

SKY RANGER



NAS Fort Worth JRB, Texas

Vol. 69, Issue 6



U.S. AIR FORCE PHOTO BY SRA MELISSA HARVEY

Bosslift participants and military members pose for a photo on the quarterdeck of USS Kearsarge (LHD 3) May 9, during the 2012 ESGR Joint Bosslift. The group learned about reservists and their role in military operations during the two-day trip.

2012 ESGR Joint Bosslift Gives Leaders, Employers Peek Into Military Life

BY SRA MELISSA HARVEY,
301ST FIGHTER WING PUBLIC AFFAIRS

Employers and civic leaders from the Dallas/Fort Worth area were given an opportunity to learn what reservists do when they are in military status and away from their civilian jobs by taking part in a joint 'bosslift' May 9 - 10.

The Texas Committee of the Employer Support of the Guard and Reserve (ESGR) provided support for the bosslift. Capt. Robert A. Bennett, Naval Air Station Fort Worth Joint Reserve Base commanding officer, and Brig. Gen. Ronald B. Miller, 301st

Fighter Wing commander, hosted over 20 employers on the two-day trip to understand more about the mission and training of reservists.

The group departed NAS Fort Worth JRB, May 9 in a KC-135 Stratotanker flown by reservists from the 931st Air Refueling Wing, McConnell Air Force Base, Kan.

Once they arrived in Virginia, their first stop was the Navy Expeditionary Combat Command (NECC), where they received a joint briefing from Navy Capt. Rodelio Laco Jr., chief of staff, and Capt. David McDuffie, assistant chief of staff for plans, at Joint

Expeditionary Base Little Creek - Fort Story. Here, they learned about the NECC mission of organizing, equipping and training forces to support and execute combat missions. Specifically, they focused on how the NECC relies upon reservists to complete these missions.

"The most interesting aspect of this tour was the focus on how the U.S. Armed Forces are integrating the Reserve and Guard with active duty personnel to meet its mission," said Todd Landry, Lena Pope Home executive director. "I appreciated hear-

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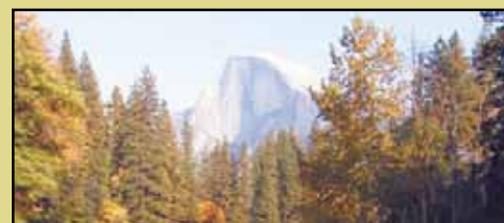
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SKY RANGER

NAS Fort Worth JRB, Texas

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

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Get up-to-date information affecting the service members,
families, retirees and civilian employees on this installation.

The Sky Ranger is an authorized newspaper published on the second Thursday of every month for the installation's tenant commands, base military personnel, civilian employees and retirees of the Naval Air Station Fort Worth Joint Reserve Base, Texas.

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A MESSAGE FROM YOUR COMMANDING OFFICER



BENNETT

This month we will discuss partnerships. Obviously all of us understand what a partnership is, but do we fully embrace what partnerships can provide? For me, the true essence of a partnership is for one entity to compliment the other, and the synergy of the two (or more) produces more than the sum of the parts. Take a second, let that sink in...complimentary, and the sum is more than the total of the parts.

The most common partnership is marriage. If you are lucky enough to be married to the love of your life, you enjoy the most important and precious relationship with another person. Your partnership with God and the love of your life will undoubtedly fully enrich life's journey.

From the Navy and our installation's perspective, partnerships are vital to our success. We do not possess enough resources; manpower, funding, space(s) or



time in the day to stand alone. We must share our resources and talents through communication, coordination and collaboration to ensure that we are ALL successful. To provide the necessary training platform that our Warriors require, we do our best to utilize every resource and asset available. However, sometimes that is just not enough. Therefore, we partner with our tenants and other entities to optimize each other's resources and find common solutions to support each other. It requires diligent communication and coordination. Luckily, we have exceptional leadership from our tenants aboard the base and we all work together to find 'win-win' solutions.

Lockheed Martin is another partner of ours who enjoys the use of our airfield and some lim-

ited resources. They are a great partner in many ways and America enjoys the synergy of our partnership...one of America's most vital assets, the Joint Strike Fighter - F-35.

Another vital and permanent partnership is our local community; surrounding municipalities, City of Fort Worth, Tarrant County and state and federal leaders. Simply put, without the communities' overall investment, overwhelming support and vigilant coordination, we would not survive.

Finally, the Department of Homeland Security, Gulf and East Coast Region units and other entities use our installation as a continuity of operations site and strategic asset as required due to our Warriors and the installation's unique capability and capacity.

Bottom line: no one stands alone. In order to thrive in life, you must find complimentary partners in relationships and in enterprise. We are blessed to have such supportive and resourceful partners here in Texas.

God Bless, Skipper

Gilbreath Named First Ever National Guard Spouse of the Year

STORY AND PHOTO
BY MAJ. RANDY STILLINGER

Texas Army National Guard spouse Christine Gilbreath received recognition by Military Spouse Magazine as the 2012 National Guard Military Spouse of the Year in a ceremony May 10 in Washington, D.C.

Gilbreath is the wife of Staff Sgt. Scott Gilbreath of the 2-149th Aviation Regiment, based in Grand Prairie. She volunteers over a thousand hours each year, serves as the battalion Family Readiness Group Advisor, and considers it an honor to help military families in need.

"I love and need to be in-

involved," Gilbreath said. "If it is helping a Soldier or family member with benefits or questions, introducing community members to the joys of local military support, promoting our battalion on the state and national level, planning a spouse luncheon, or organizing a holiday party for 1,000 people, I love to be actively involved in a project."

With the recent addition of the National Guard to the Joint Chiefs of Staff, the selection process added a special division tailored just for spouses of those who serve in this branch.

"To now be able to stand with our active duty brothers and



Christine Gilbreath accepts the Military Spouse Magazine National Guard Spouse of the Year Award during an awards luncheon at the Marine Corps Barracks in Washington D.C. May 10.

sisters and work to better the lives for all military families is an opportunity I never imagined," Gil-

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DoD Peak Moving Season is Now

FROM NAVY SUPPLY GLOBAL LOGISTICS SUPPORT OFFICE

The summer months herald the busiest move season of the year as hundreds of thousands of Department of Defense (DoD) servicemen and women receive orders to new assignments across the nation and worldwide.

NAVSUP Global Logistics Support (GLS) Household Goods Assistant Program Manager Andrea Gergen advises those transferring to book their moves early. The period of May 15 to August 31 is the annual peak move season, Gergen says.

Gergen advises that movers should give their household goods offices a minimum of three weeks lead time or more to initiate an effective, smoother move experience.

DoD books an estimated 225,000 household goods shipments each summer, Gergen said. In addition to these moves, many federal civilian employees also choose to schedule their moves during the summer, since most schools are out of session and the relocation will be less disruptive for children.

Servicemembers who are faced with trying to move during

this bottleneck period might find themselves with fewer options if they wait too long to book a move date. Gergen suggested that families be flexible with their moving dates, plan ahead, and recognize that now is the time to get rid of unwanted items to reduce their shipment's weight.

"No one wants to get a bill for being overweight on their shipment," Gergen said.

Servicemembers have two options for moving their household goods. They can choose a government arranged move, in which a contractor packs and ships their



household goods, or they may perform a Personally Procured Move (PPM) formerly known as a "DITY" move, where the customer arranges to rent a truck or trailer, or uses their own vehicle to move their items.

For more information on ei-

ther option and to start the move process, customers should go to www.move.mil. For questions or concerns about moving, customers may e-mail householdgoods@navy.mil for assistance or contact their local personal property shipping office.



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COURTESY PHOTO

Rex Ice, a civilian instructor for Central Texas College, begins the first day of the 301st Fighter Wing Noncommissioned Officer Leadership Development Course April 23. This was the first joint class to be held at the wing and the largest multi-branch class to be held in the Air Force Reserve Command. During the class, NCOs learned leadership principles and how to conduct supervisory tasks.

Joint Leadership Class Paves Way for New Horizons

BY SRA MELISSA HARVEY, 301ST FIGHTER WING PUBLIC AFFAIRS

Two's company, three's a crowd, right?

The 301st Fighter Wing Education and Training office recently put this theory to the test when filling slots for the Non-commissioned Officer Leadership Development Course.

Participants are typically all Air Force NCOs, but this time, Army, Navy and Marine Corps members were also invited to attend. It is the first time for the class to consist of multiple branches of service here.

In order to get other branches involved, Chief Master Sgt. Wanda Dillon, chief of 301st Fighter Wing Education and Training, attended a monthly meeting with senior enlisted leaders from all branches on the base, explained the course and offered seats to each branch.

Once that happened, she was able to put people in seats, said Chief Master Sgt. David White, Air Force Reserve Com-

mand's (AFRC) chief of Standards and Evaluation for NCOLDC.

He also said it is the first class that the AFRC has had significant numbers of other branches.

There were 22 members that participated in the course. Of that number, 16 were Air Force, five Navy, and one Army, according to Master Sgt. Mary Staffeld, 301st FW training office program manager for formal school.

The course was originally developed in 1989 due to a need for meaningful, challenging leadership training for mid-level enlisted personnel. To date, approximately 70,000 reserve, civilian, and active duty personnel have attended the class.

Course material is comprised of hands-on training, lectures, and other teaching techniques.

"Students are taught how to apply leadership principles and then practice applying them in role plays, case studies, and exercises," said Staffeld. "They learn to work together as a team to accomplish tasks."

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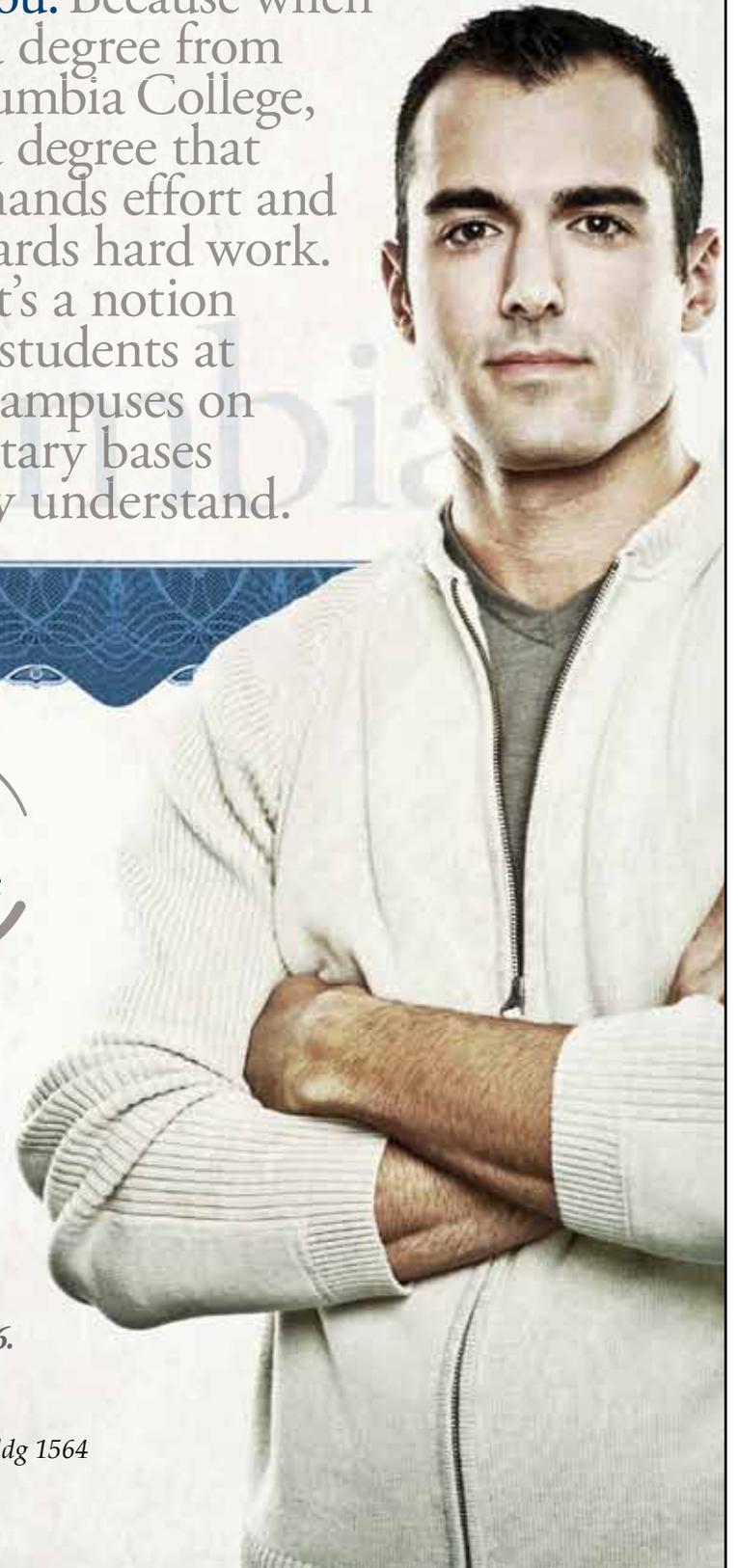
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LEADERSHIP
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This class was the first one to use the Leadership Application Block, said White. It's designed to throw multiple issues at them at once. They have one hour and are stressed due to staff meetings and having only 10-12 minutes to prepare a briefing.

Due to a joint-class environment, course material was added, such as enlisted heritage and command information for the Army and Navy, according to Senior Master Sgt. Mark Dybiec, a class facilitator from the 910th Maintenance Squadron at

Youngstown Air Reserve Station, Ohio.

"We learned how the other branches did their enlisted performance reports, their disciplinary structure, the difference in their chain of commands and the different responsibilities that come with their lower ranking members," said Staff Sgt. Laura Spurling, class leader and 301st Maintenance Squadron knowledge operations management administrator. "I would recommend that everyone who is in any branch of the military attend this course."

NCOs who attended the class not only benefitted from



COURTESY PHOTO

Participants of the 301st Fighter Wing Noncommissioned Officer Leadership Development Course play kickball during a physical training session April 26.

course material, but also from their classmates' perspectives.

"The individual branches

can at times be a bit myopic as methods and practices are often repetitive, but with the feedback of multiple service participants, the subject became much broader," said Staff Sgt. Raul Valles, 90th Aviation Support Battalion platoon sergeant. "Being able to take the best practices from other components enables you to be more versatile and possibly more effective as a leader."

Also included in class curriculum is a requirement to participate in physical training, which is not included in courses elsewhere, said White.

Other activities included kick ball, flag football, calisten-

ics, running and Pilates.

During one PT session, a running clinic was led by iron-man competitor Staff Sgt. David Staffeld, 301st Communications Squadron radio frequency transmissions manager.

"I enjoyed the run clinic," said Valles. "The tools demonstrated can be passed down to our subordinates to improve their PT results."

If there is any question about whether or not a joint class is the way to go, just ask a leader.

"At the end of the day, it doesn't matter what uniform you wear, leadership is leadership," said White.

Reading is So Delicious!



The base library has a summer filled with reading in 2 flavors - fun and healthy eating. There are a variety of programs for all ages. Keep this calendar so you won't miss any of the activities all summer long.

Signups continue throughout the summer. Earn PRIZES as you read.

Call or come by the library for more information:
817-782-7735

JULY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Movie @ 1300- Ratatouille!	7
8	9 	10 Field trip to Base Galley @ 1000	11 Wednesday Storytime @ 1030	12	13	14
15 Summer Reading Pool Party! 1630-1830	16 	17 Author-Janet Eystad, 1030 ages 2-4 "What's Inside"	18 Wednesday Storytime @ 1030	19 Author-Janet Eystad 1030 ages 4-8 "What I Got into Last Summer"	20 	21
22	23 	24 Etiquette Class-Amanda Garcia @ 1500	25 Central Market Demo @ 1100	26 	27	28
29	30 Fire Truck Stories- fire truck @ 1300	31 				

JUNE 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Summer Reading Signups!
3 	4 Angela from Young Chef's Academy- cupcakes @ 1730	5	6 Wednesday Storytime @ 1030	7	8	9
10	11	12	13 Wednesday Storytime @ 1030	14 Bread Baking Arlsen Bakery @ 1100-Gwin Grimes	15 	16
17	18 	19 Storytime- Author Angela Wine- gar @ 1300	20 Wednesday Storytime @ 1030	21	22 	23 Solar Oven Pizza Party @ 1200
24	25 	26 Lunch @ the Library Nutrition & Food 1200-RSVP	27 Wednesday Storytime @ 1030	28 Ringling Bros. Kelly the Clown, fun starts @ 1200	29	30

AUGUST 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Candy Sushi Fun @ 1300	2	3	4
5	6	7	8 Wednesday Storytime @ 1030	9 	10 End of Summer Reading Party-Mad Science @ 1300	11
12	13	14	15 Wednesday Storytime @ 1030	16	17	18
19	20	21	22 Wednesday Storytime @ 1030	23	24	25
26	27	28	29 Wednesday Storytime @ 1030	30	31	

New Web Based Housing Early Application Tool

FROM COMMANDER, NAVY INSTALLATIONS COMMAND PUBLIC AFFAIRS

Commander, Navy Installations Command (CNIC) announced the phased Navy-wide release of the Housing Early Application Tool (HEAT). This web-based tool will allow Sailors and their families to apply for housing online from any computer.

"HEAT makes the Navy house hunting process smoother and less stressful for our Sailors and their families. By providing the early housing application online, Sailors and their spouses can use HEAT to review housing and community information, and make an informed decision on a home before receiving their permanent change of station (PCS) orders," said Vice Adm. William French, Commander, Navy Installations

Command.

HEAT utilizes authoritative systems to reduce the amount of personal information and to streamline the online process. HEAT can be securely accessed from any computer with an internet connection. Service members or their spouses can use HEAT prior to receiving permanent change of station (PCS) orders to request information about community housing or check on their eligibility for military and privatized housing. They may also submit HEAT requests to multiple Installations if they are not sure where they may be stationed next.

"Our goal with HEAT is to reach out to Sailors early in the PCS process to reduce stress and provide proactive support when

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Servicemembers, Families Get Free Pass to National Parks

BY LISA DANIEL, AMERICAN FORCES PRESS SERVICE

Servicemembers and their families will be able to enter all of America's national parks free of charge for a year under an initiative announced in May.

The pass – the America the Beautiful National Parks and Federal Recreation Lands Annual Pass, which normally costs \$80 – are now available to servicemembers and their dependents.

"I think when one goes into Virginia and you see all the sites, the Yorktown battlefield and the whole history of the country, it's important that those who have fought in the tradition of making sure the nation's democracy and freedom are protected also have access to these wonderful sites there," Salazar said in a conference call with reporters.

The passes allow the holder and passengers in a single private vehicle access to some 2,000 sites that charge per vehicle. At sites where entrance fees are charged per person, it covers the pass owner and three adults age 16 and older.

The National Park Service es-



PHOTO COURTESY OF THE NATIONAL PARK SERVICE

Yosemite National Park is one of more than 2,000 national parks in the United States available on the Parks and Federal Recreation Lands Annual Pass.

timates that giving away the passes to service members and their families will result in a revenue loss between \$2 million and \$6 million, but Jarvis said that won't cause a significant impact on the agency, which collects about \$150 million in fees each year.

Military personnel can get the passes at any national park or wildlife refuge that charges an entrance fee by showing their military ID. Family members also will be able to obtain their own pass, even if the servicemember is deployed or if they are traveling separately.

The pass will be accepted at

National Park Service, U.S. Fish and Wildlife Service, Bureau of Reclamation, Bureau of Land Management, U.S. Forest Service and U.S. Army Corps sites that charge entrance or standard amenity fees.

The free pass will be made available for activated members of the National Guard and reserves, but not for military veterans or retirees, whom Jarvis said have other opportunities for free or reduced admission, such as the National Park Service's "Access Pass" or a seniors pass for those 62 and older.

Jarvis, a 40-year Park Service employee, said that while the free passes are a first, they are representative of the parks' history with the military, which dates back to the Buffalo Soldiers' battles with Native Americans in the mid-1800s and the recruitment of former military members to serve as park rangers under the first NPS director, Stephen T. Mather.

The Park Service maintains many military historical sites from Gettysburg to Pearl Harbor, and in World War II even closed some parks, such as Mount Rainier in Washington state, to all but active military members, he said.

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The Military Lifestyle: Are Your Children at Risk of Psychological Problems?

Military children face frequent parental separation, stress from service member's unpredictable work hours, a wounded or lost parent, and relocations requiring social adjustment. This lifestyle may negatively effect a child's school performance and psychological well-being, putting them at greater risk for mental health and adjustment problems.

Your family is invited to participate at no cost in a research project aimed at addressing the shortage of programs known to be effective in preventing adverse effects on military children and families. University of Texas at Arlington researcher,

Dr. Alexa Smith-Osborne is teaming up with the Tarrant County Safe City Commission to test a scientifically-based coping program. "The Youth Resilience Project" consists of weekly educational sessions for youth and parents in Fort Worth and Arlington beginning in February 2012 and continuing throughout summer 2012.



For information contact Dr. Smith-Osborne at: alexaso@uta.edu or phone us at 817-272-2165.

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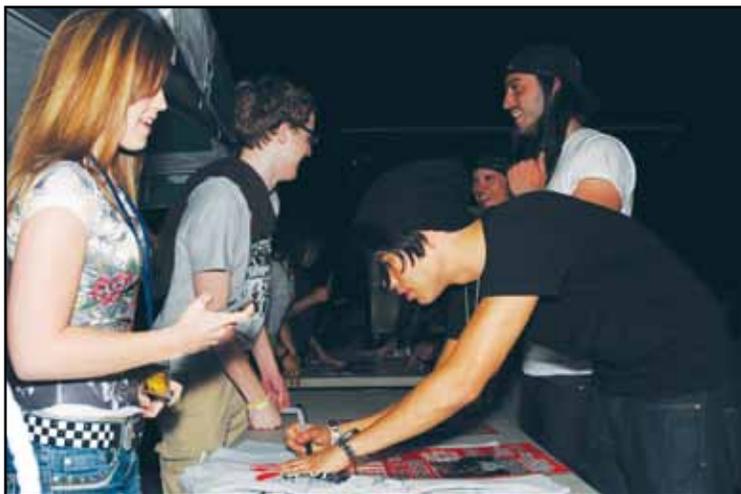
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MAYDAY OPEN HOUSE & CONCERT

Naval Air Station Fort Worth Joint Reserve Base held an open house featuring military displays and a free concert with The Crisis and Red Jumpsuit Apparatus May 12. (all photos by Mass Communication Specialist 1st Class Eric Deatherage, except where noted)



PHOTO BY RUSTY BAKER



Janes Recognized as GEICO Military Service Award Recipient

FROM GEICO COMMUNICATIONS DEPARTMENT

GEICO named Aviation Maintenance Administrationman 2nd Class (AZ2) Crystal Janes the Navy recipient of GEICO's 2011 Military Service Award. Janes, aviation logs and records manager for Fleet Readiness Center West at NAS Fort Worth Joint Reserve Base, was nominated for the award for her work in drug and alcohol abuse prevention.

While at technical training in Meridian, Miss., Janes volunteered 42 hours of her personal time to community service with the Base Morale, Welfare and Recreation Committee. When she reported for duty at her current unit, her volunteer activities rose to higher levels of personal commitment. She devoted in excess of 230 volunteer hours to 115 inner city youths as a mentor, team lead and coordinator in the Drug Education for Youth Camp (DEFY) Summer Camp Program.

Janes' noteworthy accomplishment earned her a "Community Builder Award" from the United States Northern District of Texas Attorney. She also volunteers as a section leader and volunteer member of the base Honor Guard.



PHOTO FROM GEICO

AZ2 Crystal Janes accepts GEICO's 2011 Military Service Award during a ceremony April 30 in Washington, D.C.

Capt. Greg Mitchell, Fleet Readiness Center West officer in charge, said, "From the onset of her naval career, Petty Officer Janes has demonstrated a steadfast commitment to her fellow service members and the local community in which she resides. Her contributions to community drug prevention education are of particular merit and demonstrate the highest degree of dedication to the betterment of our nation's youth."

GEICO chairman Tony Nicely presented Janes the award at a

ceremony in Washington, D.C.

"GEICO is proud to recognize the tremendous efforts of our country's servicemen and servicewomen to improve their military and civilian communities," Nicely said. "Petty Officer Janes has proven through her efforts in drug and alcohol abuse prevention that she is a valuable member in the community and is deserving of this honor."

GEICO has recognized members of the U.S. military with this awards program since 1988.

Bravo Zulu for the Month of June NAS Fort Worth JRB Congratulates...

Navy Commendation Medal

MAC Broderick Santos, Security

Navy Achievement Medal

AS1 Christopher Reeves, Ops
A02 Benjamin Poroda, Ops
BM2 Charles Beebe, Galley
AT3 Heather Frank, Ops
MA3 Justin Ziese, Security
MA1 Michael Earvin, Security
A01 Trenton Hagley, Security
ET1 Christopher Nelson, GEMD
RP2 Savannah Brown, Chapel
MA2 Trevor Guevara, Security
A02 Matthew Kline, Security

Sailor of the Quarter

PS1 Nathaniel Ndikum, Admin

Junior Sailor of the Quarter

BM2 Gerald Benton, Admin

Blue Jacket of the Quarter

MASN Savannah Owen, Security

Senior Civilian of the Quarter

Rusty Baker, PAO

Junior Civilian of the Quarter

Scott Harmon, Security

Hard Charger

AC3 Joshua Matheney, Ops
A03 Christopher Morris, Ops
ACAN Audrie Sierra, Ops
MASN Ryan Biro, Security
ACAN Nicholas Machado, Ops
MASN Justin Woods, Security

Frocked

BM1 Gerald Benton
MA1 Rick Payer
CS1 Justin Vanhorn
AC2 James Cleghorn
CS2 Tristan Bell
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MA2 Zachary Lyons
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MA2 Justin Zeise
YN3 Jarrett English
AC3 Michael Grotschel
MA3 Rusty Judkins
AD3 Ryan Larson
MA3 Savannah Owen
MA3 Tiara Terlaje

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Irene Guerrero, Navy Lodge Fort Worth

Armed Forces Vacation Club: Proudly Serving Our Armed Forces

FROM AMY MUNNELL, MWR

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continued on page 11

NOW HEAR THIS: Base Announcements

Retired Military Wives Invited to Monthly Meetings

All wives and widows of career military men with a valid ID card are invited to participate in the twice-monthly assembly of the Retired Military Wives Club. The Retired Military Wives Club has its business meeting on the second Thursday of each month at the Fort Worth Elks Club, 3233 White Settlement Road. It begins at 11 a.m. The group's social event is on the fourth Thursday of every month. For details about the club or these events, contact Jean Bonner (817-246-9523) or Judy Corso (817-266-0167).

The Society of Military Widows

Chapter 32 of the National Organization meets at the chapel on base on the fourth Wednesday of the month at 11 a.m. for fellowship, lunch and a short business meeting. Widows of all military branches and ranks are welcome. For details, contact Jo Henry at (817-283-0416).

Carswell Retired Officer's Wives Club

Carswell Retired Officer's Wives Club meets on the second Tuesday of each month at 11 a.m. at the Fort Worth Woman's Club, 1316 Pennsylvania Ave. The CROWC is open to wives of current and retired officers of all branches.

For details, or to make a reservation, contact Lois DiBartolomeo (817-346-8931).

Lone Star Officers Club

Our dinner meeting is on the third Wednesday of each month. The June meeting is June 20 at the Ridglea Country Club (3700 Bernie Anderson Avenue, Fort Worth) in the Garden Room. Mix and mingle starts at 6 p.m. You won't want to miss this informative meeting about the new littoral combat ship (LCS 3) being named for our city, the USS Fort Worth. The guest speaker will be Cmdr. Warren E. Cupps, prospective commanding officer of the ship. Information on our monthly program, menu, reservations and location is at www.lsoc-inc.com.

Purple Heart Chapter Meeting Announcement

Purple Heart Chapter 1849 meets at 11 a.m. on the third Saturday of every month at the Paul Mansir American Legion Post 297 located at 8201 Old Benbrook Road, Benbrook, TX 76126. All Purple Heart recipients are welcome. For further information, please contact Mr. Ron Krotty at 817-768-8613.

FFSC Financial Classes

Command Financial Specialist (CFS) training is June 11-15. CFS quarterly training is June 21. There is a teen financial class for ages 13-18 June 25-28. Call Ora Millard at 817-782-5537.

The Importance of Credit History and Successful Saving

FROM THE FLEET AND FAMILY SUPPORT CENTER

Financial Literacy and Military Saves wants to make sure you understand the importance of your credit history and how this ties into successful saving. It is important for all Americans to have savings. Having a savings account allows you to pay for emergencies, gives you financial freedom, and can help you avoid credit problems that could adversely affect credit scores.

Having a strong credit his-

tory, reflected in good credit scores, is also important because it allows you to qualify for lower interest rates and fees, freeing up additional money to set aside for emergencies, retirement, and other smaller unexpected expenses.

The connection between successful savings and good credit plays an important role in your financial life. Not only is it essential for obvious things like qualifying for a loan or getting a credit card, but also for less obvious things like getting cellular telephone

service, renting a car, and perhaps even getting a job. Service members can also be affected by poor credit in regard to their security clearance.

Want to learn more about the importance of credit history and successful savings?

Download the Importance of Credit History and Successful Savings packet, <http://americasaves.org/images/newsletters/creditscore.pdf>, which includes information on:

What is a Credit Report and Score?

Why is Saving So Important?

How do I Start Saving?



What Savings Options Are Available to Me?

Why is Good Credit Management so Important?

5 Tips for Building Good Credit. Frequently Asked Credit Questions.

FDIC Model Safe Accounts.

What are you waiting for?

Set a Goal.

Pay down debt, save automatically, and assess and improve your credit history.

Make a Plan.

Improve your credit history by making the minimum payment on all bills, keeping balances low on sources of credit and applying for credit wisely.

Save Automatically.

In order to have good credit scores you must demonstrate a habit of good credit management over a long period of time. Set up direct deposit or put part of your check in to a savings account automatically each month to pay down debt and ensure you have enough money for emergencies.

We at Fleet and Family Support can pull your credit report plus your score for free.

Please contact Fleet and Family Support Personal Financial Counseling Team at 817-782-5537.

CENTER FOR
Brain Health.
THE UNIVERSITY OF TEXAS AT DALLAS



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No Sexual Side Effects**

The Center for BrainHealth utilizes cutting-edge support and training programs designed for OIF/OEF Veterans with Traumatic Brain Injury and Post Traumatic Stress Disorder.

Programs are confidential and individuals will receive monetary compensation for their time.

For more information contact:

Cassie.Morgan@UTDallas.edu or 972-883-3240.

www.centerforbrainhealth.org

VACATION CLUB

continued from page 10

More Spaces in More Places

Availability varies but frequently includes destinations in the United States, Mexico, South America and Europe. The condominium-style accommodations typically include a full kitchen with refrigerator, stove, dishwasher and microwave. Many AFVC accommodations also include washers and dryers, balconies or patios, and many other comforts of home.

Many resorts provide amenities you aren't likely to get with a typical hotel or motel room, such as on-site recreational facilities, swimming pools, fitness centers, game rooms, gift shops, restaurants and organized activities.

Golfing and skiing are available on-site at some resorts, as

well. Add in exciting area attractions, and you have an exceptional vacation for far less than you would normally expect to pay!

Convenient Booking Options

The AFVC offers a variety of rental programs and booking options, including:

Space-A (Space Available) – This is the most popular option and includes a seven-night vacation rental for the set price of \$369* USD per week (*Taxes are additional. Other restrictions may apply.). Rentals are typically available during offseason times and often become available on very short notice. Additional fees, such as resort fees, may apply at some luxury or all-inclusive resorts.

High Demand – This option offers weekly rentals in high-demand locations and during peak

season at discounted commercial rental rates (variably priced by location and unit).

Nightly Getaways – This option provides the convenience and amenities of a resort condo on a nightly rental basis. Discounted rates vary.

Special Offers – Take advantage of special deals from independent hotels, bed and breakfasts and campgrounds. Other offers include car rental and river cruise discounts, emergency roadside assistance, and more.

How can I book an AFVC vacation?

Booking is available by phone at 1-800-724-9988 (317-805-9975, if overseas) during call center business hours or online 24-hours per day at www.afvclub.com. Call center hours are Monday through Friday 8 a.m.-9 p.m. ET and Saturday and Sunday 9:30 a.m.-6 p.m. ET.

When booking with AFVC, be sure to mention the unique code for your local military installation which can be found under the MWR tab on the AFVC website.

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BASE HAPPENINGS



Navy/Marine Corps Relief Society Awards



PHOTO BY RUSTY BAKER

The Navy/Marine Corps Relief Society held its annual awards ceremony in the base chapel May 29. NMCRS recognized its much-needed volunteers at the event.

VR-59 (Lonestar Express) Change of Command



Cmdr. Timothy Veccia (left) assumed command of Fleet Logistics Support Squadron 59 from Cmdr. Scott Eargle during a change of command ceremony May 5. (photo by Mass Communication Specialist 1st Class Eric Deatherage)

PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS ERIC DEATHERAGE

Sexual Assault Awareness 5K Run

Runners participate in the Sexual Assault Awareness Month 5K run/walk May 11. The run was originally scheduled for April, but was delayed due to weather.



PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS ERIC DEATHERAGE

Spokes Persons of the Mayor

Fort Worth mayor Betsy Price invited the local community to ride with servicemembers of NAS Fort Worth JRB, including commanding officer Capt. Robert Bennett, at NAS Fort Worth JRB May 12.

PHOTO BY RUSTY BAKER



VMFA 112 Change of Command Battle of Midway Observance



PHOTO COURTESY OF MAG-41

Lt. Col. Michael Jeffries (center) relieved Lt. Col. David Gribble (left) as commander of Marine Fighter Attack Squadron 112 during a change of command ceremony May 20.



PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS ERIC DEATHERAGE

Naval Air Station Fort Worth Joint Reserve Base held a Battle of Midway Observance May 5. The event featured guest speaker, retired U.S. Army Air Corps/Air Force Master Sgt. Leon Long, a WWII veteran stationed in the Pacific during the war.

Motorcycle and Motor Vehicle Safety Rodeo



The base held a motorcycle and motor vehicle safety rodeo May 16 in the Exchange parking lot. The event featured a Ride the Honda SMART motorcycle simulator, motorcycle riding course and a riding demonstration by the Fort Worth police department.

PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS ERIC DEATHERAGE

VMGR-234 Change of Command



Lt. Col. Patrick Tiernan addresses Marine Aerial Refueler Transport Squadron 234 during a change of command ceremony on the flight line at NAS Fort Worth JRB May 20. Tiernan relieved Lt. Col. William E. Smith as commanding officer.

PHOTO COURTESY OF MAG-41

Exercise Safely as Temperatures Rise

BY MC1(SW) ERIC DEATHERAGE

Sailors, Marines, Soldiers and Airmen are expected to maintain proper physical fitness year-round, and outdoor activities and sports are popular ways to keep in shape.

Exercising outdoors can also present serious health risks, particularly during a typical Texas summer. Extreme temperatures happen regularly. It is important to train properly to avoid injury.

Military bases, including NAS Fort Worth JRB, operate un-

der heat index flag conditions to alert personnel of heat conditions:

Green Flag – Temperatures range from 80-84.9 – Unrestricted physical activity may be carried out.

Yellow Flag – Temperatures range from 85-87.9 – Physical activity should be limited to those people who have been exercising in similar heat for a minimum of 10 days or more.

Red Flag – Temperatures range from 88-89.9 – Physical

activity is advised only for members who have been working out in similar heat conditions for a period of 12 weeks for more.

Black Flag – Temperatures range 90 and above – Outdoor physical training is not authorized. Only mission oriented, strenuous outdoor activities are authorized.

Here are some helpful safety tips for exercising outdoors during extreme heat:

-Black Flag - NAS Fort Worth JRB is often under Black Flag



(FILE PHOTO FROM U.S. MARINE CORPS)

heat conditions during the summer. Under these conditions, strenuous outdoor activity

should not be conducted.

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BASE ACTIVITIES & MWR INFORMATION



All information is intended for military, DoD, Bureau of Prisons ID-card holders and families. Events and facilities are not open to the general public

LIBRARY

1802 Doolittle Ave., phone 817-782-7735, fax 817-782-7219

Hours:

- * Monday – Thursday, 9:30 a.m. to 7 p.m.
- * Closed Sundays & holidays.
- * "Like" us on facebook.com/ NASFortWorthLibrary.

* Story time - Wednesday at 10:30 a.m.
 * FREE music downloads available with "Freegal" account, contact library.
 * Rosetta Stone available for library patrons. Also Transparent Language Online through NKO.

* New Item - Playaway VIEWS for youth.
 * Summer Reading – "Reading is So Delicious!" began June 2 and runs through August 10. Activities throughout the summer for adults, young adults, and children; programs include Young Chief's Academy program, field trip to the base galley, local author visits and readings, Mad Science party and more. Sign up online and have your own summer reading page. Watch for more information in the weeks to come.

JUNE SUMMER READING EVENTS:

- * June 14 – Bread baking with Artesian bakery, 11 a.m.
- * June 19 – Special story time with Author Angela Winegar, 1 p.m.
- * June 23 – Solar Oven Pizza Party, noon
- * June 26 – Lunch @ the Library – Nutrition & Food, noon
- * June 28 – Ringling Bros. Kelly the Clown, noon

TEXPLEX CENTER

1815 Military Parkway, 817-782-6122/5505

INFORMATION, TICKETS AND TRAVEL (ITT)

Located in TexPlex, Bldg. 1815, 817-782-6121
 * Summer hours are Monday-Saturday from 10 a.m. to 5 p.m.

* Disneyland Tickets are now available! Plan your summer vacation today!

* Get your summer fun tickets to Six Flags, Hurricane Harbor, NRH20, Hawaiian Falls, Schilletterbahn, Fort Worth Zoo, Omni Theater and so much more! Daily tickets and season passes are available.

* All RV/boat storage and rentals have moved to the Auto Hobby/Outdoor Recreation Bldg. 1145 782-6375.

* Texas Rangers offer military discounts on tickets. Contact ITT for information.

* Tickets also available for venues in Virginia, Pennsylvania, Florida and California.

BOWLING CENTER

Located in TexPlex, Bldg. 1815- 817-782-6122

* Keep an eye out for the date for the re-grand opening of the Bowling Center, ITT, "L" Bar/Lounge and "Grill".

* Great things are happening.... renovations, upgrades and all AMF bowling lanes with state of the art technology. Stop by and see the progress. ITT, Grill and Bar open during remodel. See how we are improving our facilities for our military and their families.

* Start planning for fall bowling leagues! Gather your friends and family and get your teams together now!

THE "GRILL"

Located in TexPlex, Bldg. 1815, 817-782-5505

Hours:

Monday-Thursday 6:30 a.m. to 9 p.m.; Friday 6:30 a.m. to 10:30 p.m.; Saturday 7 a.m. to 10:30 p.m.; Sunday 7 a.m. to 6 p.m.

- * Daily breakfast and lunch specials.
- * Healthy choices – turkey burger and grilled chicken sandwich.
- * Enjoy Dinner at the GRILL and catch a movie at the MOVIE REEL!

LOUNGE

Located in TexPlex, Bldg. 1815, 817-782-7919

Hours:

Tuesday-Thursday 4 p.m. to 9 p.m.; Friday & Saturday 4 p.m. to 11 p.m.

- * Two dollar Tuesdays
- * Free munchies on Fridays 4:30PM to 6 p.m.
- * DJ/Karaoke – Thursdays 5 p.m. to 10 p.m.

MOVIE REEL THEATER

1845 Military Pkwy., 817-782-6037

Friday-Sunday, call for times of movie.

* The wait is over; Movie Reel now has state of the art digital format!

* Admission prices are \$3.00 for active duty and adults (12 and above), \$2.00 for children (6-11) and free for children 5 and under. Admission prices for 3-D movies are \$5.00 for active duty and adults, \$4.00 for children and free for children 5 and under. We will provide 3-D glasses for all 3-D movies.

* Concessions are available for purchase.
 * Movie schedule us updated bi-weekly. Call 817-782-6037

LONE * STAR CENTER

2570 Desert Storm Rd., 817-782-5293/7237

Office hours are 8:30 a.m. to 2:30 p.m. or by appointment.

* It not too early to start planning your holiday parties. Call to reserve your date today!
 * The center is the first stop when planning a spring/summer wedding reception or a variety of events including meetings, conferences, change of commands and promotion parties.

* The center will be closed August-November for repairs and new AC/heat system.
 * Call Sandy Foy for information concerning your next event.

VET CLINIC

1739 Eisenhower, 817-782-5608

* The clinic is now operated by the Army Vet service. Call for information.

FITNESS CENTER

1810 Tuskegee Airmen Dr., 817-782-7770

* Paddle Boat Race – Friday June 22, 11 a.m. at the Marina. Two-person teams; \$10 per team; T-shirts to all participants; 1st & 2nd place trophies! Sign-up at the Fitness Center NLT June 21. For more information please contact the Fitness Center.

* Saturday Zumba class from 11:30 a.m. to

12:30 p.m.

* Saturday Yoga classes 10:45 to 11:30 a.m.

* Classes available: step aerobics, pilates, yoga, spin, zumba, pump-it-up, adult/ children karate and personal training.

* Friday Family Fitness Class- 9 a.m. for ages 6-18. Parents must participate in workout program with their children.

AQUATICS CENTER

3319 Hensley Ave., 817-782-1220

Hours:

Monday-Saturday 6:00 a.m. to 1 p.m.; Sunday 7 a.m. to 4 p.m.; Holidays 10 a.m. to 2 p.m.

* American Red Cross endorsed youth swim lessons are Tuesday & Thursday from 9 a.m. to 1 p.m.; 5 sessions; \$25 for a 4-week session (4 lessons); ages 4 and up; 8 student limit per session. Sign-up at the Aquatic Center prior to desired session date. Payment is required at time of registration. Contact the Aquatic Center for more information.

- * Session A: June 5 – 14
- * Session B: June 19 – 28
- * Session C: July 3 – 12
- * Session D: July 17 – 26
- * Session E: July 31 – August 9
- * Make-up Lessons: August 14 & 16

Baby and Me Swim classes
 * Ages 6 months – 4 years old.
 * Monday & Wednesdays, 10 to 10:45 a.m.
 * \$25 for 2 week session (4 classes).
 * Register at the Aquatic Center prior to desired session.

* Payment required at time of registration.
 * Children must wear proper garments (swim diapers).

* For more information, contact to the Aquatic Center.

* Book your summer party at the Aquatic Center today!

* Full schedule of classes posted at centers.

LIBERTY

1815 Military Pkwy. (located in TexPlex), 817-782-3175

* Single Service Member Program (17-25 years, restrictions apply); call for additional information and schedule of upcoming activities.

CHILD YOUTH PROGRAM (CDC)

3320 Sesame St. Drive, 817-782-7520

*Please contact the Child Development Center for all your childcare needs.

ACTION ZONE Summer Camp

1145 Hercules Dr., 817-782-7566/7520

AUTO HOBBY/OUTDOOR RECREATION

RV/BOAT STORAGE

BOAT RENTALS

1145 Hercules Drive, 817-782-6375

**All are now located in the shop at 1145 Hercules Drive.

SUMMER HOURS:

Monday - 11 a.m. to 7 p.m.
 Tuesday & Wednesday - closed
 Thursday – 1 to 7 p.m.
 Friday – 10 a.m. to 6 p.m.
 Saturday – 9 a.m. to 5 p.m.
 Sunday – 10 a.m. to 7 p.m.

*Hours are subject to change
 Contact Outdoor Rec for all boat rentals, 817-782-6375/6376.

4th OF JULY – Fireworks Celebration

* Wednesday, July 4 at the Marina
 * Festivities start at 5p.m.; fireworks at dusk
 * Bring your family and friends and celebrate the 4th of the July at the Marina. Live music, kids zone, and sponsor booths. Food and beverages available for purchase. Bring your blankets and chairs to enjoy a spectacular firework display.

CARDBOARD REGATTA

* July 4 at 5 p.m. at the Marina
 * Start today building your boats for the first NAS Fort Worth JRB Cardboard Regatta. Boats made entirely of corrugated cardboard, including decorations, and propelled only by canoe paddles, oars or kayak paddles. Life jackets are required for all participants in the boats. Pick up your "Rules and Tips" packet today at the Fitness Center. There will be prizes for Fastest, Pride of the Regatta, Team Spirit, and the Titanic. Sign up by July 2 at the Fitness Center. Contact the base recycling center for cardboard, 817-782-7634.

EXERCISE IN THE HEAT

continued from page 13

-Drink plenty of water and stay hydrated. Do not let thirst determine how much to drink and how often.

-Use an exercise buddy. You can keep an eye on each other.

-Avoid peak heat hours. Limit outdoor activity to the morning or late evening when temperatures are cooler.

- Dress properly - wear breathable light colored clothing whenever possible.

-Exercise in the water. Swimming is an excellent way to get

exercise during the summer months without becoming overheated.

-Know your limitations. Don't overexert yourself in an attempt to reach unrealistic goals. Know your limits and work up to higher levels of performance.

As the temperatures continue to rise in Texas, so does the chance of heat related injuries and death.

There are three types of heat related injuries: heat cramps, heat exhaustion and heat stroke. Heat related injuries are easy to prevent if people understand the signs and symptoms associ-

ated with them.

Heat cramps are muscle contractions, usually in the hamstring muscles and calves. These contractions are said to be very strong and painful. These cramps tend to be connected to dehydration and poor conditioning. This condition usually improves with rest, drinking water and being in a cool environment.

Heat exhaustion is more severe than heat cramps. It also results from excessive heat and dehydration. Signs of heat exhaustion include paleness, dizziness, nausea, vomiting, fainting and a moderately increased

temperature (101-102 degrees F).

Rest and water may help in mild heat exhaustion as well as ice packs and moving to a cooler environment. More severely exhausted patients may need IV fluids, especially if vomiting keeps them from drinking enough.

Heat stroke is the most severe form of heat illness. People with heat stroke have warm, flushed skin and do not sweat. A person with heat stroke usu-

ally has a very high temperature (104 degrees F or higher) and may be delirious, unconscious or have seizures. These patients need to have their temperature reduced quickly. They should be taken to a hospital as quickly as possible.

If any of the following symptoms arise, stop immediately and seek assistance: loss of coordination and stamina, dizziness, nausea, fatigue, headache, blurry vision and difficulty in breathing.

SPOUSE OF THE YEAR

continued from page 2

breath said.

Her selection led to a competition against the active duty components for the overall title of Military Spouse of the Year.

Lt. Col. Jim Nugent, who commanded the 2-149th and witnessed the great things she was able to accomplish, praised Gilbreath. "We are exceptionally proud of Christine and commend her selection as the first-ever National Guard Spouse of the Year. This well-deserved recognition at the highest level is a worthy tribute to the selfless service she has cheerfully given to our Guard family."

The trip to the nation's capital was full of various events designed to honor the spouses who have given so much of their free time to better the military family as a whole. Among the many honors was the chance to meet Texas Senator Kay Bailey Hutchison, who welcomed Gilbreath to her office.

The awardees were then invited to the home of the Marine Corps Commandant by Bonnie Amos, wife of General James Amos, for an exclusive reception in their honor. Even Chesty, the English bulldog and official mascot of the Marine Corps, put on his

dress uniform for the occasion.

After the reception, the awardees headed across the parade grounds for the luncheon and presentation of the various awards. Jeremy Hilton, the Air Force Spouse of the Year, took the top honor as overall Military Spouse of the Year. Gilbreath is still very honored to represent all of the National Guard spouses across the country and around the world.

Hilton is the father of a special needs child, a graduate of the Air Force Academy and husband to Air Force Lt. Col. Renae Hilton. He will spend the next year building up the military's Exceptional Family Member Program.

Other highlights of the trip included breakfast at the Pentagon, meeting Laura Dempsey, wife of the Chairman of the Joint Chiefs of Staff, a photo opportunity with Sergeant Major of the Army Chandler and his wife Jeanne, and getting to meet Linda Odierno, wife of Army Chief of Staff, General Raymond Odierno.

"All of the senior spouses I had the opportunity to meet with were so welcoming and gracious to everyone involved," Gilbreath said.

She views this honor and the connections that were created as a means to further a cause that

will benefit spouses of all members of the military. Over the next year she will develop a New Spouse Welcome Program to provide new military families with a wealth of knowledge, information and resources that will benefit all families, especially those that are long distances from active duty military bases.

After their private tour of the Pentagon, there was a special breakfast hosted by spouses of senior ranking military officials. "I have already been afforded amazing opportunities with this recognition. All of the 2012 awardees were able to speak freely and at length with the most influential military spouses in the country," said Gilbreath. "Opportunities such as these merely underscore the respect these powerful women have for Military Spouse Magazine, and all of the other spouses we represent."

Gilbreath, who lives in Crowley with her husband and two teenagers, is still in awe of the way that she and the others were received. "The entire experience has been a fantastic journey filled with moments I will remember for a lifetime."

The 2-149th, based in Grand Prairie, provides lift and cargo helicopter assets for state and overseas operations.

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NATIONAL PARKS continued from page 7

Right after World War II, the Park Service invested heavily in infrastructure to prepare the parks for returning service members, Jarvis said. Today's generation of warriors also deserves a deep connection to the parks, he said.

"From my perspective, it is in-

credibly important to return this group of returning military members to their national parks," Jarvis said. "Nothing is more core to the American experience than the national parks. These are places for quiet and contemplation and to reconnect to the American experience. And we don't want there to be any barriers to that."

HEAT continued from page 7

moving from one duty station to another," said Corky Vazquez, CNIC Housing Program Manager. "With HEAT, Sailors and their families are able to make contact with our Navy Housing Service Centers and Privatization Partners to discuss their housing needs and learn about their housing options

at any time. HEAT makes it easy to connect with our housing professionals and make informed decisions before even having orders."

HEAT will be implemented by region and will be Navy-wide by June 30. To access HEAT and for more information about when your base will have HEAT, please visit <http://www.cnic.navy.mil/HEAT>.

ESGR continued from page 1

ing from officers in the briefings about that integration."

Afterwards, the group had a glimpse of what life is like aboard the USS Kearsarge (LHD 3), where Capt. Dorian Jones, the ship's commanding officer, emphasized several key concepts such as training, teamwork and mission accomplishment.

Another significant aspect of the two-day bosslift was having dinner with the local civic and prominent business leaders. This offered the Fort Worth group an opportunity to discuss the importance of employer support for their reservists.

On day two, the group toured the Air Combat Com-

mand (ACC) headquarters at Langley Air Force Base, Va. Here, they learned about ACC's mission to provide combat airpower to America's warfighting commands. When mobilized, more than 50,000 Air National Guard and Air Force Reserve members, along with 675 aircraft, are assigned to ACC.

Next, they toured a hangar with F-22 Raptors from the 192nd Fighter Wing and learned about their dual mission as a guard unit to be combat ready and to aid and protect the Commonwealth of Virginia.

"This is much more than I expected," said JoAnn Gordon, the City of River Oaks mayor pro tem.

Next, they visited the 158th Fighter Wing, a Vermont Air National Guard unit, where they

toured a hangar containing F-16 Fighting Falcons and learned about the wing's Air Sovereignty Alert mission.

They also toured the 480th Intelligence, Surveillance, and Reconnaissance Wing where they learned about the "Sentinel" weapon system, analyzing imagery and other intelligence activities.

Finally, they toured a wind tunnel facility at the NASA Langley Research Center.

At the end of the two-day trip, leaders learned "the important role that Reserve and National Guardsmen play in the mission," said Karla Barker, an Edward Jones Investments financial advisor. "Coming from an active duty background, I never saw the impact from their side."



*Second pair includes frame of equal or lesser value as the first pair for the same person and plastic CR39 single vision, lined bifocal or Shoreview progressive lenses. Additional charges apply for lens and material upgrades. See an associate for complete offer details. Offer cannot be combined with any other discount, coupon or insurance plan. All eyeglass purchases require a current, valid prescription. No dispensing fees. Offer expires 06/30/12. © 2012 National Vision, Inc.

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Save \$2 per person! Present this coupon prior to purchase at any New Braunfels ticket window Sunday through Friday in June, July or August or any operating day in May or September and SAVE \$2 each on up to 6 full-price, all-day tickets.

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

Coupon expires at the end of the 2012 summer season.



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