



# Naval Air Station Kingsville FLYING K

Who are your  
SAPR Victim  
Advocates?

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Naval Air Station Kingsville, Texas

www.cnic.navy.mil/kingsville

June 13, 2014

## Feds Feeds Families voluntary food drive underway

By Twilla Smith

Navy Region Southeast Public Affairs

Feds Feed Families is a voluntary effort supported by Federal employees across the nation where employees donate food and other non-perishable food items to be distributed to local food banks. This year's campaign began June 1 and runs through the end of August.

"The Feds Feed Families campaign gives us another opportunity to give back to the community," said Capt. Christopher Misner, NAS Kingsville commanding officer.

"Since the campaign began several years ago, personnel stationed aboard NAS Kings-

ville have donated and collected thousands of pounds of food and other non-perishable items," added Lt. Billy Hardison, NAS Kingsville chaplain who is coordinating the local program. "We know that Federal employees will answer the call to help their neighbors and we are relying on you to help NASK collect more food than ever!"

According to the USDA, hunger is a reality for one in six Americans. As a result, millions of Americans due to no fault of their own must turn to food banks and food pantries for emergency food assistance. Since the campaign began in 2009, Federal workers have donated and collected 24.1 million pounds of food and other non-perishable

items to support families across America.

"Navy Region Southeast is excited to participate in the 2014 Feds Feeds Families campaign, where we can contribute to helping end hunger in America," said Capt. Bob Williams, Navy Region Southeast regional chaplain. "We are always ready to serve our fellow citizens."

Navy Region Southeast is actively participating in this annual event by organizing collection and distributions locations at installations throughout the region, ensuring that all regional staff and service members have the chance to donate.

The NAS Kingsville chaplain's office is responsible for coordinating the program locally, including delivering items to the local food pantry and weighing the donations.

Hardison encourages personnel to bring non-perishable food items and place them in

a designated collection box. Boxes are placed on the quarterdeck of the Headquarters Building 2740, Training Air Wing TWO Building 2741, and the commissary.

"Thank you for the work that you do to help your neighbors," Hardison added. "We are looking forward to another successful FFF campaign!"

Anyone who is interested may donate to the campaign. Some of the items on the campaign's "most wanted" list include canned fruit in light syrup or its own juices, low sodium canned vegetables, multi-grain cereals, grains such as brown rice, canned proteins, soups, 100 percent juices, condiments, snacks, baking goods and hygiene items.

For more information, contact RP2(FMF) Harold Brantley at 516-6331.



In a prior year's Feds Feeds Families campaign, RP2(FMF) Harold Brantley loads nonperishable food items collected by NAS Kingsville personnel to take to local food pantry. The annual food drive runs through August. For more information, contact the Chaplain's office at 516-6331. (File photo)

## Battle of Midway lessons teaching today's Sailors

By Susan D. Henson

CPPD Public Affairs Officer

Navywide, Battle of the Midway was commemorated. Locally, a ceremony was held aboard USS Lexington Museum on June 4.

Center for Personal and Professional Development (CPPD) Sailors and civilians commemorated the Battle of Midway with a presentation led by a command leader with a unique view on the engagement.

The Battle of Midway is widely considered to be one of the most significant naval battles ever fought and the critical turning point in the Pacific theater during World War II. CPPD Command Master Chief David Colton has a personal tie to this history.

"My father was in World War II, and I had the honor of meeting many Pearl Harbor survivors during my tour aboard USS Pearl Harbor," said Colton. "These interactions provided him with first-hand accounts from service member who fought in the war."

Colton's presentation recounted the history leading up to the Battle of Midway to illustrate the battle's importance and critical lessons.

The United States had remained neutral prior to entering World War I, acting as a key supplier to Britain and other Allied powers. In just 19 months of formal U.S. participation from April 6, 1917, until the war ended, 116,516 U.S. service members were killed and 204,002 wounded.

"My father and other World War II veterans told me that back then, Japan seemed like another planet to most Americans," said Colton. "It was just 23 years after World War I, and we'd suffered catastrophic losses then. As a result, there was absolutely no appetite for war. But Pearl Harbor changed that."

The Japanese attack on Pearl Harbor Dec. 7, 1941, became a rallying point for America's spirit to never give up. "Despite defeat after defeat by the Japanese in the first months of the war, the forces of the 1940s were amazingly resilient - they never gave up," he said.

Colton gave an example of this resilience using Doolittle's Raid on April 18, 1942, which was an important operation leading up to the success of the Battle of Midway. Colton said one of the most impressive aspects of the operation was that the original idea for it came from a Navy submarine officer who was on temporary duty in Norfolk.

"He happened to see the shadow of two Army Air Corps bombers flying over the outline of an aircraft carrier painted on the ground for pilot training," said Colton. "This

see *Midway* on page 3

## From the Bridge



Capt. Chris Misner  
Commanding Officer



Team Kingsville,

It is hard to believe we are into June already. As you enjoy your summer, please remember all of the things we discussed at Safety Stand Down regarding hurricane preparations and the 100 days of summer. This can be a great time to get some well-deserved time-off, but it can also be very dangerous, if you do not keep safety on your mind.

Recently, our Casualty Assistance Calls Officer (CACO) had to deliver some bad news to a local family; their son who is a Sailor stationed "up north" had died in a watercraft mishap. Please do not think, "This can't happen to me!" It certainly can, if you don't use your head!

On another summer note, please ensure you are watching you leave balances. It's your responsibility to ensure you take full advantage of leave and liberty, while assigned to this command. We work hard, but we also need to play hard. It is important for you and your families to take time off to recharge and enjoy some summer fun!

We will begin another round of Captain's Calls in July. I hope you were satisfied with the responses from the last rounds. We answered each question that was raised and ensured the information was made available in e-mails, *Flying K* and in other methods of communication. We didn't necessarily respond to every question with the answer you may have wanted to hear, but we responded to every concern. It's important for me, as the Installation Commanding Officer, to know what's on your mind. I can't solve all the problems we have, but I believe that

at least having clarity about what's on your mind is a good start.

Congratulations again to all of our Sailors who advanced on this last exam cycle. We had very high numbers at Kingsville and I am pretty excited about that. We are also doing well on our re-enlistment numbers and even the number of Sailors getting special program packages approved such as Officer Candidate School (OSC) or entry into the Naval Academy.

Thank you again for all the hard work you do each and every day. This may be a

small base in South Texas, but you need to understand just how critical our mission is to the national security of the United States. Half of the Navy and Marine Corps carrier-based aviators are trained here. I cannot overemphasize the importance of that mission and how critical Naval Aviation is to our national security strategy. Please be safe, stay ready for hurricane season, make good choices during your liberty, and be proud of what you do here every day!

One Team, One Fight, One Focus!

Skipper



**Reenlistment** – ET3 (SW/AW) Morgan Ryan reenlisted for two more years of U.S. Navy service recently. Ryan, who just checked on board NAS Kingsville is assigned to Ground Electronics as a radar technician and has six years of Navy service. Lt. Ernest Mitchell, ground electronics maintenance officer, served as Ryan's reenlistment officer. (Photo by FC1(SW) John Sessions)

## Navy accepting Seaman-to-Admiral-21 applications until July 1

The Seaman-to-Admiral (STA-21) commissioning program, which provides an opportunity for qualified Sailors to receive college educations and Navy commissions, is soliciting applications for fiscal year 2015, as announced in NAVADMIN 101/14 last month.

The deadline for submitting application packages is July 1.

"We are proud of the STA-21 program and the amazing Sailors who receive their commissions through it," said Capt. Bob Fink, acting commander, Naval Service Training Command (NSTC). "STA-21 officer candidates and their families benefit from the educational opportunity afforded them at our nation's premier universities. Completing their degree in 36 months, they remain on active duty with full pay and allowances, and the Navy pays up to \$10,000 per year in support of their tuition, fees and books.

STA-21 is truly an investment in the Navy as it shapes our officer corps of the future."

According to the NAVADMIN, released by Vice Adm. W. F. Moran, Chief of Navy Personnel, application packages must be postmarked on or before the July 1 deadline date. Early submission is preferred, as this will allow feedback to the Sailor for submission of missing or illegible documents. The deadline for submission of additional documentation to an applicant's package is August 1.

Before earning their degrees, STA-21 applicants must attend the Naval Science Institute (NSI) course at Officer Training Command (OTC), Naval Station Newport, R.I., prior to beginning college studies at an NROTC-affiliated college or university.

STA-21/NSI is an eight-week course of intense officer preparation and indoctrination. Course enrollment is timed to allow

college entrance during summer or fall semesters/quarters after selection.

The NAVADMIN also said, the following target options and core are open for application for the FY15 selection board: Surface Warfare Officer (SWO), Surface Warfare/Information Professional (SWO/IP), Surface Warfare/Oceanography (SWO/OCEANO), Nuclear, Special Warfare (SEAL), Explosive Ordnance Disposal (EOD), Naval Flight Officer (NFO), Pilot, Civil Engineering Corps (CEC), and Nurse Corps.

The following target options have zero select opportunity for FY15: Human Resources (HR), Intelligence, Information Warfare, Medical Corps, Oceanography, Supply Corps, and Surface Warfare/Engineering Duty (SWO/ED).

The STA-21 program benefits Sailors as well as the Navy. The average candidate has

see **STA-21** on page 9

## Flying K

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**Capt. Chris Misner**  
Commanding Officer

**Cmdr. Rey Molina**  
Executive Officer

**Fifi Kieschnick**  
Public Affairs Specialist / Editor

**FC1(SW) John Sessions**  
Public Affairs Assistant

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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

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This paper is published for people like ICSA Jackson Sailor of Ground Electronics. Sailor is a native of Sauk City, Wis., and reported aboard NAS Kingsville last month, after completing "A" School in Great Lakes, Ill.

Midway from page 1

submariner asked ‘what if,’ but nay-sayers said there was no way it could be done - all the way up to senior U.S. leadership. It was Chief of Army Air Forces Lt. Gen. (Henry) Hap Arnold who saw the possibilities and ran with it.”

According to Colton’s research, it took some convincing in both services because, technically, U.S. forces didn’t have land-based bombers that could reach Japan. U.S. ingenuity and dedication were employed full force when Army Air Corps B-25B Mitchell medium-range bombers were gutted to the bare minimum, and crews trained completely on land for a sea-air mission.

“It’s amazing that the first time one of these bombers flew off the end of a ship at sea was during take-off from the actual mission - just 400 miles from the Japanese coast, they didn’t know if the planes would even make it off the flight deck and into the air. But they did,” said Colton.

The raid caused hardly any material damage to Japan. In part because of cloud cover, the pilots hit secondary and tertiary non-military targets or missed them completely.

“How the raid succeeded was in raising American morale and casting doubt on the ability of Japan’s military leaders to defend their home islands,” said Colton. “It also caused Japan to withdraw its powerful aircraft carrier force from the Indian Ocean to defend its home islands. The raid also

contributed to Japanese Admiral Isoroku Yamamoto’s decision to attack Midway in the Central Pacific.”

Another point Colton made during his presentation was about Sailors of all ranks and communities contributing to mission success. Pacific Fleet cryptanalysts intercepted 500 to 1,000 Japanese radio messages per day in May of 1942. They deciphered and translated approximately 25 percent, which enabled intelligence analysts to deduce that Midway was the Japanese target.

“Based on this critical intel, Adm. Chester Nimitz devised the battle plan,” said Colton. “He took calculated risks, gave orders, and then trusted his team to execute those orders - whether flag officers, pilots and their crew, submariners, or surface ship crew, they were all an essential part of mission success.”

Midway was a dramatic and desperately needed victory. Facing four experienced Japanese aircraft carriers, the U.S. Navy won the four-day battle that began June 4, 1942, with just three aircraft carriers - Enterprise (CV 6), Hornet (CV 8), and Yorktown (CV 5) - augmented by land-based fighters, bombers and torpedo planes from Midway.

“And this was four months after the Pearl Harbor attack. Yorktown was just out of the shipyard and not even at 100 percent yet,” added Colton.

The balance of sea power in the Pacific shifted from Japan to a level playing field

between it and America. Soon after the Battle of Midway, the United States and its allies would take the offensive in the Pacific.

“The feats of ingenuity, courage and dedication to mission are lessons we still lean on today,” said Colton. “The men and women

of the 1940s American forces fearlessly stood up to the threat of democracy. They lived our Navy Core Values because the world’s freedom depended on it. Today we honor their dedication and sacrifice as we continue their proud tradition of service.”



BOSTON, Mass. -- Retired Chief Boatswain’s Mate and D-Day veteran Daniel Coyle looks at a challenge coin presented to him by Cmdr. Sean Kearns, 73rd commanding officer of USS Constitution, far left, after participating in a memorial wreath-laying ceremony during the ship’s first Boston Harbor cruise of 2014. Coyle, 90 years old, was one of more than 400 visitors who embarked Old Ironsides for the underway demonstration, which commemorated the 72nd anniversary of the Battle of Midway and the 70th anniversary of D-Day. (Photo by MCSN Matthew R. Fairchild)

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## In the Break



Capt. Donald Nisbett Jr.  
Commander  
Training Air Wing TWO



Greetings NAS Kingsville  
and Training Air Wing TWO,

This past week, students and instructors of TW2 conducted a Carrier Qualification Detachment to Jacksonville, Fla., and USS Theodore Roosevelt (CVN 71). This is one of the most demanding and memorable phase of training and marks the introduction to carrier aviation for our Student Naval Aviators. Upon successful completion, our newest tailhookers will be one step closer to earning their Wings of Gold. This undergraduate flight training ties directly to how our military conducts military operations much like it did through history.

This past week was also memorable, as the world commemorated the 70th anniversary of the D-day landings and we remembered the 72nd anniversary of the Battle of Midway.

On June 6, 1944, the Allied invasion of Normandy (D-Day) represented the largest seaborne invasion in history. The operation (part of Operation Overlord) during World War II, began the invasion of German-occupied western Europe and led to the restoration of the French Republic. War raged on for another year before the unconditional surrender and Allied victory over Nazi Germany.

Two years earlier, from June 4-7, 1942, in the Pacific Theater of Operations, the Battle of Midway was fought over and near the tiny atoll. The United States Navy decisively defeated the attack by the Imperial Japanese navy, inflicting irreparable damage on the Japanese fleet. Prior to this action, Japan possessed naval superiority over the United States. Military historian John Keegan called it "the most stunning and decisive blow in the history of naval warfare." After Midway, the two opposing fleets were essentially equals, and the United States soon took the offensive.

For more information please visit: ([http://en.wikipedia.org/wiki/Normandy\\_landings](http://en.wikipedia.org/wiki/Normandy_landings))  
(<http://www.history.navy.mil/photos/events/wwii-pac/midway/midway.htm>)  
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**Staying Navy**—ACC (AW/SW) Michael Tredway reenlisted recently at air operations flight planning center. The Ashtabula, Ohio, native has 14 years of Naval service, and reenlisted for six more years. Lt. Cmdr. Shane Dudley, air traffic control facility officer, gave Tredway his oath of reenlistment. (Photo by FC1(SW) John Sessions)

## Here to Help You!



HM2 (FMF) Earl Revolta IV

### Who are your SAPR Victim Advocates?

HM2 (FMF) Earl Revolta is one of more than 10 Sexual Assault Prevention and Response (SAPR) Victim Advocates aboard NAS Kingsville. Revolta works at Branch Health Clinic Kingsville as medical records custodian. If you are a victim of Sexual Assault, you may contact Revolta at (361) 516-6344, or call the NASK SAPR victim advocate help line (361) 533-0454, or the DoD help line (877) 995-5247.

Know your SAPR Victim Advocates!

## Understand heat stress

South Texas' summer temperatures are not just uncomfortable, they can be dangerous, even deadly. Working in hot conditions without the right precautions poses many hazards to safety and health, and lowers work performance.

Summer hasn't "officially" started and temperatures have already reached the 90s. And, with humidity ranging from 20 to 85 percent, it can make temperatures feel up to 20 degrees warmer and reduce the body's ability to cool itself through perspiration.

The high temperature and humidity lead to a number of problems, including heat exhaustion, heat stroke, heat cramps, fainting, heat rash and hyponatremia. Some of these conditions are easy to confuse, but it is important to recognize each symptom and know how to respond.

**Heat Rash** -- Heat rash, also called prickly heat, may occur in hot and humid environments where sweat cannot evaporate easily. When the rash covers a large area it may become very uncomfortable. Heat rash may be prevented by resting in a cool place and allowing the skin to dry.

**Signs and symptoms:**

\* Rash of small pink or red bumps, itch-

see *Heat* on page 9

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# NOAA predicts near-normal 2014 Atlantic hurricane season

## El Niño expected to develop, suppress the number, intensity of tropical cyclones

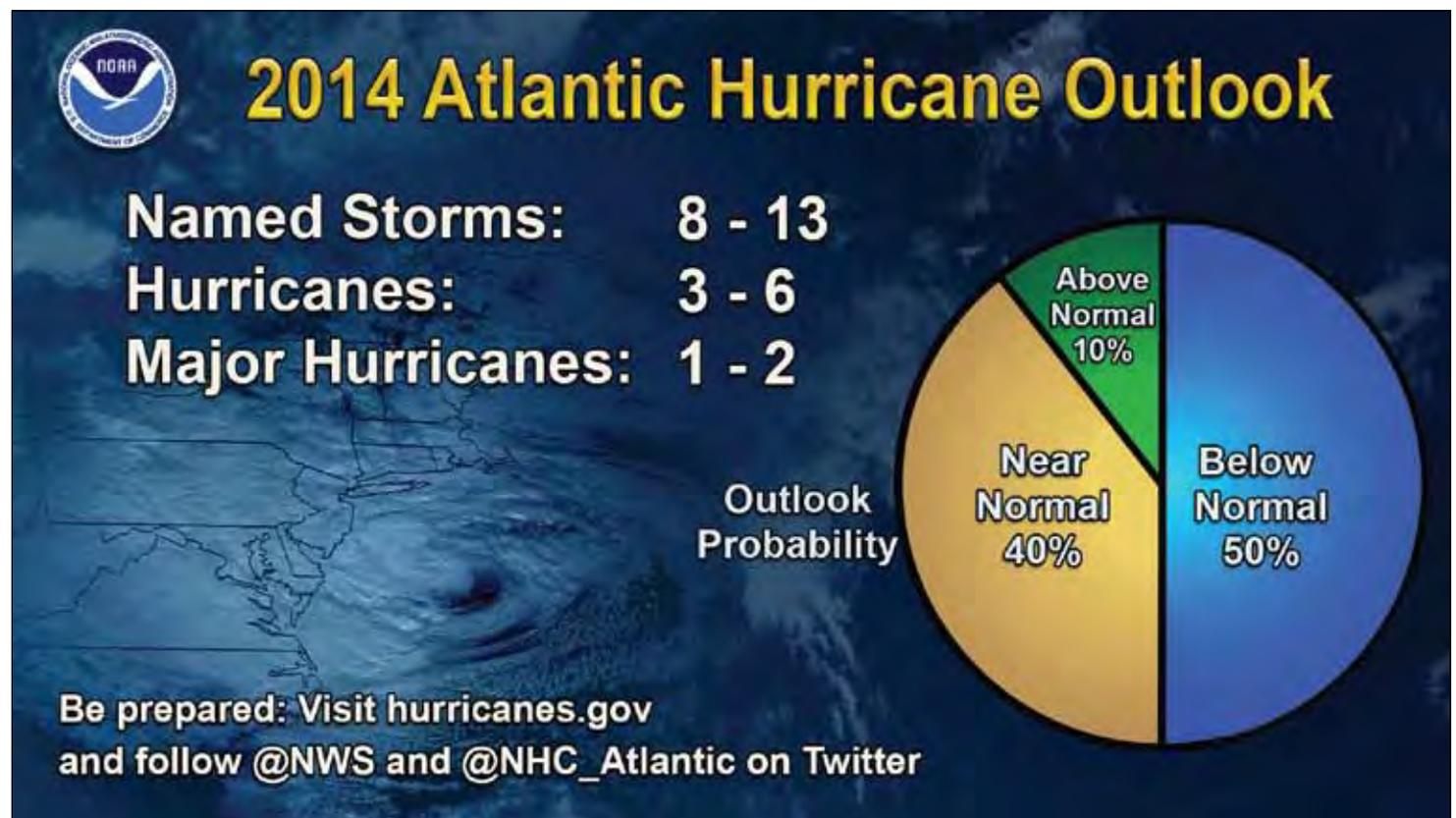
In its 2014 Atlantic hurricane season outlook issued today, NOAA's Climate Prediction Center is forecasting a near-normal or below-normal season.

The main driver of this year's outlook is the anticipated development of El Niño this summer. El Niño causes stronger wind shear, which reduces the number and intensity of tropical storms and hurricanes. El Niño can also strengthen the trade winds and increase the atmospheric stability across the tropical Atlantic, making it more difficult for cloud systems coming off of Africa to intensify into tropical storms.

The outlook calls for a 50 percent chance of a below-normal season, a 40 percent chance of a near-normal season, and only a 10 percent chance of an above-normal season. For the six-month hurricane season, which began June 1, NOAA predicts a 70 percent likelihood of eight- to-13 named storms (winds of 39 mph or higher), of which three-to-six could become hurricanes (winds of 74 mph or higher), including one-to-two major hurricanes (Category 3, 4 or 5; winds of 111 mph or higher).

These numbers are near or below the seasonal averages of 12 named storms, six hurricanes and three major hurricanes, based on the average from 1981 to 2010. The Atlantic hurricane region includes the North Atlantic Ocean, Caribbean Sea and Gulf of Mexico.

"Thanks to the environmental intelligence from NOAA's network of earth observations, our scientists and meteorologists can provide life-saving products like our new storm surge threat map and our hurricane forecasts," said Kathryn Sullivan, Ph.D., NOAA administrator. "And even though we expect El Niño to suppress the number of storms this season, it's important to remember it takes only one land falling



storm to cause a disaster."

Gerry Bell, Ph.D., lead seasonal hurricane forecaster with NOAA's Climate Prediction Center, said the Atlantic – which has seen above-normal seasons in 12 of the last 20 years – has been in an era of high activity for hurricanes since 1995. However, this high-activity pattern is expected to be offset in 2014 by the impacts of El Niño, and by cooler Atlantic Ocean temperatures than we've seen in recent years.

"Atmospheric and oceanic conditions across the tropical Pacific are already taking on some El Niño characteristics. Also, we are

currently seeing strong trade winds and wind shear over the tropical Atlantic, and NOAA's climate models predict these conditions will persist, in part because of El Niño," Bell said. "The expectation of near-average Atlantic Ocean temperatures this season, rather than the above-average temperatures seen since 1995, also suggests fewer Atlantic hurricanes."

NOAA is rolling out new tools at the National Hurricane Center this year. An experimental mapping tool will be used to show communities their storm surge flood threat. The map will be issued for coastal

areas when a hurricane or tropical storm watch is first issued, or approximately 48 hours before the anticipated onset of tropical storm force winds. The map will show land areas where storm surge could occur and how high above ground the water could reach in those areas.

Early testing on continued improvements to NOAA's Hurricane Weather Research and Forecasting model (HWRF) shows a 10 percent improvement in this year's model compared to last year. Hurricane forecasters use the HWRF along with other models to produce forecasts and issue warnings. The HWRF model is being adopted by a number of Western Pacific and Indian Ocean rim nations.

NOAA's seasonal hurricane outlook is not a hurricane landfall forecast; it does not predict how many storms will hit land or where a storm will strike. Forecasts for individual storms and their impacts will be provided throughout the season by NOAA's National Hurricane Center.

"It only takes one hurricane or tropical storm making landfall to have disastrous impacts on our communities," said Joe Nimmich, FEMA associate administrator for Response and Recovery. "Just last month, Pensacola, Florida saw five inches of rain in 45 minutes – without a tropical storm or hurricane. We need you to be ready. Know your risk for hurricanes and severe weather, take action now to be prepared and be an example for others in your office, school or community.

Learn more about how to prepare for hurricanes at [www.ready.gov/hurricanes](http://www.ready.gov/hurricanes)."

## It's hurricane season ... how prepared are you?

Lack of hurricane awareness and preparation are common threads among all major hurricane disasters, according to the National Hurricane Center website.

By knowing what you need to do and what actions you should take, you can reduce the effects of a disaster.

But, you need to do more than "know what you need to do." You need to get prepared, take the steps necessary so that you are acting instead of reacting when a storm approaches.

According to data gathered by the National Weather Service, there have been 63 hurricanes that have hit the Texas Coast since 1851 – that's one every three years, and 22 of them have been major hurricanes.

"Everyone needs to be prepared for the unexpected," said Monette Walker, NAS Kingsville emergency manager, said.

With the season, it is more than tropical storms forming into hurricanes that everyone needs to be aware of; it's also accompanying storm surges, tornadoes, damaging winds, heavy rainfall and inland flooding.

Recently, national weather forecasters predicted that this year's

hurricane season would provide a near normal number of about eight-to-13 named storms, with as many as three-to-six of those becoming hurricanes, including one-to-two major hurricanes.

However, a hurricane doesn't have to hit this area directly to cause damage here. Damages from hurricanes include storm surge, tornadoes, flooding from heavy rains and winds.

"Over the years, forecasting the tracking of storms has become more accurate," Walker added. "But, weather forecasters cannot predict the intensity of the storm once it hits land.

"Right now, everyone should be making a plan and putting together a basic disaster supplies kit," Walker said.

Emergency planning includes updating emergency contact information, reviewing and gathering important documents, making a home emergency kit that includes food, water and other supplies, and staying informed.

When you are told to evacuate the area because a storm is approaching, you should have your route preplanned, keep maps in your vehicles, make sure your vehicle is in good running order

see *Prepared on next page*



**Egley Flying Knights** — The Egley Flying Knights of Brownsville, Texas toured the installation recently. Students in 4th and 5th grades got the chance to practice carrier approaches in Ground Training Complex's flight simulator, and tour Air Operations radar room and air traffic control tower. (Photo by FC1 (SW) John Sessions)

### *Prepared from previous page*

and filled with gas, plan for possible ATM outages, prepare for large traffic back-ups, have a plan for your pets and monitor various websites, including NAS Kingsville's, for updates of status changes.

"Your survivability – and that of your family's – is directly related to your degree of personal readiness," Walker said.

"Stay informed," said Capt. Christopher Misner, NAS Kingsville commanding officer. "If you stay informed, you'll make the right decision and be safe."

The following websites will help you keep informed:

www.ready.gov  
 www.fema.gov/plan/index.shtm  
 www.texasprepares.org  
 www.ctexas.com  
 www.redcross.org  
 www.nhc.noaa.gov/prepare/ready.php  
 www.cnic.navy.mil/kingsville/index.htm

Hurricane preparedness recourses include:

- Command Info Line: 1-855-267-9197
- NASK EOC: 361-516-4170
- Command website and facebook pages
- NFAAS: <https://navyfamily.navy.mil>
- 24-hour Navy Emergency Coordination: 1-877-414-5358
- Navy Marine corps Relief: 361-961-3482
- American Red Cross: 1-877-272-7337
- NOAA Corpus Christi 24 hour weather: 361-289-1861
- TxDoT road conditions: 1-800-452-9292
- Television/Radio/Newspapers/Internet/Chain of Command

Update your emergency contact information:

- TWMS – <https://twms.nmci.navy.mil>
- NFAAS – <https://navyfamily.navy.mil>
- ATHOC self service (on NMCI computers)
- Military personnel must keep their Page 2, SGLI and family care plan current



As Tropical Storm Don approached the South Texas Gulf Coast the beginning of hurricane season in 2011, T-45's were hangared to avoid the foul weather. (File photo)

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## Drumbeats

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### Domestic Violence

On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States — more than 12 million women and men over the course of a year. National Domestic Violence Hotline advocates are available 24/7 at 1-800-799-SAFE (7233) in over 170 languages. All calls are confidential and anonymous. <http://www.thehotline.org/help/>

### SAPR

**Active Bystander Intervention:** One of the most effective methods of preventing sexual assault is bystander intervention. What is Active Bystander Intervention?

\* This approach encourages people to identify situations that might lead to a sexual assault and then safely intervene to prevent an assault from occurring.

\* The approach also allows for a change in cultural expectations by empowering everyone to say or do something when they see inappropriate or harmful behavior.

\* This method of intervention places the responsibility of sexual assault prevention on both men and women.

**Help Someone You Know:** When choosing what form of assistance to use, there are a variety of ways to intervene. Some of them are direct, and some of them are less obvious to the perpetrator:

\* Making up an excuse to get him/her out of a potentially dangerous situation.

\* Letting a friend or co-worker know that his or her actions may lead to serious consequences.

\* Never leaving a his/her side, despite the efforts of someone to get him/her alone or away from you.

\* Using a group of friends to remind someone behaving inappropriately that his or her behavior should be respectful.

\* Taking steps to curb someone's use of alcohol before problems occur.

\* Calling the authorities when the situation warrants.

### 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.

The Military Crisis Line connects active-duty service members and veterans in crisis with qualified and caring Dept. of Veterans Affairs responders, through a confidential, toll-free hotline, 24 hours a day, 7 days a week. Support is available via telephone, mobile text or online. Call the crisis line at 1-800-273-TALK (8255, Option 1).

### Alcohol

Every party host should know the following:

\* Don't rely on coffee or a cold shower to sober up your guests. Only time can make someone sober.

\* Beer and wine are just as intoxicating as hard liquor.

\* Don't rely on someone's physical appearance to determine if he or she has had too much to drink.

\* Mixers won't help dilute alcohol. Carbonated mixers, such as club soda or tonic water, cause alcohol to be absorbed into a person's system more quickly. Fruit juice and other sweet mixers mask the taste of alcohol and may cause people to drink more.

You could be held responsible if one of your guests is involved in an automobile accident. The laws vary from state to state, but you could be held responsible for the costs associated with the accident, including medical bills and property damage and could be sued for emotional pain and suffering.

### Drug Use

The National Roadside Survey of Alcohol and Drug Use by Drivers, a nationally representative survey by the National Highway Traffic Safety Administration (NHTSA), found that 16 percent of weekend nighttime drivers (roughly 1 in 6) tested positive for illicit drugs or medications... Equally disturbing are 2011 results from the National Survey on Drug Use and Health indicating that 9.3 million Americans aged 16 or older reported driving under the influence of illicit drugs in the past year.

### Energy/Water Conservation

Energy Conservation is unquestionably of great importance to all of us, since we rely on energy for everything we do every single day. Energy supplies are limited and to maintain a good quality of life, we must find ways to use energy wisely. Embrace energy conservation by making small changes that will lead to a significant difference in our overall energy consumption. Your efforts, combined with those of others will benefit your life and the lives of future generations, as well as our environment.

The following are some useful tips for conserving energy:

\* Set your thermostat to 78 degrees or higher in the summer. Use fans whenever possible rather than air conditioning. Fans cost less to use than the air conditioning and consumes a lot less energy .

\* Air-conditioning energy use can be reduced 40 percent or more by shading windows and walls.

\* If every household in the United States raised air-conditioning temperatures 6 degrees, we'd save the equivalent of 190,000 barrels of oil every day.

\* Check air conditioner filters each month. Dirty filters block air flow, increasing your energy bill.

**\*\*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 and all our resources!!!\*\*

**STA-21 from page 2**

at least two years and in most cases more than four years of observed performance which assists in the process of selecting the most qualified Sailors to receive a commission.

Additionally, STA-21 candidates are on average older than most midshipmen, bringing a maturity directly reflected in the more than 90 percent completion rate STA-21 program candidates boast. Many Sailors involved in the STA-21 program already have some college credit, and some candidates finish ahead of the three years allotted to earn a degree.

Reporting seniors who feel they have a Sailor with the potential to be selected by STA-21 should comment on their leadership skills and potential in their performance evaluations early in their career. These comments are highly regarded by the boards, even junior Sailors where their time on board, time in grade or peer ranking will not allow their evaluations to be fully consistent with the comments.

A selection board is scheduled to convene in September and selectees will be announced via a NAVADMIN. Last year of the 469 applications received, only 310 were board eligible. A total of 50 applicants were selected to participate in the FY14 STA-21 program.

The NAVADMIN added that each year,

packages are not considered due to non-qualifying SAT/ACT test scores, missing commanding officer (CO) endorsement, recent non-judicial punishment, missing physical fitness assessment (PFA) cycles, missing or illegible submission of documents, and not meeting program age or PFA requirements.

Questions concerning this program should be directed to command career counselors or to the NSTC Officer Development directorate at (850) 452-9563.

Headquartered on Naval Station Great Lakes, Ill., NSTC oversee 98 percent of initial officer and enlisted accessions training for the Navy. This includes the Naval Reserve Officers Training Corps (NROTC) at more than 160 colleges and universities, Officer Training Command (OTC) on Naval Station Newport, R.I., Recruit Training Command (RTC), the Navy's only boot camp, at Great Lakes, Ill., and Navy Junior Reserve Officers Training Corps (NJROTC) and Navy National Defense Cadet Corps (NNDCC) citizenship development programs at more than 600 high schools worldwide.

For more information about the STA-21 program, visit <https://www.sta-21.navy.mil>. (Naval Service Training Command Public Affairs)

**Heat from page 5**

ing, irritation or prickly sensation.

**What to do:**

- \* Keep skin clean and dry to prevent infection.
- \* Wear loose cotton clothing.
- \* Cool baths and air conditioning are very helpful.

**Heat Cramps --** Heat cramps are painful muscle spasms. They occur when a person drinks a lot of water, but does not replace salts lost from sweating. Tired muscles are most likely to have the cramps.

**Signs and symptoms:**

- \* Cramping or spasms of muscles that occur during or after work.

**What to do:**

- \* Drink an electrolyte solution (sports drink).
- \* If the cramps are severe or not relieved by drinking a sports drink, seek medical attention.

**Hyponatremia --** Hyponatremia is metabolic condition where there is not enough sodium (salt) in the body.

**Signs and symptoms:**

- \* Abnormal mental status, confusion, decreased consciousness, hallucinations, headache, irritability, loss of appetite, muscle spasms or cramps, nausea, restlessness and vomiting.

**What to do:**

- \* When conducting physical activities drink fluids that contain electrolytes (sports drinks). Avoid drinking only water which could lead to acute hyponatremia. Also add

table salt to meals.

**Fainting --** Fainting usually happens to someone who is not used to working in a hot environment.

**Signs and symptoms:**

- \* Brief loss of consciousness, sweaty skin, normal body temperature.

**What to do:**

- \* Lie down in a cool place.
- \* Seek medical attention if not recovered after brief period of lying down.

**Heat Exhaustion --** Heat exhaustion happens when a person sweats a lot and doesn't drink enough fluids or take in enough salt, or both.

**Signs and symptoms:**

- \* Sweaty, weak, tired, possibly giddy, nausea, normal or slightly higher body temperature, pale, clammy skin (sometimes flushed)

**What to do:**

- \* Rest in a cool place.
- \* Drink an electrolyte solution, (sports drink) and avoid caffeinated beverages and alcohol.
- \* In severe cases involving vomiting or fainting, call for medical assistance and have the person taken to a medical facility.

**Heat Stroke --** Heat stroke, the most serious health problem for people working in the heat, is not very common. It is caused by the failure of the body to regulate its core temperature. Sweating stops and the body can not release enough excess heat. Victims

see *Heat* on page 10

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## Keep healthy while enjoying outdoors

The return of warmer temperatures brings the opportunity for freedom, relaxation, exploration, and being closer to nature. Whether you're relaxing in the backyard, turning up your garden, hitting the pool, or exploring the great outdoors, here are some ways to help keep you and your family healthy this spring and summer.

Warmer temperatures aren't just attractive to people, but to mosquitoes, ticks, and fleas. Mosquitoes can transmit West Nile virus, St. Louis encephalitis virus, eastern equine encephalitis virus and even dengue; ticks can transmit Lyme disease and other serious infections; and fleas can transmit plague.

To prevent these illnesses, use an appropriate insect and tick repellent and apply it properly. Prime mosquito-biting hours are usually from dusk to dawn, but ticks are out at all times. Young ticks are so small that they can be difficult to see, but both young and adult ticks hungrily look to animals and sometimes people to bite.

To keep ticks at a distance, avoid tick-infested areas and use repellent containing 20 percent DEET. If it's primarily mosquitoes that are the problem,

CDC recommends repelling them with products that contain DEET, picaridin, IR3535 or oil of lemon eucalyptus. You can also treat clothing with permethrin (which protects through several washings) or purchase clothing that is pre-treated with permethrin. Always follow the directions on repellent packaging.

After coming indoors, shower as soon as possible and check your body for ticks. Make sure that your children also bathe or shower and get checked for ticks.

Wash and tumble dry your clothing and check your pets for ticks. If you find an attached tick, don't panic, ticks are easy to remove with a pair of tweezers. Consult your healthcare provider if you develop a rash, fever, body aches, fatigue or headache, stiff neck, disorientation in the 1-3 weeks following a bite. It could be any number of illnesses.

### Heat from page 9

will die unless they receive proper treatment promptly.

#### Signs and symptoms:

- \* Mental confusion, delirium, fainting, or seizures, body temperature of 106 degrees Fahrenheit or higher, hot dry skin that's usually red or bluish color.

#### What to do:

- \* Call for medical assistance immediately and request an ambulance.
- \* Move victim to a cool area.
- \* Soak the victim with cool water.
- \* Fan the victim vigorously to increase cooling.

#### Preventing Heat Stress

Here are some general tips to prevent, heat related injuries.

- \* Wear loose-fitting, lightweight clothing



Pesticides, vegetation-free play areas, and landscaping techniques for tick-free zones can also help limit your exposure to ticks and other insects.

While you're outside enjoying the weather, remember to protect your pets too. Keeping healthy pets will help keep you and your family healthy. Protect family pets from ticks and fleas by keeping them on a flea and tick control program.

Talk to your veterinarian for advice on the appropriate anti-bug products to use on your pet.

When you're out on the trail, whether hiking, camping, or hunting, protect yourself from mosquitoes and other bugs by using insect/tick repellent. Wear permethrin-treated clothing when practical. Check your clothes and body for ticks daily. If you find any ticks, carefully remove them with tweezers. The ticks that transmit Lyme disease are most active in May, June, and July, but check for ticks in all warm months to protect yourself against other tick-borne diseases.

Enjoy the great outdoors. Have a safe and healthy spring and summer! (Center for Disease Control and Prevention)

to allow sweat to evaporate and drink plenty of liquids.

- \* An easy way to tell if you are dehydrated is the color of your urine. The darker your urine, the more dehydrated you are.

- \* If possible, heavy work should be scheduled during cooler parts of the day.

- \* Look out for early signs of heat stress and recognize the signs of dehydration, fainting, heat cramps, heat exhaustion, heat stroke and hyponatremia. It may save your life.

Remember to drink plenty of different fluids throughout the day and take breaks when working in the heat. If something doesn't seem right take a break, and seek medical attention if your condition doesn't improve.

Stay alert and look out for each other.

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