Sky Ranger

The Electronic Newsletter of NAS JRB Fort Worth, Texas

Public Works Officer Shares How Seat Belts Saved Wife & Daughter

Base Exceeds Energy Conservation Standard

Marines Honor A Fallen Hero

Air Force Makes Rob Dyrdek's Fantasy Factory Dream Comes True

Volume 66, Issue Number 8 - October 2009

SECTIONS

LOCAL NEWS 3-8

MARINE CORPS NEWS 10

LEGAL 11

PRT NEWS 13

HISTORY 14

AIR FORCE NEWS 15

NAS JRB FORT WORTH

COMMANDING OFFICER - Capt. T.D. Smyers

EXECUTIVE OFFICER - Cmdr. Richard Augenstein

COMMAND MASTER CHIEF - CMDCM Ellen Zubke

PUBLIC AFFAIRS OFFICER - Mr. Don Ray

SKY RANGER STAFF

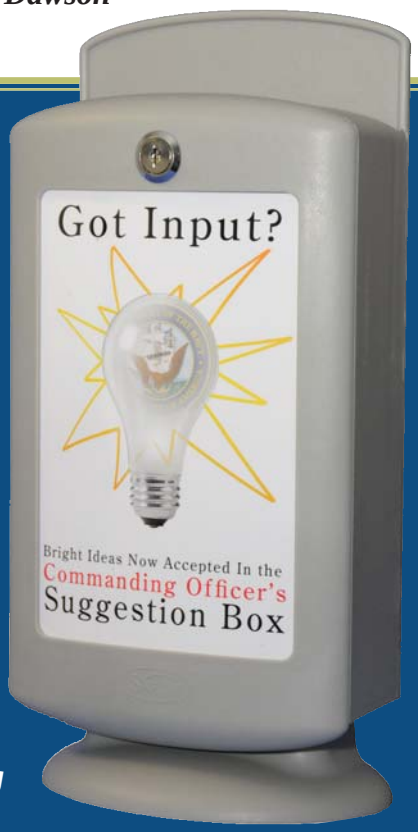
EDITOR IN CHIEF - Mr. Rusty Baker

CONTRIBUTORS

MC1(AW/SW) Michelle Smith

MC2(AW) Bradley Dawson

CO's Suggestion Box Responses - Oct. 30, 2009



Thanks for the more than 40 inputs I've picked up from the 10 CO's Suggestion Boxes around the base! It makes for plenty of copy to fill this blue block! Let's get at the first couple:

Is it possible to have a small refrigerator and microwave on the quarterdeck for base watch standers?
Absolutely! As a matter of fact, I was surprised that we didn't have 'em there already. We do now.

The Single Sailor Center needs longer hours for those personnel at NAS Fort Worth on that don't have other means of computer access.
The Liberty Lounge is open from 11:00 a.m. to midnight, 7 days a week. If you need more online time than that, you probably need to find a hobby.

Can a warning device be installed in the Galley to let personnel who are eating know when hazardous weather conditions are moving in?
This is a GREAT idea. In fact, we've developed several new means of emergency notification over the past several months, and are continuing to expand this capability. As resources become available to explore the potential to have audio alerts broadcast indoors, we'll certainly keep your suggestion in mind. This is exactly the kind of suggestion I might never consider, were it not for the inputs from an NAS Fort Worth warrior!

In addition to the many other suggestions that I'll comment on in future editions, there were many BZs ("kudos" to those uninitiated in naval terminology) for Sailors and staff at the Pax Terminal, Fitness Center, Library and Galley; as well as several suggestions for improved services at the Fitness Center. We'll bundle all of these together for a special "Gym" column next time.

Keep those cards comin'!

Public Works Officer Shares How Safety Belts Saved the Lives of His Wife and Daughter

Story by MC1(AW/SW) Michelle Smith

"I got the call from my wife and she said, 'Keith, I was in an accident'," said NAS Fort Worth JRB's Public Works Officer, Lt. Cmdr. Keith Miertschin.

"The first question I asked was, 'Is everyone okay?' and she said 'yes, yes, I think so…I don't even know where I am,'" he continued. Miertschin then heard a police officer at the scene tell his wife you are at Montgomery [street] and Lovell [avenue]. His wife said, "A block from Railhead Smokehouse," which is where Miertschin was having lunch with visitors from Jacksonville, Fla.

"That got my attention," he said.

Miertschin quickly proceed to meet his wife, Vicki, and four-year-old daughter, Kylie at the accident scene. He left the restaurant and headed towards the highway, when he didn't see anything he turned around and headed in the opposite direction. It was after he turned the corner past Railhead Smokehouse that he saw the ambulances and police cars.

> ***"My mind was thinking the worst, I saw the van turned over and then saw my wife sitting on the steps in front of a house with her head in her hands, but I didn't see my daughter…"***

"My mind was thinking the worst, I saw the van turned over and then saw my wife sitting on the steps in front of a house with her head in her hands, but I didn't see my daughter…I didn't know what to think," Miertchin said.

When he got to his wife and made sure she was okay, he asked about their daughter. According to Miertchin his wife said, 'she went to go potty,' and that is when he knew she was okay too.

According to Miertchin, their 2007 Honda Odyssey minivan was in the middle of the intersection when it was struck by another minivan that had been exiting the freeway. The impact was on the passenger's side and caused their van to rollover and spin then finally land on its side in a grassy area and finally coming to rest next to a parked truck.

Their vehicle was totaled: damaged included the roof caving in, windows being blown out, the passenger side air bag inflating and damage to its body.

In spite of the extensive damage done to their vehicle, his wife and daughter had very minor injuries. His wife had a stiff back for a few weeks and their daughter had a small cut on the side of one of her wrists and a small scrape on her forehead.

Miertchin said he is thankful that a woman living in a house near the accident scene took their daughter in and cleaned up her and put a bandage on her wound.

When their daughter returned to them he said she was still a little scared, but was no longer crying and began asking for the lip gloss her mother had bought for her during lunch that day.

Seeing is Believing! **The Miertschins' 2007 Honda Odyssey minivan is currently on display outside the base theater. Lt. Cmdr. Keith Miertschin, NAS Fort Worth Public Works Officer, recently shared, at base quarters, how his wife and daughter were spared serious injuries after being hit by another minivan. Photo by MC2 Bradley R. Dawson.**

SEAT BELTS Continues on Page 4

Miertchin said the paramedics on the scene were just as surprised as he was that his wife and daughter didn't sustain more serious injuries.

"Paramedics repeatedly asked my wife which vehicle she had been in. They couldn't believe that she had just came out of that van and was walking around without major injuries," said Miertchin.

Paramedics suggested that the injured Miertchins get checked out at the hospital just because of the nature of the accident.

Miertchin said, "One of the paramedics who rode with us to the hospital said he has never seen a van flip over like that and have the people be able to walk out like my family did."

"We were very lucky…it's very clear that the seatbelts held them in place because with the van sliding on its side like that they would have been sliding right along with the van," said Miertchin.

Miertchin said he is certain that without the seat belts his family's injuries would have been a lot worse. "If I ever had any doubts before, I don't anymore… it's a necessity with us," said Miertchin.

"When we get in the van we always remind our kids that their job is to buckle up," he said. "And if we forget, the kids remind us." "Thank goodness it [buckling up] is part of our routine, because my wife and daughter are here to day because of it," said Miertchin.

During October's quarters Lt. Cmdr. Keith Miertschin, first shared the story so others would know the importance of how safety belts and a child's booster seat saved his wife and daughter's lives. "By telling our story, if it makes one person buckle up, then it's worth it," said Miertchin. ■

The extent of the damage can easily be seen from inside the Miertschin's wrecked minivan. Photo by Rusty Baker

What Does the Navy Birthday Mean to You?

"It's amazing to think how long we have been around and stayed successful."

ACAA Josh Matlock

"I think it is a good reminder of where we come from and a reflection of our heritage."

YN3 Thomas Knight

"It makes you think about the change that has occurred over the years and how we have evolved into what the navy is today. I think it will be awesome to some day tell new family 'I was a part of that'!"

AO1(AW/SW) Erich Francis

More About the PW...

For those who I have not met, my name is LCDR Keith Miertschin and I am your new NAS Fort Worth Public Works Officer. After a three-year tour in Naples, Italy, I am thrilled to be back home in Texas. My wife Vicki and I both grew up in Austin and attended the University of Texas as undergraduates. We are extremely excited to be able to live and work in Texas.

I am very fortunate to serve an extremely professional and talented team of facility experts. Team Public Works Fort Worth provides a full range of essential base support services including construction, engineering, facility maintenance, utilities, transportation and environmental services to NAS Fort Worth and tenant commands.

Public Works Fort Worth is organized into several divisions: Facilities Management Division (FMD), Facilities Engineering and Acquisition Division (FEAD), Production Division, Environmental Division, and Financial Division. We also have a small Seabee Self-help division that provides great support to the base. The FMD handles requirements, asset management and planning. The FEAD handles project management and engineering, facilities service contracts and acquisition. Production Division handles transportation, utilities, and the shops that do all of the facilities maintenance on base. The Public Works department contains four Navy Civil Engineer Corps Officers, 12 enlisted Seabees, and 97 civil service employees including 20 Air Force employees that are integrated throughout Public Works.

Public Works supports all of the tenants on base and is responsible for providing maintenance to almost two million square feet of facilities on base and reserve centers located in Fort Worth, Waco, Austin and Amarillo.

Local companies provide water and electricity to the installation. Public Works delivers these commodities to the base and is responsible for maintaining the distribution systems. Last year electrical consumption decreased resulting in some cost savings, but PW is always looking for new strategies to conserve energy through use of new technology, proper maintenance of current systems, and eliminating unnecessary equipment and appliances.

We have a big job here a Public Works Fort Worth, but like most communities, it takes team work to achieve big goals. The Navy has given me a wonderful opportunity to be a part of this NAS Fort Worth team. To the many tenant commands that we rely on for mutual support, Thank You and look for a visit from your new Public Works Officer in the near future.

I look forward to working with you all over the next few years! Go Longhorns! ■

VR-59 Holds Change of Command

Story by MC2(AW) Bradley Dawson

U.S. Navy Reserve Cmdr. Mark E. Heckel relieved Cmdr. William C. Oldham as the commanding officer of Fleet Logistics Support Squadron 59 on board NAS Fort Worth JRB during a change of command ceremony held October 17 at Hangar 1050.

Before taking command of VR-59, Heckel served as the Administration Officer, Naval Air Training and Operating Procedures Standardization (NATOPS), Officer and Operations Officer.

A Navy Reservist, Heckel is also employed with Southwest Airlines as a B-737 aircraft first officer. Heckel resides in Keller, Texas with his wife and two kids.

Oldham is moving on to join United States Africa Command (AFRICOM) when he arrives in Stuttgart, Germany in early January of next year. ■

Taking Your Health Into Your Own Hands

Story by MC1(AW/SW) Michelle Smith

Breast cancer is the most common cancer among American women; other than skin cancer, it is the second leading cause of cancer deaths in women.

According to the American Cancer Society, approximately 192,370 new cases of invasive breast cancer will be diagnosed in 2009. During their lifetime, 1 in 8 women run the risk of being diagnosed with breast cancer. Early detection through screenings, increased awareness, and improved treatments have resulted in declining breast cancer death rates since 1990.

Maybe your experiences with breast cancer have been limited to wearing a pink ribbon or T-shirt or participating in one of the many fund raisers held during the month of October as part of National Breast Cancer Awareness Month. Maybe you feel that breast cancer will never affect your life.

That's how Aviation Electronics Technician 1st Class James M. Frascona-Cochran, felt before he discovered a few months ago that a friend from middle school, Jessica Langford McCain, 28, was diagnosed with breast cancer. Although Cochran and McCain both attended Greer Middle School in Greer, S.C., their paths separated after graduation when both attended different high schools.

The distance widened between the two friends even further after Cochran joined the Navy. Cochran, 29, is the assistant leading petty officer for work center 64C at Fleet Readiness Center (FRC) West Ft. Worth.

Cochran said he found out about his friend's illness while interacting on a social networking site.

"When I found her on Facebook I got to reading up on her and what she's gone through," he said, "I've known and worked with people who've been diagnosed with cancer but not anyone with breast cancer."

> ***"It put a lot into perspective for me and made me realize that life is short. I was blown away that she was diagnosed with this illness at such a young age"***

"It put a lot into perspective for me and made me realize that life is short. I was blown away that she was diagnosed with this illness at such a young age," said Cochran. "It was then that my 'can't happen to me mentality' dwindled a little bit," he added.

Although breast cancer is predominantly diagnosed in women, men can also be at risk.

Cochran still continues to keep in contact with Jessica and said she has just completed her second round of chemotherapy.

Mammograms are the best method to detect breast cancer early. Tricare covers annual screening mammograms for women over age 39 and beginning at age 35 for high-risk women. Navy medical officials urge Sailors and family members to protect themselves and their loved ones with this valuable information. ■

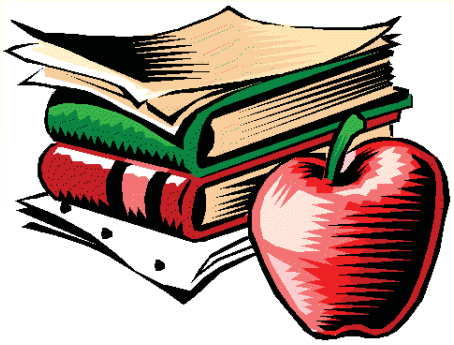
Home School Announcement:

Have you ever asked your kids if they had any homework, wondered how you could help them, or hear your kids say they were bored at school and thought that they were not being challenged?

For answers to these and other questions, plan to attend the home school meeting at the base library November 3 at 7:00 p.m.

Everyone is welcome. There will be an informal meeting with guest speakers for the benefit of those seeking more information on Home Schooling. Meetings will continue to be held on the first Tuesday of each month.

NAS Fort Worth JRB School Liaison Officer Michael Arnett will be introducing a new interactive online tutorial program for families who are interested in trying other learning techniques.



Base Exceeding Energy Conservations Standards

Story MC1(AW/SW) Michelle Smith

NAS Fort Worth JRB's energy consumption has decreased faster than expected over the last few years. When base measurements were established in fiscal year 2003, the base consumed 82.32 MBTU/ KSF (also known as percentage reduction in energy intensity), but in fiscal year 2009, that was reduced to 69.70 MBTU/KSF. The percentage reduction in energy intensity or MBTU per KSF stands for million British Thermal Units consumed per thousand square feet of installation floor space.

It was the Energy Policy Act of 2005 passed by Congress and that set a 3 percent reduction per year, but because the guidelines were set two years after the base began measuring usage in 2003, actual percentages did not begin to come down until 2005.

According to Resource Efficiency Manager, Public Works Department, Nelson Wells, "The Energy Independence and Security Act of 2007, established a requirement for: 3 percentage reduction in energy consumption per year through 2015, a 2 percentage per year reduction in water consumption through 2015, and a 2 percentage annual reduction of fleet vehicle consumption of petroleum (gas and diesel)."

"The National Defense Authorization Act of 2007 mandates a 2 percentage annual the increase of renewable energy production; the actual goal is to have 25 percentage of the base's energy consumption by 2025 to be produced by renewable sources - solar, wind, geothermal, biomass, fuel cell, hydro, etc.," Wells said.

Electricity and natural gas are the two types or energies that are used and monitored on base. The other commodity is water, but it is a natural resource.

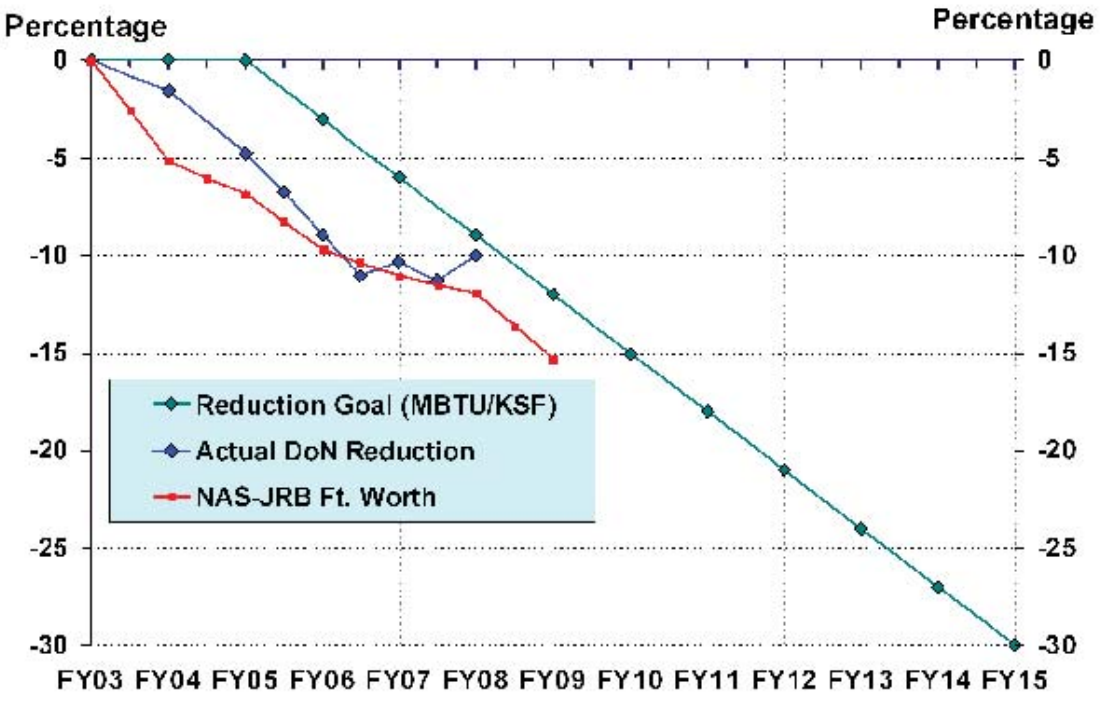
"We are primarily monitoring the consumption through the base master meters (electricity, water, natural gas) going into the base. These master meters are what the utility companies use to measure our consumption and bill us each month - just like those of us that live off base," said Wells.

The Public Works Department also monitors specific buildings. "In addition, we have individual meters installed on many of the buildings on base, which we can use to monitor the consumption of individual buildings," said Wells.

There are plans to upgrade the monitoring system. "Within the next couple years, we will be installing an automated meter reading system that will capture individual building consumption of electricity, gas and water on a real time basis, said Wells. "This system is currently being installed at other bases in the region," he continued.

Wells said, "The Navy has one project in progress: two small wind turbines to be located on base at building 1347; each will have the ability to produce about 2 and one half kilowatt-hour of power at optimum wind speeds." Wells said, "Another project is a 10 kwh solar panel that will be built on base as part of a soon-to-be-awarded energy savings performance contract." ■

NAS Fort Worth JRB Energy Reduction Progress



JRB Happenings

Photos by MC2(AW) Bradley Dawson

Navy medical personnel Cmdr. Phillip Sanchez (pictured right) and HM3 Tanner Grammer debate possible costume ideas to go along with the NAS Fort Worth JRB Branch Medical Facility's Halloween decorations.

Reserve Soldiers from B. Company, 90th (Aviation) Support Battalion, stationed at NAS Fort Worth JRB, board buses bound for Fort Sill, Okla., for mobilization training prior to deploying to Iraq.

Below: Firefighters safely set their Mobile Aircraft Training Device ablaze, as Junior Reserve Officer Training Corps students from Joshua High School, Joshua, Texas, visit the fire station on board NAS Fort Worth JRB during Fire Prevention Week.

Vietnam Veterans Memorial Fund and FedEx Launch National Call for Photos

The National Call for Photos, a campaign to gather images of the more than 58,000 men and women whose names are on the Vietnam Veterans Memorial, launched recently at the Newseum in Washington, D.C.

The Vietnam Veterans Memorial Fund is teaming up with FedEx Office (formerly FedEx Kinko's) to collect the photos. FedEx Office will provide scanning services in its over 1,600 FedEx Office Print and Ship Centers, allowing family and friends to submit photos of loved ones whose names are on The Wall.

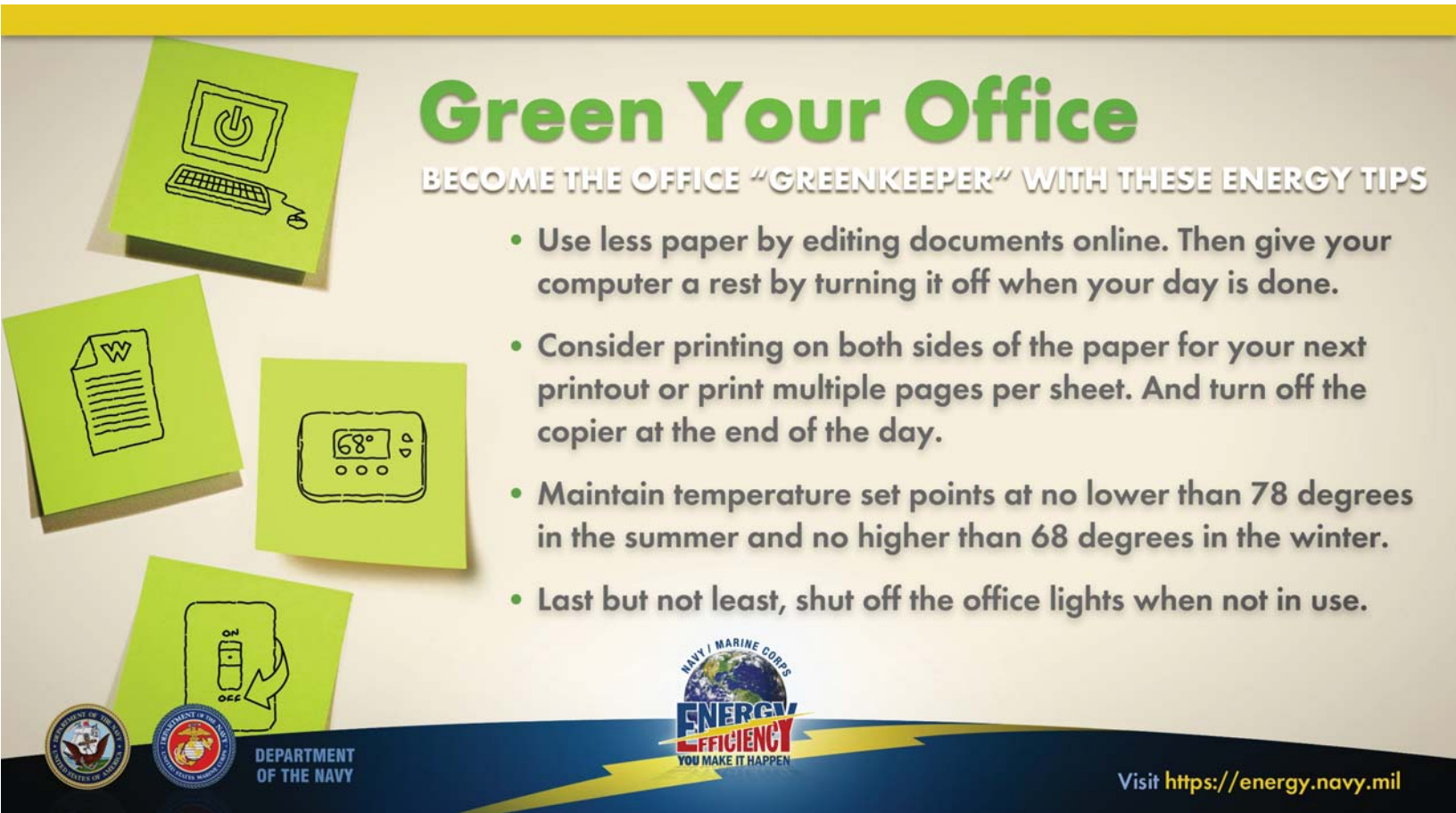
The images will be scanned and eventually displayed in The Education Center at The Wall. The Education Center is an underground facility that will be built near the Vietnam Veterans and Lincoln Memorials.

The pictures being collected will form its centerpiece: a larger-than-life wall of photos that will showcase pictures of those we lost during the Vietnam War on their birthdays.

"It is vital that we remember the individuals who made the ultimate sacrifice in Vietnam, even as we pay tribute to everyone who served and sacrificed in all of America's wars," said Jan C. Scruggs, founder and president of the Memorial Fund. "When it is built, The Education Center will allow us to put faces with the names on The Wall and learn some of their stories."

When having a photo scanned at a FedEx Office location, contributors will be asked to fill out a form on which they will identify the person whose photo they are providing and share a remembrance of that person. The form and photo will then be scanned and uploaded to a special site where all of the photos will be housed. Scanners will be available at the Newseum event for participants and members of the public to be among the first in the country to contribute photos.

The launch marks the beginning of a campaign to gather photos and raise money for The Education Center at The Wall. Every FedEx Office Print and Ship Center around the country is prepared to accept photos in this national call. In addition, the Memorial Fund is partnering with community and veterans groups to gather photos. To find the nearest FedEx Office location, visit fedex.com. For communities without a FedEx Office location, individuals can visit www.VVMF-Center.org to upload their photos and information. ■



Honoring the Fallen

Maj. Anthony Taylor, aviation maintenance officer of VMGR-234, passes the American flag to the parents and 13-month-old son of Lance Cpl. Alvaro Rios during a memorial ceremony at Laurel Oaks Cemetery in Dallas on Sept. 25.

Rios, a Reserve Marine and aircraft engine mechanic with Marine Aerial Refueler Transport Squadron 234 (VMGR-234), posthumously received the Navy and Marine Corps Medal for heroism after being fatally struck while rendering aid at the scene of a multi-car accident. He was on his way to his monthly Reserve training when he and another Marine stopped to provide assistance to passengers in three vehicles on Interstate 20 in Arlington, Texas, early in the morning of Sept. 20. Photo by Sgt. Lisa Rosborough.

Our Heroes' Tree - Honoring and Supporting Veterans

The Military Family Research Institute at Purdue University and the NAS Fort Worth JRB Library invite you to contribute to Our Heroes' Tree, a national program recognizing the sacrifices of current service members, veterans, and deceased service members.

To participate, create a handmade ornament (or pick one up from the library) honoring a military member from your family or community. Bring the ornament with a brief story describing your hero to the library, throughout the month of November, where it will be displayed on the tree pictured to the left with other commemorative ornaments. Your ornament may also be included in the Virtual Heroes' Tree, an online collection of ornaments from other communities. For details, call the library at (817) 782-7735

To view NAS Fort Worth JRB's Virtual Heroes' Tree, visit: **http://www.mfri.purdue.edu/Virtual-HeroesDetail.asp?tid=6&id=17&CId=206**

Trusts - Do I Really Need One?

By Jeffrey Gott, Esq.

I routinely encounter people who believe probate to be an awful, horrible thing, to be avoided at all cost. They think a trust, all by itself, can avoid probate. This is simply not true.

Probate is a process whereby property owned by a deceased individual is transferred to others. In order for a probate to occur one needs to own property in their individual name. If I own an asset, e.g. a bank or investment account, car, boat, or home, and only my name appears on the title to that asset, then upon my death a probate is the only way to transfer it to my parents, spouse, children, etc. Exactly who will get the assets will be determined by my last will and testament or, if I do not have one, by state law. Usually, the latter makes every effort to keep a deceased's property in the family.

A trust is a legal arrangement where an individual puts something of value under the control of another for the sole purpose of benefiting a third party. A common example is a charitable trust where someone who is fabulously wealthy puts money with an investment advisor that is to be used to promote cancer research, support underprivileged children, or other good works. All trusts have three things in common – (1) they contain something of value, (2) are managed by a third party, and (3) exist to benefit individuals or charity.

Avoiding probate is totally dependent upon how one owns their property and assets. Remember, in order for a probate to be required you have to leave this world owning property in your individual name. For example, where a husband and a wife own everything together and one spouse dies, the surviving spouse will receive the assets without invoking the probate process. The same is true with life insurance. After the insured person dies, the life insurance company pays the designated beneficiary based on a contractual obligation; probate is not involved.

Accordingly, the easiest and most hassle-free way to transfer property at death without probate is often for an individual to own all assets jointly with a spouse or other intended beneficiary, or to have a beneficiary designated for each asset, such as "Pay on Death" designees for bank accounts.

A living trust, on the other hand, avoids probate by placing all of the individual's property in the trust so that upon death the deceased owns nothing in their individual name; it is all in their trust. Thus, creation of a living trust is only the first step in such a process. The second step is to transfer everything one owns into the living trust. When this is completed, all of the individual's real estate, bank accounts, investment accounts, automobiles, personal effects, and the like must be titled in the name of the living trust. Retirement assets, life insurance, and anything else subject to a beneficiary designation must name the living trust as beneficiary. As new assets are acquired they too must be placed into the living trust. If any asset does not go in the living trust, and an individual dies owning one or more assets in their own name, then a probate will be required.

Estate planning can be a bit daunting. If this all seems overwhelming contact a local legal assistance provider for more information. This article is not intended to substitute for the personal advice of a licensed attorney.

If you are interested in more information regarding Special Needs Trusts, local legal assistance offices can be reached at (817) 782-6009. ■

This article is not intended to substitute for the personal advice of a licensed attorney.

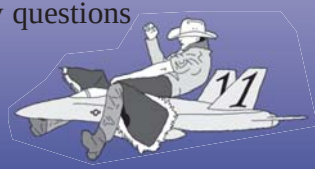
LEGAL NOTE: VITA Volunteers Needed

Beginning in January, NAS Fort Worth JRB will once again offer free tax preparation services to active duty, dependents, retirees, and Reservists on active duty for more than 30 days. Through this program, service members save hundreds of dollars on tax preparation fees and get their refund in just a couple of weeks.

To offer these services, free of charge, volunteers are needed to train through the IRS-sponsored Volunteer Income Tax Assistance program. VITA Volunteers will attend a week-long course from January 4-8, and upon successful completion of the course, will be certified tax preparers.

Volunteers are needed beginning January 4th until April 15. Volunteers may be given no-cost TAD orders to the VITA tax center. Part-time volunteers will be considered on a case-by-case basis due to a shortage of available seats in the training course. Those interested should check with their supervisors prior to volunteering.

If you want to sign up or have any questions call (817)782-6010.



A Better America

By Shimeka Mitchell

MES DE LA HISPANIDAD
HISPANIC HERITAGE MONTH

Someone asked the question, "what can we do to make our country better?"
We can celebrate our history, keeping the memories alive forever.

We can share our past experiences, knowing the road can often be tough.
We can respect each other's culture, because learning diversity can never be too much.

As we celebrate Hispanic Heritage, let's remember our common goal.
A better life for our families and kids in hopes that someday we will see them grow old.

Fighting for justice and equality is something we strive for on a daily basis.
The beauty of people pulling together is far more stronger than single organizations and races.

Today we salute our Hispanic leaders such as medal of honor recipient Philip Bazaar of the U.S. Navy
He fought in the Civil War and was honored for his bravery.

Prior to David Farragut's military service, no U.S. Naval officer had ever put on the rank of admiral before.
Horacio Rivera of Puerto Rico was the first Hispanic American to become a four star admiral in 1964.

With their positive leadership and guidance, doors began to open for others all around.
The American government began to blossom as the voice of equal opportunity was making its sound.

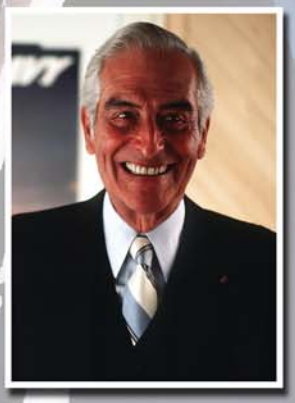
Edward Hidalgo, the first Hispanic to serve as Secretary of the Navy in 1979.
I don't know about you but when I hear of such powerful accomplishments, I grow faith in this heart of mine.

Not only the dedication to our country but those who made an impact in outer space,
Our famous astronauts Franklin Diaz and Ellen Ochoa making history for the Hispanic race.

To those who we don't mention, maybe behind the scenes, keeping this country ahead of the game,
Yet so proud and humble you are, but your dedication and determination equals the same.

We salute you as we celebrate Hispanic Heritage today,
Because we know with recognition, sometimes it gives us strength to fight another day.

Someone asked the question earlier, "what can we do to make our country better?"
I think we all can agree that it's simply anything, that will bring our nation closer together.



https://www.cnic.navy.mil/FortWorth

Grilled Salmon with Honey Mustard Sauce

Main Entree

1/3 cup Dijon Mustard
1 tablespoon low fat mayonnaise
3 tablespoons honey
1 tablespoon prepared horseradish
1 tablespoon minced dried onion flakes
Kosher salt and freshly ground black pepper
2 lb. fillet salmon, skin on
2 tablespoons canola oil
3 cups fresh baby spinach
1 small red onion, halved and thinly sliced
2 tablespoons salad vinegar
2 tablespoons extra-virgin olive oil

Whisk together the mustard, mayonnaise, honey, horseradish and onion flakes. Let set for at least 15 minutes before using.

Heat the grill to high. Brush salmon with the canola oil and season with salt and pepper. Place salmon on grill, skin side down, and grill until golden and slightly charred, about 4 to 5 minutes.

While salmon is cooking, place spinach and onion in a medium bowl. Mix in vinegar and olive oil. Add salt and pepper to taste, toss to combine. Transfer salad to plates, top with salmon and drizzle each fillet with the mustard sauce.

Preventing Injuries During the Colder Months

PRT

By YN2(AW/NAC) Sarah Coker

With winter just around the corner, there are some precautionary measures you might want to consider to prevent injuries. If you are a runner, and plan on taking your exercise outside, try to dress appropriately for the temperature. If it is going to be cold outside, it is recommended that you dress in layers, cover your head, ears and hands to prevent your body heat from escaping or possible frostbite. It is easy to become de-hydrated during the cold months, so try to ensure you are drinking plenty of water to avoid ending up in the hospital. If you are a runner or are planning on beginning a running workout, make sure you conduct a proper warm up of at least 5-10 minutes. This warm up may include a series of stretches, jumping-jacks or some mountain climbers. Whether you are an experienced runner or not, it's important that you are aware of the possibilities of injuries that may occur if you are not properly conditioned. Having the proper running shoes is essential for helping to prevent shin splints. For avid runners, it is suggested that shoes be replaced every six months. Also, to help prevent shin splints or other injuries incurred from running, try to avoid excessive running on cement or asphalt, and slanted or uneven ground. For more information on Navy physical readiness, please log on to http://www.npc.navy.mil, under "Support & Services", then click "Physical Readiness."

A Dash of Salt

A Series of Articles on Nautical Terms, Phrases and Cliches by Jon Craig

'Copper-Bottomed Cinch'

Ever heard of a bet referred to as a "copper-bottomed cinch"? The meaning is that you are sure to win. Well what has a gambling term got to do with ships and the sea?

As we learned in the last article, the speed of a ship through the water was subject to any number of variables, including wind, currents, hull design, sail configuration and so on. The one most vexatious was the condition of the hull. If the ship had been at sea for any length of time the underwater hull was progressively more covered with marine growth such as barnacles and weeds and had holes put in it by the shipworm. All of these things would slow the ship down. If the condition was bad enough, it could reduce the speed by 5 or 6 knots. When your maximum speed under the best conditions was only 12 to 15 knots, that was significant.

There are many obvious reasons why achieving your best speed was important. In most battles you were either trying to get away from someone bigger and stronger or you were trying to catch someone smaller and weaker (and, sometimes, much, much richer). Occasionally you were fighting someone near your own strength, and being fast and maneuverable was often the only edge you had. If you were a merchantman, you could be carrying a cargo that would spoil (not really very likely in days of sail but possible). Or you had a cargo that wasn't perishable but whose early delivery would mean a lot of money. For instance, the first ship back to London with the new tea harvest could sell it's cargo at a premium. Also captains and owners would bet on the relative speed of their ships. Whatever you were doing, you wanted your hull to be clean and to stay that way as long as possible.

Before 1778 the method used was to thoroughly clean the bottom by careening the ship (running it aground and letting it lean over) burning off the marine growth, scraping the hull and coating it with pitch. (see the first article in this series.) Unfortunately, this wouldn't last for a long time since the pitch would wear off from friction with the water and wasn't proof against all marine growth to start with. In 1778, builders began fixing thin sheets of copper over the entire underwater hull of ships. This proved to be a very effective way of reducing marine growth and preventing damage by the shipworm. It was so effective that ships with copper sheathing received reduced insurance rates from Lloyds. Ships with the copper sheathing were more likely to get where they were going in good time and get home again with their cargo.

Therefore the expression, "copper-bottomed" is used to identify something that is trustworthy or very reliable. As a point of interest, ships now use copper based paint on their underwater hulls, so modern ships can be considered copper-bottomed, too. ■

Sailors assigned to the Ticonderoga-class guided-missile cruiser USS Shiloh (CG 67), paint the ship's hull during a restricted availability maintenance period.

Photo by MC2 Gabriel S. Weber

301st Fighter Wing Makes Rob Dyrdek's 'Fantasy Factory' Dream Come True

Story and photos by 301st Public Affairs

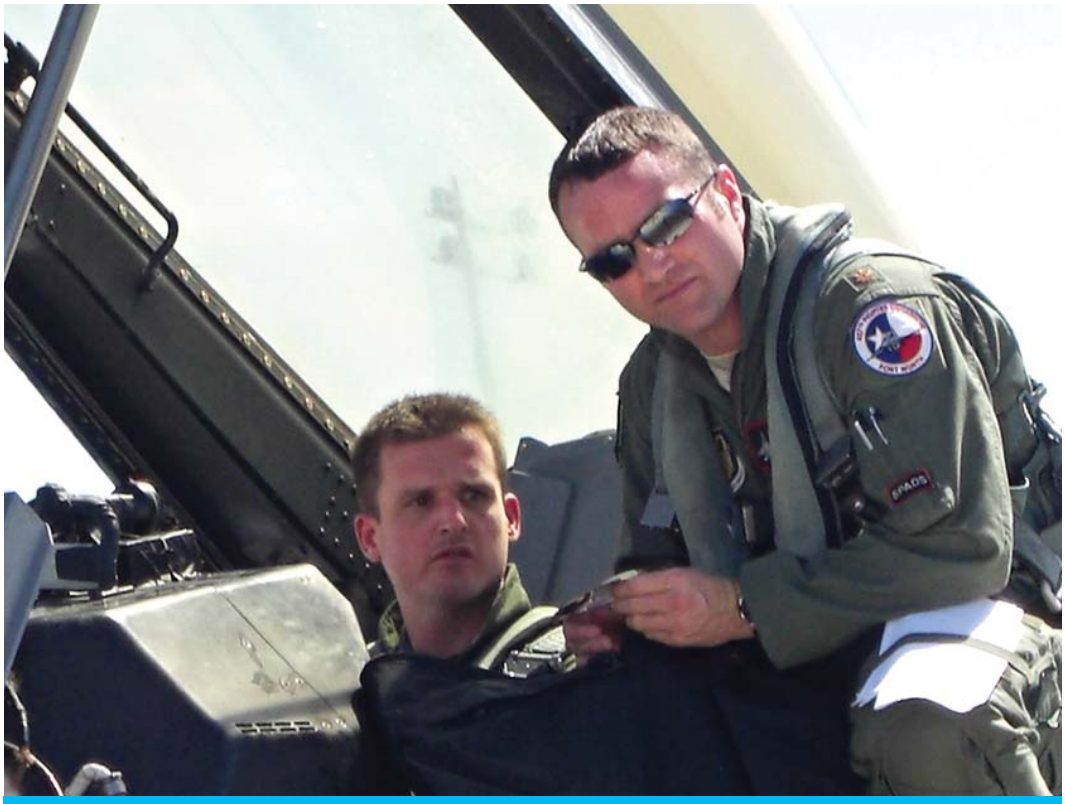
The U.S. Air Force Reserve recently made professional skateboarder Rob Dyrdek's dream of flying in an F-16 come true at March Air Reserve Base in Riverside, Calif., while taping an episode of Rob Dyrdek's Fantasy Factory which airs on MTV.

301st Fighter Wing personnel and two F-16Ds deployed to March ARB, Calif., to support the flight which showcased various career fields and capabilities of the United States Air Force Reserve.

Rob donned flight gear and conducted simulator training prior to his F-16 flight. Rob's co-star and cousin, Chris "Drama" Pfaff went up in a KC-135R Stratotanker from the 452nd Air Mobility Wing, March ARB, and conducted a refueling mission with the F-16 Fighting Falcon.

"Rob Drydek is a true proponent of the United States Air Force Reserve and is a true patriot." said Major Jason Smith, 301st FW project and mission pilot.

Rob's flight was supported by a second F-16D that provided photo coverage of the mission.



Rob Dyrdek, left, flew in an F-16 with Maj. Jason Smith, an Air Force Reserve Command pilot. Mr. Dyrdek shared his experience on an episode of the Rob Dyrdek's Fantasy Factory, which aired on MTV on Oct. 16.

"We're thrilled that the U.S. Air Force Reserve allowed us to tape Rob Dyrdek's Fantasy Factory and take Rob and Chris along while fulfilling Rob's life-long dream," said Christian Duguay, supervising producer with MTV. "This episode was exciting to tape and Rob had a great time!"

The episode of Rob Dyrdek's Fantasy Factory show aired on MTV on October 15. ■

The 136th Airlift Wing is on Facebook!

If you've got a Facebook account and want to stay up to date with what's going on with the 136th Airlift Wing, then type the url below and sign up.

What you can expect to find: Photos and stories of the Airmen within the Wing, discounts on events in the local area and more.

http://www.facebook.com/group.php?gid=100700386058

OPERATION PREPARE

BE INFORMED > HAVE A PLAN > MAKE A KIT

September was National Preparedness Month, sponsored by the Department of Homeland Security's Ready campaign. For more than two years, the Navy's Operation Prepare campaign has been encouraging Navy personnel and families to prepare for recognized hazards by taking three simple steps: Be informed. Have a plan. Make a kit.

If you've been dragging your feet, now's the time to "get on board." Before an emergency strikes, make sure you and your family know what to do to stay safe, stay in touch, and recover. It doesn't take much time or money, and the resources are readily available.

Resources

The Operation Prepare information on the CNIC website (www.cnic.navy.mil) is a great place to start. It has information on natural and manmade hazards, diseases, etc. to help you sort out the risks in your area, as well as recommended steps to prepare for and cope with them. There are tips for making a family emergency plan, with printable forms and contact cards. There's even a checklist for gathering supplies for emergency kits.

The Operations Prepare "Resources" page has links to various Navy sites that provide answers, support, services, and contacts for Sailors and their families. The page even lists other links to sources that also provide emergency planning information, as well as opportunities to get involved in community preparedness. Below are a few examples:

* Ready.gov (www.ready.gov) and FEMA's "Plan Ahead" web site (www.fema.gov/plan) feature information on a wide range of disasters, guidance for protecting your family and property, and downloadable publications and checklists.

* Centers for Disease Control and Prevention (CDC, at www.cdc.gov) has information on diseases, biological agents, and other threats, and PandemicFlu.gov/AvianFlu.gov (www.pandemicflu.gov) has the most current information on pandemic and "bird" flu.

* The American Red Cross (www.redcross.org) offers not only preparedness information and training, but ways to get assistance and to get involved in disaster response.

Get everyone on board

It's important to get on board the readiness effort for your children as well. Involve them in thinking through the planning for various emergency scenarios, if they are old enough, and make sure they have current emergency contact cards. Practice or play out your evacuation plans—let confidence and competence replace fear and dependence. They can learn and have fun as they help you gather items for the family emergency kits, know where it is located, and how to access it, if necessary.

If you and your family are lucky enough never to have faced a real emergency, count your blessings, but don't find yourself wishing you had done the smart thing when your luck runs out. Get on board with Operation Prepare, and fulfill your duty to get yourself and your loved ones ready.

Operation Prepare: It's YOUR duty

Your family emergency plan and emergency preparedness kit are the cornerstones of Operation Prepare. For more information, visit the Operation Prepare information on the CNIC website at https://www.cnic.navy.mil. Also check out Operation Prepare on the following virtual spots: http://operation-prepare.blogspot.com, http://twitter.com/opprepare, http://youtube.com/operationprepare.

Remember:
It's your duty to be prepared
Be informed. Have a plan. Make a kit.

November 1st Starts Day-Light Savings Time

CNIC Fire & Emergency Services – Fire Safety Tips

CHANGE YOUR CLOCK,

CHANGE YOUR BATTERY !

FIRE SAFETY BEGINS WITH YOU!

HERE ARE SOME SMOKE ALARM SAFETY TIPS

- We wish to remind you that when it is time to…

"Change your Clock, it's also time to Change Your Battery."

- If your smoke alarms are powered by your homes electrical system, consider installing battery powered smoke alarms as a backup in case of a power outage.
- Replace smoke alarms ten years old or older.
- Test your smoke alarms monthly.
- Never disconnect your smoke alarm or remove the batteries.
- Install smoke alarms on every level of your home, especially in the hallway near each bedroom door.

HOME ESCAPE PLANS

- Develop an Escape Plan – Identify two ways out of each room in your home.
- Practice your plan at least twice a year, when you change your clock.
- Identify a meeting place for your family outside.
- Once outside, account for all family members at your designated meeting place.
- Never go back inside a burning building for any reason.

Remember; always call 911 from a safe location