 orange cones for the participants to find. These cones were strategically placed in locations which forced them to use all the



U.S. AIR FORCE PHOTO BY SRA JEREMY ROMAN

Staff Sgt. Christopher Cowley, 301st Logistics Readiness Squadron, prepares to deploy the off-road vehicles used for the land navigation training at Fort Wolters Army National Guard Facility July 23.

tools at their disposal, such as mapping tools and four-wheel Polaris Ranger off-road vehicles.

“The objective for this exercise is to find the cones, notate their positions using military grid reference coordinates, identify potential risks or hazards, and

gather intel on possible assets to report back to the chain of command,” said Guajardo. “This is not a speed drill but a proficiency drill.”

This training allowed emer-

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Recently at the Courthouse

FROM COMMANDER, NAVY REGION SOUTHEAST

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

At a General Court-Martial convened on board NAS Jacksonville, a Petty Officer Third Class pled guilty to making a false official statement and was found guilty of engaging in a sexual act with a person substantially incapacitated. The court-martial sentenced the Accused to two years of confinement, reduction in rate to E-1, and a Dishonorable Discharge.

At a General Court-Martial convened on board NAS Jacksonville, a Petty Officer Second Class was found guilty of improperly accessing medical records. The court-martial imposed no punishment in addition to the conviction itself.



At a Special Court-Martial convened on board NAS Jacksonville, a Seaman Apprentice pled guilty to wrongfully using Spice, sending a lewd picture to a minor, and receiving and possessing child pornography. The court-martial adjudged a sentence of eleven months confinement, reduction in rate to E-1, forfeiture of \$994.00 per month for eleven months, and a Bad Conduct 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.

September Case Lot Event Offers Bulk Savings

BY CHERIE HUNTINGTON, DECA PUBLIC AFFAIRS SPECIALIST

Fans of the Defense Commissary Agency’s September case lot sale may have been shopping too hard to notice. However, the worldwide event, originally designed for one weekend back in 2001, has now outgrown the month.

The NAS Fort Worth JRB commissary has their event scheduled for Sept. 27 - 29.

“Not only is the sale spanning two full months now, it has grown in other ways,” said DeCA Sales Director Chris Burns. “There are more items, more savings and – with the ability to ‘mix-and-match’ cases – more choices.”

For mixed cases, the commissary sets aside an area where customers can mix like items of similar size and price – such as canned goods, cereals or cake mixes – in the same case. How-

ever, there will be some products excluded from the mix. Asparagus, for example, is priced higher than other vegetables and cannot be matched with other items.

For the past 11 years, the sale has provided the perfect opportunity to save on name-brand bargains and oversized products for back-to-school meals, emergency survival kits or just restocking the pantry, said Charlie Dowlen, DeCA’s promotions manager.

“Case lot sales offer our customers hundreds upon hundreds of items, some at savings of 50 percent or more, and many in the economical ‘club pack’ format you find in off-base club warehouse stores,” he said.

The September event features nearly 400 different products for all occasions:

–Back-to-school items for students of all ages, such as trail mix, nuts and fruit bars, 100-percent

juice, sports drinks and kids’ complete meals

–Breakfast foods, such as pancake mix, syrup, corn muffin mix, muffins and cereals

–Pastas, rice, soups and sauces

–Deep discounts on dog and cat food – bags and cans – and kitty litter

–Paper goods, diapers, razors and shave gel, soap products and shampoo

–Special frozen foods: waffles, sausage links, chicken, fruit pies, family-sized entrees and pizza

“These sales always seem to break the last event’s sales record,” Dowlen said. “We’re not in the moneymaking business, since we sell at cost, but we still love to break sales records. By increasing unit and dollar sales, it indicates to us that our shoppers know a great deal when they see one, and that they’re saving lots of cash!”

Military Child Tackles PTSD for School Project

BY ROBYN MINCHER, DEFENSE CENTERS OF EXCELLENCE STRATEGIC COMMUNICATIONS; SUBMITTED BY MIKE ARNETT, SCHOOL LIAISON OFFICER

Military child Hannah Rauhut was given an assignment: create a multimedia presentation about a topic that was important to her. While some 13-year-old students might use the opportunity to discuss anything on their minds (my own "groundbreaking" middle school presentation addressed what brand of chocolate chips make

for a tastier cookie), Rauhut had a more passionate approach - educate her peers on post traumatic stress disorder (PTSD).

Her presentation included facts, a video she made of the local Wounded Warrior Horsemanship program and a live interview with founder, retired Sgt. Maj. Sam Rhodes on coping with PTSD. Not only did Rauhut get a perfect score and gratitude from her enlightened classmates, she's now raising awareness nationwide as a journalist for A Backpack Journalist,

a program that teaches military youth about resilience through creative expression. I spoke with Rauhut about the significance of raising awareness of PTSD, especially for youth.

What inspired you to focus on PTSD?

When I moved to Fort Benning, Ga., last year, I started volunteering with the horsemanship program. I didn't know much about PTSD, but I was surprised to see how it affected our military. I started talking with Mr.



COURTESY PHOTO

Hannah Rauhut poses with retired Sgt. Maj. Sam Rhodes, founder of Wounded Warrior Horsemanship program.

Rhodes and hearing his story. I thought, "Could PTSD be here at Fort Benning?" Telling my classmates about PTSD could help them think if it affects their fam-

ily or neighbor's family.

Tell me about your experience with the Wounded

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ANCHOR DEDICATION
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The USS Fort Worth is the first ship named after the city. It's an honor Navy veteran Jim Besser does not take lightly. "This ship is going to carry the name Fort Worth for many, many years and it's going to be all around the world and it's going to make a lot of Sailors happy," he said.

The USS Fort Worth is a part of the Navy's Littoral Combat Ship (LCS) program. LCS ships are relatively small and high-speed and are intended to operate primarily in coastal areas. The Fort Worth is the third LCS delivered to the Navy.

While the USS Fort Worth will be based in San Diego, responsibilities for the vessel will be in North Texas.

"I'm in charge of making sure that this city takes care of the crew and the ship for the lifetime of the ship," Granger explained. "Now that's going to be 40 years so I won't be here for the lifetime, so I gotta get a bunch of young people to take over when I'm not here."

The 387-foot USS Fort Worth will be commissioned Sept. 22 in Galveston.

SAILAWAY
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"We look forward to adding another LCS to the fleet "and eagerly await her arrival to San Diego," said Vice Adm. Thomas H. Copeman, III, commander, Naval Surface Force, U.S. Pacific Fleet.

In addition to its three primary warfare missions, the ship's inherent capabilities and suitability to conduct lower-end missions will free up more expensive, multi-mission cruisers and destroyers to conduct higher-end missions.

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Haunted Hayride Contest

Create your own "Haunted" space for the **MWR Haunted Hayride - Saturday, Oct. 27th**. Contest is open to all military units and commands.

Help MWR with a great hayride while competing for cash prizes for your group.
1st Place \$350 - 2nd Place \$250 - 3rd Place \$150

Register at ITT by October 8.
Spots on the hayride route will be assigned as you sign up.
We need a minimum of 8 groups to sign-up to "HAUNT" the hayride route - Start planning your "HAUNTING" today!
For more information call (817) 782-6121

FAMILY FUN WALK

Saturday, September 22, 11:00AM @ the Fitness Center

Bring the family for a 2 mile (approx.) walk that starts at the Fitness Center and ends at the Aquatic Center. Families can enjoy bounce houses, swimming and fun activities. Snacks and goodie bags will be given to all participants. Pets are welcome on the walk and must be on a leash at all times. No pets allowed inside the Aquatic Center.

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Security Crime Prevention Tips

BY MA2(EXW) DALIA NEVAREZ,
SECURITY

Criminals have developed methods of breaking into most any home or building, but even a highly experienced law breaker will only devote a very short time to getting inside. The longer it takes for them to make their way in, the better the chances are that someone might see them and call the police. You can take steps to make it not worthwhile for a criminal choose your house by beefing up your security measures.

Make Your Home a Fortress

Burglars look for any easy entrance to a home. A pet door, busted window or unlocked point of access will let them get in quickly. Walk around your house and examine it to make sure there are no vulnerable points that law breakers can use to force their way inside. Fix broken windows, busted

locks and any other part of your house that is not secure immediately.

Security windows are designed to not be breakable, so installing them will make your home more of a stronghold. You can even purchase bullet proof glass for extra security. These items can get expensive, so a good alternative is to install a second lock on the window. You can find them at any retail location that sells hardware products, and they do not cost much.

Utilize an Alarm System

Hiring the services of a professional security company that will install an alarm in your house will be reassuring, but can also be very expensive. People who can afford it may want to pay extra for the peace of mind it comes with. Not only will your home be monitored at all times, criminals will also be

discouraged from attempting to break in when they see the signs and window decals that inform them of the alarm.

Break ins Happen Quickly

It only takes a few minutes for a break in to occur. In fact, most criminals move as quickly as possible to avoid the possibility of being caught. Someone could come home at any time, so they work fast to collect your valuables and get away.

Burglars know where to look for items of value in any home. They will target key areas such as dressers, desk drawers, jewelry boxes and bathroom counters. Before leaving, they will also look in common hiding spots like under the bed or mattress, inside the toilet tank, in the back of the refrigerator or freezer and under rugs that may conceal a hidden compartment with a secret stash of

valuables. Some people think that keeping their things in a small safe will make them secure, but if the invader can pick it up and carry it with them, they will.

Going For A Walk

You may leave home for a short time to take a brisk walk around the neighborhood. If you have an established watch program in place, your block will be a much safer place for even a late night stroll. There are more things you can do to make sure you are safe while getting some exercise and fresh air near your home.

Walk with confidence and be extremely aware of your surroundings at all times. Pay attention to anything and anyone around you. Criminals do not want to be seen, especially before they make an attack, and they will be likely to leave you alone if they realize you have noticed them. This ruins the element of surprise that they rely on to catch their victims off guard.

Check Your Door

Before adding any security devices to your door, examine it to see if it hangs properly and was installed correctly. Make sure there are screws in every hole for each hinge. The more securely a door is attached to the wall, the harder it will be to break down. If the hinges are loose or partially empty, it is important to fix them right away. Create new holes if the wood is rotted out and the screws are barely hanging on. Once the door is on as tightly as possible, you can include new locks and bolts.

Door Locks and Bolts

Some basic door locks are easy to get through. The lock can be pried back with a small instrument, allowing a burglar to open the door and get inside. You can add a Dead Latch door lock quickly and easily to make the entry way far more secure. These locks cannot be pried open, so they are an inexpensive and very effective security device.

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Senate Committee Vote Keeps C-130s in Texas

FROM THE ASSOCIATED PRESS

Eight Texas Air National Guard cargo transport planes used for post-hurricane evacuations will remain in the state.

The Senate Appropriations Committee on Thursday approved a \$604 billion defense spending bill that reverses proposed Pentagon cuts in Air Force personnel and equipment.

The legislation provides \$800 million to halt the Air Force's planned cuts. They included moving the C-130 Hercu-

les planes out of Fort Worth's Naval Air Station Joint Reserve Base in two years.

The proposal had staunch opposition from Gulf Coast states' governors and Texas' congressional delegation.

They said responding to Gulf Coast disasters would take longer if the aircraft were in Montana.

U.S. Sen. Kay Bailey Hutchison, R-Texas, says the bill gives the committee time to develop a long-term plan with the Defense Department.

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).

MOAA's Lone Star Officers Club

Our dinner meeting is on the third Wednesday of each month. Sept. 19, we will be meeting for our Oktoberfest celebration starting at 6 p.m. at Edelweiss German Restaurant (located at the traffic circle with Camp Bowie Blvd & Hwy. 377). Enjoy camaraderie, authentic German food, drink, and accordion music. For information on our monthly program, menu, reservations, and location, go to [HYPERLINK "http://www.Isoc-inc.com"](http://www.Isoc-inc.com) www.Isoc-inc.com and click our Parade newsletter link. All officers, MOAA auxiliary members, and their guests are welcome.

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 Ron Krotty at 817-768-8613.

Veterans Commission Benefits Fair

The Texas Veterans Commission is hosting a Veteran Benefits Fair that will coincide with the Texas Veterans Commission's annual Fall Training Conference. The Fall Conference Benefits Fair will take place from 3 to 7 p.m. Sept. 17 at the Dallas Sheraton (400 North Olive, Dallas). The fair will include having claims counselors on-site to provide counseling and initiate claims. Another unique aspect to this event will be the ability of Veterans to make appointments for claims counseling in advance of the event. There are a limited number of tables so early registration is strongly encouraged. To find out more, contact Connie Huckabay at 512-463-5951.

Naval Air Station Fort Worth's ... a local tradition continues

CAPTAIN'S CUP

MONDAY, OCTOBER 1ST 2012

COME JOIN US FOR A DAY OF GOLF, COMPETITION, AND MILITARY TRADITIONS AT THE CHAMPIONS CIRCLE.

PRICING	
E6 AND BELOW :	\$60
E7 AND ABOVE, RETIREES:	\$70
CIVILIANS:	\$100

MORNING SCHEDULE

0700
REGISTRATION

0800
NATIONAL ANTHEM

0815
SHOTGUN START,
LUNCH THEREAFTER

FOR MORE INFORMATION, CONTACT:

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A note about tobacco pricing

Beginning 25 September 2012, tobacco prices at Joint Bases under Navy command, as well as Navy and Marine Corps Bases, must match the most competitive price found in the local community as part of the Secretary of the Navy's 21st Century Sailor and Marine initiative.

For more information on 21st Century Sailor and Marine, please visit: www.21stcentury.navy.mil

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RESERVE PILOT

continued from page 1

command.” Gallegos recognizes he hasn't arrived at this momentous occasion on his own. “Without aircrew flight equipment, all the maintainers, crew chiefs, avionics, back shops, including the wing leadership...I could not have done any of this,” he said.

Included in this group is Tech. Sgt. Todd McMillen, 301st Aircraft Maintenance Squadron F-16 dedicated crew chief, who prepared Gallegos' jet to be flown for the 4,000th-hour milestone.

During his 4,000 hours, approximately 167 days in the air, he has seen and been a part of things only that kind of time can give.

“I had the opportunity to fly the 5-millionth flight hour for Lockheed Martin in the F-16 on Dec. 4, 1996 when I was the F-16 West Coast demonstration pilot stationed at Hill Air Force Base, Utah,” he said. “I was also the first pilot to drop bombs in Afghanistan after Sept. 11, 2001. I have been very lucky to be in the right place at the right time on very many occasions”.

Even though he has experienced success, he already has a new goal in mind.

“To become a [wing] commander is what I'd like to do next and continue to fly the F-16,” he said. “That would be the premier job for me! I would also say to log 5,000 hours in the future as well, but that probably will be unattainable at this stage in my career.”

After so many years of flying, Gallegos hasn't lost his passion for the F-16.

“I'm still flying and that's the best thing, I love every minute of it, It never gets boring or mundane, I am excited every day I show up to work,” he said.

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.

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



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://tinyurl.com/731y5nd> 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

Preparing for a Successful Phone Interview



In the effort to reduce the cost of hiring, many recruiters are using phone interviews as a method to screen potential candidates. This can be viewed as a definite advantage for the potential employee. You can literally own the room!

Dress the part. When we are in certain clothing, we act a particular way. Have your resume, sample questions and answers, and list of accomplishments with helpful notes on your table or desk for easy reference.

Reduce possible distractions. Schedule the interview when the children are at school, if possible, or enlist cooperation with quiet time in another room. Turn off the TV, radio or other audible devices. If you experience bad reception or feedback, ask to call the potential employer back; ignoring this will only make you more nervous.

Show up early. Just like an onsite interview, come to your designated space ready to go before the appointed time. Don't smoke, chew gum, eat or drink anything. Do have a glass of water handy, in case your mouth gets dry.

Listen. Listening carefully gives you time to think about your answer. Avoid the simple yes or no; market yourself at every opportunity. Consider taking notes on the key aspects of each question.

Relax and smile. Pretend you are having a conversation with a friend; without getting too Infor-mal, convey your skill sets and professionalism. Speak slowly and enunciate. Even over the phone, you can hear a smile; it projects a positive image. Stand up if possible, your voice sounds stronger.

Wrap up. Confirm the interviewer's name, company and contact information. Re-affirm your qualifications; express your appreciation for consideration, interest in the position and your availability to discuss the opportunity further in person. Remember to send a thank you e-mail or handwritten note.

Making a Family Preparedness Plan



Emergencies and disasters can strike anywhere, anytime with little or no warning. Ensure everyone in the family understands what to do, where to go, and what to take in the event of an emergency! Fleet and Family Support Program's free emergency plans address concerns such as caring for infants and elderly, taking care of pets, protecting property and retaining critical records and documents.

Start developing your family plan NOW!



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



Tarrant County

Veteran Service Officer

Get onsite assistance in filing your VA claim! Call 817-782-5287 to sign up. Every Thursday from 1000-1800 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.

Bravo Zulu for the Month of September

NAS Fort Worth JRB Congratulates...

Navy Achievement Medal
MA1 Trevor Guevara, Security
PS2 Kristine Hart, Admin
MA3 Tiaralynn Teralaje, Security

Sailor of the Quarter
ET1 Johnny Brandon, Ground Electronics

Junior Sailor of the Quarter
AME2 Donald Fowler, T-Line
Blue Jacket of the Quarter
YN3 Jarrett English, Admin

Hardcharger
AC3 Michael Grotschel,

Operations
ACAN Nicholas Machado, Security

Senior Civilian of the Quarter
William Robinson

Junior Civilian of the Quarter
Nick Zdanuk



Fleet and Family Support

September 2012 Class and Event Schedule

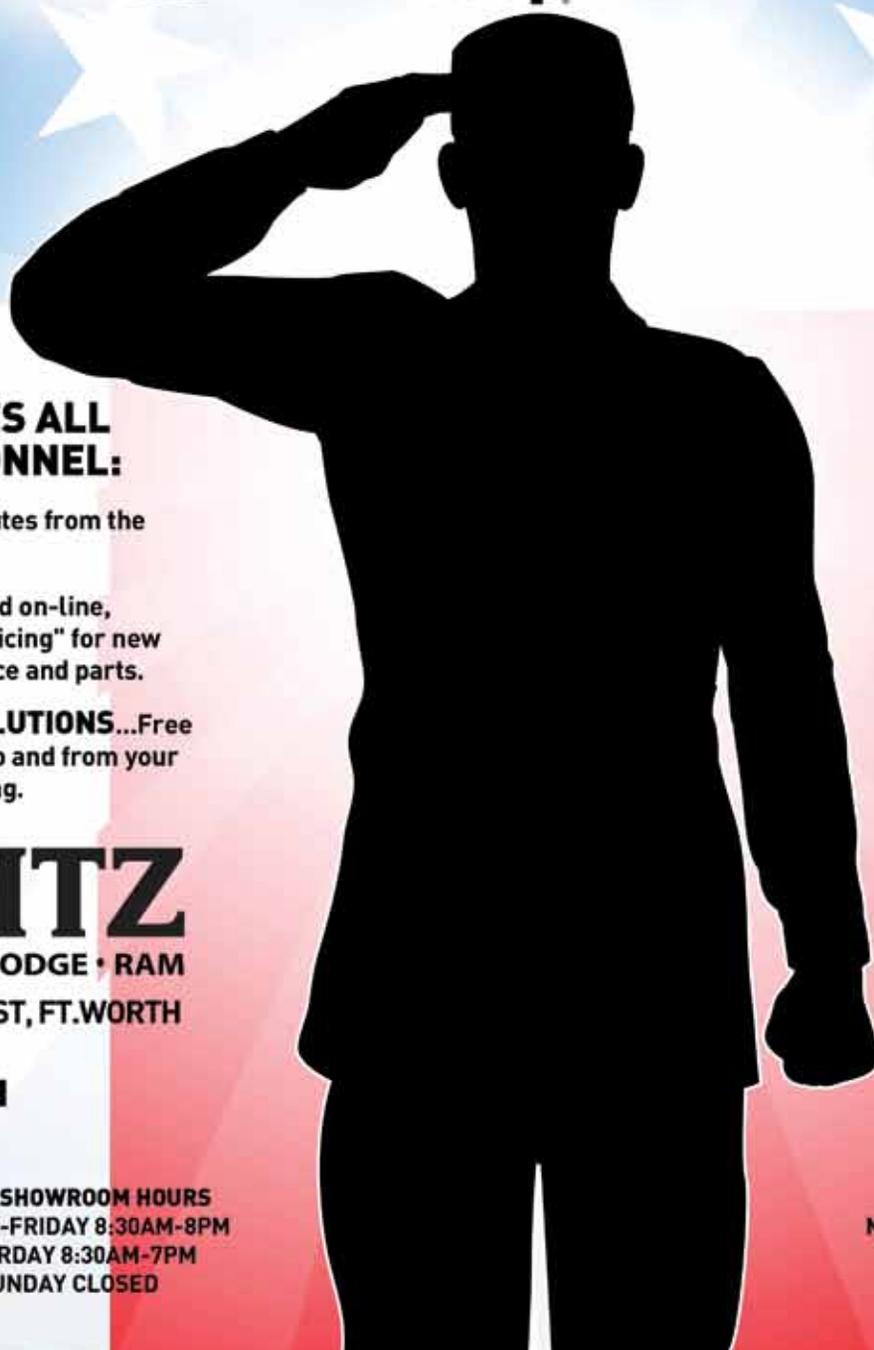
Sexual Assault for the DoD Community: 877-995-5247

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
26	27	28	29	30	31	1	
		TAP (4 day course) At BOSC 0900-1600					Marriage & Relationship Enrichment Workshop 0900-1200
		Texas Workforce Rep 0830-1530		Tarrant County Vet Rep 1030-1500			
2	3	4	5	6	7	8	
	Labor Day	Texas Workforce Rep 0830-1530 Ten Steps to Federal Employment 1000-1130	DOC Training Data Collection Coordinator SARR 0800-1030 Unit SAFR Point of Contact Training 1100-1600	Tarrant County Vet Rep 1030-1500		BOSC IA/Deployment Briefing 1030-1200 Coboldean Appreciation Brunch 1000-1200	
				Applied Suicide Intervention Skills Training NSIC Room 125 0900-1400			
9	10	11	12	13	14	15	
817 Training for Air Force 0900-1600		Healthy Warrior 0900-1600					
		Texas Workforce Rep 0830-1530		Tarrant County Vet Rep 1030-1500 Justice Officer Development Course 1045-1200			
16	17	18	19	20	21	22	
		Texas Workforce Rep 0830-1530 Ten Steps to Federal Employment 1000-1130	Life Skills Abuse Management 0700-1100 SMP Workshop 1030-1130	Tarrant County Vet Rep 1030-1500 CIC 1300-1600			
23	24	25	27	28	29	30	
		TAP (4 day course) 0900-1600					
		Texas Workforce Rep 0830-1530		Tarrant County Vet Rep 1030-1500			

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YOUR MILITARY HEADQUARTERS



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MONDAY-FRIDAY 8:30AM-8PM
SATURDAY 8:30AM-7PM
SUNDAY CLOSED



SERVICE HOURS
MONDAY-FRIDAY 7AM-7PM
SATURDAY 7:30AM-2PM
SUNDAY CLOSED

BASE HAPPENINGS

Scouts Get Hands-On Tour



U.S. AIR FORCE PHOTO BY SRA BENEDICK CALANTAS

Boy Scouts from Troop 17 tour the 301st Fighter Wing as part of their requirements for a merit badge Aug. 7. Brig. General Ronald Miller, 301st Fighter Wing commander, led the group of troops during their tour. The tour included stops at the flightline, life support and the 457th Fighter Squadron.

Operation Backpack



PHOTO FROM 136TH AIRLIFT WING

More than 500 military children from all services came to the 136th Airlift Wing here to receive their backpacks and choose their school supplies, Aug. 10. The average backpack with school supplies cost \$35-\$50.



U.S. AIR FORCE PHOTO/SRA JEREMY ROMAN

CFLSW Change of Command



PHOTO BY LT. J. G. WESLEY HOLZAPFEL

Outgoing Commander, Fleet Logistics Support Wing (CFLSW) Capt. Pat Barrett, left, and incoming CFLSW Capt. John Gorman, right, cut the cake at the CFLSW change of command reception on NAS Fort Worth JRB Aug. 3.



301st Chaplains Welcome Chaplain Candidates

Nearly forty members from the Air Force Chaplain Candidates Program visited Naval Air Station Fort Worth Joint Reserve Base as part of their Chaplain Candidacy Tour Thursday, Aug. 2. The 33-day tour allows program candidates the opportunity to visit five military installations while experiencing ministry in Air Force active duty, Reserve and Air National Guard components.

We Didn't Start the Fire



PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS ERIC DEATHERAGE

NAS Fort Worth JRB firefighters team up with Fort Worth and Benbrook fire departments to fight a fire during an aircraft mishap exercise Aug. 29 at Tarrant County College. The joint emergency response exercise was conducted to enhance the joint training and emergency communications capabilities. The exercise centered around a simulated KC-130 crash.

Time To Cool Off



NATIONAL GUARD PHOTO BY SENIOR MASTER SGT. ELIZABETH GILBER

After serving for six years as commander of the 136th Airlift Wing, Col. David McMinn is hosed down after his final flight piloting the C-130H aircraft July 27 at NAS Fort Worth JRB. Col. McMinn moves on to Austin, Texas, working for the Texas Military Forces, Assistant Adjutant General for Air, Brig. General Kenneth Wissian. (t)

BASE ACTIVITIES & MWR INFORMATION



All information is intended for military, DOD, BOP ID cardholders and their families. Events and facilities are not open to the general public.

September Highlights...

MOVIE REEL GRAND RE-OPENING – Saturday, September 15. Festivities start at noon. Ribbon cutting at 1 p.m. FREE Movie “Ice Age Continental Drift” (PG) starts at 2 p.m. Enjoy FREE bounce toys, \$1 hot dogs & \$1 sodas in the parking lot from noon to 1 p.m. Theater has new digital format with 3D and surround sound! Concessions available for purchase in the theater during movie showing. Space is limited, first come, first served for the movie. For more information call 817-782-7787.

SHRED IT! – Sept. 21 from 9 a.m. to 3 p.m. and Sept. 22 from 10 a.m. to 5 p.m. at the Bowling

Center parking lot, (Bldg 1815). It’s FALL cleaning time – shred old papers and files. Official and personal documents accepted. Activities for the children. Remember to **REUSE, REDUCE, RECYCLE!**

PARENTS NIGHT OUT at the Child Development Center – Sept. 21. All eligible families with children ages 5 weeks – 12 years of age. \$4/hour or portion of hour. One-time registration packet needed only if your child does not attend the CDC. Space is limited so call today to make your reservation at 817-782-7520.

FAMILY FUN RUN – Sept. 22, 10 a.m. at the Fitness Center. Bring the family for a 2-mile (approx) walk that starts at the Fitness Center and ends at the Aquatic Center. Families can enjoy bounce houses, swimming and fun activities. Snacks and goodie bags will be given to all participants. Pets are welcome on the walk and must be kept on a leash at all times. No pets allowed inside the Aquatic Center. Best of all... it’s FREE! For more information call 817-782-7770.

OBSERVE THE MOON NIGHT @ the Library – Sept. 22 at 7 p.m. Bring the whole family and learn about the moon. Kids can enjoy moon-related stories, bring binoculars or telescopes, lawn chairs, flashlights, and bug repellent. In the event of bad weather, we’ll just keep the party inside. For more information call 817-782-7735.

HAUNTED HAYRIDE CONTEST – Create your own “Haunted” space for the MWR Haunted Hayride - Oct. 27. Contest is open to all military units and commands. Help MWR with a great hayride while competing for cash prizes for your group. **1st Place \$350 - 2nd Place \$250 - 3rd Place \$150**

Register at ITT by Oct. 8. Spots on the hayride route will be assigned as you sign up. We need a minimum of six groups to sign up. Start planning your “haunting” today! For more information call 817-782-6121.

TEXPLEX CENTER

1815 Military Parkway, 817-782-6122/5505

INFORMATION, TICKETS AND TRAVEL (ITT)

Located in TexPlex, Bldg. 1815; 817-782-6121
• Fall Hours are TUESDAY - SATURDAY from 10 a.m. to 5 p.m. CLOSED MONDAYS.

• Keep an eye out for Texas State Fair Tickets! Tickets will be available by the end of the month. State Fair runs Sept. 28 to Oct. 21! Check out the schedule at bigtex.com.

- Disneyland tickets are now available!
- Get your tickets to Six Flags, Hurricane Harbor, NRRH20, Hawaiian Falls, Schilletterbahn, Fort Worth Zoo, Omni Theater and so much more.
- 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

• Due to construction delays the opening of the Bowling Center has been moved back. We apologize for the inconvenience please keep an eye out for the date for the Re-Grand Opening of the Bowling Center, ITT, “L” Bar/Lounge and “Grill.”

• Great things are happening... renovations, upgrades and all bowling lanes with state of the art technology. Stop by and see the progress. ITT, Grill and Bar are open during the remodel. See how we are improving our facilities for our military and their families.

LIBRARY

1802 Doolittle Ave., 817-782-7735

- Library Hours: Monday – Thursday, 9:30 a.m. to 7 p.m. Closed Sundays & Holidays
- Story time – Wednesday at 10:30 a.m.
- FREE Music Downloads available with “Freegal” account, contact library.

- Rosetta Stone available for library patrons.
- New Item - Playaway VIEWS for youth.

LONE * STAR CENTER

2570 Desert Storm Rd.; 817-782-5293/7237

• Great News! The Lone Star Center is not closing for renovations at this time. Upgrades to the facility have been rescheduled for a later date! That means we are OPEN FOR BUSINESS and ready to book your next event! We currently have openings starting in September.

• The center is the first stop when planning events including meetings, conferences, Change of Commands, promotion parties and all your wedding needs.

• Office is open Monday – Friday, 8:30 a.m. to 2:30 p.m. or by scheduled appointment.

FITNESS CENTER

1810 Tuskegee Airmen Dr.; 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. Easy ways to remember your card:

- » IPHONE APP – Cardstar
- » Tape card to the back of your cell phone

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Take care of your troops.

FREE 2nd FRAME*



*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.

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SECURITY

continued from page 8

A rim lock can be installed on the inside portion of a door in just a few minutes. It includes a heavy duty dead bolt to make sure criminals cannot pry it open.

The top and bottom of any door can be reinforced with flush bolts. These are bolts that make it impossible for a burglar to open the door for easy entrance. When installing any type of bolt, make sure everyone in the house knows how to lock and unlock them quickly. While they work well for keeping intruders out, they can also lock people inside during an emergency situation if everyone does not know how to operate them.

Your front and back doors are common and easy targets for burglars who may try to get inside your home. Don't let them - take precautions to reinforce every door in your house and make sure

they do not provide easy access for criminals.

Sliding Windows

Some homes have windows that slide open on a track. Burglars may find it easy to gain access through these windows, so it is essential to secure them. By installing latches, such as those found in a "Casement Window" you can make them very difficult to open. You can also find bolts and locking pins for sliding windows, but burglars are often able to pry them open if they are determined to get in.

Ensuring your windows are burglar proof is an essential task for every home owner, but it is important to remember that you may need to use the windows as an escape route during a fire or other emergency. Make sure you have the ability to get out through a window if it becomes necessary to do so.

MWR

continued from page 13

» Lace on your shoe string

» Clip on your Gym Bag or Key Chain

• Personal Trainers – Trainers available by appointment. Only \$20 per month! Call to get more information and schedule your appointment today!

• Cardio Classes - The fitness center offers a variety of cardiovascular classes: Step Aerobics, Pilates, Yoga, Spinning, Zumba, Pump-it-up, adult/children Karate and Personal Training. Stop by the center to pick up a class schedule.

• Kenpo Karate Class – Every Monday & Wednesday - kids, 6 to 7 p.m.; adults, 7 to 8 p.m. \$20 per month. Purchase your class fee at the front desk (purchase uniform from instructor). For more information, please call 817-782-7770.

• TRX Suspension training equipment is available for daily check out. 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.

AQUATIC CENTER

3319 Hensley Ave.; 817-782-1220

• 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.

• Now hiring certified life guards. Must be certified in CPR and First Aid. For more information contact Donna Johnston at the Fitness Center 817-782-7770.

• 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.

• For information about private parties and to make reservation call 817-782-1220.

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 DEVELOPMENT CENTER

3320 Sesame St. Drive; 817-782-7520

• Hourly care available at the Child Development Center for all eligible patrons from 6:30 a.m. to 5:30 p.m. daily. \$4/hour or portion of hour. One-time registration packet needs to be completed. Reservations are encouraged and can be accepted up to 30 days in advance. Walk-ins are accommodated on a space available basis.

AUTO HOBBY/OUTDOOR RECREATION/ RV/BOAT STORAGE/BOAT RENTALS

1145 Hercules Dr.; 817-782-6375

• Hourly care available at the Child Development Center for all eligible patrons from 6:30 a.m. to 5:30 p.m. daily. \$4/hour or portion of hour. One-time registration packet needs to be completed. Reservations are encouraged and can be accepted up to 30 days in advance. Walk-ins are accommodated on a space available basis.

• Check out what's new to rent at Outdoor Recreation! We now have paddle boards! Rent paddle boards and paddle boats for \$5.00 for a two-hour rental. Boards and boats available to rent Thursday - Sunday between 10 a.m. and 6 p.m.

PTSD

continued from page 6

Warrior Horsemanship program.

I took my father, a colonel for the 197th Brigade, to help me film the program, and Mr. Rhodes introduced me to all these people who were in it. All of them really opened up about PTSD. I even had the chance to interview a general. When you think of a service member you think of someone who is flawless, and when you see that a general has PTSD, you see he experiences issues like everyone else.

What did you learn while creating this project?

I could have thought, "Oh, it's just another school project and I'll just get through it," but as I learned more, I became deeply concerned about PTSD. My own family doesn't have experience with PTSD - but what about other military kids? Effects of a psychological wound can be just as harmful as losing a limb.

Why is it significant to raise awareness about PTSD with other military kids?

I think it's extremely important for kids to understand what's happening with their parents and what they may be exposed to. My hope is that if one of my peers has PTSD in their family, they can say, "Hey, my mom or dad might be going through that" and speak up. Being a military kid, I feel a strong connection to this issue - every time a soldier deploys, even my dad, they're at risk for PTSD.

What surprised you most about your presentation?

I was amazed about how emotional it was, especially when Mr. Rhodes spoke. He opened up a lot to my class. The bell rang to go to the next class,

and we were all there, still listening to Mr. Rhodes. My greatest hope would be to present this to service members one day. PTSD affects the family as much as it affects the service member, and that's why everyone needs to learn about it.

Watch Hannah's four-part video presentation, and follow her reporting on abackpackjournalist.com and braveheartveterans.org.

To learn how you can reach out and make a difference in

your community, visit the White House initiative [Joining Forces](http://JoiningForces.com) website or National Resource Directory to find a program and get involved. Kids can even make their own project at MilitaryKidsConnect.org, an interactive website with fun games, creative projects and more from National Center for Telehealth and Technology.

Mike Arnett is the NAS Fort Worth JRB School Liaison Officer. You can reach him at 817-825-6428 or michael.b.arnett@navy.mil.

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OFF ROAD

continued from page 5

agency managers not only the opportunity to communicate in a team environment but to demonstrate what they have learned through previous computer-based training sessions. These outdoor opportunities are important to traditional reservists because of their availability constraints when compared to active duty.

"You can't physically experience 100 degrees, foreign terrain, or time and cultural differences on a computer," said Tech. Sgt. Roy Simmons, 301st Civil Engineer Squadron Emergency Manager. "To face that in conjunction with physically doing your work, will help those who have never deployed or haven't deployed in a long time."

Guajardo agreed saying computer-based training, though important because of the knowledge you gain, cannot substitute for the hands-on experience you get from participating in exercises like these.

He also added how vital this training is for their traditional reservists because they learn to communicate with other responders and adapt to environments they may face when deployed before they go to war, not during.

"It made the CBT part come alive," said Tech. Sgt. Christopher Burke, 301st Civil Engineer Squadron Emergency Manager. "It's one thing to see it on a computer screen, but now that I've actually done it, I retain what I've learned better."

Future steps in the CES overall readiness program look to

include an active chemical, biological, radiological, and nuclear response exercise, which would consist of tests in response time from activation, accuracy of checklists and donning level-A suits. Level-A suits are fully encapsulated suits with a self-contained breathing apparatus of approximately 60 minutes of oxygen, which first responders would use when dealing with hazardous material, anthrax or other biological agents.

"It's vital for traditional reservists to get touches and hands-on experience for the Air Force big picture," Guajardo said. "We'd like to bring AFRC down to watch and use these exercises as a stepping stone for more funding and more training."

Burke, a 17-year veteran added, "It's probably the best overall training I've had in a long time."

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