

# SKY RANGER

NAS Fort Worth JRB, Texas



Vol. 67, Issue 6



## Service Members Become U.S. Citizens

STORY AND PHOTO BY KRISTI POE TRAHAN, IMMIGRATION SERVICES OFFICER / MILITARY POC U.S. CITIZENSHIP AND IMMIGRATION SERVICES DALLAS FIELD OFFICE

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## Navy Reserve Leading Way in Eliminating Legacy Computer Networks

BY JIM VORNDRA, COMMANDER, NAVY RESERVE FORCES COMMAND PUBLIC AFFAIRS

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# Naval Air Station Mourns the Loss of Two Team Members



Roy Russell Queretaro (1950 - 2010)



Zarian A. Wood (1980 - 2010)



## In Remembrance of HM3 Zarian A. Wood, U.S. Navy

BY AZ3 CRYSTAL JANES, FRC WEST, FORT WORTH

The Navy and Marine Corps suffered a terrible loss on May 16, 2010 at the Bagram Air Field in Afghanistan. Petty Officer 3<sup>rd</sup> Class Zarian A. Wood, lovingly called "Z", 29 of Houston, died of wounds sustained from an improvised explosive device while on dismounted patrol in Helmand Province. The weekend of the NAS JRB Air Show, friend and coworker, HM3(SW) James Kelley, received a phone call from Wood as he was boarding the plane for Afghanistan, "I'll see you when I get back." He was deployed for only three weeks when his life was so tragically taken away.

cally taken away.

Assigned as a hospital corpsman to the Third Battalion, First Marine Regiment, First Marine Division, I Marine Expeditionary Force, this was his second combat deployment. His family says he was a volunteer. HM3 was the third Texan and third member of this Marine battalion to be killed in Afghanistan recently.

His personal service awards include the Purple Heart, Combat Action Ribbon, National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, Global War on Terrorism

Expeditionary Medal, Global War on Terrorism Service Medal and the Sea Service Deployment Ribbon.

HM3 was known for his infectious smile, honesty, and his desire to serve and help others. HM3(FMF) Zarian A. Wood will be greatly missed by his colleagues at Branch Health Clinic, Fort Worth and the rest of his military/civilian friends and family.

Words from the Corpsmen who knew him best at BHC Fort Worth:

"Zarian was a fantastic Sail- continued on page 7

# SKY RANGER

NAS Fort Worth JRB, Texas

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

Naval Air Station Fort Worth Joint Reserve Base  
Commanding Officer  
Capt. T.D. Smyers

Naval Air Station Fort Worth Joint Reserve Base  
Public Affairs Officer  
Mr. Don Ray

Editor  
MC2(AW) Bradley Dawson  
(817) 782-7815  
bradley.r.dawson@navy.mil

Staff  
MC1(AW/SW) Michelle Smith

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## CAPTAIN'S LOG:

# A Loss To One Of Us, Is A Loss To All Of Us

BY CAPT. T.D. SMYERS

While we're all accustomed to saying farewell to comrades as part of our military culture; those times involving death are something we'll never be ready for.

In this month's *Sky Ranger*, you'll find memorial pieces on HM3 Zarian Wood, a Navy corpsman stationed at our Branch Health Clinic who was lost to an IED in Afghanistan, and Mr. Roy Queretaro, an Air Force civilian air space manager at our joint tower facility who died of complications from surgery. While Zarian and Roy's individual stories are told in these pieces, I felt compelled to use my space to address our community's response to their passing.

At Zarian's memorial service, our NOSC Drill Hall was filled beyond capacity with fellow warriors grieving his passing. I was among them. Three days later, at a motel near Weatherford, I was privileged to address a group of America's veterans as they prepared to launch on the next leg of their journey from Los Angeles to DC. The "Run for the Wall" – over 100 motorcycles strong – was heading to the Vietnam Memori-



al; ETA – Memorial Day Weekend. As I encouraged them for their service and dedication, I couldn't help but share the news of our recent loss. I had no sooner stepped down from the outdoor stairwell that served as our dais when I was approached by a former Navy Corpsman.

"What was the Corpsman's name who you lost last weekend?" he asked.

"HM3 Zarian Wood" I responded.

After writing down the name, he raised his eyes to meet mine and offered "He rides with us today".

Four days later I attended

Roy's funeral. Roy's service was memorable, with moments of grief and levity provided by his friends and family. As I stood in the back of a packed chapel, more than half filled with blue uniforms, I couldn't help but reflect on how we so frequently take for granted the relationships we have with people we see every day. By the end of the service, I knew more about Roy than I had ever discovered while he was alive. He died as an Air Force civilian, but he began his legacy as a uniformed Airman; a warrior assigned as a combat air controller – and a powerful one. He was quite a guy, and he left a rich legacy of dedication to family and service to country.

The memorials for both Zarian and Roy gave me cause to reflect on Memorial Day comments made by General George Patton "... In my mind, we came here to thank God that men like these have lived rather than to regret that they have died."

When I some day hang up the uniform, it will be with thanksgiving for having served alongside men like Zarian and Roy.

## CO's Suggestion Box

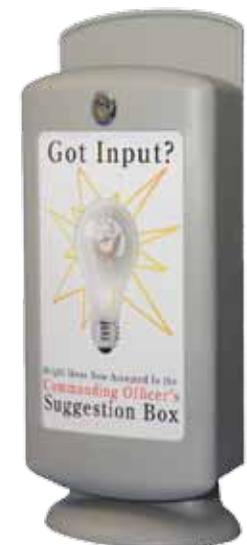
*Please do something about the Uniform Shop. It doesn't carry any of the uniforms our Marines need.*

You'll be pleased to know we've been working with our Army/Air Force Exchange System (AAFES) partners on this for a while, and are near a solution. The AAFES Military Clothing Store is classified as an Air Force store (a remnant of it's origin on Carswell AFB), so keeping a healthy enough inventory of Navy, Marine Corps and Army uniform items to support the needs of a joint base presented management with a challenge. After bringing this to the attention of the AAFES Commanding General; we have corporate support on a way to fix the problem. In fact, I just got a status update today. The store manager has acquired a tried-and-true joint inventory list from a Navy

Exchange store that services another joint base. This inventory will be vetted through our Exchange Advisory Board and filled ASAP. If you're on that board, give it a good goin'-over! Once this new inventory is in the process of being filled; we are seeking a temporary priority adjustment to get our shelves filled ASAP.

*I'm going to turn the tables a little and ask a question here, instead of providing an answer. I've approached the "T" about providing mass transit services from the base to/from Fort Worth destinations to include Sundance Square, The Stockyards, the cultural district and the train station. This would bring with it mobility options for handicapped riders.*

*Providing that the hours of service were robust and there were stops near where you live and work,*



*is this something you would utilize? I'm particularly interested in how many of our single Sailors, Marines, Soldiers and Airmen would use this service to get around; but I would also appreciate hearing from our retired population. Just use the grey boxes to let me know!*



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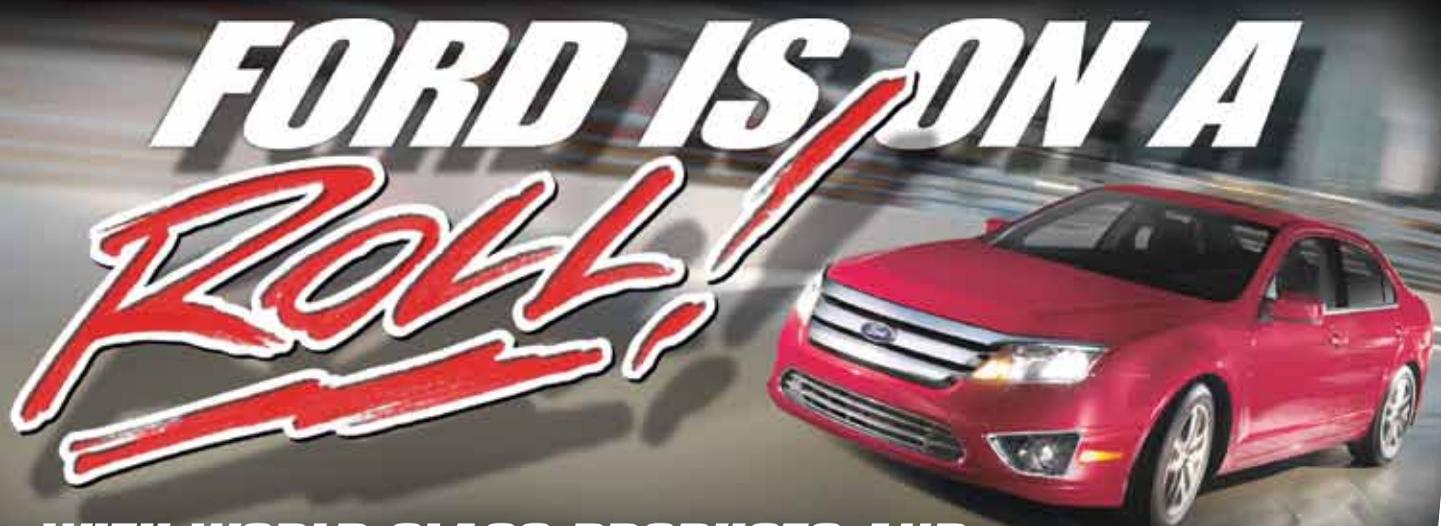
Pat "The Colonel" Snell



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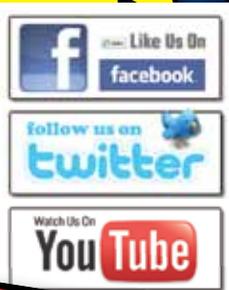


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## Mass Reenlistments Onboard NAS Fort Worth July 4th

BY NCC(AW) MARIA S. TAPIA

Captain T.D. Smyers, Commanding Officer of NAS Fort Worth JRB, will be conducting a mass reenlistment ceremony on July 4th and extends an invitation to all Soldiers, Sailors, Airmen, and Marines to reenlist on this date. The intent is to celebrate Independence Day and make it a memorable day for all our service members who want to continue to serve.

"It is really a tremendous honor for me to be able to do this," said Capt. Smyers. "I have been involved in a lot of cool reenlistments in my career, and I want this one to be one of the coolest! It'll be my professional privilege to preside over this ceremony."

The mass reenlistment ceremony is planned to be the largest gathering of reenlisting military since the establishment of NAS Fort Worth JRB.

"It's great to see Soldiers, Sailors, Airmen, and Marines reenlist in a massive group," said Chief Navy Counselor (AW) Ma-

ria S. Tapia, NAS Fort Worth JRB's Command Career Counselor. "It's good to get everyone together as a group and get everyone to talk a little bit and enjoy the company of each other."

**The mass reenlistment ceremony is planned to be the largest gathering of reenlisting military since the establishment of NAS Fort Worth JRB.**

Those participating will reenlist during the 4th of July base festivities, where they will have the opportunity to share the moment with their, shipmates, friends and family.

One of our Sailors that will be reenlisting on 4th of July has a special reason for his continued

service.

"I've decided to reenlist simply to make my daughter proud," said Chief Aviation Ordnanceman (AW) Tim Samulak. "It will be an honor to reenlist amongst friends and family on July 4th," said MA2 Jason Pruitt.

Every time someone reenlists in the U.S. military, it shows strength, Chief Tapia said. "We're building back up. We're not going away."

Most Sailors are reenlisting to make the Navy a career, or because their chain of command has been such a positive influence on them that they want to stay Navy to become a positive influence on other Sailors. If you are interested in having your reenlistment on the 4th of July, contact your Command Career Counselor or Departmental/Division Career Counselor.



Service members pose for a photo after their naturalization ceremony, which was held May 13 at the Naval Legal Service Office. From left to right: CECA Blanca M. Ramirez-Garcia, Army Sgt. Jesus O. Yanes Lorenzo, CM1 Jose L. Delgado, LS2 (SCW) Chanel C. Arias, and Mr. Deith N. Coulthurst (U.S. Army retired).



## Service Members Become U.S. Citizens

STORY AND PHOTO BY KRISTI POE TRAHAN,  
IMMIGRATION SERVICES OFFICER / MILITARY POC  
U.S. CITIZENSHIP AND IMMIGRATION SERVICES  
DALLAS FIELD OFFICE

On May 13, the Dallas District Office celebrated Military Appreciation Month by conducting a special Naturalization Oath Ceremony at the Naval Air Station Fort Worth Joint Reserve Base. The five applicants from four different countries are currently serving or have retired from either the U.S. Army or the U.S. Navy. Two of the service members recently returned to the United States after deployment to Afghanistan and Kuwait.

Supervisory Immigration Services Officer Dora Ratcliff administered the Oath of Allegiance and thanked them for their service to our country. Installation Commanding Officer Capt. T.D. Smy-

ers addressed the new citizens and expressed his appreciation to them for putting on their military uniforms and serving their new country even before they became U.S. citizens.

Congratulations to Construction Electrician Airman Blanca M. Ramirez-Garcia, Army Sgt. Jesus O. Yanes Lorenzo, Construction Mechanic 1st Class Jose L. Delgado, Logistics Support 2nd (SCW) Class Chanel C. Arias, and Mr. Deith N. Coulthurst (U.S. Army retired) for their military service and for becoming United States citizens! A special thanks to Legalman 1st Class Andrea Navarro of the Legal Services Office for her coordination of this special ceremony.



## 911 Mistake Calls - Don't Hang Up

BY DOUGLAS BRAKE, ECC

Here at the Emergency Communications Center aboard NAS Fort Worth JRB, we have the capabilities to perform a very important task that is vital to our local community. That capability is to receive and respond to a 911 call. Since the inception of the 911 system, there have been thousands of lives saved due to a quicker response made by emergency personnel. Thereto, with that, comes the possibility of the mistaken or misdialed 911 call.

This is a very common event on board NAS Fort Worth JRB due to the fact that many of our buildings presently require you to dial a 9 in order to get an outside line followed by a 1 for long distance.

If this should happen to you, we at the Emergency Communications Center ask that you do a very simple thing – *do not hang up!*

Hanging up the phone may be an instinctive response when you hear the operator state "Naval Air Station Fort Worth 911, state your emergency," we have all done it, and there is nothing to be em-



barrassed about or to apologize for. If the caller does hang up, the operator will perform a call back on the received phone number. When you answer, simply explain that you had misdialed. For instances where there is no answer or the phone line rings busy when called back, the operator will notify the NAS Fort Worth JRB Security Police and Fire Department. These two groups will perform an

emergency response to the location of the call in order to investigate the condition of the caller. In doing so, this places the responding police and fire department personal into a hazardous situation. None of us would ever want to think that someone was injured responding to an unnecessary call.

To help resolve this issue, when calling out from a building that requires you to dial a 9 in order to get an outside line, and then a 1 for long distance, simply pause and then you can proceed with the rest of the phone number.

Remember if you should dial 911 by accident, don't hang up, should you do so and we are not able to reach you on call back, we will find you; that's what we do, which is a good thing.



## Volunteer to Help a Veteran

BY MC2 (AW) BRADLEY DAWSON

VITAS Innovative Hospice Care of Fort Worth is initiating a program, "Veteran's Day Every Month" and is seeking active duty, Guard and Reserve military service members to volunteer a little time to honor former military members.

What's this all about? The program is designed to combine VITAS staff and a uniformed service member or two to make per-

sonal visits to military veterans who are now Hospice patients or nursing home or assisted living residents. During the visit, the former service member is given a certificate and flag lapel pin in appreciation for their prior service.

Last November on Veterans Day, several NAS Fort Worth military volunteered their time on the holiday to visit with sev-

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## Sammy Team Serves Schools and Community Sailors/Soldiers And Marines Motivating Youth

BY MR. MIKE ARNETT, NAS FORT WORTH SCHOOL LIAISON OFFICER

The ever growing need to influence today's students through positive role models is a common theme repeated time and time again by school administrators in our local communities. It's a challenge Captain T. D. Smyers, CO of NAS Fort Worth and his School Liaison Officer, Mr. Mike Arnett, was willing to take on with the SAMMY team (Sailors/Soldiers And Marines Motivating Youth).

The mission of the SAMMY team is two fold. The first is to create a positive relationship within the schools and communities in which we both live and work and second, to bring a timely, yet serious message of hope and encouragement to the students, but delivered in an entertaining way. It is not the intent of the team to be a recruiting tool but the finest examples of discipline, strength, and courage to our young people. The program is designed to be entertaining, engaging, thought

provoking and motivational

The SAMMY team, recently composed of volunteer Marines and Sailors of all disciplines, has been well received at several area schools. Thousands of students have heard their messages. Sammy members recount personal stories and experiences in making the message both relevant and interesting to students. Each SAMMY member has expressed a sense of satisfaction and fulfillment after each program and looks forward to their next schedule visit. Volunteers are rotated as needed to give all who would like to serve an opportunity to speak with students. Airmen and soldiers are needed for the team too. The object is to have a joint service team representing the base.

If you're interested in becoming a SAMMY team member or just want additional information, contact Mike Arnett, the NAS Fort Worth School Liaison Officer at

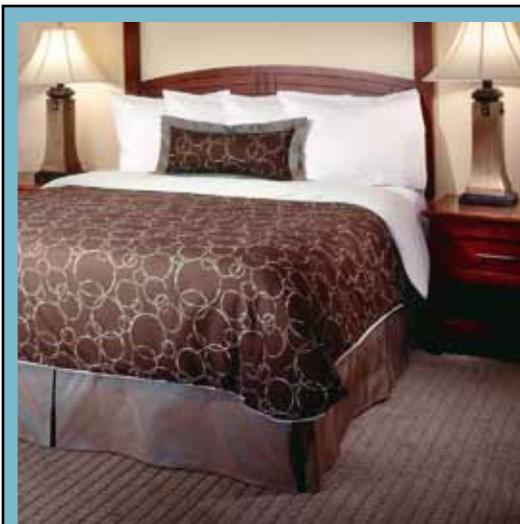
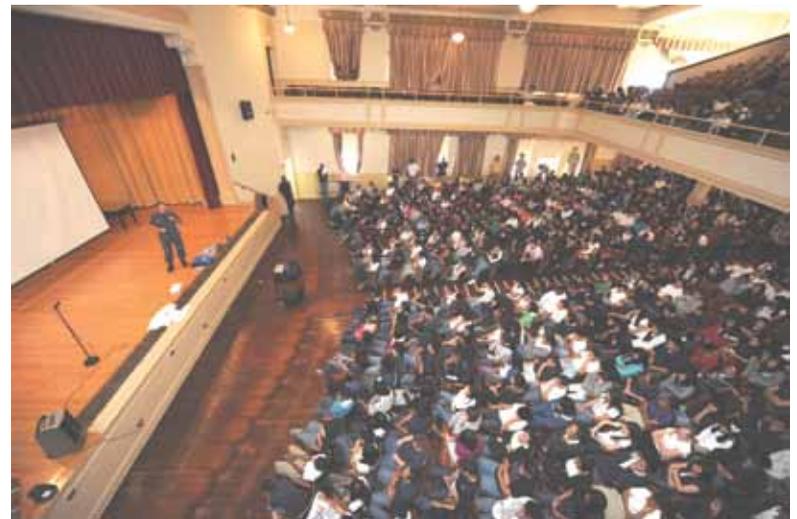
817-782-1873.

A promotional SAMMY team DVD has been posted on the NAS Fort Worth School Liaison Officer's Facebook page and can be contacted for any school related issues or volunteer opportunities at 817.825.6428. Anyone can visit the Facebook page at School-LiaisonOfficerNASFortWorth.

(Upper) Capt. T.D. Smyers helps motivate a couple of J.P. Elder Middle School students in a long jump contest where the SAMMY (Sailors/Soldiers and Marines Motivating Youth) Team spoke to kids about teamwork and making the right decisions.

(Bottom) Capt. T.D. Smyers speaks to a group of students about the ways in which they can start molding their own life through the choices they make every day. J.P. Elder Middle School is one of many that will be visited by the SAMMY (Sailors/Soldiers and Marines Motivating Youth) Team from NAS Fort Worth JRB. This team hopes to help mold a brighter future by taking an active role in the lives of our youth.

(U.S. Navy Photos by Mass Communications Specialist 2nd Class (AW) Bradley Dawson)



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## Navy Reserve Leading Way in Eliminating Legacy Computer Networks

BY JIM VORNDRAN, COMMANDER, NAVY RESERVE FORCES  
COMMAND PUBLIC AFFAIRS

The Navy Reserve completed its shut down of the final legacy computer network May 17 - saving the Navy \$1.2 million annually. Navy Reserve Network (NAVRESNET) service ended following completion of migrating final applications and services from a Reserve Force maintained data center in Fort Worth, Texas to Space and Naval Warfare Systems Command data center in New Orleans, La.

"This is a very significant day in the Navy Reserve, and in the Navy, to be the first Echelon Two command to shutdown all legacy networks," Vice Adm. Dirk Debbink, chief of Navy Reserve said. Previously, many Reserve facilities would have multiple workstations to support both the NAVRESNET and Navy and Marine Corps Intranet (NMCI) hosted applications. With the transition complete and NAVRESNET shut down, users will now have a single computer system accessing network services over NMCI.

"The Navy Reserve now contracts services through NMCI as

opposed to having to maintain a physical network infrastructure in Fort Worth," Lt. Cmdr. Michael Leachman, commander, Navy Reserve Forces Command (CNRFC) information assurance manager said. "By not having to maintain the legacy infrastructure we are saving \$100,000 each month." The transition of all Navy Reserve legacy networks to SPAWAR data centers results in a long-term hardware savings in excess of \$31 million throughout its lifecycle. The Navy Reserve saves another \$6 million that would have been spent on services for contractors, license fees and circuit charges.

NAVRESNET, the last of 12 Navy Reserve legacy networks, was established in 1994 at the direction of CNRFC to satisfy a requirement for Navy Reserve facilities to have interconnectivity through a wide area network. The Navy Reserve's previous 12 networks supported 1,500 workstations, 312 servers and 323 applications. Applications such as the Defense Enrollment Eligibility Reporting System, the Navy Reserve

Homeport, Navy Reserve Readiness Reporting Module and Real Time Administration of Reservists all successfully migrated prior to shutting down the NAVRESNET.

With the disestablishment of NAVRESNET, the Navy Reserve saves money and provides network services through the NMCI which is more secure. "It took a lot of work by many talented people to make this happen, and we were able to do it with no loss of functionality to the end user," Leachman said. "It is easier to stay with what you have and what you know, but in this case the hard work of many people gave us a better system as we move forward," Debbink said.

So with the order to "Execute NAVRESNET shutdown," Senior Chief Information Systems Technician Darrick Harris, Senior Chief Information Systems Technician Carlton Harris, Information Systems Technician 2nd Class Yi Tam and civilian IT professionals flipped switches and disconnected cables to terminate the last remaining Navy Reserve Network.



## Former Secretary of State Roger Williams Named Chairman of the USS Fort Worth Commissioning

Congresswoman Kay Granger (R-TX) recently announced the selection of former Texas Secretary of State Roger Williams to serve as Chairman of the USS Fort

Worth Commissioning Committee, said Mayor Mike Moncrief. "Roger is the perfect candidate to unite the entire Fort Worth community around our namesake ship. The USS Fort Worth is in good hands with Roger Williams."

"Congresswoman Granger has made a great choice in naming Secretary Roger Williams as Chairman of the USS Fort Worth Commissioning Committee," said Mayor Mike Moncrief. "Roger is the perfect candidate to unite the entire Fort Worth community around our namesake ship. The USS Fort Worth is in good hands with Roger Williams."

"I'm honored Congresswoman Granger has asked to me to lead this mission," Secretary Williams said. "I will work tirelessly so that we have the best commissioning process in the history of the Navy."

NAS Fort Worth is represented on the committee as well.

USS Fort Worth (LCS-3) will be a Freedom class littoral combat ship. The ship is being constructed by Lockheed Martin. The keel was laid on July 11, 2009 during a ceremony at Marinette Marine Shipyard in Marinette, Wisconsin.

In May of 2006 Rep. Granger, the Navy League, and the Fort Worth Chamber of Commerce launched a city-wide campaign to have the third littoral combat ship named after the city of Fort Worth. Twenty-one communities in Tarrant County passed resolutions in support of the effort, the Star Telegram wrote favorable editorials, and residents wrote letters to the Secretary of the Navy. In January, 2009 Rep. Granger received the news from outgoing Secretary Donald Winter that they agreed to call the ship the USS Fort Worth.

***"Having a namesake ship is a great honor for any city," Congresswoman Granger said. "It's also a big responsibility. We need someone who can coordinate all our efforts to make sure that we fully support and fully fund the commissioning needs of the USS Fort Worth so that it can set sail in 2012."***

Worth Commissioning.

"Having a namesake ship is a great honor for any city," Congresswoman Granger said. "It's also a big responsibility. We need someone who can coordinate all our efforts to make sure that we fully support and fully fund the commissioning needs of the USS Fort Worth so that it can set sail in 2012. No one can bring Fort Worth together like Roger Williams. He knows this community as well as anyone and he will en-



## Emphasis is on Safety When it Comes to Jogging and Fitness Tests

Now that the Texas weather is turning warmer, historically more people skip the indoor treadmills and move outdoors to jog. However, before doing so, everyone should be aware of the on-base jogging policy. One other reminder too. Don't forget to check on the heat conditions. By mid to late June we're already into "black flag" conditions before noontime. When "black flag" conditions exist, no outdoor jogging or strenuous

activities are allowed. Safety is paramount, so everyone should know and adhere to the rules when jogging on base.

All joggers using roadways will run facing traffic. Where sidewalks or jogging lanes are available, i.e. Military Parkway and Carswell Avenue, joggers will not jog on the roadway.

Formation running is authorized, however road guards shall be used and must wear reflective

belts or vests.

Commands conducting Physical Fitness Tests shall notify Base Security 48 hours in advance.

When jogging during dawn, dusk and reduced visibility conditions, people must wear one of the following: reflective vests, reflective belts or reflective arm-bands. Reflective vests are available at the base gym.

### Correction

Apologies to Lt. Col. David Gribble and the Marines of VMFA-112 for miss identifying their unit as VMVFA-112 in last month's Sky Ranger. We didn't catch the mistake in the headline until it was too late.

### Fireworks on July 4th

Activities start at 6 pm with fireworks at dusk

Come on out and enjoy our annual fire works. We have food, music and games for the whole family.



## In Remembrance of Roy R. Queretaro

CREDITED TO FORT WORTH STAR-TELEGRAM

Roy Russell Queretaro, 60, passed away quickly and comfortably Thursday, 20 May, due to complications from heart surgery. He was not alone but surrounded by the love of his family. His funeral was held on Wednesday, 26 May, at Greenwood Memorial Park.

**Everyone he touched over the course of his life was bettered because of having known him, and at the least lucky to have simply met him.**

Roy was born in St. Louis, Mo., on 13 March 1950. He was an Air Force combat controller in Vietnam and then a career air traffic controller working at Chicago O'Hare International Airport from 1975-1981. Shortly after, he came to the 301st Fighter Wing on board NAS Fort Worth. At the

time of his death, he worked at Base Operations managing special-use airspace and the Falcon Bombing Range at Fort Sill, OK.

Everyone he touched over the course of his life was bettered because of having known him, and at the least lucky to have simply met him. Although no longer with us during our day-to-day routines on board the naval air station, he will not be forgotten. Roy Queretaro will always remain part of the joint team and the fabric that makes this base a great place to live and serve.

Roy was preceded in death by his mother, Lillian Agnes Wagner, and father, Ancelmo P. Queretaro. Survivors: His wife of 29 years, Patricia Ann Hohenzy Queretaro; their sons, Anthony Roy and Bryan Russell; their daughter, Alycia Nicole; daughters, Carol Jeane Sutton, Tamara Leigh Reising and Pamela Kaye Sanders; grandchildren, Eli Russell Queretaro, Jared, Saul, Adam, Hunter, Hannah, Kailley and Joey; numerous nieces, nephews and extended family; and many dear friends.

## In Remembrance of HM3 Zarian A. Wood, U.S. Navy

continued from cover

or who will be severely missed by all his friends and family." HMCM(FMF) Kenton Walker

"Z was an all around honest to goodness nice guy with a big heart. He loved his family and friends. His bright blue eyes, cheese eating grin, and steady prescience will be missed. We may have lost a great Sailor, friend, and brother... but we are blessed to have known him and will always treasure the memories." HM1(AW/SW) Floralene Sanchez

"What Zarian lacked in stature, he made up for in heart. He always spoke his mind and he would never back down from any challenge. He gave his life defending our country. For that I

am forever in your debt my friend, shipmate, and brother, HM3 Wood." HM3(SW) James Kelley

"HM3 Zarian Wood was the

***We are blessed to have known him and will always treasure the memories."***

true definition of Honor, Courage and Commitment. He gave his life for everyone he loved and even for complete strangers. Coming from his family, true friends and co-workers, he will be truly missed, and forever will remain in

our hearts and prayers." HM3(SW/AW) Roy Coker

"Zarian Wood was a young man who truly enjoyed life. He enjoyed basketball and hanging out with friends. A lot of people don't know the passion he had for helping others. He was never afraid to jump in and get his hands dirty. I have many memories and stories of Zarian. He is gone but never forgotten." HM3(SW/AW) Erica Burns

From Zarian himself:

"Money comes and goes but investing in friendship is forever." HM3(FMF) Zarian Wood

May we all remember and exemplify his sacrifice and courage.

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# MWR 3x3 Fun Race!



MWR hosted a 3x3 fun race to test each team's ability to work together to the max. Each team had to stay together throughout the competition and cross the finish line at the same time for their time to be counted. A 1.5 mile run, canoe event, synchronized lifting and tricycle race made the event a challenge for all competitors. (U.S. Navy photographs by Mass Communications Specialist 2nd Class (AW) Bradley Dawson)



# Don't Let Storms Dampen your Summertime Fun

COURTESY OF COMMANDER NAVAL SAFETY CENTER

With temperatures soaring into the 90's and clear skies it's hard to believe that we should be concerned about summer storms. The hurricane season has begun and severe thunderstorms can strike without much warning. According to the Naval Safety Center every year tropical weather patterns wreak havoc for the coastlines and even inland communities. The Naval Safety Center provides the following summer storms SafeTips.

## SafeTips

### Thunderstorms

Thunderstorms pose many hazards. They produce lightning and hail. Their torrential rains can trigger floods; their strong winds can create deadly tornadoes. You have to worry about them when they get to be "severe," which the National Weather Service defines as having winds of more than 57 mph and/or hail about the size of a marble. About 100,000 thunderstorms occur in the U.S. each year; 10 percent become severe. Every state has thunderstorms.

- When it's your turn, stay tuned to the latest weather forecasts, and listen for watches and warnings for tornadoes and floods.
- If the weather service issues a watch:
- Tie down lawn chairs, picnic tables and trash cans, or bring them inside.
- Park your car under an awning or inside a garage.
- Close windows and draw the blinds or curtains. This precaution will lessen the hazard of flying glass if a window gets broken.
- Listen to the radio or television for warnings.
- Just before and during the storm, count the seconds between seeing lightning and hearing thunder. If this time is 30 seconds or less, then the lightning is a threat. Seek shelter. After seeing the last lightning flash, wait 30 minutes before leaving shelter. More than half of the people killed by lightning died after the storm passed.

The following list could help you and your family stay safe in event of a hurricane. True, the Dallas-Fort Worth area is more likely

to experience a tornado than a hurricane, but suppose you are on vacation along the East or Gulf coast where hurricanes are more likely to hit. Do you know what to do?

## SafeTips

### Hurricane Preparation

Know the difference between a hurricane watch and a hurricane warning:

- **Watch:** Hurricane conditions are possible in the specified area within 36 hours.
- **Warning:** Hurricane conditions are expected in the specified area, usually within 24 hours.

To prepare your home and yourself for a hurricane

- Inspect your yard and property for potential problems that may cause damage during a hurricane.
- Make trees more wind resistant by removing diseased and damaged limbs, the strategically removing branches so that the wind can blow through.
- Move or secure any objects that could become airborne during high winds; Bring inside any outdoor furniture, outdoor decorations or ornaments, trash cans, hanging plants, and anything else that can be picked up by the wind. If possible, remove outdoor antennas.
- Consider installing protection for windows such as marine plywood panels of 1 ½ inch thickness; learn how to install the panels and be sure to mark where each panel will go when needed. Install anchors for the plywood and pre-drill holes in the plywood so that you can put it up quickly.
- Note: Tape does not prevent windows from breaking, so taping windows is not recommended.
- If there is time, move furniture, electronics and other valuables to the highest level of your home.
- Communicate with co-workers and family members often to ensure that everyone knows what to do and when.
- Keep paying close attention to the progress of the hurricane via any means possible; check often for official bulletins on radio, TV or National Oceanic and Atmospheric Administration

(NOAA) Weather Radio.

- Be ready to act quickly if and when a hurricane warning is issued.
- Listen to announcements from local officials and leave if told to do so.
- Fuel vehicles in case it is necessary to evacuate the area.
- Check and secure mobile structure tie downs.
- Stock up on canned food and other non-perishable items; be sure to have a manual can opener.
- Check radio and flashlight batteries and be sure to have extra batteries on hand.
- Be sure to have an adequate supply of special medicines and prescription drugs.
- Be sure to have first aid supplies.
- Wedge sliding glass doors to prevent lifting from their tracks.
- Turn refrigerator and freezer to coldest settings if not instructed by officials to turn off utilities. Open only when absolutely necessary and close quickly.
- Review evacuation plans. Contact your local emergency management office or American Red Cross chapter and ask for the community preparedness plan. Plan an evacuation route that will take you 20-50 miles inland.
- Board up garage and porch doors.
- Fill clean containers with several days supply of drinking water.
- Find shelter for domestic animals and be sure to have a supply of food and drinking water for animals on hand.
- Once a hurricane warning has been issued:
- Use the telephone only for emergencies.
- Stay indoors on the downwind side of the building away from windows.
- Be aware that the "eye" of the storm is deceptively calm; the storm is not over. The worst part of the storm will happen once the eye passes over and the winds blow from the opposite direction. Trees, shrubs, buildings and other objects damaged by the first winds can be broken or destroyed by the second winds.
- Be alert for tornadoes. Tornadoes can happen during a hurricane and after the storm passes over. -
- Remain indoors, in the center of the building, in a closet or bathroom without windows.
- Do not stay in any mobile structure.
- If an evacuation is necessary:
- Leave areas that may be affected by storm tide or stream flooding.
- If it is necessary to evacuate, leave early, in daylight if possible.
- Take small valuables and papers but travel light.
- Take cash, credit cards, and copies of important papers, including bank accounts, insurance and household records.
- Be sure to wear sturdy shoes and take a change of clothing.
- Leave food and water for domestic animals.
- Shut off utilities and disconnect electricity, sewer and water lines. Shut off propane tanks and leave them outside after anchoring them securely.
- Lock up buildings.
- Drive carefully to nearest designated shelter using recommended evacuation routes.
- Stay away from flood waters. If you come upon a flooded road, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car and climb to higher ground.

Once the hurricane has ended:

- Continue listening to the NOAA Weather Radio or local radio and television stations for instructions.
- If evacuated, return only when local officials tell you that it is safe to do so.
- Inspect your home for damage.
- Do not walk in, play in or drive through flooded areas. Flood water contains hidden hazards and may be deeper and faster-moving than it appears.
- Wear shoes at all times.
- If you get a cut or puncture



wound, get a tetanus booster shot if you have not had one in the past 5 years.

- Stay away from downed power lines. Use flashlights in the dark; do not use candles. Purifying drinking water:
- Public and private wells that have been flooded or have lost electricity may become contaminated. Water must be treated before use.
- Contact your health department about well water testing.
- Tap water used for drinking, cooking, brushing teeth or making ice must be boiled for at least three minutes before use. (Pregnant women as well as children should use bottled water instead of tap or boiled water.
- Baby formula should be made with bottled water.)
- If you cannot boil tap water, it can be treated with bleach. Use 8 drops (1/4 teaspoon) to one gallon of tap water. Mix thoroughly and let stand for 30 minutes before using. (Warning: Do not use bleach that is scented or contains soap.)
- Do not use flood water for any use. Food and medicine:
- Any foods (even those in cans, plastic or glass) that have come into contact with flood water should be thrown away.
- If the power has off for more than 4 hours or food is warmer than 45 degrees Fahrenheit, it should be discarded.
- Do not re-freeze thawed food.
- Medicines and cosmetics that have come into contact with flood water should be thrown away.



## Beware of Choosing a Credit Counseling Agency

BY MR. THOMAS E. WALLACE, ESQ.\*

During our tough economic times many of our clients are dealing with severe debt problems. Many of our clients are finding themselves seriously behind on their bills. These clients are ripe for credit counseling or debt rescue scams. These "companies" often trove court records to determine the names of defendants facing collection lawsuits in order to solicit these debtors for their services.

The chief problem with these companies is that they offer to have you pay for services that the individual client could perform for themselves for free with self-help and help from our offices. Some of these companies have ridiculous fee schedules. One recent client signed a contract paying such a company over \$9,300.00 for assistance in resolving delinquent debts. The company has partially resolved only a fraction

of the debt (about \$1,800) and the client was still subsequently sued for the remaining debt and is still responsible for the full \$9,300.00

***The chief problem with these companies is that they offer to have you pay for services that the individual client could perform for themselves for free with self-help and help from our offices.***

fee of the credit counseling service. This does not appear to be a good deal.

Of course, now credit counseling is required for Bankruptcy and this has resulted in even more credit rescue and debt counseling services opening for business.

Common sense must prevail. As with any service, shop before you buy. The credit counseling agency of the client mentioned in the above paragraph had an

"F" rating with the Better Business Bureau. Of course, the client did not check with the Better Business Bureau first before signing

the contract with the agency involved. The Better Business Bureau indicates that it considers a reasonable fee for these services to be a \$75.00 set up fee and a monthly payment for the services that does not exceed \$40.00 a month. And, you must consider the total fees you will pay at the end of the service. Do the total fees that the consumer will pay for the credit counseling agency defeat the consumer's efforts to

pay down the entire debt? If so, then using that credit counseling agency is not worth it to the consumer.

The Better Business Bureau has an excellent article on credit counseling agencies which can be found at <http://www.bbb.org/us/article/tips-on-choosing-a-credit-counseling-agency-6104>. This article provides exhaustive guidance on what a consumer should be aware of before choosing a credit counseling agency. As usual, research in advance of signing the contract will go a long way to prevent problems in this area.

Legal assistance attorneys are available to help. Call them at the following numbers: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959; Charleston, South Carolina at

(843) 764-7642/44; Gulfport, Mississippi at (228) 871-2620; Pensacola, Florida at (850) 452-3734; New Orleans, Louisiana at (504) 678-4692; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6009. This article is not intended to substitute for the personal advice of a licensed attorney.

\*Mr. Thomas E. Wallace is the assistant officer-in-charge of the Naval Legal Service Office Southeast, Detachment Naval Air Station Jacksonville Office. He is the senior civilian legal assistance attorney for Naval Legal Service Office Southeast. He is also a Commander in the Navy Reserve. He is licensed to practice law in the States of Florida and Wisconsin as well as licensed before the Federal District Courts in the Eastern District of Wisconsin, the Middle District of Florida and the United States Supreme Court.



## Premium Fuel for Your Body

BY AZ2 (AW) PERCY DIAZ

When it comes to nutrition, carbohydrates are the main source of fuel for your body. Nourishment from this essential nutrient is very important when participating in events like Physical Readiness Tests (PRT). Knowing how carbohydrates support good nutrition enables you to achieve a better score on your PRT.

Carbohydrates supply your body with four calories per gram, allowing your muscles to deliver outstanding performance when participating in an endurance event. There are many different types of carbohydrates, and many of them are made of sugars and starches, but for now, we'll keep things simple by focusing on only two types of carbohydrates: complex carbohydrates and simple carbohydrates.

Complex carbohydrates are chains of three or more sugar molecules linked together. Exam-

ples of complex carbohydrates include whole wheat bread, brown rice, whole wheat pasta, potatoes, and whole grains. Complex Carbohydrate should be a major part

***Knowing how carbohydrates support good nutrition enables you to achieve a better score on your PRT.***

of your daily diet, and 50% of your daily calories should come from them.

On the other hand, simple carbohydrates are made up of one or two sugar molecules linked together. This type of carbohydrate provides an instant burst of energy that unfortunately will not last long. Simple carbohydrates include refined sugars that are

available in processed foods like cakes, cookies, sodas and fruit juices.

Now that you have a better understanding on carbohydrates, let's put this knowledge to work, and apply it to your nutrition prior to a PRT. Follow these tips:

- A week before your PRT, load your meals with complex carbohydrates but still keep portions rationed.
- Limit the amount of exercise you do, to give your muscles time to rest and allow them to stock-up on carbohydrates.
- Drink extra fluids to keep yourself hydrated and allow a more effective digestion. Remember, alcohol will dehydrate you, so stay away from it at least until you pass your PRT.
- Eat a small breakfast before your PRT. This will help you maintain a stable blood sugar level while fueling your brain and keeping you focused.

## Volunteer to Help a Veteran

continued from page 4

eral Hospice patients and nursing home residents, all former military. Those they visited thought the military had forgotten them. The event was a huge success, so VITAS is now looking to initiate monthly visits with the help of military members volunteering a few hours.

Consider this as an opportunity to say "thanks" to those military who served before you. These visits occur once per month, so check your calendars and consider volunteering. Several military in uniform are needed.

To help you plan ahead, VITAS plans to conduct these special visits on the following dates:

- June 24
- July 29
- August 26
- Sept 23
- Oct 21
- Nov 11 (Veteran's Day)
- Dec 16

***Consider this as an opportunity to say "thanks" to those military who served before you.***

The day starts at 8:30 a.m. and normally ends around 3 p.m. Lunch is provided. Military volunteers are not expected to participate every month, but are certainly welcome to do so if available. Volunteers meet at the VITAS Office downtown Fort Worth to team up with their staff. Feel free to recruit those you feel would be interested in participating too.

The point of contact for more information or to volunteer is Kathy Campbell, Manager of Volunteer Services at 817-870-7117.

If you are interested in participating in May or a later month, please let Kathy know as soon as you can consult your calendar.

## Recalling Advanced Carbon Composites EXT Motorcycle Helmets

This notice is provided to all purchasers or owners of Advanced Carbon Composites EXT-001, EXT-002 and EXT-003 models of motorcycle helmets, regardless of size and regardless of date acquired, in accordance with the requirements of the National Traffic and Motor Vehicle Safety Act.

### REASON FOR THE RECALL

In a March 26, 2010 Settlement Agreement and Consent Order between Advanced Carbon Composites and the National

### **The remedy is limited to refunds to owners or purchasers**

Highway Traffic Safety Administration (NHTSA), Advanced Carbon Composites agreed that all models and sizes of its EXT-001, EXT-002 and EXT-003 Half Shell Motorcycle Helmets, regardless of date manufactured, fail to comply with Federal Motor Vehicle Safety Standard (FMVSS) No. 218, 49 C.F.R. § 571.218. FMVSS No. 218 establishes minimum performance requirements for helmets designed for highway use.

Among other things, the standard requires that motorcycle helmets meet the minimum performance requirements of penetration tests and impact attenuation tests, as well as labeling requirements. Advanced Carbon Composites' helmets do not comply with FMVSS No. 218 in the areas of impact attenuation, penetration and/or labeling. In the event of a crash, the wearer is not adequately protected, and could suffer severe injuries or even death.

As a part of its Settlement Agreement and Consent Order with NHTSA, Advanced Carbon Composites has agreed to implement a remedy program by which Advanced Carbon Composites is providing notice to, and obtaining helmets from, owners and purchasers, and Advanced Carbon Composites will refund an owner or purchaser for the purchase price of the helmet. The remedy is limited to refunds to

owners or purchasers, and under no circumstances will Advanced Carbon Composites attempt to repair or replace the recalled helmets.

### WHAT YOU NEED TO DO:

Please call Advanced Carbon Composites at 1-800-300-9813, or contact us by mail at Advanced Carbon Composites, 6127 Anno Avenue, Orlando, Fla. 32809, to begin the refund process.

Advanced Carbon Composite will send you a prepaid shipping label for your helmet. Upon its receipt of the helmet and documentation regarding the price you paid for the helmet, Advanced Carbon Composite will send you a check in the full amount of the purchase price, which you should receive within 7-10 business days. This includes all EXT-001 or EXT 002 helmets that were previously repaired by Advanced Carbon Composites in previous recalls.



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*Healthy "French Fries"*

*Sides*

**1 cup carrots**  
**1 cup parsnips**  
**2 tablespoons olive oil**  
**salt & pepper**  
**chili powder**



Peel and chop carrots and parsnips into strips about the size of french fries. Toss with olive oil and remaining ingredients to taste. Bake at 350 degrees for about 20 minutes.

(Photo by Barbara Smyers)



(above) MA1 (SW) Notorian Morris teaches Pre-Kindergarten children how to be safe at the playground and read street signs through a Drug Abuse and Resistance Education class (D.A.R.E.). D.A.R.E. is a police officer-led series of classroom lessons that teaches children from kindergarten through 12th grade how to resist peer pressure and live productive drug and violence-free lives. (U.S. Navy photograph by Mass Communications Specialist 2nd Class (AW) Bradley Dawson)



(above) Firefighter/Paramedic Lonnie Lee tries to put out a small simulated jet fuel fire with Potassium bicarbonate (PKP) in a limited time frame as part of his aircraft rescue fire fighting (ARFF) training on board NAS Fort Worth JRB. (U.S. Navy Photograph by Mass Communications Specialist 2nd Class (AW) Bradley Dawson)

## BASE HAPPENINGS

(right) Navy Marine Corps Relief Society (NMCRS) Sharon Zacharias presented certificates of appreciation to each volunteer and Fund Drive representative who has helped the NMCRS throughout the year. Volunteers from the Thrift Shop received a plaque from the NMCRS for their efforts that they have put forth throughout the year towards helping local military members meet uniform needs. U.S. Navy photograph by Mass Communications Specialist 2nd Class (AW) Bradley Dawson



(bottom right) Capt. Paul Paine (retired) and Jacob Surovy (Project Manager from Walton Construction) assist with the ribbon during a ceremony held to commemorate a new and more permanent home for VR-46. AZAA Shaun King cuts the ribbon for VR-46 as part of a long standing tradition that the youngest sailor in the command cut the ribbon while Cmdr. Steven Knight, Cmdr. Larry Strobel, and Lt. Guy Thompson hold up the right side of the ribbon at Hangar 1048 on board NAS Fort Worth JRB. U.S. Navy Photograph by Mass Communications Specialist 2nd Class (AW) Bradley Dawson



## Now Hear This: Base Announcements

Interested in running in the Wounded Warrior Half Marathon or 10K Run in Las Colinas on 13 June? There's also a Military Mile Fun Run, along with plenty of music, food and drink. The course start and finish will be around Williams Square with much of the race taking place on Champion Trails. For more information, go to [www.dallasathletesracing.com](http://www.dallasathletesracing.com) or e-mail [danejones@verizon.net](mailto:danejones@verizon.net) or call 214-502-9837.

The Sky Ranger is looking for submissions for a new column called "Spouse' Corner." This is an opportunity for husbands and wives of NAS Fort Worth to submit information of interest to the base's military community such as family oriented activities and helpful hints for newcomers, etc. Contact the Sky Ranger staff at 817-782-7815 if you have something of interest. All submissions may be edited to fit our news format.

Looking for a job? A Veterans' Opportunity Expo will be held 17 June at the Rangers Ballpark to benefit veterans, transitioning military, members of the Guard and Reserve and military family members. The one-day event will be held from 11 a.m. to 3 p.m. Texas Rangers Ballpark is located at 1090 Ballpark Way in Arlington.

The Work in Texas representative will be at

the Fleet & Family Support Center (FFSC) on 15, 22 and 29 June. The Texas VA representative will be at the FFSC 10, 17 and 24 June. If interested in speaking with either representative, please call the FFSC at 817-782-5287.

Getting out of the service soon? The Fleet & Family Support Center has a Transition Assistance Program (TAP) scheduled on 22-25 June. Call the FFSC to sign up.

The Navy Ball Committee has scheduled the first annual Rockwood Scramble at the Rockwood Golf Course in Fort Worth on 18 June. Cost is \$50 per person which includes green fees, carts and lunch. Registration at 7 a.m. with an 8 a.m. shotgun start. For more information, contact Brian Schaaf at 817-266-3138 or e-mail at [brian.schaaf@navy.mil](mailto:brian.schaaf@navy.mil).

The Child Development Center is looking for members interested in becoming CDH certified. This program allows more options to military parents looking for quality care for their children. Please contact the CDC at 817-782-7520 if interested.

Don't forget. There is now an OMNI American ATM machine located inside the TexPlex Bowling Center for customer convenience.

Have something to sell or trade? The Sky

Ranger is now accepting Personal Ads from military personnel, NAS Fort Worth JRB base employees and military retirees. Contact us at 817-782-7815. All ads are subject to editing (and omission if needed).

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

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

On 6 June, most of the AAFES facilities here changed their hours of operation.

|                 |  |
|-----------------|--|
| Main Store:     | M-Sa 9 a.m. -7 p.m.<br>Su 9 a.m.-7 p.m.                  |
| BXtra           | M-Sa 9 a.m. -7 p.m.<br>Su 9 a.m.-7 p.m.                  |
| Car Care Ctr:   | M-Sa 6 a.m. -9:00 p.m.<br>Su 7 a.m.-8 p.m.               |
| Burger King     | M-Sa 6 a.m. - 6:00 p.m.<br>Su 7 a.m.-6 p.m.              |
| Anthony's Pizza | M-Sa 10:30 a.m. - 5:30 p.m.<br>Su 10:30 a.m. - 6:30 p.m. |
| Robin Hood      | M-Sa 10:30 a.m. - 5:30 p.m.<br>Su 10:30 a.m. - 6:30 p.m. |



# The Challenge is on the Table – Can you Beat It

BY CONWAY COTTEN, NAS FORT WORTH NAVOSH MANAGER

NAS Fort Worth has the opportunity to be among the first wave of military installations to achieve The Occupational Safety and Health Administration (OSHA) Voluntary Protection Program (VPP) "Star". What this really means is that we will have achieved excellence in a program OSHA developed to improve safety and health in the workplace. To help us get there, we've applied for and been accepted into the OSHA Challenge Program; proceeding through a three stage process which will result in the fulfillment of the four elements of VPP.

## What is The Voluntary Protection Program (VPP)?

OSHA created VPP to recognize and encourage excellence in occupational safety and health program management. Requirements for VPP participation are based, in part, on worksites establishing comprehensive safety and health management systems that fol-

low rigorous criteria published by OSHA. At VPP sites, employees in are involved in anticipating, recognizing, evaluating, and controlling safety and health hazards.

### To participate in the VPP:

Management agrees to operate an effective program that meets an established set of criteria.

Employees agree to participate in the program and work with management to assure a safe workplace. All employee rights under OSHA remain the same.

OSHA initially verifies that the site's safety program meets the VPP criteria which have been fully implemented for at least one year. After approval by the Assistant Secretary, OSHA publicly recognizes the site which is removed from routine scheduled inspection lists (OSHA may still investigate major accidents, valid formal employee complaints, and

chemical spills).

Following VPP approval, OSHA revisits the site approximately every three years to confirm that the site continues to meet VPP criteria. VPP sites must send to OSHA a copy of their annual safety and health program self-assessment, including injury and illness rates. Worksites may voluntarily withdraw from the VPP at any time.

VPP recognizes that enforcement alone can never fully achieve the objectives of the Occupational Safety and Health Act of 1970. Good safety cultures go beyond OSHA standards to protect workers more effectively than compliance based programs.

VPP participants meet all the

baseline Ill surveys, incident investigations which include root cause analysis, and trending near misses.

*Hazard Prevention and Control* - Your site must have procedures for eliminating or controlling health and safety hazards. Examples include implementing engineering controls, PPE assessments, written safety rules, preventive maintenance programs, emergency response programs, occupational medical programs, and hazard correction tracking.

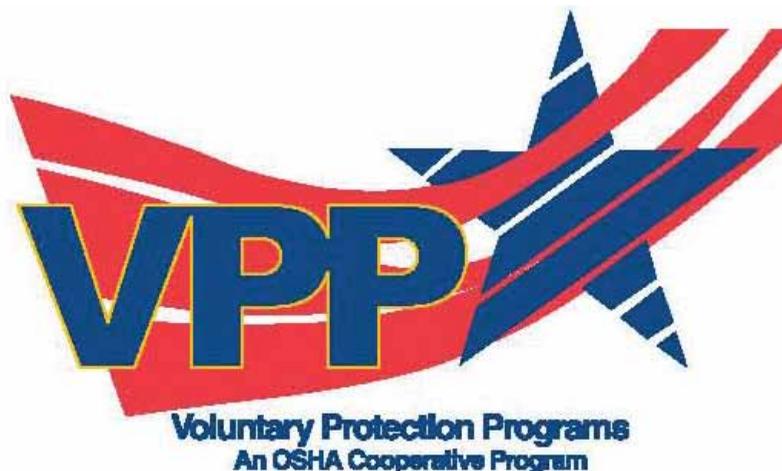
*Safety and Health Training* - Your site must have an effective safety and health training program. Both supervisors and workers must receive proper training to do their jobs safely. Examples of

this include new employee safety orientation, individual task training, emergency response training, hazard awareness training, PPE, and periodic reinforcement of safe practices in order to keep current and up to date.

What are the benefits?

- Improved employee motivation to work safely and together, leading to better quality and productivity
- Reduced workers' compensation costs
- Recognition by customers, business peers, and the community
- Improvement of programs that are already good, through the internal and external review that's part of the VPP application process
- VPP participant sites generally experience from 50 percent or better fewer lost workday injuries than would be expected of traditional sites of the same size in their industries.

Let's get on with establishing a safety culture of excellence at NAS Fort Worth through VPP!



VPP requirements including:

*Management Leadership and Employee Involvement* - There must be strong management commitment and leadership towards safety from the top down. Active employee involvement in conjunction with site leadership in the development and operations of safety programs are essential. We've all heard the terms; employee ownership, empowerment, and partnership in the safety process. They reflect what the worker-management relationship must be if the VPP process is to be successful.

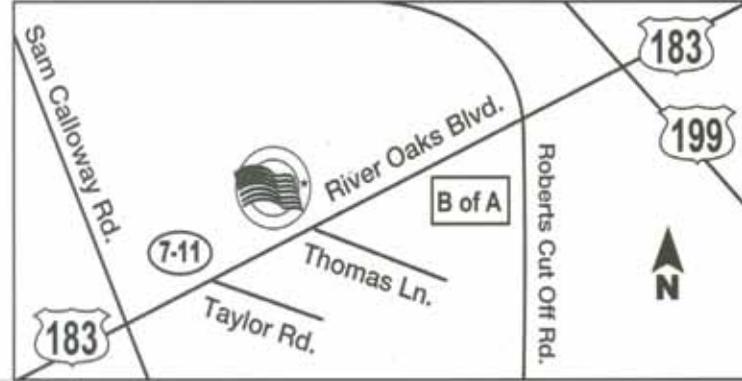
*Worksite Analysis* - This includes a proactive look at routine and new job activities, a reliable incident and injury reporting system, and ensuring both workers and managers look carefully for safety and health hazards before start ups take place. Examples include conducting job hazard analyses,

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| <p><b>South ReSTORE</b><br/>3420 S. Grove<br/>West on Ripy from I-35<br/>817-920-9203</p>   | <p><b>North ReSTORE</b><br/>4433 River Oaks Blvd.<br/>1 block west of Jacksboro Hwy.<br/>817-626-5000</p>   |



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|   |  |
|---|--|
| <p><b>Tex-Plex (Bowling Alley)</b><br/>June Bowling Specials<br/>\$1.00 games per person Mon.-Fri.<br/>Fathers Day Special</p> <p>Fathers bowl free when accompanied by their children. Call (817) 782-5505 for more information.</p> | <p><b>Circus is Coming to Town!<br/>Special Military Offer</b></p> <p>Purchase tickets with a military ID at NAS Fort Worth ITT or arena box offices, or with customer code ASY online at <a href="http://www.ticketmaster.com">www.ticketmaster.com</a> or by phone at 1-800-745-3000 toll free<br/>SAVE 50% on Tickets to ALL Performances!<br/>JUL. 28 - AUG. 8 and AUG. 11 - 15<br/><a href="http://www.Ringling.com">www.Ringling.com</a></p> |
| <p><b>Fitness Center</b><br/>11:00 a.m. - 6:00 p.m.</p> <p>Don't forget, Saturday Yoga Classes have started.</p>  |  |

**LakeSide Oasis is Now Open**  
11:00 a.m. - 6:00 p.m.

Rent the pontoon boat, buy some fishing bait, or get something to eat or drink for yourself at the Lakeside Oasis in bldg. 3326 by the Marina. The Oasis is open Friday - Sunday from 11 a.m. to 6 p.m.

What's on the menu?

Tacos, Mexican salad, hot dogs, nachos, rice beans, potato chips, cherry and orange shaved ice, ice cream, ice pops, soda, bottled water, beer, frozen drinks and nonalcoholic drinks.

**Check it out! You can't beat the prices.**

**Upcoming Events at the Library**

Come join the Summer fun at the Base Library on June 11 at 6 p.m.  
Come watch the movie "Pirates of the Caribbean: The Curse of the Black Pearl.

Meet and watch Valerie Oliver, the 2006 World Champion Female Top Spinner, demonstrate the spinning arts of yo-yo, spin top and Spinabola on Thursday, June 17 at 1 p.m.

Want to play the Mad Scientist? Come on June 29 at 5 p.m. and be part of the world of Fire and Ice science, an interactive program.

Kelly the Clown from Ringling Bros. Barnum & Bailey Circus will be entertaining at the library on July 1 at 11:30 a.m. Learn about the Ringling Bros. reading program too.

The next movie night at the library will be July 9 at 6 p.m. "Nim's Island" will be the Friday night movie.

Come join in the Pirate Program on July 14 with games, activities and a ship load of fun for all. Activities begin at 1 p.m.

"Shark Tale" will be the July 23 movie at 6 p.m.

Todd McKinney the Comedy Magician will make you laugh on July 29 at 10:30 a.m. What a way to start the day - with a good laugh.

The End of Summer Reading Party will take place on Friday, August 13 at 1 p.m. There will be certificates and prizes for all reading club members, plus a treasure hunt. Do not miss out!

**LakeSide Oasis will be open  
all night July 4th!**

**Get MWR Updates!**  
Facebook: [www.facebook.com/MWRFW](http://www.facebook.com/MWRFW)  
Twitter: [www.twitter.com](http://www.twitter.com) search 'LibertyFW'  
Off line? Connect at the Base Library's Computer Lab or use the Bowling Center's Free WiFi Network.

**Bravo Zulu**

**HAIL**

YNCS Deon Gains, COMTAC-SUPWING FTWO  
ACAN Brett Godfrey, STU NATTC Pensacola  
MASN Kayla George, STU NTTC Lackland AFB

**FAREWELL**

CDR Brian Parker, TSW Fort Worth  
YN1 Brandy Elliot, NOSC San Diego  
CS1 Benedict Cayamanda, GSA - Afghanistan  
CS1 Juventino Quintanilla, COMDESRON 1 SD AC2  
CS2 Claude Rivet, GSA - Afghanistan  
RP3 Jorge Marquez, RSO San Diego  
AO1 Christopher Aborqui, VP-69 Whidbey Island

**RECENT AWARD RECIPIENTS**

|                                       |     |
|---------------------------------------|-----|
| AO1 Christopher Aborqui               | NAM |
| AME1 Louise Green, NAS Fort Worth JRB | NAM |
| AC2 Mathew Osterbur                   | NAM |
| AC3 Lane Gunkel, NAS Fort Worth JRB   | NAM |
| PS2 Tim Hagood, NAS Fort Worth JRB    | LOA |

**HARDCHARGERS**

|                       |       |
|-----------------------|-------|
| YN3 Jacob Lowe        | ADMIN |
| MA3 Christopher Dixon | SEC   |
| AOAN Jose Dominguez   | WEPS  |
| MASN Kenneth Hawkins  | SEC   |

**CO COIN PRESENTATION**

Mr. Dexter Jackson

**FROCKEES**

**3rd Class PO**

ACAN Nathaniel Johnson  
MASN Kenneth Robinson

**2nd Class PO**

AC3 Michael Barrera  
CS3 Karl-Tristan Cruz  
AC3 Alberto Gil  
YN3 Jacob Lowe  
AO3 Dewitt Russell  
AO3 Curtis Thompson

**1st Class PO**

AO2 Adam Flores  
PS2 Nathaniel Ndikum  
ET2 Persida Iorga  
AT2 Danny Pearson  
AO2 Jonah Sanchez

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

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**Keith Berdine, Sales Manager  
Army Veteran**



**Kenneth Cast, Sales  
Navy Veteran**

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**SALES: Monday-Friday 8:30am-8pm  
Saturdays 8:30am-7pm**

**SERVICE DEPARTMENT: Monday-Friday 7am-7pm**

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