



Naval Air Station Kingsville FLYING K

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-- page 3

Vol. 72, No. 9

Naval Air Station Kingsville, Texas

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May 2, 2014

Small business earns NASK wastewater treatment facility project

Jacksonville, Fla. - Naval Facilities Engineering Command (NAVFAC) Southeast awarded a \$1.5 million contract March 28, to Dakota Meyer Enterprises (DME) Inc., a small business based in Campbellsville, Kentucky, for a wastewater treatment facility project at Naval Air Station (NAS) Kingsville, Texas.

"Currently, NAS Kingsville operates its own sewer treatment plant," said Public Works Officer Lt. Cmdr. Eric Hass. "The plant was constructed in 1942 and is in need of several repairs. It was originally sized for a flow of 400,000 gallons per day (GPD). The current operating load is approximately 100,000 GPD and this low flow, causes problems with the plant operation due to the fact that the plant is oversized and in need of multiple repairs."

Construction will consist of a new on-base lift station and approximately 14,000 linear-

feet of new underground sanitary force main that will connect the NAS Kingsville sanitary sewer system to the City of Kingsville Sanitary Sewer System. The project will eliminate the need to operate the existing 70-year old oversized NAS Kingsville wastewater treatment plant and will include decommissioning, cleaning and abandoning the old plant.

This new project for NAS Kingsville will improve its wastewater collection and treatment system and correct past deficiencies.

"Construction of a new 100,000 GPD package waste water treatment plant is estimated to cost in excess of \$5 million," said Hass. "Adding life cycle costs of operating and maintaining a new plant would increase the costs far in excess of \$6 million. The connection to the City of Kingsville's Sanitary Sewer System is the best option at

a total cost of less than \$2 million."

DME Inc. is named for former Marine Sgt. Dakota Meyer who was awarded the Medal of Honor by President Barack Obama Sept. 15, 2011. Meyer's award citation noted he received the award "for conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while serving with Marine Embedded Training Team 2-8, Regional Corps Advisory Command 3-7, in Kunar Province, Afghanistan, on Sept. 8 2009."

One of the primary reasons Meyer started his own business was to put veterans back to work.

"When President Obama presented me with the Medal of Honor in 2011, I felt like my Nation was giving me a new charge. I firmly believe I have a responsibility to help as many of my fellow veterans and their families succeed after their years of

sacrifice," said Meyer.

"NAVFAC remains committed to small businesses as our 'first option' in fulfilling our requirements," said NAVFAC Southeast Deputy for Small Business Nelson Smith. "Service-Disabled Veteran-Owned Small Businesses are a key component of the small business community, bringing the positive attitude and skills honed during their military service to the business world. I'm proud to be a member of an organization that demonstrates such amazing support to all of our small business programs."

"I've said time and time again -- if you want to help a veteran, hire one," said Meyer. "But now I find myself saying something equally true, if not more so -- if you want to help your business, hire a veteran."

(Story courtesy NAVFAC Southeast Public Affairs)

Navy celebrates Earth Day through "Global Reach, Local Action"

From Chief of Naval Operations Energy & Environmental Readiness Division

WASHINGTON (NNS) -- Navy commands across the globe are celebrating Earth Day today and throughout the month of April by participating in local activities that showcase their ongoing commitment to the environment as they support the Navy's national security mission.

Earth Day, which was first celebrated in April of 1970, began as a grassroots movement that raised public awareness of the fragility of natural ecosystems and encouraged people to make individual commitments to protect the planet.

The Navy's 2014 theme for Earth Day, "Global Reach-->Local Action," reminds Sailors, civilians, and family members that as a result of the Navy's global presence, they have many opportunities to make positive changes for the environment and for energy use in their communities.

"The Navy began installing equipment on our ships to safely manage our waste stream at sea and protect the environment over 30 years ago, and our bases have developed robust programs to protect natural resources and keep the air, water, and soil clean," said Rear Adm. Kevin Slates, director of the Chief of Naval Operations Energy and Environmental Readiness Division (OPNAV N45).

"We're also pursuing energy initiatives that focus on enhancing capability and

resiliency, but many of those energy efforts also have a side benefit of being good for the environment. Earth Day is a prime time to let people know that we have taken and will continue to take our environmental stewardship responsibility seriously," said Slates.

Among the Earth Day related activities planned or ongoing this year at naval commands are environmental presentations at local schools; exhibit events with government agencies, and non-governmental organizations; 5K runs; beach clean-ups; energy awareness training/competitions; recycling events; solar power demos; environmental fairs and facility nature tours; and tree plantings.

Numerous Navy commands that conducted Earth Day activities for 2014 are highlighted on an infographic that can be accessed at <http://greenfleet.dodlive.mil/files/2014/04/20140422-Earth-Day-Infographic-FINAL.pdf>.

To learn more about Navy Earth Day, visit <http://greenfleet.dodlive.mil/environment/earth-day/>, Facebook at www.facebook.com/navycurrents, and Twitter at @NavyCurrents.

For more news from Chief of Naval Operations Energy and Environmental Readiness Division, visit www.navy.mil/local/n45/. See photo of NAS Kingsville's Earth Day events on Page 6.



Retiring Olde Glory: NAS Kingsville Color Guard members ACAN Quade Petsche, left, and AC2 Allan Lopez of the Air Operations Department, stand at attention as three U.S. flags are burned during an official flag retirement ceremony held April 29 at the NASK softball field. The ceremony was a joint effort by the NAS Kingsville CPO Mess, First Class Petty Officers and Junior Enlisted Associations. The flags were retired from service following official protocol, with each flag being torn into strips by color line, and ceremoniously burned into retirement. (Photos by Jon Gagné, NAS Kingsville Public Affairs)

From the Bridge



Capt. Chris Misner
Commanding Officer

Team Kingsville,

We are now into May and therefore we are in our hurricane preparedness month. There is always the possibility that a major storm could strike the Gulf Coast, so we need to ensure this command and our families are prepared to meet challenges posed by a major storm head-on. Hurricanes and other major storms can cause severe damage to homes and property near our coastlines and can extend several hundreds of miles inland. Hurricanes can produce damaging winds in excess of 150 miles per hour and also produce tornados and microbursts. There can also be significant damage from water due to heavy rains, storm surges and flash flooding.

This year, our installation will be a major player in our Navy's nationwide hurricane exercise program. I want to thank our EM team, as well as key players from safety, fire and security and other leaders who will play a key role in this year's exercise. Whether you are part of protecting our base or protecting your homes and families, everyone can take a few simple steps to help weather the storm.

First of all, gather information. It's up to you to know if you live in an evacuation area and up to you have all the emergency contacts you need to get information. The National Weather Service has a great web site, Facebook and Twitter account that can be of great help. Do you know our command's information hotline number?

Second, you need to plan and take action. Put together a basic disaster preparedness kit for you and your family. Do you have extra food, water, medicines and even

pet food on hand. Do your kids know what to do in case of an emergency away from home? There are many checklists on the internet that can help and our command will also be providing information as we navigate this together.

Finally, understand what needs to be done as we recover from an actual storm. That is not the time to find out if your insurance coverage is not-up-to-code or has lapsed.

I realize we are all extremely busy. It would at times appear that these issues seem like the command gives us more and more

things we need to think about or things we need to do. I submit that this is one of those items you need to pay special attention to. I have lived through a few storms and also helped in major recovery efforts in my career. The effects a major storm could have on our base and our families could be devastating. I have a duty, and a responsibility, to ensure this air station is prepared as we enter the storm season. Please do your part to help me with that effort, that includes taking care of your family.

One Team, One Fight, One Focus!
Skipper



Staying Navy -- MM2 (SW) Christina Rivera recently reenlisted for three more years of U.S. Navy service. Pictured here, Assistant Security Officer Ensign Carlos Jones, who served as the reenlisting officer, presents her with a Certificate of Reenlistment. Rivera, who is a sentry with the Security Department, is a native of Philadelphia and has more than seven years of service. (Photo by ADC Cody Snellman)

Health Clinics to offer new, online communication tool for patients

South Texas Branch Health Clinics are pleased to announce a new, convenient program for active duty and retired personnel and dependents. The program is called RelayHealth, which allows customers to communicate with the clinic online through the RelayHealth messaging service.

The RelayHealth service is a safe, secure, and confidential way to communicate about your non-urgent healthcare needs. It's as easy to use as e-mail, but incorporates stronger security measures that ensure your privacy.

Any time you wish, you can use the RelayHealth service to:

- consult us regarding non-urgent health matters or symptoms
- request prescription renewals or lab results
- route electronic prescriptions to your pharmacy for filling



- schedule appointments
- request referrals
- access valuable health information

By using the RelayHealth service, you'll be able to communicate with our office when it's most convenient for you. All you need is access to a computer with an Internet connection.

Interested? If so, please take a few minutes to sign up now (there is no fee to register for this service):

1. Visit www.relayhealth.com and click Register (top right hand side).
2. Choose patient
3. Complete registration
4. When prompted, select your doctor.

Note: To ensure security, my office must Accept your application before your registration will be complete. Please allow 24 hours following registration for our office to process your registration.

To learn more about the RelayHealth service, visit www.relayhealth.com. If you have any questions about RelayHealth, please feel free to contact RelayHealth Customer Support at 1-866-RELAYME (1 866 735 2963)

Flying K

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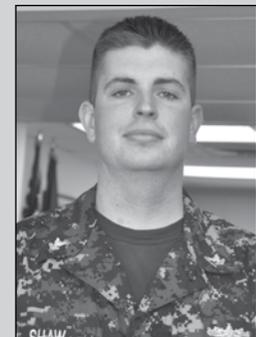
FC1(SW) John Sessions
Public Affairs Assistant

DoD Safe Helpline
1-877-995-5274

SAPR Victim Advocate (NAS Kingsville)
1-361-533-0454

SARC (NAS Kingsville)
1-361-947-3140

Command Info Line
1-855-267-9173



This paper is published for people like ET2 (SW) Zachary Shaw who recently reported to Ground Electronics from USS Milius (DDG 69) homeported in San Diego, Calif. Shaw is a native of Aransas Pass, Texas, and has nearly six years of U.S. Navy service.

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In the Break



Capt. Donald Nisbett Jr.
Commander
Training Air Wing TWO



TW-2 recently completed a three-week-long weapons detachment in California's Imperial Valley at NAF El Centro. I had the good fortune to participate and personally witness one of the more intensive and dynamic stages of the training syllabus, where our student naval aviators typically fly twice a day to hone their skills in advanced jet training.

The close proximity of weapons ranges and military training routes, not to mention the near perfect flying weather, provide the optimal setting for weapons delivery and low-level navigation.

In news from the fleet, friends and families welcomed home over 4,500 Sailors and Marines of the Boxer Amphibious Ready Group (ARG) and 13th Marine Expeditionary Unit (MEU) on April 25 aboard Naval Base San Diego.

The Boxer ARG/13 MEU completed an eight-month deployment in the U.S. 5th, 6th and 7th Fleet areas of responsibility, providing maritime security operations, crisis response capability, theater security cooperation and forward naval presence.

The Boxer ARG is led by Commander, Amphibious Squadron (PHIBRON) 1 and is comprised of the multipurpose amphibious

assault ship USS Boxer (LHD 4), amphibious dock-landing ship USS Harpers Ferry (LSD 49), and amphibious transport dock ship USS New Orleans (LPD 18).

The 13th MEU is comprised of Battalion Landing Team, 1st Battalion, 4th Marine Regiment Aviation Combat Element, Marine Medium Tiltrotor Squadron 166 (Reinforced) and Logistics Combat Element, Combat Logistics Battalion 13.

On a more serious note, suicide continues to be a serious problem at all levels of the U.S. military. In 2012, there were a total of 319 suicides among active duty personnel and 203 among those in the reserve components (Suicide Data Report, 2012; <http://www.va.gov/opa/docs/suicide-data-report-2012-final.pdf>). As a nation that has been at war for the past 13 years, repeated deployments, sustained exposure to combat, and the tragedies of war, have brought stresses and strains on our troops and on their families back home. There are resources available for you or someone you may know to help prevent this tragedy. The Military Crisis Line provides confidential help and can be reached at 1-800-273-8255 (chat online at www.MilitaryCrisisLine.net or text 838255). Other resources available can be found at <http://www.dodlive.mil/index.php/category/suicide-prevention/>.

Finally, mark your calendars for the upcoming Winging ceremony at the Captain's Club aboard NAS Kingsville on May 9, beginning at 4 p.m.

Happy Cinco De Mayo!

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Service to Country -- AC2 (AW) Robert Sczepanski reenlisted recently for four additional years of Naval service. The Blaire, Minn. native has currently five years of service and has been stationed at NAS Kingsville for two years with his wife Nichole and daughter Noelle. Sczepanski works at Naval Auxiliary Landing Field Orange Grove as a facility watch supervisor. Seen here, Lt. Cmdr. Shane Dudley, Air Traffic Control Facility Officer, issues Sczepanski the oath of reenlistment. (Photo by FC1 (SW) John Sessions)

Drumbeats

Current issues on the forefront of the minds and hearts of our people ...

Domestic Violence: What does an abusive relationship look like? Does your partner ever....

- Embarrass you with put-downs?
- Control what you do, who you see or talk to or where you go, the money?
- Look at you or act in ways that scare you?
- Push you, slap you, choke you or hit you?
- Stop you from seeing your friends or family members?
- Tell you that you're a bad parent or threaten to take away your children?
- Prevent you from working or attending school?
- Act like the abuse is no big deal, deny the abuse or tell you it's your own fault?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives or other weapons?
- Threaten to commit suicide, or threaten to kill you?

If you answered "yes" to even one of these questions, you may be in an unhealthy or abusive relationship. Call 1-800-799-SAFE, if anything you read raises a red flag about your own relationship or that of someone you know.

SAPR: Text for Info

Safe Helpline can provide you with referrals by text to your mobile phone. You can text your zip code or installation/base name to 55-247 (inside the U.S.) or 202-470-5546 (outside the U.S.), and Safe Helpline will text back contact information for the SARC on your installation/base and other resources available on and off base.

Suicide Prevention: If you, your shipmate, or a loved one is having trouble navigating stress or experiencing a crisis, help is ALWAYS available. Seeking help is a sign of strength.

Navy Chaplain Care: Sometimes Sailors and their families would prefer to trust and confide in a Navy Chaplain to receive guidance or help seeing things more clearly. Chaplains are available to talk 24/7...just a click or phone call away through Navy311. Communications with Navy Chaplains are 100 percent confidential, unless the service member decides otherwise. For more information, call the Chaplain's Office at 361-516-6618.

Alcohol: You've worked hard for your career as a Sailor. Only one-third of 17-to-24 year olds in the United States are even eligible for Navy service, and even fewer are capable of enduring the physical and emotional challenges of being a Sailor. From boot camp to advancement exams, job training and deployments, you have conquered them all through hard work, sacrifice and dedication.

Making responsible drinking choices is an extension of that dedication. Just one bad decision while drinking alcohol can jeopardize your future. *see Drumbeats on page 11*

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“Earth Day ... Every Day”

Earth Day 2014 -- (Below) Personnel from the NAS Kingsville Environmental Services Department and Public Works manned an information booth at Texas A&M Kingsville’s “Earth Day ... Every Day” fair April 22, held in the courtyard of the Student Union Building on campus. The NASK team handed out information pamphlets and answered questions about conserving energy, water conservation, recycling and more! (Photo by Jon Gagné)



Running for Earth Day -- (Above) Military and civilian runners take off for the Earth Day 5K Run / 2K Walk. The run was coordinated by the NAS Kingsville Environmental Services Department and MWR. (Photo by Jon Gagné)



Setting the pace for saving the Earth ...



Fifteen Years -- Capt. Christopher Misner, NAS Kingsville Commanding Officer, presents Francisco Vallejo Jr., Fire and Emergency Services, with a certificate of recognition for 15 years of service in the Government of the United States of America. (Photo by FC1 (SW) John Sessions)



Thirty Years -- Capt. Christopher Misner, NAS Kingsville Commanding Officer, presents Ophelia Alvarez, Navy Exchange Store Manager, with a plaque recognizing 30 years of outstanding dedication and leadership to the men and women of Naval Air Station Kingsville. (Photo by FC1 (SW) John Sessions)

Sexual Assault Awareness Walk -- In the United States, April marks Sexual Assault Awareness Month (SAAM). During SAAM awareness is raised about sexual violence to educate communities and individuals on how to prevent it. (Foreground) NAS Kingsville and FLC Jacksonville personnel participate in a sexual assault awareness one mile walk in support of SAAM. At the back of the pack, future and current Chief Petty Officers engage in a long distance run during CPO 365 training. Photo By (FC1 (SW) John Sessions)



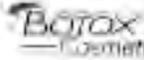
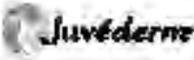
Aspire to Learn Academy -- Fifth grade students from the Aspire to Lead Academy in Kingsville toured the air station April 23. The students visited the Air Operations Department's approach control radar and air traffic control tower, "flew" in the ground training flight simulator and had the opportunity to do some "cosmic bowling" and each lunch at the Bowling Center. (Photo by FC1 (SW) John Sessions)



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Sports



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**Captain's Cup
Updated Standings (22 APR)**

Pos	Team	Pts
1.	VT-22 Golden Eagles	560
2.	VT-21 Redhawks	557
3.	Army Reserve	541
4.	Air Operations	515
5.	Branch Health Clinic	210
6.	NASK Admin	115
7.	Border Patrol	110
8.	NALF Orange Grove	100
9.	TraWing TWO	47
10.	Security	10
11.	Fire Department	0

**Captain's Cup
Doubles Ping Pong Tournament:**

- Jed Munn / Julian Munn
- Anderson Spedini / Father
- Kris Von Kreuger / Spouse

**Captain's Cup
Bowling Final Standings**

- Army Reserve
- VT-21
- VT-22
- Branch Health Clinic

**Captain's Cup Dead Lift
Competition**

(Score determined by subtracting the body weight from Max weight lifted)

Men's Division

- D. Bradley - Orange Grove - 279
- T. Delafuente - Army Resv - 255
- Z. Zelenoski - C/BP - 234
- C. Vicencio - BH Clinic - 233
- G. Hillman - Amin - 188

Women's Division

- R. Zuniga - MWR - 83
- E. Haddock - MWR - 60

**Captain's Cup
Basketball Final Standings**

- Border Patrol
- NALF Orange Grove
- AIR Operations
- VT-22
- Los Banshees
- VT-21
- Branch Health Clinic

Bowling Center

In the Doghouse League Standings as of April 22

Place	Team	Won	Lost
1	Los Leones	76	52
2	SA 2	74.5	53.5
3	DNA	73.5	54.5
4	Three J's	66	62
5	Alley Cats	62	66
6	Flat Tires	54	74
7	Team 7	0	116
8	Ghost	0	0

Weekly Leaders:

High Series Scratch: Roberto Herrera 579; Vic Kuntscher 539. **High Game Scratch:** Roberto Herrera 216, Vic Kuntscher 215.

High Series Handicap: Barry Fuhrken 660; Roberto Herrera 642. **High Game Handicap:** Roberto Herrera 237, Vic Kuntscher 234.

Season Leaders:

High Game Scratch: JD Monroe, 299; Joey Soliz, 279; Rich Kolk Jr., 279.

High Series Scratch: Rich Kolk Jr., 735; Joey Soliz, 685; Eric Joles, 674.

High Handicap Series: Rich Kolk Jr. 758; JD Monroe 757, Joey Soliz 733

High Game Handicap: JD Monroe 327, Joey Soliz 298, two tied at 286

Wednesday Nite Mixed Standings as of April 23

Place	Team	Won	Lost
1	DUH's	77	47
2	I Can't Believe	64	60
3	I Bowlers	64	60
4	Kings & Queens	61	63
5	Rattlers	61	63
6	Big K Rollers	57	67
7	Laugh Out Loud	57	67
8	Chemcel Strikers	55	69

Weekly High Scores:

Josh Nunez 211-268-168 647 series
Amy Goff 147-206-125 478 series
Barry Fuhrken 181-162-157 500 series

Season Leaders:

High Game-Men: Nathan Johnson, 297; JD Monroe, 279; Joey Soliz, 277.

High Series-Men: Eric Joles, 697; Rich Kolk Jr., 689; Josh Nunez, 668.

High Game Handicap-Men: Nathan Johnson 315; Joey Soliz 307, JD Monroe 304.

High Series Handicap-Men: Ralph Duffy 747; Buddy Wilson 742; Josh Nunez 737.

High Game-Women: Shirlye Duffy, 229; Carmen Arevalo, 220; Kathy Court, 215.

High Series-Women: Carmen Arevalo, 598; Shirlye Duffy, 588; Delia Monroe, 562.

High Game Handicap: Shirlye Duffy 274; JoAnn Herrera 268; Carmen Arevalo 265

High Handicap Series: Carmen Arevalo 727; Shirlye Duffy 723; Gabby Ganther 687



Reenlistment -- AC2 Thomas Debedendettis answered the call recently by continuing to serve in the U.S. Navy. Debedendettis, a native of Albuquerque, N.M., has been stationed at NAS Kingsville for four years with his wife Katherine and has reenlisted for an additional four years. Seen here, Lt. Cmdr. Shane Dudley, reenlisting officer, and ADC Cody Snellman, command career counselor, guide Debedendettis in signing a new enlistment contract. (Photo by FC1 (SW) John Sessions, NASK Public Affairs)

Navy Voluntary Education seeks current and former Sailors' success stories

The birthday of Navy Voluntary Education (VOLED) is May 14, and the Center for Personal and Professional Development (CPPD) is asking in advance for Sailors' help in celebrating 40 years of their educational successes.

"We are looking for current and former Sailors to share their successes as a result of using Navy VOLED programs," said CPPD Commanding Officer Capt. John Newcomer. "Throughout my career, I've seen many, many Sailors achieve incredible things as a result of VOLED programs. We want to give Sailors a chance to share those successes and also inspire other Sailors to achieve their own educational goals."

VOLED programs include Tuition Assistance, Navy College Program for Afloat College Education (NCPACE), and United Services Military Apprenticeship Program (USMAP).

Through the month of May, submitted photos and stories will be posted on CPPD's Facebook and Twitter pages, along with the hashtags #NavyVOLED #My5Words.

Former and current Sailors who agree to their photo being used in social media for this celebration should follow these directions:

- 1) Decide what five words state how your participation in Navy Voluntary Education has helped you succeed.
- 2) Write those five words clearly on a piece of paper (at least 8" x 10" in size).
- 3) Take a photo of you holding the sign with your five words. (Your face and sign must be in focus with no CACs/badges/

classified or sensitive information showing. Please consider if a particular background setting in the photo can help tell your success story - ship or sub bridge, operational/expeditionary setting, aircraft/flight deck, a flight line, pierside, operating room, etc.)

4) Email it to CPPDFeedback@navy.mil by May 30 along with the following information, which is helpful, but not mandatory:

- Name / Former/current rating:
- Number of years in the Navy:
- Degree / USMAP certificate achieved: (AA, MS in Ed., PhD in ...)

Current job title: / Any other information you'd like to include:

May 1 through 31, CPPD will post photos, along with each person's name, rank and/or what they accomplished and the hashtags #NavyVOLED #My5Words.

"We'll also be inviting Sailors to share their own five words of success in their personal social media accounts in May using the #NavyVOLED #My5Words hashtags in their posts," said Newcomer. "We're looking forward to everyone joining in our Navywide celebration. I'm already thinking about my own five words."

For questions about the VOLED celebration, contact CPPD at CPPDFeedback@navy.mil or 757-492-5642 (DSN 492) or visit <https://www.netc.navy.mil/centers/cppd/> and www.navy.mil/local/voledpao/.

Story by Susan D. Henson, Center for Personal and Professional Development

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Volunteer at The Cattery - Do you love cats, but you're allergic? Volunteer in our gift shop! Do you want to volunteer, but don't have time to come to the shelter? Help us add pictures of new cats to our website from home! The possibilities are endless! Hours available for volunteering at the shelter are as follows: Monday and Tuesday, 9-12pm Wednesday and Thursday, 9-12pm and 3-5pm and Friday - Sunday 9am-5pm Adult volunteers can work any amount of time during these hours. Youth Volunteers are limited to 3 hours per day.

We are also at Petsmart 11am-5pm, Saturday and Sunday and need volunteers there as well. Our shelter has limited staff and the amount of work that needs to be done to keep the shelter running exceeds the amount of employees that we have! Especially since we do adoptions at two locations! We rely heavily on our volunteers and ask for only serious commitments, therefore we ask for a minimum of 6 hours of your time each month, it might be hard work, but your reward is helping homeless kitties find new homes! During your volunteer shift at the shelter 1/2 your time will be spent working (cleaning or other shelter things that need to be done) and the other 1/2 will be spent playing with kitties! For list of Volunteer Needs please visit: www.thecattery.org/volunteer/volunteer-information

A Mother's Day Gift for the MOM WHO HAS EVERYTHING: Please make a donation "In Honor of" or "In Memory of" your Mom to a local charity ... pick a cause she believe in, Animal Rescue, Conservation, help the Homeless ... whatever you decide will mean so much more than a pair of slippers. Go on line to the Charity's Website, make the donation. Most of them are set up to send an acknowledgement to the person who is being honored with the donation.

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Are you waiting for an Organ Transplant? Have you received a Transplant? If so, the Transplant Support Group of South Texas, serving the Coastal Bend's Transplant Community for 21 years, would be happy to have you join us at our meeting - first Tuesday of EVERY Month: Potluck at 6:30PM in the Dr. Spohn conference room at Shoreline Hospital - 2d floor; follow the signs toward the Chapel - RMI or to meet privately call 361-880-5371; "A Friend to help in time of Need"



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Drumbeats from page 5 _____

ardize everything you've earned. Sailors involved in alcohol-related incidents face serious consequences, including:

- *Loss of rank, rate or pay
- *Separation from the Navy
- *Civilian consequences, such as fines and jail time

Irresponsible drinking not only threatens your health and career, it threatens the Navy's ability to be mission-ready.

Drug Use: According to a recent survey conducted by the Department of Defense, one in eight active-duty military personnel are current users of illicit drugs. This is largely driven by prescription drug abuse, reported by one in nine service members—more than double the rate of the civilian population!

Also, 60 percent of the 140,000 veterans in Federal and state prisons struggle with substance abuse. About \$541.7 million dollars in Federal funding was requested for veterans' treatment programs in fiscal year 2012.

****The bottom line shipmates:** In all of the above, YOU are the key to our success in the Navy! Intervene, speak up and look out for one another ... don't be the one who stands by and watches a shipmate fall.**

Here to Help You!



AC1 (AW) Philip Ford

Who are your SAPR Victim Advocates?

AC1 (AW) Philip Ford is one of more than 10 Sexual Assault Prevention and Response (SAPR) Victim Advocates aboard NAS Kingsville. Ford works at air operations as an Air Traffic Controller.

If you're are a victim of Sexual Assault, you may contact Ford at (361) 516-6108, or call the NASK SAPR victim advocate help line (361) 533-0454 or the DOD helpline (877) 995-5247.

Know your SAPR Victim Advocates!

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Volunteer at The Cattery

Do you love cats, but you're always? Volunteer in our pet shop! • Do you want to volunteer, but don't have time to serve to the shelter? • Help us add pictures of new cats to our website from home! • The conditions are excellent. Some available for volunteering at the shelter are as follows: Monday and Tuesday, 9-12pm Wednesday and Thursday, 9-12pm and 2-5pm and Friday - Saturday 9am-5pm. Public volunteers may work any amount of time during these hours. Youth Volunteers are limited to 3 hours per day. We are also at PetSmart 11am-5pm, Saturday and Sunday and need volunteers there as well.

Our shelter has limited staff and the amount of work that needs to be done to keep the shelter running exceeds the amount of employees that we have! Especially since we do adoptions at two locations! We rely heavily on our volunteers and ask for only genuine commitments. There are no pay for a minimum of 4 hours of your time each month. It might be hard work, but your reward is helping homeless kitties find new homes! During your volunteer shift at the shelter 1/2 your time will be spent working (cleaning or other shelter things that need to be done) and the other 1/2 will be spent playing with kitties!

- Available Volunteer Opportunities:**
- Food and Water:** We will need volunteers to clean bowls, cut food, fill bins and other general cleaning. Volunteers will distribute food and water to the cats.
 - Medical:** Specially trained volunteers will administer daily medications as needed.
 - Administrative:** Help with publications and maintaining the web site.
 - Adoption:** Work with the public to place cats in loving homes.
 - Funding:** Help with various planned fund raises throughout the year. Or come up with your own!
 - All these are appreciated!** Volunteers can also help with grant writing and corporate sponsorships.
 - Kit Sleep:** Volunteers can help shoppers select the perfect gift, toy and pet and use merchandise, and other store related activities.
 - Purifier Care:** House kitties that are either too young to be in the shelter (kitten babies or weaners) and ill-served or that need medical attention.
 - TRF:** We also help the city with their Trap, Neuter, Release program every and will need volunteers to help with this project.

