

SKY RANGER



NAS Fort Worth JRB, Texas Switchfoot performing at our Sweet 16 Celebration Sept. 24

Vol. 67, Issue 8



Another Successful DEFY Year

BY AZZ CRYSTAL S. JANES

For the past 12 years NAS Fort Worth has partnered with the U.S. Department of Justice, U.S. Attorney's Office, and the Weed and Seed program to organize the Drug Education for Youth (DEFY) Phase I camp. DEFY is a year long program provided to at-risk youth which includes a one week summer camp followed by a mentorship phase (Phase II), continuing throughout the following school year.

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New Calculations Reveal Even Higher Savings For Commissary Customers

BY KAY BLAKLEY, DECA OFFICE OF COMMUNICATIONS

Could you use an extra \$369 a month in your pocket? Here's how – shop your commissary! "Delivering substantial savings to the brave men and women of our armed forces is now, and always has been, our top priority," said Acting DeCA Director and COO Thomas E. Milks.

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Two Days of Entertainment & More

It was 16 years this coming October 1st that this installation was established as Naval Air Station Fort Worth Joint Reserve Base, the first of its kind in the U.S. We've grown into a premier joint base thanks to the cooperative efforts between our different military commands, as well as from the support and enthusiasm from our surrounding communities and organizations.

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Local Pilots Jump Into New Water Training



BY TSGT SHAWN DAVID MCCOWAN, 301ST FIGHTER WING PUBLIC AFFAIRS



Pilots from the 301st Fighter Wing's 457th Fighter Squadron completed their requirement for water survival training here July 11. But for the first time ever, the training included real water extraction from Lake Worth using HH-60 helicopters from Davis-Monthan Air Force Base, Ariz.

Prior to this training event, pilots were required to attend water extraction training every three years, which commonly took place in a classroom and around a swimming pool. Lt. Col. Lane Beene, Assistant Director of Operations for the 457th Fighter Squadron, was overall coordinator for this event. He stated there was an advantage to more realism in some areas of their training.

"There was nothing technically wrong with training around a pool. Our concern was that our people deploy more and more

often, and we wanted them to get the highest quality and most realistic training we could manage. With the high tempo of operations we are living with, I think realism like this makes our pilots safer if they had to deal with the real thing," said Colonel Beene.

As family members of the

After the briefings, the pilots were "dropped" into the water from a pontoon boat. From there, they waited for their rescuers. Pararescuemen from the 306th Rescue Squadron were lowered from the helicopters to the lake, and then helped hoist the pilots to "safety."

As the rescue training con-

As the rescue training concluded, most of the pilots voiced support for the new realism, and looked forward to more opportunities to train in more realistic environments.

pilots gathered at the lake, and local Marshals patrolled the waters near the training extraction points for safety, the pair of HH-60 "Pavehawk" helicopters made their landing in a nearby softball field, briefly creating tornado-like conditions.

Members of the 305th and 306th Rescue Squadrons, from Davis-Monthan AFB's 943rd Rescue Group, briefed the pilots on safety and situational awareness.

cluded, most of the pilots voiced support for the new realism, and looked forward to more opportunities to train in more realistic environments.

The 305th Rescue Squadron is an HH-60 helicopter unit, and the 306th Rescue Squadron is a Pararescue unit. Their primary mission is military search and rescue.

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SKY RANGER

NAS Fort Worth JRB, Texas

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CAPTAIN'S LOG: Safety – Our Way

BY CAPT. T.D. SMYERS

Two and a half years ago, our base staff embarked on a journey toward a new safety culture – a culture built on a framework of hazard identification, risk mitigation and employee involvement. Our vehicle to get there is The Voluntary Protection Program (VPP), an intra-industry standard for safety that is certified through OSHA. VPP certified organizations include major corporations, manufacturing plants, explosive handling organization and even television stations!

For most of you, this isn't new info. What might be new, however, is our current push toward the next milestone in achieving this culture. You see, coming up on three years in the program; it's time for our daily work execution to reflect VPP safety principles. Sadly, we're still lacking in "walking the talk."

This month, we're taking a hard look at where we stand



and charting the course for the next 12 months. The goal is VPP Star Certification within the next year. Take this opportunity to assess your own contribution to our improved safety culture and come together, with the rest of our team, to make this milestone a success and ensure our ultimate achievement of VPP Star Certification.

For those of you who are not part of our installation structure,

it's only a matter of time before your own enterprises enters into VPP; so feel free to join us and get ahead of the program!

Of course, life aboard NAS Fort Worth JRB ain't all work. MWR is planning a HUGE family party to celebrate our "Sweet 16th" Birthday; our joint family readiness team is putting on a "Ball-gown Giveaway" in preparation for the fall ball season; and participation in intramural sports is at an all-time high! See the related articles in this edition of *Sky Ranger* for more info.

... and while you're at it, check out this month's recipe - Mango Salsa. I had it. It's awesome! In fact, if you missed trying your culinary skills on last month's Summer Citrus Chicken recipe, grab it online at:

<https://www.cnic.navy.mil/FortWorth/Newsroom/SkyRangerMagazine/index.htm> and give that one a shot too!

CO's Suggestion Box

1) *Please have specially marked parking spaces, other than the Base CO & handicap spaces removed. There are no accommodations in the base regs that allow for them.*

2) *Replace the two handicap parking spaces that were removed at the commissary. There weren't enough handicap spaces prior to this project and now there are two less. You should at least replace the painted over handicap spaces.*

Parking changes always get a lot of attention!

- There are no written "regs" that govern parking spaces in our retail sector; although there is an old Base CO's "Policy for Exterior Building Signs and Reserved Parking Onboard NAS JRB Fort Worth", dated 22 April, 1997, that allowed designated parking spots for "Flag/General Officers, Commanding Officers, Executive Officers, Command Master Chiefs, OICs (or equivalent), Handicapped, and Customer/Visitor". This policy, if put into action, could result in even more designated spots, however, it is dated;

does not accurately reflect our modern joint construct; and is rescinded.

- Assignment of new parking spots in the commissary and BX parking lots for senior officers and senior enlisted was done with respect for the accomplishments of these successful career warriors. This is a small courtesy for those who have achieved high rank and sacrificed many years preserving our freedom – and for whom there are far too few concessions these days. We'll be leaving them in place, along with the new spots for expecting mothers.

- The number of parking spaces for handicapped patrons actually increased in both lots when we completed this project. Americans with Disabilities Act (ADA) guidelines require a minimum of 8 spaces designated for handicapped patrons in both the BX and DeCA lots. However, during review of this project, we identified a need for additional handicap spaces. The BX lot has maintained its count of 10 spaces, while the Commissary lot expand-

ed from 17 to 24 designed handicapped spaces.

- The project should be completed by the time you read this; with removal of the "Warrior of the Quarter" spots (which proved too complex to fairly and consistently assign); return of "Flag Officer" spots; and completion of the handicapped parking described above.

By the way, there are still over 350 parking spaces in each lot for general use.

3) *Could you make the swiss balls available to people who are not in an aerobic class?*

Done. You'll now find three of these resident in the free-weight room.

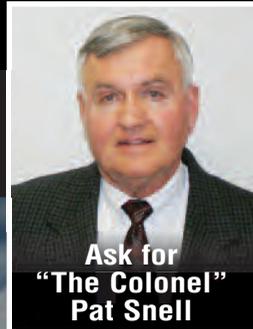
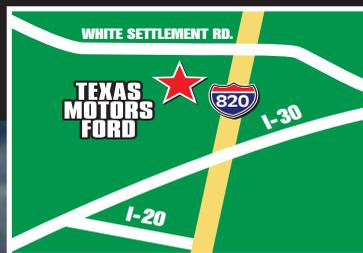
Thanks for the feedback so far! Keep those cards and letters comin'!



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Another Successful DEFY Year

BY AZ2 CRYSTAL S. JANES

For the past 12 years NAS Fort Worth has partnered with the U.S. Department of Justice, U.S. Attorney's Office, and the Weed and Seed program to organize the Drug Education for Youth (DEFY) Phase I camp. DEFY is a year long program provided to at-risk youth which includes a one week summer camp followed by a mentor-

DEFY is a year long program provided to at-risk youth which includes a one week summer camp followed by a mentorship phase (Phase II), continuing throughout the following school year.

ship phase (Phase II), continuing throughout the following school year.

Phase II will begin next month for the youth who attended camp. These workshops are designed to reinforce what the military mentors taught them during their week on base. Upon completion of Phase II at the end of the school year the youth are

encouraged to continue their progress through other programs such as Boy & Girl Scouts or other organizations teaching positive lifestyles.

Since its inception in 1998, over 700 youth have participated in DEFY camp at NAS Fort Worth. This years liaison for DEFY was MAC (SW) Broderick Santos.

(Top Left) DEFY Phase I Camp 2010 (photo by Dow Croyle, Law Enforcement Coordinator, Northern District of Texas)

(Bottom Left) Deputy Scott Evans from the Dallas Sheriff's Department rewards camper Jebari for asking a question about Daffy, the drug detection dog. (Photo by AZ2 Crystal Janes)



Crime Never Stops – Avoid Being A Victim

BY DUB DAY, NAS SECURITY

Recently a service member stationed at NAS Fort Worth JRB was robbed at gunpoint in the vicinity of Calmont and Las Vegas Trail in Fort Worth. This area is located near several apartment complexes on the west side of Fort Worth, south of Interstate 30.

Luckily for the service member and the child no one was hurt, but this example is being published as a learning point for others who work and serve on NAS Fort Worth.

While sitting at a stop sign, two individuals opened the victim's car doors, one on the passenger side front and the other on the driver side rear. Seated in a booster seat in the back seat was the victim's child.

The suspect that sat in the front seat showed a pistol to the victim and stated "You know what this is, drive." He then directed

the victim to pull into a business driveway and produced a bag and demanded money. The victim put approximately \$60 cash and an undetermined amount of change in the bag. The suspects both exited the vehicle and stated "don't do anything stupid" and ran off.

Luckily for the service member and the child no one was hurt, but this example is being published as a learning point for others who work and serve on NAS Fort Worth.

Here's a few points to consider if you find yourself in a similar situation:

1. Keep your windows up and doors locked.
2. Always look for and be prepared to take an escape route.
3. Maintain your situational awareness. Know what is in front, behind and to the left and right of the vehicle you are in.
4. Keep your cool. Do not panic.
5. Whether you comply, fight, or run is something that you will have to decide based on the totality of the circum-

stances.

6. Keep your wits. When you look at a person, develop a technique to be able to describe him or her to the authorities. As an example, look from the top down.

- Hat (type and color)
- Hair (length and/or color)
- Shirt (color and/or type)
- Pants (color and/or type)
- Build (heavy, medium, thin)
- Complexion (dark, ruddy, pale)
- Height (Compare the suspect to something you know, as an example; if you are 5 ft 6 inches tall, is the suspect taller or shorter than you and by how much)

As soon as you can, call the authorities and make a report. What you report may be what is needed to make an arrest and get the criminals off of the streets.

Be Careful. Be Safe. Be Prepared.



New Ambulance Means Increased Level of Care

BY AZ2 CRYSTAL S. JANES

A higher level of emergency care is now available from the base Fire and Emergency Services Department since the inception of the first-ever base ambulance for NAS Fort Worth JRB.

"The need for an ambulance on this installation was made

"The fast response time and advanced level care has already resulted in saving a life," commented Homuth.

based on the response times that were being provided by MedStar ambulance," said Eugene Homuth, Battalion Chief of Emergency Medical Services (EMS). MedStar is the local community emergency medical service provider.

The department was given approval from the region and Washington to operate after submitting a request to upgrade the services.

To support the new ambulance service two additional paramedics and Emergency Medical

Technicians (EMT) were hired. The ambulance is staffed with one paramedic and one EMT 24 hours a day. The paramedics on board now are Eugene Homuth, Brandon Copeland, Lonnie Lee, Jennifer Lindsey, and Douglas Wooden.

Before the inception of the new ambulance the base fire department was only able to perform basic first-aid and give oxygen until MedStar arrived to provide Advanced Life Support and transport the patient. "MedStar was providing transport for the patients of the installation, but they were unable to meet response times set forth by Commander Naval Installation Command (CNIC) which were 10 minutes to arrive on scene for Advanced Life Support and 12 minutes for transport," said Homuth. The base EMS team can now arrive on scene within 3-5 minutes to provide the Advanced Life Support, cardiac medications and transport. In comparison, MedStar was averaging 14 minutes to arrive on scene.

"The fast response time and advanced level care has already

continued on page 9



'Apples To Apples' New Calculations Reveal Even Higher Savings For Commissary Customers

BY KAY BLAKLEY, DECA OFFICE OF COMMUNICATION

FORT LEE, Va. – Could you use an extra \$369 a month in your pocket? Here's how – shop your commissary! "Delivering substantial savings to the brave men and women of our armed forces is now, and always has been, our top priority," said Acting DeCA Director and COO Thomas E. Milks. "Recent changes in the way savings levels are computed have shown the actual dollar value of the commissary benefit is even higher than previously reported. That is excellent news!"

Savings rates have traditionally been based on comparisons between commissary sales figures and the U.S. Department of Agriculture's moderate-cost food plan statistics, which is a continuous survey measuring household grocery store purchases. The USDA figures are based on food purchases only, while the commissary data included both food and nonfood items. The food

savings percentage is based on savings for the following edible categories: grocery (food), dairy, frozen food, meat and produce. The non-food savings percentage is based on savings for health and beauty care items along with grocery (non-food) which includes pet products, cleaning and laundry, paper products and other household items.

"This year, for the first time, we have broken out the nonfood items, so we're comparing apples to apples, so to speak," said Greg Kochuba, special projects chief for DeCA's sales directorate. "It's a more valid comparison of commissary prices vs. retail grocery prices and should be a more meaningful tool for our shoppers."

The overall savings percentage reported earlier this year remains at 31.7 percent. However, worldwide savings for the food-only category now stands at 32 percent, and for the nonfood cat-

egory at 30.5 percent. "Translating the percentages into dollar savings is where the difference really shows," Kochuba said. Savings for a typical family of four increased from almost \$3,300

per year to more than \$4,400 per year when you include savings on nonfood items.

"That's a \$369 a month boost to the family budget. So now, more than ever, our customers

can see that shopping the commissary really is worth the trip!" Milks said.

The chart below lists annual savings amounts for household sizes indicated.

Household Definition	Household size	Food Savings	Nonfood Savings	Food & Nonfood Savings
Single	1	\$1,158.08	\$372.18	\$1,530.26
Single w/1 child	2	\$1,843.17	\$592.36	\$2,435.53
Married	2	\$2,123.13	\$682.33	\$2,805.46
Married w/1 child	3	\$2,619.67	\$841.91	\$3,461.59
Married w/2 children	4	\$3,351.22	\$1,077.02	\$4,428.24
Married w/3 children	5	\$3,720.22	\$1,195.61	\$4,915.82
Married w/4 children	6	\$4,533.70	\$1,457.05	\$5,990.74
Married w/5 children	7	\$4,803.40	\$1,543.72	\$6,347.12



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Two Days of Entertainment & More Join Us for Our Sweet 16 Celebration!



It was 16 years this coming October 1st that this installation was established as Naval Air Station Fort Worth Joint Reserve Base, the first of its kind in the U.S. We've grown into a premier joint base thanks to the cooperative efforts between our different military commands we have, as well as from the support and enthusiasm from our surrounding communities and organizations.

So to celebrate our sweet 16, MWR has planned a two-day entertainment extravaganza on

Friday and Saturday Sep 24-25 for all military families, employees and invited guests.

National recording artist Switchfoot will be here Friday night kicking off the celebration at 7:30, so block off the dates on your calendar now to join us. Bring your lawn chairs, coolers, bug spray (just in case) and the kiddos. Glass of any kind and pets must be left home. Bring your appetite too because carnival type food, beverages and snacks will be available for pur-

chase.

Saturday's activities will be even bigger. MWR will have a 30-foot inflatable slide, carnival rides, a climbing wall, a rocket and carousel bounce, bungee run, a mechanical bull and much more for free. Food and drinks will be available for purchase. Three bands, the Kyle Bennett Band, Brandon Rhyder and Johnny Cooper will perform Saturday. These artists have been featured at local music venues and other clubs throughout Texas and surrounding states. It's going to be a full day of fun activities starting at 10 a.m. to 6 p.m. Be sure to bring plenty of sunscreen too.

Expect to see flyers advertising this celebration throughout all MWR facilities.



(From Top Left to Bottom Right) Switchfoot, Kyle Bennett Band, Johnny Cooper, and Brandon Rhyder



VR-59 Recognizes Civilian Employers

BY LT BEAU HUFSTETLER, VR-59



A group of North Texas employers take advantage of the opportunity to see first-hand what some of their Reserve employees do when called to service. VR-59 hosted the employers in appreciation of their continued support to the military.

On Thursday, July 15th, Fleet Logistics Support Squadron Five-Nine (VR-59) hosted its first annual Civilian Employer Recognition Day. The purpose of the event was to extend appreciation to the various civilian employers of the command's Selected Reservists and allow them to observe and interact with the members of VR-59 during a normal day of operations. Businesses represented included: American Airlines; AT&T;

Bell Helicopter; Dawson, Sodd, Ellis, and Hodge LLP; Hicks Sports Group; and Mutual of Omaha.

The event featured a tour of the command's spaces and C-40 aircraft, presentation of letters of appreciation, and concluded with a squadron BBQ. Overall, the day proved to be a great success and highlighted the vital role our local community plays in supporting the mission of the United States Naval Reserve.

Important Information Regarding Puerto Rico's Birth Certificates

The Government of Puerto Rico has enacted a new law (Law 191 of 2009 as Amended) aimed at strengthening the issuance and usage of birth certificates to combat fraud and protect the identity and credit of all people born in Puerto Rico.

The new law, which began July 1, 2010, was based on collaboration with the U.S. Department of State and the U.S. Department of Homeland Security to address the fraudulent use of Puerto Rico-issued birth certificates to unlawfully obtain U.S. passports, Social Security benefits, and other federal services.

However, the Government of Puerto Rico has approved an amendment that extends the validity of current Puerto Rico birth certificates for three months, through Sept. 30, 2010, to provide a transition period as the Island begins issuing the new, more secure certificates starting July 1, 2010.

The purpose of the extension is to provide those Puerto Rico-

born -- who may need a birth certificate for an upcoming transaction -- a three-month window to apply for and receive the new

The purpose of the extension is to provide those Puerto Rico-born -- who may need a birth certificate for an upcoming transaction -- a three-month window to apply for and receive the new document during which time their current birth certificate will still be valid.

document during which time their current birth certificate will still be valid.

In May, the Government

launched an on-line application process through the E-Government website - www.pr.gov - to provide convenience and ease-of-use for those applying for the new certificate.

It is suggested that only people who have a specific need for their birth certificate for official purposes before the end of this September need to request a new birth certificate right away.

Those Puerto Rican-born living in the states will be able to request their new birth certificates through a simple process on-line or by mail. The fee is \$5, but will be waived for people over 60 and veterans.

Instructions on how to apply, as well as information on Puerto Rico's birth certificate law, can be found online through the following link: www.prfaa.com/birth-certificates



Alligators in Lake Worth – A Proven Fact

BY RACHEL WIGGINS, NAS COMMUNITY PLANNING LIAISON OFFICER

Alligators are native to the waters of Texas and have recently

If you spend time along the NAS lakefront, you'll start to see signs warning you about the importance of exercising caution if you see an alligator.

been spotted with increased frequency just north of NAS Fort

Worth JRB in Lake Worth. Heavy rains this spring have filtered down from Lake Bridgeport and Eagle Mountain Lake and forced the alligators out of their natural habitat in the Fort Worth Nature Center and Refuge north of SH 199.

If you spend time along the NAS lakefront, you'll start to see signs warning you about the importance of exercising caution if you see an alligator. It's important to remember:

- Never feed alligators
- Avoid swimming and other

water activities in areas with large alligators

- Swim only during daylight hours
- Do not dispose of fish scraps in the water
- Closely supervise small children in and around water
- Do not allow pets to swim, exercise or drink waters where alligators may be found
- If you hear an alligator hiss, move away – you are too close

In general, alligators are afraid of humans and will avoid



contact with you. Feeding alligators, antagonizing them, or approaching them may cause them to act out in fear.

For more information on al-

ligator habitats, and safety tips, visit the City of Fort Worth's website at: <http://www.fortworth.gov.org/water/info/default.aspx?id=75912>.



Capt. Jim Kuhn Now Commands Tactical Support Wing

BY MC2 (AW) BRADLEY DAWSON

Capt. Jim Kuhn relieved Capt. John Hefti in a brief change of command ceremony July 9th on board NAS Fort Worth.

Upon being relieved, Capt. Hefti departed for Norfolk, VA to work as the N4 Readiness Directorate of Fleet Forces Command.

Capt. Jim Kuhn relieved Capt. John Hefti in a brief change of command ceremony July 9th on board NAS Fort Worth.

Upon completion of his first command, a Tomcat Replacement Squadron (RAG), VF-101, Capt. Kuhn joined the "Mighty Swordsmen" of VF-32 where he completed two work-ups and the 1990 Desert Storm cruise with CVW-3. He then became an Instructor pilot and Strike Phase Head for the "Grim Reapers" of VF-101. After moving on to the "Black Aces" of VF-41, Kuhn was selected for and transitioned to the Training and Administration of Reserves (TAR) program. His first duty in the Re-

serves was with CVWR-20 as the Administration Officer. He then went to the "Fighting Omars" of VFC-12 as the Operations Officer before moving on to VFC-13 as the Officer in Charge (OIC). From August 2002 through February 2005 Kuhn was the Executive Officer and Commanding Officer for the "River Rattlers" of VFA-204 then spent just over two years assigned to Fleet Forces Command as N3 Current Operations Air Power Officer before heading to NAS Fort Worth.

Kuhn graduated from Damascus High School and attended the United States Naval Academy with a Bachelor of Science degree in Oceanography. Designated an aviator in April 1988, he was first in his flight class. He has accumulated 3,600 hours in tactical fighter aircraft. He has been awarded the Air Medal, Strike Flight Award, Meritorious Service Medal (2 awards), Navy and Marine Corps Commendation Medal (seven awards), Navy Achievement Medal and various other campaign and unit awards.

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BASE HAPPENINGS

(Top Left) Hull Technician 1st Class (SW) Jarod M. Gumbleton (right), assigned to Navy Operational Support Center (NOSC) Fort Worth, describes various types of protective gear used in the Navy to North Texas Guard and Reserve employers participating in the Employer Support of the Guard and Reserve (ESGR) Employer Appreciation Day hosted by the NOSC last month. (U.S. Navy photograph by MCCA Maria R. Escamilla)



(Middle Left) Makesha Y. Wagner of Fort Worth is coached on the 9mm beam hit training pistol by Boatswain's Mate 3rd Class Nicholas Q. Kisseh, who is assigned to the USS Emory S. Land (AS 39) Reserve unit at Navy Operational Support Center (NOSC) Fort Worth. Wagner was one of more than 20 civilian employers of Reserve and Guard personnel in the North Texas area participating in the Employer Support of the Guard and Reserve (ESGR) Employer Appreciation Day hosted by NOSC Fort Worth on July 27. The groups was afforded the opportunity to operate a C-130 simulator, fire the M-16 rifles with laser rounds and learn about the equipment used and jobs performed by the U.S. Navy. (U.S. Navy photograph by MCCA Maria R. Escamilla)



(Bottom Left) Chief Navy Counselor (AW) John B. Stokes (left), assigned to Navy Operational Support Center Fort Worth, serves samples of Meals Ready to Eat to curious participants of the Employer Support of the Guard and Reserve (ESGR) Employer Appreciation Day hosted by the NOSC. (U.S. Navy photograph MCCA Maria R. Escamilla)



90th Aviation Battalion Changes Leadership

BY: MC2(AW) BRADLEY DAWSON

At a brief ceremony Sunday, July 18, Lt. Col. Dennis Snelling accepted command of the Army's 90th Aviation Support Battalion from Lt. Col. Robert Notch.

Notch is scheduled to attend John F. Kennedy School of Government at Harvard University upon his departure.

Snelling has served in a variety of command and staff positions throughout his career. Highlighted are HHC Company Executive Officer, 3-229th Aviation Regiment; Maintenance Platoon

Leader, A Co, 6-52nd Aviation Regiment; Company Commander, A Company, 1-223rd Aviation Regiment; Executive Officer, Task Force Aviation – Kuwait; Operations and Executive Officer and Assistant Professor of Military Science, University of Toledo ROTC Program; and G-4 11th Aviation Command.

After graduating from the Air Force Academy in 1993, Snelling cross-commissioned into the Army and branched aviation. He has a Bachelor of Science Degree in Western European History with a

minor in German Language from the Air Force Academy. He also has his Masters of Science in Human Resource Management from Troy State University. His military training includes the Aviation Officer Basic Course, Initial Entry Rotary Wing Course, Aviation Officer Advanced and Intermediate level courses.

Snelling has earned the Bronze Star, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, National Defense Service Medal,



LTC Dennis Snelling (center rear) accepts his role as the Commanding Officer of the 90th Aviation Support Battalion through a symbolic passing of the guidon during a change of command ceremony held July 18.

Global War on Terrorism Expeditionary Medal, Global War on Terrorism Support Medal, Korea Defense Service Medal, Armed

Forces Reserve Medal, Army Service Ribbon, Overseas Service Ribbon and the Air Force Basic Training Ribbon.

Northwood University Changes to Semester Credits Fall 2010

For the past 26 years, Northwood University's Fort Worth Program Center has been aboard NAS Dallas and since 1997 at NAS Fort Worth JRB providing military service members the opportunity to further their education.

Beginning in August, 2010, Northwood University has re-structured the academic format from awarding quarter credits to awarding semester credits for each course earned. This means Sailors, Marines, Soldiers and Airmen can earn an Associate of Arts degree or Bachelor of Business Administration Degree in semester credits.

The decision to change from quarters to semesters was made to enhance the value of a degree from Northwood University and to make it easier to transfer credits. Other advantages included easier transitions for transfer and guest students, also reduced processing time for registration and financial aid. (Student Handbook)

PLEDGE TO STUDENTS

Northwood University is committed to a smooth transition from terms to semesters. Advisors are available to guide each student with an individual plan for completion of their degrees. It is the responsibility of the students to meet with their advisors in a timely manner. Those who do can count on the following:

- No Loss Of Academic Progress
- Students will not lose earned credit as a result of the semester conversion. Earned quarter hours will be converted to semester hours based on the following formula:
- Number of quarter hours x .6667 = Number of semester credit hours
- No Delay to Degree Completion
- This pledge ensures that those students who are on track to complete their curriculum requirements when the fall semester of 2010 begins and who continue to adhere to their curriculum

guide or degree completion plan after semester conversion will not experience an extension of the time-to-degree completion.

- No increased Costs for Degree Completion

Tuition and fee payment schedules will be aligned with the semester calendar. The University may, however, implement annual tuition increases as deemed necessary and authorized by the Board of Trustees.

We invite all service members to visit the Fort Worth Program Center located in Bldg 1564 - Education Center. NAS Fort Worth JRB call (817) 737-6442. Military credits will be awarded based on the American Council of Education Guide. Transfer Credits will be accepted with a grade of "C" or higher posted on an official transcript from an accredited college or university of higher learning.

For more information, please visit our website at www.northwood.edu/adults and select Fort Worth location.

Do You Know About MITS?

The Fort Worth Transportation Authority (The T) runs bus and rail service throughout Fort Worth and Tarrant County. While scheduled bus service is not currently available onto the military installation, The T does provide "MITS" service to the base. MITS, or Mobility-Impaired Transportation Service, is a transportation service for persons with a verified disability that prevents them from riding regular city bus service. MITS offers door-to-door transportation within the service

areas of Fort Worth, Richland Hills and Blue Mound.

Anyone interested in riding MITS service must complete an application and be certified as a MITS passenger. Eligible paratransit program participants may be certified for services for a maximum period not to exceed three (3) years. Once MITS receives your application it may take up to 21 days to process. For more information or an application, please call 817-215-8600 or visit the website at: <http://www.the-t.com/MITS/Eligibility/tabid/90/Default.aspx>

New Ambulance Means Increased Level of Care

continued from page 4

resulted in saving a life," commented Homuth. The EMS team was able to respond quickly to a cardiac arrest patient and resuscitate the individual before transporting him to a local hospital. The responding EMS team

received the Life Saving Award from CNIC. The Life Saving Award is presented to an individual when they revive a patient in cardiac arrest. Those personnel who received this award were Jennifer Lindsey, Douglas Wooden,

Roger Green, Frank Blair, Michael Wyman and Steve French.

The department is scheduled to receive one more ambulance in the event of multiple calls simultaneously.

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Northwood University is currently accepting applications for adjunct faculty. Master's degree with 18 hours in specialized field required. Call 817-737-6442 for more details.

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NAS/JRB Fort Worth
Building 1564
817.737.6442
www.northwood.edu/adults



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 personal 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 several 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

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

- August 13
- Sept 23
- Oct 21
- Nov 11 (Veteran's Day)
- Dec 16

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.

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.

Avoid Nutritional Disasters While Traveling

BY DEFENSE COMMISSARY AGENCY PUBLIC AFFAIRS

FORT LEE, Va. – Traveling is one of the biggest nutrition barriers Chris Halagarda, Navy Fitness and Performance and Enhancement Dietitian, hears about from clients – especially with active-duty military members who always seem to be on the go. While it's true that eating healthy while traveling offers unique challenges, it doesn't have to be a nutritional disaster. According to Halagarda, some simple steps of planning and adjusting can lead to creating a healthier environment than when you're at home!

Call ahead: Always call your hotel in advance to see what appliances they offer in the room. Most military installations have guest lodging facilities that are equipped with small refrigerators, microwaves and coffee pots. Some of the rooms even have stove tops. There's no excuse for eating poorly there! Some hotels will also place a microwave or refrigerator in the room upon request, but be sure to ask if there's a fee associated with the added appliance.

Bring breakfast: Unless you are going to have "eating meetings" every day, be sure to bring your own breakfast. I don't leave home without a bag of oatmeal and a jar of natural peanut butter. Make sure to pack it in your checked luggage as airport security can confiscate your peanut butter. I've learned this the hard way.

If your room doesn't have a microwave, simply run hot water through the coffee pot to mix with your oatmeal. And, don't forget a spoon. I leave a spoon and fork in my luggage. I've learned this the hard way, too.

Stash healthy snacks: Always get into a habit of bringing healthy snacks in your carry-on luggage. It prevents poor choices at the airport and on the plane. If you have extra space in your check-in luggage, try to bring extra snacks such as granola, granola bars and plenty of fruit. A box of healthy cereal is helpful, too. These snacks are great for hungry times in your room, but also for midmorning and afternoon

snacks when you are not at an eating meeting.

Of course, to have a bowl of cereal you'll have to stop by the commissary for a jug of milk. Milk

Certainly, traveling for work or on vacation offers challenges, but with some easy planning and simple questions to the waiter at the dinner table, you'll be on your way to a healthy trip.

is also a great pre- and post-exercise beverage. The combination of casein and whey protein helps to repair muscles and the lactose begins to replace glycogen. If you worked out real hard or long, have some cereal with your milk to add more carbohydrate for refueling.

Water: Many people don't like to drink tap water, especially while traveling. If this is the case, buying jugs of water at the commissary to refill a water bottle you traveled with is a greener and more cost-efficient way to go than buying individual bottles. This is especially true if you are very active and need a lot of fluids.

Meals on demand: For those nights that you're not obligated to eat out, it's a great idea to eat in your room. Who said a bowl of granola and milk is only a breakfast food. Some microwavable TV dinners have come a long way, too. With less sodium and saturated fat and more vegetables and whole grains in some brands than ever before, these choices are often better than eating out. A simple commissary trip can also set you up with all the fixings needed for a great salad or sandwich.

If going out to eat is inevitable, whether it's to schmooze or celebrate, try to choose your entree wisely and ask for substitutions if you would like a healthier side option. Fish is always a great choice while on the road. Ameri-

continued on page 11

Sweet Spicy Mango Salsa



Ingredients

- 1 mango, peeled and diced
- 1/2 cup peeled, diced cucumber
- 1 tablespoon finely seeded and chopped jalapeno
- 1/3 cup diced red onion
- 1 tablespoon lime juice
- 1/3 cup roughly chopped cilantro leaves
- Salt and pepper
- 1 tablespoon crushed red pepper flakes
- ****OPTIONAL**** 2 tbsp Thai sweet chili sauce



Directions

Combine the mango, cucumber, jalapeno, red onion, lime juice and cilantro and mix well. Season with salt and pepper, to taste. *Recipe compliments of Debbie Linville

MOVIE REEL

When was the last time you took your family of four to a currently released movie and paid only \$22.50 for both tickets and concessions? So bring your family to see a great movie at a great price and support your MWR Department. See page 14!

MOVING ON TO THE NEXT CHAPTER IN LIFE Joint Service Members Learn About Reserve Retirement Benefits

BY MCCS MARIA ESCAMILLA

More than 60 military service members and their spouses attended a Joint Reserve Retirement Benefits Seminar hosted by Navy Operational Support Center (NOSC) Fort Worth in Fort Worth, Texas, July 10. Navy, Army, Air Force and National Guard members from around the nation were greeted by Capt. John J. Reape, NOSC Fort Worth's commanding officer, at the Naval Air Station Joint Reserve Base Fort Worth theatre. Reape focused on the importance of retirement preparation. "After dedicating years of service, eventually all of us will have to go home," said Reape. Attendees then received information covering the Veterans Center, Tricare and Delta Dental, the Reserve Survivor Benefit Plan and other programs. Subject matter experts thoroughly presented each topic for retiring military personnel and those considering retirement. "The Fort Worth seminar was the fourth we've held as a national event," said Chief Navy Counselor

(AW) Everett A. Currie, assigned to Region Mid-Atlantic Reserve Component Command, who spearheaded the national Reserve retirement seminar effort. "The concept is the same as the active duty Transition Assistance Program, but tailored to the Reserve and Guard," explained Currie. "Reserve retirement benefits are different from active duty benefits. For example, the Reserve has a 'gray area' that runs from the actual retirement date until retirement pay kicks in around age 60. There are a lot of questions concerning that period." In addition, Currie said that he's been inundated with hundreds of calls about Reserve retirement benefits, illustrating a great need for Reserve retirement information. In response, Currie created a Reserve retirement benefits seminar and presented it to the Commander, Navy Reserve Forces Command training department for consideration. From there, the seminar went national and evolved to include other branches of service.

According to Currie, it had become clear the benefits information applied to all Reserve services, not just the Navy Reserve. "We made the presentation a joint seminar," said Currie. "Just as many Guard as Reservists attend the presentations, like they did in Fort Worth." One attendee of the Fort Worth seminar was Chief Information Systems Technician Norman E. Harward, assigned to the Commander, U.S. 3rd Fleet Maritime Air Operations Reserve unit. "I'm retiring in December (2010), so this seminar was helpful and timely," said Harward. "I heard of some of the benefits before, but didn't know the details. Plus, there were other benefits I wasn't even aware of." To find out when the next Reserve retirement benefits seminar will be held and for Reserve retirement information, contact your command career counselor.



General Mattis to be Keynote Speaker at August Leadership Luncheon

General James Mattis, Commander, U.S. Joint Forces Command, is scheduled to be the keynote speaker at the Fleet Marine Force Association luncheon at the Colonial Country Club in Fort Worth on August 13.

A 20 minute 'Networking' session will be available for organiza-

tion tables and information distribution. Table requests should be coordinated through James Hensley at 817-247-7282.

The luncheons are from 11 a.m. to 1 p.m. Accepted forms of payment are cash or check. For further information about these luncheons or for sponsorship op-

portunities or to RSVP for the luncheon, contact James Hensley via email at: fmf.luncheons@gmail.com or by phone at 817-247-7282.

Complimentary Valet Parking is available at Colonial Country Club.

Avoid Nutritional Disasters While Traveling

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cans don't eat enough fish and as a result, we miss out on all the benefits of Omega-3 fatty acids. Just be sure to ask for the sauce on the side. Most of the time, the sauce lowers the nutrient quality of the meal. Substitutions to ask for are a side salad with dressing on the side, fresh fruit, steamed vegetables or whole-grain rice.

Certainly, traveling for work

or on vacation offers challenges, but with some easy planning and simple questions to the waiter at the dinner table, you'll be on your way to a healthy trip.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other

useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today.

Chris Halagarda is the Navy fitness and performance enhancement dietitian. Feel free to contact him with your questions at (202) 433-3472 or Chris.Halagarda@Navy.Mil.

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Keep Your BBQ From Going Boom

BY APRIL PHILLIPS, NAVAL SAFETY CENTER PUBLIC AFFAIRS

Here in Texas, August may mean the start of the new school year, but rest assured there's still several more weeks ahead filled with sunshine and high temperatures to soak up. We're still in the prime season for backyard barbeques, so don't cover up the grill just yet. Warm weather, good friends, and grilled meat combine to form a perfect afternoon for many Sailors, Marines, Airmen and Soldiers and their families. Unfortunately, every year casual afternoons are ruined by fires resulting from improper use of barbeque grills.

The National Fire Protection Association reports that from 2003 – 2006, U.S. fire departments responded to an average of 7,900 home fires involving grills, hibachis, or barbeques per year. These fires cause an estimated \$80 million in direct property damage. They also kill 10 people and seriously injure 120 every year.

A third class petty officer found this out the hard way when

he was preparing to cook on a propane grill. He tried to use the button that provides a spark to light the grill, but it didn't work. He kept trying for about 30 sec-

building. Don't use it in a garage, breezeway, carport, or under any surface that could catch fire.

While charcoal grills cause less fires annually than gas grills,

Unfortunately, every year casual afternoons are ruined by fires resulting from improper use of barbeque grills.

onds, which allowed 30 seconds worth of gas to flow. When he pulled out his cigarette lighter, he ignited the gas and ended up with burns to his hand and four days of light duty. The Naval Safety Center sees reports of similar mishaps each summer.

The Consumer Product Safety Commission says there are routine checks that can easily be performed on gas grills and significantly reduce the risk of a fire. Check the tubes that lead into the burner for blockage; check hoses for cracking, brittleness, holes, or leaks. Use the grill at least 10 feet away from your house or any

the biggest safety concern is lighter fluid – or the various substitutes Sailors and Marines often use to try and light the grill. Only use lighter fluid that is meant for charcoal, never gasoline, kerosene or other volatile fluids, and, never add lighter fluid to coals that are already warm.

No matter what type of grill is used, the most important thing is to keep an eye on it. Never leave it unattended and watch out for children. Ultimately, common sense is the secret ingredient that will keep cookouts from leaving a bad taste in your mouth.

Second Annual Fashion Show Ball Gown Giveaway Just Two Weeks Away is Open to All

On Saturday, Aug 28, the MAG-41 Family Readiness Officers, along with the Texas Air National Guard 136th Airlift Wing Family Readiness Officers and other command volunteers will host its 2nd annual "Fashion Show-Ball Gown Giveaway at the Navy Operational Support Center, bldg 1803.

Doors will open at 6 p.m. and the show will begin at 7 p.m.

Last year's gown giveaway event was extremely successful and this year's event organizers want everyone to know that this cocktail party type atmosphere event is open to all military branches and all ranks.

Volunteer models will be escorted by a uniformed service member down the cat walk as they model several of the beautiful gowns. After the show, attendees will be called to pick a dress and each will be given an opportunity to try on five dresses before making their final selection.

This year, complimentary services will be available to attendees while they wait to pick a dress. On hand will be make-up artists, hair stylists, spa technicians and other various services to pamper those desiring such services. It will be a great opportunity to experiment and get ideas for one's "service

Brooke.O'Dea@usmc.mil.

An added benefit to those with young children planning to attend is the offer of free child care at the base chapel, bldg 1838. However, parents must pre-register for this free child care service with Brooke O'Dea. She will need to know the child's name, age and

Last year's gown giveaway event was extremely successful and this year's event organizers want everyone to know that this cocktail party type atmosphere event is open to all military branches and all ranks.

specific" ball. Plus this event is a great excuse for a date night with your spouse, or a girl's night with your friends. Either way, attendees should dress accordingly.

Anyone who would like to volunteer to help or anyone who might have a dress or two that they would like to donate, should contact Brooke O'Dea at

any special needs. Children will be accepted at the chapel beginning at 5:30 that evening.

creartive

NAS Fort Worth JRB Family Readiness Group
Art Competition

<p>LOCATION AND TIMES</p> <p>DROP OFF AUGUST 23RD-26TH BASE LIBRARY NAS FORT WORTH JRB</p> <p>JUDGING AND SET-UP (CLOSED TO THE PUBLIC) MONDAY, AUGUST 30TH</p> <p>AWARDS RECEPTION (OPEN TO ALL) TUESDAY, AUGUST 31ST 5:00 TO 6:00 P.M. BASE LIBRARY</p> <p>PROJECT PICK-UP TUESDAY, AUGUST 31ST 6:00 TO 6:30 P.M. *NO EXCEPTIONS: MUST BE PICKED UP AT THIS TIME!</p>	<p>OFFICIAL RULES</p> <p>EACH ARTIST MAY ENTER UP TO ONE PROJECT PER CATEGORY. LIMIT 3 TOTAL ENTRIES.</p> <p>THERE IS NO ENTRY FEE FOR PROJECTS ENTERED. YOU MAY ENTER UP TO AUGUST 26TH AT HEADQUARTERS</p> <p>THE PRESENTATION OF YOUR PROJECT IS TO YOUR OWN DISCRETION. MOUNTING FOR PRINTS IS NOT REQUIRED, BUT IS RECOMMENDED.</p> <p>PRIZES</p> <p>THERE ARE PRIZES FOR FIRST PLACE, SECOND PLACE AND THIRD PLACE. BEST IN SHOW WILL HANG IN THE COMMANDING OFFICER'S OFFICE FOR 6 MONTHS.</p>
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*IF YOU HAVE QUESTIONS, CONTACT BARBARA SMYERS AT 817-899-8280

<p>COMPLETE THIS ENTRY FORM AND PLACE ON THE BACK/BOTTOM OF EACH ENTRY AND DROP OFF BY AUGUST 26TH.</p> <p>NAME: _____</p> <p>PHONE: _____</p> <p>EMAIL: _____</p> <p>PLEASE SELECT YOUR GRADE LEVEL: ELEMENTARY SCHOOL MIDDLE SCHOOL HIGH SCHOOL/ADULTS</p>	<p>DESCRIPTION OF ENTRY (CIRCLE ONE - COPY FORM IF NECESSARY)</p> <p>1) PAINTING/DRAWING</p> <p>2) PHOTOGRAPHY</p> <p>3) OPEN CATEGORY (SCULPTING, GRAPHIC DESIGN, ETC.)</p>
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Congress Passes Resolution for National Day of Remembrance to Honor Greatest Generation

WASHINGTON, DC. . . The U.S. House of Representatives passed a concurrent resolution on July 26 supporting the observance of "Spirit of '45 Day," a national day of remembrance for the Greatest Generation.

Keep the Spirit of '45 Alive! a grassroots campaign to honor the Greatest Generation, had promoted the resolution setting the second Sunday in August for this national day. The resolution, submitted by California Congressman Robert Filner, had more than 75 sponsors. For a full text of the resolution and list of sponsors, click on www.spiritof45.org.

"On behalf of all Americans, I want to thank Congressman Filner and the members of Congress for their support of this worthy effort," said Warren Hegg, **Keep the Spirit of '45 Alive!** national supervisor. "What the Greatest Generation did was unprecedented. After defeating the greatest evil the world has ever known, these young Americans put down the guns, retooled the factories and began a new crusade to create a better future for their children

and their children's children by helping both their allies and their former foes get back on their feet."

"It is really important that America remember this day," said

The U.S. House of Representatives passed a concurrent resolution on July 26 supporting the observance of "Spirit of '45 Day," a national day of remembrance for the Greatest Generation.

Harold 'Skip' Adams of San Jose, CA, who lost more than 60 per cent of his fellow Marines during the battle for Iwo Jima. "People, especially young folks, need to remember how our country came together as a community, and people took responsibility for each other."

The Resolution was supported by a wide range of institutions and organizations dedicated to preserving the World War II mem-

ory. Thousands of the remaining veterans of World War II, the men who fought and the women who served on the war front and the home front, will gather in communities across the nation on Saturday, August 14, to celebrate what is perhaps the Greatest Day of the Greatest Generation.

"Spirit of '45 Day" events are being planned at museums, memorials, military cemeteries, public parks, veteran homes, senior living communities and other locations across the country to build public awareness and rally support for a permanent national day. Youth are being invited to help record the first hand memories of seniors who remember August 14, 1945, so that they can be archived in a "Class of '45" Yearbook.

The national day will officially kick off at a ceremony in Times Square in front of a 25-foot sculpture depicting the world-famous kiss between an unnamed sailor and nurse Edith Shain on August 14, 1945. Ms Shain had passionately campaigned for a "National Spirit of '45 Day" until her death

this summer at age 91.

"We are proud to be a part of this effort to honor the courage, self-sacrifice and national unity of the Greatest Generation so that their example can continue to inspire future generations, especially at a time when America, and the world, are again facing historic challenges," said Maury Drummond, Executive Director of the Louisiana Naval War Memorial Museum in Baton Rouge which

is organizing a day-long tribute which include a salute by all the 5-inch guns on the USS Kidd. . "We hope that people across the country will join us on August 14 to say 'Thank you!' to these folks before they all pass away into history."

Commemorative announcements will be made during Major League Baseball games in Atlanta,

continued on page 15

Now Hear This: Base Announcements

The Motorcycle & Motor Vehicle Safety Rodeo is returning to NAS on 1 Sep from 10 a.m. – 2 p.m. in the Exchange/Commissary parking lot. This is an opportunity for everyone to test their skills on the motorcycle riding course and try their luck at the impaired driving obstacle course or maybe ride the Honda SMART Simulator motorcycle. There will be plenty more on hand to enjoy and learn from. Come see the Rollover/Convincer, view the latest riding gear, see the Fort Worth police demo ride their cycles, plus there will be several information booths. Have a motorcycle or fancy car? Bring that out too for others to see.

In memory of our fallen comrades, NAS is going to host a Pearl Harbor Memorial Service on Dec. 7 at 10 a.m. at the lakeside marina. Everyone is invited. Seeking out Pearl Harbor survivors to honor. For more information, call 817-782-7858.

Mark your calendar. Every Thursday, the Base Dining Facility, Moreland Hall, is open to base civilians and military retirees for lunch.

The Fleet & Family Support Center plans to host a one-day workshop on 29 September presented by Kevin McMahon, creator of two games designed to help military couples and their children. FFSC is seeking 30 military members with their spouses for both the Military Couples Success Game in the morning and the Parenting Game Workshop in the afternoon. To learn more information

or to register for the workshop, call Karen Fitzgerald of the FFSC at 817-782-5471.

One-on-one computer coaching is now being offered by Martin Arredondo at the Fleet & Family Service Center (FFSC), Bldg. 3175. These sessions are for active duty, Guard and Reserve members, retired military and spouses. To schedule a class, call the FFSC at 817-782-5287. Classes being offered include: Word for Resumes
Microsoft Powerpoint
Basic Computer Skills
Do's and Don't's of the Internet
Basic Computer Maintenance
Use the Internet for job searches
Email/Communication Services
Photo Editing w/Photo Editor
College Seeking via the Internet
Social Networking/Facebook

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.

Thinking about doing a Personally Procured Move (PPM) or recently completed one? Formerly know as DITY moves, all military personnel are reminded that they MUST obtain certified weight tickets signed by a weighing official in order to be reimbursed for their Personally Procured Moves (PPM).

The Navy Marine Corps Relief Society's Bud-

get for Baby class is held the second Thursday of each month. B4B is for any service family who is expecting a new family member and is open to all ranks, branches of services and reservists. Sign up for the class by calling the NMCRS Office at 817-782-6000.

Safety Tip: We're still in the Texas season for severe thunderstorms and associated flooding problems. Everyone is reminded that Flash flooding and water over roadways is dangerous. You can't see how deep the water is or if the road has collapsed beneath the water surface or if there is dangerous debris in the water. It is best to turn around and find an alternate route. Be safe, turn around, don't drown!

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).

PERSONAL ADS

For Sale: Kitchen items: 27" white GE in-wall oven - \$100; white GE dishwasher - \$100; white GE refrigerator (freezer on top) - \$100; and 36" x 36" white freezer - \$50. M. Singleton at 817-536-0916.



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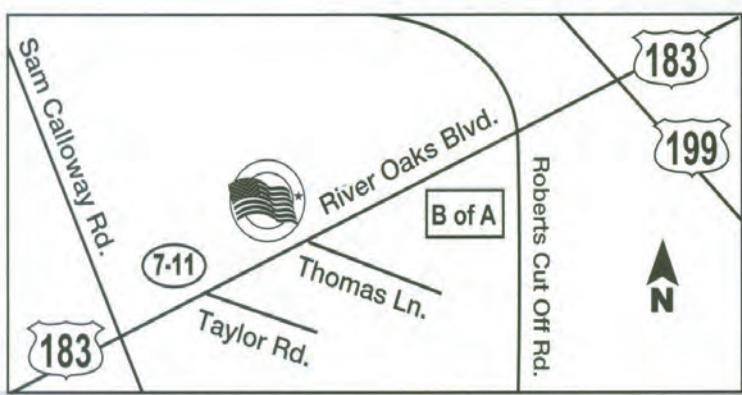
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 Off line? Connect at the Base Library's Computer Lab
 or
 use the Bowling Center's Free WiFi Network.



Congrats Air Ops!!!

Air Ops captured the 2010 intramural summer softball league with a 14-1 season record according to Coach AC1 Kerry Mannon. Air Ops was victorious over VMGR 234's "Devil Dogs" in the championship game with the final score of 14-3. AC1 Mannon and ET2 Joe Anderson were the team's coaches. (Photo by AC2 Ana Erbez)

MOVIE REEL

When was the last time you took your family of four to a currently released movie and paid only \$22.50? Yes \$22.50, which includes the price of two adult tickets, 2 child tickets, two Adult Combos and two Kiddie Combos. That is what it would cost you to go the base Movie Reel Theater, located at 1845 Military Parkway.

Out in town it would probably cost at least \$40.00 to \$50.00 by the time you paid tickets and combo prices. You could see two movies at the Movie Reel for that price.

We show currently released movies approximately three weeks after their release date in local theaters. We have theater seating and Dolby Surround Sound.

Our tickets prices are \$3.00 for Adults (12 & Above), \$2.00 for Children (6 - 11) and free for children five and under.

You can find Movie Reel schedules at all MWR facilities, your Main Exchange, BXTRA Mart, Auto Pride, Navy Gateway Inn and various other facilities. We also have an automated voice message that is updated every Monday listing the following weekend's movies. The number is 817-782-6037.

We show two movies every Friday, three movies every Saturday, and two movies every Sunday.

So bring your family to see a great movie at a great price and support your MWR Department.

Ticket Office (ITT) , Bldg. 1815. Open Monday – Saturday from 10 a.m. – 5 p.m., 817-782-6122

Library, Bldg. 1802. Open Monday – Thursday, 9:30 a.m. – 7 p.m. Friday & Saturday from 9:30 a.m. – 5:30 p.m. Closed Sundays and holidays. 817-782-7735.

Lakeside Oasis, open through Labor Day at the marina. Friday – Sunday, 11 a.m. – 6 p.m. Food orders available by calling 817-782-5575.

TexPlex Bowling Lanes, Bldg. 1815. Monday – Thursday, 10 a.m. – 9 p.m. Friday & Saturday, 10 a.m. – 10 p.m. Sunday, 11 a.m. – 6 p.m. 817-782-6121/6122.

Chuckwagon Grill, Bldg. 1815. Open daily for breakfast, lunch and dinner. Monday – Thursday, 6:30 a.m. – 9 p.m. Friday, 6:30 a.m. – 10 p.m. Saturday, 7 a.m. – 10 p.m. Sunday, 11 a.m. – 6 p.m. Pizza is available for delivery by calling 817-782-5505.

Lone Star Bar, Bldg. 1815. Tuesday

– Thursday, 4 p.m. – 9 p.m. Friday & Saturday, 4 p.m. – 11 p.m. Free munchies on Fridays from 4:30 p.m. to 6 p.m. Will be open for Monday Night Football!

Movie Reel Theater, Bldg. 1845. Movies are shown Friday – Sunday. Call for show times at 817-782-6037.

Desert Storm Conference Center, Bldg. 2570. 817-782-5293/7237. In October the center will be getting a new name and venue that will offer additional opportuni-

ties for patrons. Currently reservations are being accepted for holiday parties, so get your Command's reservation in now. You snooze, you loose.

Fitness Center, Bldg. 1810. 817-782-7770. Monday – Thursday, 5 a.m. – 9 p.m. Friday & Saturday, 5 a.m. – 8 p.m. Sunday, 7 a.m. – 5 p.m.

Base Pool, Bldg. 3319. 817-782-1220. Monday – Saturday, 8 a.m. – 7 p.m. Sunday 8 a.m. – 4 p.m. \$1 admission. Active

Duty training hours, Monday – Saturday 6 a.m. – 8 a.m., No fee. Tuesdays & Thursdays water aerobics \$1. Parties available after hours, call for pricing.

Child Youth Program (CDC), Bldg. 3320. 817-782-7520. Monday – Friday 6:30 a.m. – 5:30 p.m. Closed Saturdays & Sundays.

Vet Clinic, Bldg. 1739. 817-782-5608. Open August 19th, 25th & 26th, 9 a.m. – 4 p.m. Call for appointments.

Base Housing News

August 13 CEL Survey Early Bird Drawing

Base housing residents are being reminded to stop by the Housing Office to pick up their CEL Resident Satisfaction Housing Survey for completion. Turning in a completed survey qualifies residents for weekly drawings. If residents turn in

their survey by today, August 13, they are eligible for the special Early Bird Drawing. The survey is completely confidential and anonymous.

August 14 & 15 School Supplies Giveaway

Operation Home Front is

giving away school supplies and backpacks to ALL military children at building 1235 from 9 a.m. to 1:30 p.m. both days.

August 18 Back to School Pool Party

The new school year is about to begin so why not celebrate at the

Base Housing's Back to School Party on August 18 at 7:30 p.m.

August 23 School starts for Fort Worth ISD

Sorry kids but it's that time to get back into the school routine. Don't look now but your parents are jumping for joy.



Bravo Zulu

RECENT AWARD RECIPIENTS

AS1 Ronald Montgomery, FRC West	Navy Achievement Medal
AO2 Amber Gibbons, FRC West	Navy Achievement Medal
AD2 Diane Hadden, FRC West	Navy Achievement Medal
LS1(AW) John Rooney, FRC West	Navy Achievement Medal
ATCS Corey Sakryd, FRC West	Navy/Marine Corps Commendation Metal
YNC(SEL) Ramon Rinkin, NAS Fort Worth	Navy/Marine Corps Commendation Metal
AC2 Matthew Osterbur, NAS Fort Worth	Navy/Marine Corps Commendation Metal
PR2 Juan Rochasoto, FRC West	Letter of Appreciation
AD2 Ryan Danehe, FRC West	Letter of Commendation
AD2 Luke Metz, FRC West	Letter of Commendation
PR1 Robert Tolbert, FRC West	Meritorious Mass
AM2 Jaime Rodriguez, FRC West	Meritorious Mass
AS3 Ana Rosales, FRC West	Meritorious Mass
AM2 Wayne Hill, FRC West	Meritorious Mass
AM1 Shawn Trubee, FRC West	Meritorious Outstanding Voluntary Service Metal
PR1 Robert Tolbert, FRC West	Sailor of the Quarter
AM2 Jaime Rodriguez, FRC West	Junior Sailor of the Quarter
AS3 Ana Rosales, FRC West	Blue Jacket of the Quarter
Senior Airman Corey R. Loverson, 301st	Airman of the Quarter
Staff Sgt. Johnathan M. Gibson, 301st	NCO of the Quarter
Master Sgt. Mary E. Staffeld, 301st	Senior NCO of the Quarter
MASR Jusitin Ziese, NAS Fort Worth	Hard Charger
ACAR Chad Bradley, NAS Fort Worth	Hard Charger
AO3 Maurice Pacius, NAS Fort Worth	Hard Charger

ADVANCEMENTS

BUC(SEL) Jessica Anderson	ADC(SEL) Robert Bonspeil
SWC(SEL) Christopher Anderson	BMC(SEL) William Combs
LSC(SEL) Steven Archer	PSC(SEL) Stephen Escalante
ABHC(SEL) Thomas August	AMC(SEL) James Duntley
CMC(SEL) Albert Avilia	AOC(SEL) Erich Francis
BUC(SEL) Gabriel Bird	YNC(SEL) Melissa Kazmar-Vaughn
HTC(SEL) Antony Broussard	AZC(SEL) Lawanda Harrison
OSC(SEL) Stephen Christian	AWFC(SEL) Brandon Lehman
ISC(SEL) Robin Day	LSC(SEL) Lisa March
MAC(SEL) David Deleon	AOC(SEL) Joesph Noce
ISC(SEL) Robert Falco	ADC(SEL) Robert Proffit
ISC(SEL) Wes Filson	ATC(SEL) Paul Randolph
EOC(SEL) Mark Galan	ETC(SEL) Henry Rickenbacher
EOC(SEL) Arnold Glock	YNC(SEL) Ramon Rinkin
CMC(SEL) Robert Grigg	AZC(SEL) Tony Shields
MAC(SEL) Iris Keen	YNC(SEL) Kizzie Stokes
LSC(SEL) Michael Lake	LSC(SEL) Wilfran Valencia- Munoz
LSC(SEL) Timothy Lawson	ASC(SEL) Rex Vioria
OSC(SEL) Danny Maylen	
EOC(SEL) Charles Meeker	
SWC(SEL) Jose Rodriguez	
ITC(SEL) Charles Sadberry	
HMC(SEL) Louis Sober	
ISC(SEL) Mark Strack	
UTC(SEL) Robert Wood	
AWFC(SEL) John Wyant	
ITC(SEL) Dion Worley	

IA DEPARTURES

PS2 Timothy Hagood
Cmdr Richard Augenstein

Local Pilots Jump Into New Water Training

continued from cover



(Top) A pilot from the 457th Fighter Squadron awaits "rescue" by members of the 305th and 306th Rescue Squadron July 11 during water extraction training. (U.S. Air Force Photo by SrA Jeremy Roman) (Bottom) Pilots from the 457th Fighter Squadron here are ferried out to their "drop point" on Lake Worth July 11. Soon after they were "rescued" by members of the 305th and 306th Rescue Squadron. This simulation was part of the 457th's water extraction training, a first for the 457th pilots using an actual HH-60 "Pavehawk." (U.S. Air Force Photo by SSgt. Chris Bolen)

Greatest Generation

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St. Louis, San Francisco, and other cities that will include a message from former New York Yankees great Jerry Coleman, one of the 1,500 professional baseball players who put down their bats and gloves to serve in WWII.

Coleman, who flew 120 combat missions as a Marine pilot in both WWII and the Korean War, earning two Distinguished Flying Crosses, and was the Voice of the San Diego Padres for 30 years after retiring from the Yankees, will be appearing at the Padres-Giants game in San Francisco on August 14.

Broadway legend Carol Channing will join film actresses Rhonda Fleming and Margaret O'Brien to host a special event for WWII veterans and their families in Los Angeles that will feature several entertainment stars who served

during the war. Among those invited to attend are Ernest Borgnine, Kirk Douglas, George Kennedy, James Arness of TV's "Gunsmoke," and comedians Jonathan Winters and Don Rickles.

Beginning at 7 pm EDT, thousands of buglers will play "Taps" at a cemeteries and memorials to honor the 400,000 who lost their lives in WWII and the millions of members of the Greatest Generation who have since passed away.

Support for **Keep the Spirit of '45 Alive!** is being provided by Vitas Innovative Hospice Care and a coalition of partners that includes the History Channel, U-Haul and Brookdale Senior Living.

For more information about "Keep the Spirit of '45 Alive!" campaign visit www.Spiritof45.com.

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