VOL. 66, No. 21 | Naval Air Station Kingsville, Texas | *"The World's Best Pilots are Trained Here!"* | October 17, 2008

NAS Kingsville pays tribute to a fallen shipmate.

Page 6

NAS Kingsville Branch Health Clinic (BHCK) celebrates National Hispanic Heritage Month.

Page 7

Navy Birthday Ball

Saturday, Oct. 18
6 p.m. to midnight

The Captain's Club

Come out and celebrate the 233rd birthday of the United States Navy!

Asst. Secretary of the Navy visits South Texas bases

By Jon Gagné, NAS Kingsville Public Affairs

The Honorable BJ Penn, the Asst. Secretary of the Navy for Installations and Environment, visited South Texas Navy installations Oct. 1-2 to get a close-up look at base facilities and quality of life issues. Penn arrived in Texas Sept. 30, and visited Navy Reserve Base Fort Worth Oct. 1 and met with Texas Congressman Solomon P. Ortiz. The following day, Penn visited NAS Corpus Christi and NAS Kingsville.

NAS Kingsville Executive Officer CDR Scott Allen, right, and NAS Kingsville Commanding Officer CAPT Phil Waddingham, center, explain encroachment issues to Asst. Secretary of the Navy (Installations and Environment) BJ Penn during his visit to the base Oct. 2.

"As an old EA-6 Prowler pilot, I'm happy to be back in Kingsville," Penn told NAS Kingsville and Training Air Wing TWO officials shortly after his arrival. "I spent a lot of time in Kingsville during my training days. It's nice to hear the sound of jet engines roaring above."

Penn started the visit by meeting with base officials and NAS Kingsville department heads for a command brief and question and answer period in the NAS Kingsville CO's conference room. Discussion focused on future construction, housing, facility management and improvements, and the air station's long-range master plan.

Following the meeting, Secretary Penn visited the temporary Branch Health Clinic, the Ground Training complex, the Child Development Center, and Hunter's Cove and Hawks Landing Housing areas. At each stop, the Secretary took the time to stop and talk with Sailors, Marines, and civilian employees.

"This was a nice visit, and we got a lot of work done," Penn told NAS Kingsville Commanding Officer CAPT Phil Waddingham after the tour. "You've got a very involved team of leadership and they are all on board with your vision for the base. You've got a great relationship with the tenant commands, and your personnel are happy with what they're doing. "

Left to right: Secretary Penn checks out the two bedroom apartments at Hunter's Cove during his visit to both PPV housing areas Oct. 2. (Middle) Secretary Penn stops to talk to Navy and Marine Corps student aviators during his visit to the Ground Training Complex. (Right) Public Works Officer LCDR Tabitha Pierzchala explains the building foundation issues that were recently corrected at the Ground Training Building.

From the Bridge

CAPT Phil "Waddz" Waddingham
Commanding Officer, NAS Kingsville

Greetings, NAS Kingsville. As I consider all of the things worth writing about today, I keep coming back to one theme, and that is driving safety. Just in the last two days, we have had NAS Kingsville personnel involved in two separate motorcycle accidents. Thankfully, both members –one military, and one civilian – escaped with minor, non life-threatening injuries. Within the last two weeks, we have had several more motor vehicle/motorcycle accidents involving our own folks, or their family members. One of these involved the son of an NAS Kingsville Sailor, during which his son sustained a severe injury to his neck and required surgery to decompress and realign neck vertebrae. The prognosis is still unknown and all of NAS Kingsville has the family in our prayers.

Of course, we all still remember the tragic accident which occurred and took the life of LTJG Christopher Smeglin who was doing what he loved to do for recreation –riding his bicycle with a friend on a county road south of Kingsville.

Most of the accidents we have had recently are still under investigation, so I will resist the urge to draw comparisons or conclusions. If I had to say one thing though, I would ask that everyone slow down a bit, try to not be in such a hurry, and keep aware of who is driving around you, and keep a safe distance.

Both the Commodore and I have asked our Safety Departments to put together a Motor Vehicle Safety Awareness brief which has been scheduled for Monday, Oct. 27. It is our intention to do all we can to educate everyone on the hazards that exist on the roads today, many of which are the result of inattentive drivers who are preoccupied with personal cell phones, GPS navigation systems, etc. I wish to remind everyone that while driving on board NAS Kingsville or any U.S. Naval installation, it is a violation to use any cell phone that is not configured for hands-off use.

Finally, I want to thank the Navy Ball Committee for doing a great job putting together this year's Navy Birthday Ball. This year promises to be a great time for all, including camaraderie, hors d'oeuvres, dancing, and tons of door prizes. If you have not purchased your ticket yet, there is still time! Tickets may be purchased at ITT, Base Secretary (Janie), Commodore/CSO Secretary (Meg), VT21 Secretary (Rosa), VT22 Secretary (Ellie), Medical (HN Jacobs), and Chamber of Commerce (in town).

Be safe, be alert, and keep your head on a swivel. Waddz sends.

CFC

Welcome to the 2008 Combined Federal Campaign.

Caring means sharing. So, please give generously.

Campaign runs from Oct. 9 through Oct. 20.

Tews' Views

Chaplain (LCDR) Mark Tews
NAS Kingsville, Religious Ministries

God Introduces Himself

"God said to Moses, "I am who I say I am. This is what you are to say to the Israelites: I AM has sent me to you." Exodus 3:14

"Lo, I AM with you always." Matthew 28:20

Ever find yourself feeling a little lost or alone, perhaps regretting the past or fearing the future and wondering, "what is it all about." That is a good time to stop and hear the Lord introduce Himself:

" My name is I AM. When you live in the past, holding on to its mistakes and regrets, it is hard and difficult for I am not there. My name is not I WAS. When you live too far in the future, with its frets, worries and gloomy predictions and uncertainties, it is hard and frightening, for I am not there. My name is not I WILL BE. When you live in this moment, there I AM with you to strengthen and guide and see you through. My name is I AM!"

So, how is God with us, and how does He strengthen and guide and see us through?
Read On…

"Let us consider how to motivate one another to love & good deeds, not neglecting to meet together…but encouraging one another…." Hebrews 10: 24&25

A man who regularly attended Church services once wrote a letter to the editor of a newspaper complaining that it made no sense to go to worship every week. "I've gone for 30 years now," he wrote, "and in that time I have heard something like 3,000 sermons. But for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the Chaplains are wasting theirs by giving sermons at all."

This started a real controversy in the "Letters to the Editor" column, much to the delight of the editor. It went on for weeks until someone wrote this clincher:

"I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals. But I do know this… They all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today. Likewise, if I had not gone to Church services for nourishment, I would be spiritually dead today!"

When you are DOWN to nothing.... God is UP to something! Faith sees the invisible, believes the incredible and receives the impossible!

Thank God for your physical AND your spiritual nourishment! Stay connected to the great I AM, and beat the Holiday Season rush attend services this week now playing at a house of worship near you.

Musing & Pondering:

"God only made each day to be 24 hours long because He knew that's about all we could handle. When we get into trouble, it is often because we are either hanging on to hours from yesterday, or borrowing them from tomorrow." ~Vickie Girard

"The degree of blessing enjoyed by any man will correspond exactly with the completeness of God's victory over him." ~A.W. Tozer

In The Break...

CAPT Bill "BD" Davis
Commander , Training Air Wing TWO

Hard to believe it is October already. For those students who checked in last October, you should be finishing up. However, that is not the case. We are, unfortunately, behind in our Time to Train (TTT). There are many reasons for this - shortage of IP's, wind and weather last spring and our two week standdown – also last spring. The result is an increase in our TTT and what should normally take a year is taking about 14 to 15 months. I can't do much for those of you who started last year, but for everyone else we are going to get you back on track.

At some point we have to play the cards we are dealt and find ways to overcome adversity. That is what I have always found amazing about the military. We always find innovative ways to overcome adversity. Where do these amazing ideas come from? They come from the junior officers – you. Leadership defines the end state, but getting there involves detailed planning and out-of-the-box thinking. Whether it is planning a strike into a heavily defended target area, extending the reach of the strike group or just finding new ways to do things smarter and faster. Some innovative officer has an idea and that results in a new tactic or operational capability. Tapping into the talent of both our officer and enlisted ranks has been our strength. It is something other militaries do not take advantage of – creative and critical thinking.

In most countries junior officers are seen but not heard. Rarely do they speak out when discussing plans or, God forbid, questioning an old concept. Sometimes even our great military gets bogged down in a rut. Almost all of us tend to get set in our ways and we find ourselves doing things because that is the way we have always done them. I call this the "Borg" syndrome. For those of you not familiar with the old Star Trek series, the Borg was a computer race who thought as one - a collective. Their mantra was "Resistance is futile. You will be assimilated."

You will often find there is "Borg" within our own organizations. Just look at the current Strike syllabus in the training command. It is a product of the A-4 and T-2 syllabus, designed to support aircraft from the 50's and 60's. That does not mean that syllabus wasn't adequate or that our current syllabus is inadequate. The question we always need to ask ourselves is "Can we do it better and smarter?" Sometimes innovation is just improving on an old concept to meet today's changing world. We have to guard against being stuck in our ways –being closed to new ideas.

This is a threat each of you will face – the threat of being assimilated by those individuals and organizations that can't think outside of the box and change to meet the challenges of a changing world. I started out my career in E-2's and transitioned to A-6's and then to F-14's. As an A-6 pilot I was taught that low and fast was the way to go. We found out the hard way that flying low over the desert does not do much to mask your aircraft from enemy RADAR and their weapon's systems. It took us losing some aircraft we shouldn't have lost before we changed our tactics. We had forgotten the main reason we flew low – to take advantage of the terrain and limit the enemy's ability to locate our aircraft – but continued to fly low even when it played into the enemy's hands. That's "the way you did it" as an Intruder guy.

As we evaluate where we are and where we must go we need to first understand why we implemented the current procedures and determine if they are still relevant. More importantly, can we improve upon them to meet the evolving challenges of today's world? Being the best and staying on top means adapting quickly and smartly. Our resources, manpower and dollars are shrinking. We must continue to do what has made us the greatest nation in the world - being creative, adaptive and critical, both in our thoughts and in our actions. It took us a while to figure it out in Iraq but we are seeing the benefits of changing our strategy both militarily and as a nation. We will do the same in order to fix both our current syllabus and our TTT. Your challenge is to continue what has made us great, being the best at what you do and more importantly being innovative, critical and creative. Fly hard and be professional in everything you do. Godspeed, BD

Meet the players of "Team Kingsville"

HM3(FMF) Jacob Welch

Command: NASK
Department: Branch Health Clinic
Hometown: Joshua, Texas
"Kingsville is nice and peaceful."

Leonard Early Jr.

Command: DOD Police Officer/NASK
Department: Security
Hometown: Denver, Colo.
"I have lived in Kingsville since 1996. I am glad to be working closely with my community."

HM3 Michael Garcia

Command: NASK
Department: Branch Health Clinic
Hometown: Brownsville, Texas
"I like being stationed at NASK because it is close to home."

Photos by EN3 Brenda Acevedo

The Flying K

Naval Air Station Kingsville, Texas

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TraWing Two Chief Staff Officer
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Focus on Team Kingsville: Field Support

By EN3 Brenda Acevedo, NAS Kingsville Public Affairs

During the course of a normal year at NAS Kingsville, the air Operations Field Support division maintains the airfield's arresting gear and provides transient aircraft assistance on the tarmac. Field Support sets up and maintains all visual landing aids, and routinely reset gear after and arresting landing and provide firsthand oversight of the landing surface condition. The team also performs daily Foreign Object Debris (FOD) walkdowns and lighting inspections. These tasks are essential in support of Training Air Wing TWO's mission of training student naval aviators, which accounts for more than 39,000 annual flight hours.

Field Support operates out of Hangar 760, located on the north side of the air station. The crew consists of 14 military and five contract employees working as a team to meet their mission. Chief Aviation Electricians Mate (Aviation Warfare/Surface Warfare) Jim Moore serves as leading chief petty officer, and admits the switch to a handling aircraft at a training command is a lot different from launching and recovery aircraft from a carrier at sea.

"After 13 years maintaining a daily goal of getting the planes off the pointy end of the carrier, I had to refocus [a bit] to this job of ensuring the arresting gear is constantly ready to prevent a pilot from off-roading in a T-45," Moore said. "It's a slower pace than at-sea, but our job is just as important."

Field Support uses a variety of ground support equipment to move aircraft and equipment across the tarmac and the airfield, including 4x4 pick-up trucks and 15K forklifts for moving various supplies, parts and GT85 (air start-up units). Field Support also utilizes a self-propelled NC8 unit, which provides 115/200 volts, 3 phase, 400 hertz AC, and 28 volts DC power for servicing, starting and maintenance of aircraft, tow tractors and tow bars, and is used to tow various transient aircrafts and lighting carts used to provide portable runway lighting.

According to Moore, Field Support continually trains to better the staff and department and overall the mission of the Naval Air Station. "I'm proud of my staff and regard them as a group of professionals," said Moore.

Moore will be departing NAS Kingsville in December for duty at NAS Lemoore, Calif., and Chief Aviation Boatswains Mate (Equipment) (Aviation Warfare/Surface Warfare) Bernard Diaz will be taking over as LCPO. Diaz looks forward to the transition, and the opportunity to help his staff adjust to an ever-changing work environment.

"I see taking over as LCPO as an opportunity more than a challenge," Diaz said. "Because of our manning situation, our shortfall of required ratings has required us to combine our T-line and arresting gear shops. So, we have Sailors working on equipment and doing jobs that are [pretty much] out of their rating," All our Sailors are being trained professionally, though, and dealing with [the] shortcomings in an outstanding way. They continue to impress me on a daily basis."

NAS Kingsville and Training Air Wing TWO have 105 T-45 Goshawk aircrafts on station used to train student aviators at training squadrons VT-21 and VT-22. In 2007, the Field Support Division supported TW-2's training mission by helping support over 39,000 successful flight hours which produced over 140 student pilots. Throughout the year, the Field Support staff accomplished 90 excellent or safe turnarounds for transient aircrafts, responded to 37 short field arrestments, and completed the installation of six absorbers.

ABE2(AW) Bennie Clark preforms preventative maintenance on the drive chain assembly. The obsorber operates the retrieval of the purchase tape in the event of an emergency landing.

ABEC(AW/SW) Bernard Diaz guides in the new Absorber as it was being lowered into place. The Absorber acts as a reservoir to jointly dissipate the kinetic energy of a landing aircraft ensuring a short run out within 900ft.

Military Motorcycle Roundup

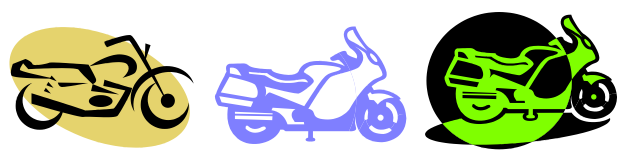
Local military and government civilians are scheduled to take to the road Friday, Oct. 17 for the Motorcycle Roundup, sponsored by Chief of Naval Air Training.

Approximately 150 motorcyclists from Naval Station Ingleside, Naval Air Station Corpus Christi and Naval Air Training Command will begin arriving at 8:30 a.m. at the USS Lexington.

With Motorcycle Safety such a hot topic at all levels of the Navy, this roundup will promote professionalism in motorcycling by providing a positive experience for all, which encourages safe riding strategies and mentors young or inexperienced riders.

The Roundup consists of a ride brief, and free safety inspection prior to a group ride around the bay. The ride will conclude at 1 p.m. at Sunfish Beach on board NAS Corpus Christi with a barbecue followed by additional training at 2 p.m.

For additional information, contact LTJG Brett Dawson at 361-961-3666 or brett.dawson@navy.mil.



Paul Newman

(Information courtesy of Navy Historical Center and Wikipedia)

Veteran actor and Hollywood legend Paul Newman, a Navy veteran of World War II, died Sept. 26, at his home in Westport, Connecticut after battling cancer. He was 83.

Newman enlisted in the Navy in January 1943 shortly after graduating from high school in Cleveland, Ohio. He was sent to the Navy's V-12 program at Yale, with hopes of becoming a Naval Aviator. But it was soon discovered that Newman was colorblind and he was taken out of the aviation program and sent instead to boot camp as an enlisted man.

In 1944, after completing training and qualifying as a rear-seat radioman and gunner in torpedo bombers, Aviation Radioman 3rd Class Newman received orders to NAS Barber's Point, Hawaii, and subsequently assigned to Pacific-based replacement torpedo squadrons (VT-98, VT-99, and VT-100). These torpedo squadrons were responsible primarily for training replacement pilots and combat aircrewmen, placing particular importance on carrier landings.

While he was assigned to VT-99, training personnel in TBM-1Cs, TBM-3s, and TBF-1cs, the squadron moved to Eniwetok, Marshall Islands, then to Guam, and in January 1945 on to Saipan. This remained its base of operations until the unit's decommissioning nine months later. A VT-99 contingent including Newman was aboard the aircraft carrier Hollandia (CVE-97), operating about 500 miles off Japan, when the Enola Gay dropped the atomic bomb on Hiroshima.

Finally, Newman served with Carrier Aircraft Service Unit 7, one of many shore-based carrier air-group support units. CASUs operated the facilities, serviced and rearmed, made repairs, and handled routine upkeep and administrative duties. Newman's CASU was based in Seattle, conveniently located for his discharge at Bremerton, Wash., on Jan. 21, 1946. He was decorated with the American Area Campaign Medal, the Good Conduct Medal, and the World War II Victory Medal.

After the War, Newman used the GI Bill to pursue his education at Kenyon College in Gambier, Ohio. He wasn't as interested in studying as he was football, and acting in school productions. He did, however, manage to earn his Bachelor of Arts Degree in 1949, after which he took off almost immediately for Wisconsin, where he was scheduled to perform in summer stock. He later studied drama at Yale University, graduating in 1954.

Newman is best remembered for his acting roles in the movies Cat on a Hot Tine Roof 1958; The Hustler, 1961; Hud, 1963; Cool Hand Luke, 1967; Absence of Malice, 1981; The Verdict, 1982, The Long Hot Summer, Butch Cassidy and the Sundance Kid (1969), The Sting, (1973), The Life and Times of Judge Roy Bean (1972), and The Color of Money (1986).

Paul Newman

Around the Navy in 30 seconds.....

MOAB, Utah (Oct. 12, 2008) Four Navy SEALS claim their trophy after winning a five-race series of 24-hour long mountain bike races. Pictured from left are Lt. (SEAL) Eric Skalski, training officer for SEAL Team One; Chief Special Warfare Operator (SEAL) Mike Everett and Chief Special Warfare Operator (SEAL) Ted D. Bair, both sniper instructors for the Naval Special Warfare Advanced Training Command; and Senior Chief Special Warfare Operator (SEAL) Hans Garcia, assigned to Navy Recruiting Directorate, San Diego. U.S. Navy photo by Mass Communication Specialist 3rd Class Mike Leporati.

INDIAN OCEAN (Oct. 13, 2008) Flight deck personnel participate in a barricade drill aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt and embarked Carrier Air Win (CVW) 8 are on a scheduled deployment. (U.S. Navy photo by Mass Communication Specialist 3rd Class John K. Hamilton/ Released).

BAGHDAD (Oct. 13, 2008) The senior and junior Sailors present, Rear Adm. David Buss, director of Multi-National Forces-Iraq Strategy, Plans and Assessments, and Yeoman 3rd Class Jonathan Edwards, MNF-I Strategic Communications, cut the celebratory cake during the Navy's 233rd birthday celebration at the U.S. Embassy in Baghdad. (U.S. Navy photo by Mass Communication Specialist 2nd Class Woody Paschall/Released).

"Team Kingsville" turns out to remember a Shipmate

By Jon Gagné, NAS Kingsville Public Affairs
Photos by Jon Gagné and Maryann Shramko

Naval Air Station Kingsville and Training Air Wing TWO held a memorial service Friday, Oct. 3 at the Captain's Club for student naval aviator LTJG Christopher E. Smeglin, a native of Quincy, Mass. and a 2006 graduate of the U.S. Merchant Marine Academy in Kings Port, N.Y. LTJG Smeglin died Thursday, Oct. 2 due to injuries suffered in a traffic accident in Kingsville Oct. 1. He was assigned to VT-22, and was in his third month of advanced jet/strike training.

More than 200 people, including Smeglin's parents, Michael and Jane Smeglin, and his sister Vittoria attended the ceremony. Chaplain Mark Tews and VT-22 Commanding Officer CDR Chris Kirby presided over the ceremony, which also included remarks from Smeglin's father, who said his son was living his dream of becoming a Naval Aviator. "Chris was doing what he loved to do," his father said. "And I'd like to ask all of you to show your respects by giving him a round of applause."

ENS Gregory Blok plays Taps prior to a missing man formation flight directly above the crowd.

CDR Kirby admitted that it was difficult to find words to express the loss. "I would like to think," Kirby said, "that I could come up with the magic words that would make sense of this tragic loss and perhaps immortalize our memory of LTJG Smeglin. But I can't. In fact, the only words that really come to mind are 'honor,, courage, and commitment.' These are the words of servitude. These are the words that less than two percent of all Americans have chosen. However, these are the words that Chris chose. We live in the greatest country in the world. We have more freedoms, luxuries, and we have more wealth than any other country on this planet. And yet Chris chose to serve [his country] rather than have [his country] serve him."

When Kirby had completed his remarks, VT-22 Executive Officer CDR Gerald Murphy took the podium to read a citation signed by the Chief of Naval Air Training, RADM Mark Guadagnini, that posthumously designated Smeglin as a Naval Aviator, and CDR Kirby presented the family the traditional Navy wings of gold and Naval Aviator certificate.

Following the ceremony, those in attendance gathered outside in front of the Club where VT-21 student aviator Ensign Gregory Block played taps and three T-45 Goshawk aircraft roared overhead in a missing man formation dedicated to the memory and service of LTJG Smeglin.

As a missing man formation flew overhead TraWing TWO Instructors and students lined the street in front of the Captain's Club to honor their fallen shipmate LTJG Christopher E. Smeglin.

Michael and Jane Smeglin (center) speak about their son and how he approached life.

Four aviators pin on Navy-Marine Corps Wings of Gold

By Maryann Shramko, NAS Kingsville Public Affairs

Four Navy and Marine Corps flight students were designated as "Naval Aviators" during Training Air Wing TWO's monthly winging ceremony at the Captain's Club Friday, Oct. 10. The ceremony marked the end of nearly 13 months of training at NAS Kingsville for the group and nearly two years of aviation training. TW-2 Commander CAPT Bill Davis presided over the ceremony along with squadron skippers CDR Bill Bulis (VT-21) and CDR Chris Kirby (VT-22). Also in attendance was Marine Lt. Col. Charles R. Bagnato, Executive Officer, Marine Aviation Training Support Group Corpus Christi. More than 100 friends, shipmates and family members people attended the ceremony.

Front row (from left) CDR Chris Kirby, Commanding Officer, VT-22; LTJG Christopher W. Putre; 1st Lt. Bradley K. Rothman; LTJG Justin S. Heitman; and LT Kerry P. Hicks. Back row (from left) CAPT Bill Davis, Commander, TW-2; CDR John L. Kelsey, Executive Officer, VT-21; CDR Timothy Carr, Chief Staff Officer, TW-2; CDR William Bulis, Commanding Officer, VT-21; and CAPT Phil Waddingham, Commanding Officer, NASK.

Receiving their Wings from VT-21 were: LTJG Justin S. Heitman, Ft. Worth, Texas; and LTJG Christopher W. Putre, Honolulu, Hawaii. From VT-22: LT Kerry P. Hicks, Whidbey Island, Wash.; and 1st Lt. Bradley K. Rothman, Marietta, Ga.

1st Lt. Rothman was also recognized during the ceremony for outstanding performance by receiving the Top Hook award for training excellence. CAPT Davis made the presentation.

Kingsville Naval Clinic spotlights family, community and nation during annual Hispanic observance

Story & Photos by Bill W. Love, Naval Health Clinic Corpus Christi PAO

The Branch Health Clinic Kingsville (BHCK) team hosted a festive and colorful fiesta at its facility Oct. 9 to commemorate National Hispanic Heritage Month. The annual event recognizes the many Americans of Hispanic descent who have made outstanding contributions to our Nation.

Spearheading the celebration around this year's theme, Getting Involved: Our Families, Our Community, Our Nation, the clinic's Hispanic Heritage Committee (HHC) assembled local talent, and spotlighted State Representative Juan M. Escobar, who traces his roots in the community back to the mid-eighteenth century Spanish colonial period.

Escobar represents his constituents in District 43 and he delivered the keynote remarks. In them, he stressed Hispanic Americans' commitment to family values and civic involvement.

Recounting real life occurrences that needed change, Escobar explained how his personal involvement helped bring about positive desired outcomes. He then challenged the staff and visitors in the audience to improve their community by taking responsibility and getting involved instead of finger pointing and blaming others. "What we do today as adults will make the difference in the future," he affirmed, adding, "When I meet my maker I want to say that I have done the best I could, and mean it."

LCDR Dawn Hardin, MSC (right), the officer in charge at Branch Health Clinic Kingsville, presents a command coin to keynote speaker, Juan M. Escobar, state representative for District 43, at the clinic's fiesta Oct. 9 to commemorate National Hispanic Heritage Month. This year's theme, Getting Involved: Our Families, Our Community, Our Nation, spotlights Hispanic Americans' commitment to family values and civic involvement.

The youngest member of the Our Lady of Good Counsel youth group Ballet Folklorico, Kingsville, Texas, became an instant hit after he appeared on stage and performed solo. Sporting the broad smile of a seasoned showman, belting out the lyrics of 'El Rey', the miniature Mariachi in black charro attire managed momentary prompts for the audience to "sing along."

Escobar ended his remarks advising volunteers not to expect payment for their efforts, instead promising, "Your investment will be your country and your community."

Based on a spirited group of pre-teens' performance, and a well-known family trio, two such volunteers, Ted Rodriguez and Danny Naranjo, seem to have made very sound community investments.

Rodriguez, a contract employee at NAS Kingsville, mentors a little over a dozen children who comprise the Our Lady of Good Counsel Youth Group Ballet Folklorico.

Ranging from 7 to 12-years old, their colorful costumes and the infectious Hispanic rhythm stimulated the audience while the dancers twirled and swayed though their elaborate choreography. They practice weekly since they organized last year and Rodriquez credits the dancers' parents for sharing responsibilities during performances.

The youngest of the group became an instant hit after he appeared on stage and performed solo. Sporting the broad smile of a seasoned showman, belting out the lyrics of 'El Rey', the miniature Mariachi in black charro attire managed momentary prompts for the audience to "sing along."

Other singing performers were on hand – members of the Naranjo Family. Led by Danny, the elder, this was their tenth consecutive year performing at the clinic's Hispanic celebration.

Daniel plays the button accordion and his sister, Lindsay, sings and alternates between the base guitar and the guitarrón, a very large, deep-bodied Mexican 6-string fretless acoustic bass played by Mariachis. Danny sings and plays the guitar, and his wife, Linda, is a BHCK team member, and is on the clinic's HHC.

LCDR Dawn Hardin, Medical Service Corps, the officer in charge of the clinic, expressed appreciation for her team's sense of community and organizing capabilities. "They take pride in what they do," she remarked. "They love their culture and they love the clinic."

Hispanic Heritage Month begins on Sept. 15, the anniversary of independence for five Latin American countries—Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico declared its independence on Sept. 16 and Chile on Sept.18.

The term Hispanic, as defined by the U.S. Census Bureau, refers to Spanish-speaking people in the United States of any race. On the 2000 Census form, people of Spanish/Hispanic/Latino origin could identify themselves as Mexican, Puerto Rican, Cuban, or "other Spanish/Hispanic/Latino." More than 35 million people identified themselves as Hispanic or Latino on the 2000 Census.

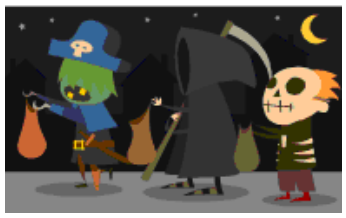
Members of the Naranjo Family, led by Danny, the elder, performed at the Branch Health Clinic Kingsville Hispanic Heritage Month fiesta Oct. 9.

Members of the Our Lady of Good Counsel youth group Ballet Folklorico, Kingsville, Texas, perform at the Branch Health Clinic Kingsville fiesta Oct. 9.

Halloween safety

To help prevent injuries to children this Halloween, the U.S. Consumer Product Safety Commission (CPSC) is releasing safety tips. Halloween-related injuries can involve burns from flammable costumes ignited by open flames from items such as candles and jack-o'- lanterns, and abrasions from sharp objects attached to masks or costumes.

To help keep children safe, CPSC enforces the Flammable Fabrics Act and recalls products at Halloween and throughout the year that can cause injury. Make this year's holiday a safe one by following these safety tips on costumes, treats and decorations. CPSC has also issued a safety alert on Halloween safety tips.



Costumes

- When purchasing costumes, masks, beards and wigs, look for flame resistant fabrics such as nylon or polyester or look for the label "Flame Resistant." Flame resistant fabrics will resist burning and should extinguish quickly. To minimize the risk of contact with candles and other fire sources, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.
- Purchase or make costumes that are light, bright and clearly visible to motorists.
- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks also should be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle and sporting goods stores.
- Children should carry flashlights to see and be seen.
- Costumes should be well-fitted and not drag on the ground to guard against trips and falls.
- Children should wear well-fitting, sturdy shoes. Oversized high heels are not a good idea.

- Tie hats and scarves securely to prevent them from slipping over children's eyes and obstructing vision.
- If your child wears a mask, make sure it fits securely, provides adequate ventilation, and has eye holes large enough to allow full vision.
- Swords, knives and similar costume accessories should be made of soft, flexible material.

Treats.

- Warn children not to eat any treats before an adult has examined them carefully for evidence of tampering.
- Carefully examine any toys or novelty items received by trick-or-treaters under three years of age. Do not allow young children to have any items that are small enough to present a choking hazard or that have small parts or components that could separate during use and present a choking hazard.

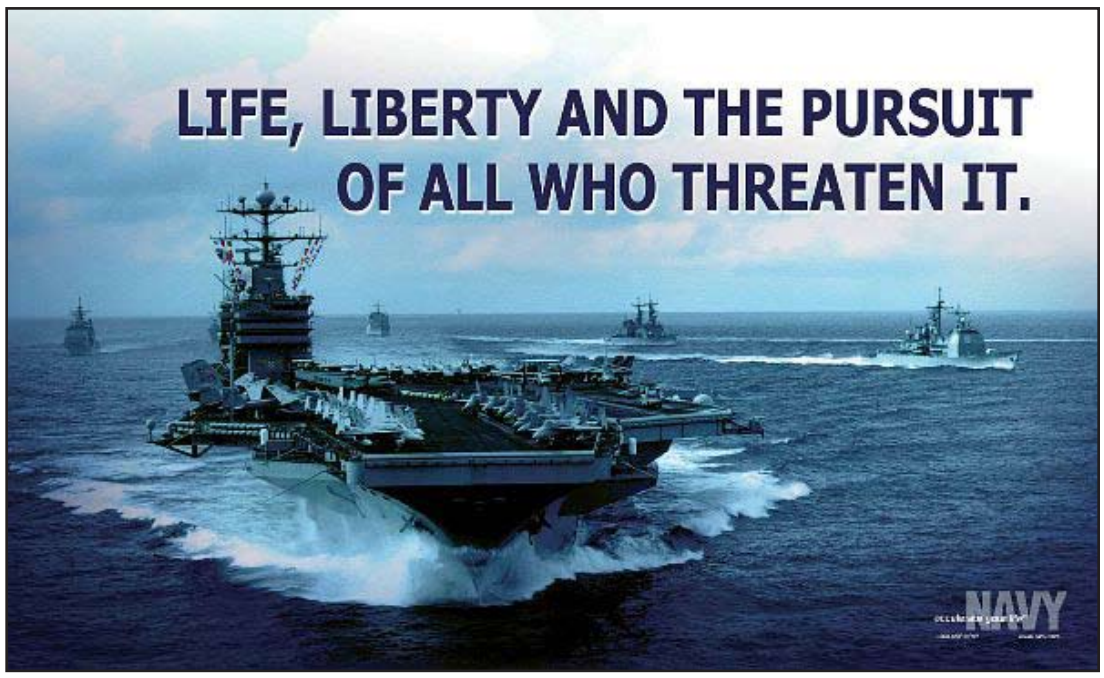
Decorations.

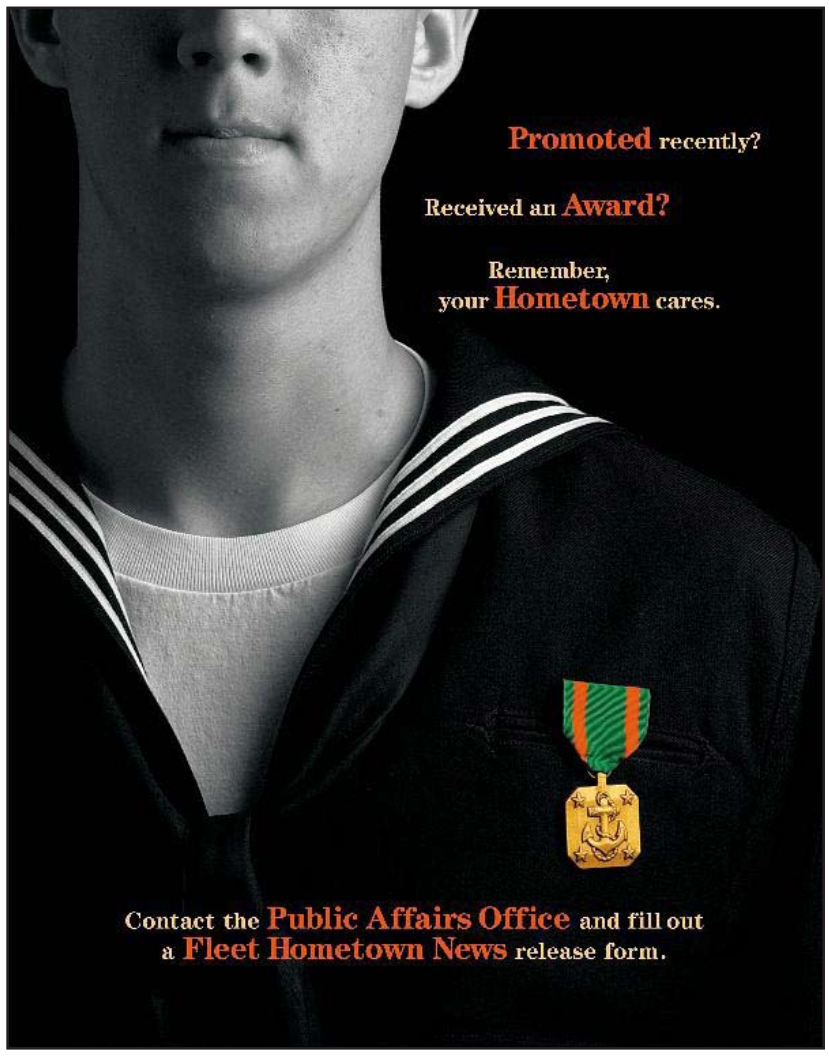
- Keep candles and jack-o'-lanterns away from landings and doorsteps where costumes could brush against the flame.
- Remove obstacles from lawns, steps and porches when expecting trick- or- treaters.
- Indoors, keep candles and jack-o'-lanterns away from curtains, decorations and other combustibles that could be ignited.
- Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory. Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets.
- Don't overload extension cords.

Birth announcement

Congratulations to EN2 Larry T. Hill and his wife Emily on the birth of their daughter Kylee Deanna Hill born at 8:22 a.m. Friday, Oct. 10 weighing in at 7 lbs 2.5 oz. and 18.5 inches long.

Full-sized side-by-side refrigerator, conventional oven, table top stove, microwave, and dishwasher. All in good working condition. $450 for all. Call Jon or Ginger at 592-6776.





CEL SURVEY 2008

All residents of NAS Kingsville PPV Housing should have received their CEL Survey 2008. If you have not received your survey, please contact or stop by the Housing Welcome Center in Bldg. 2740 (first floor, 516-6498), or the PPV unit property manager as soon as possible.

The ending date for the survey is Nov. 7. Please help us reach our goal of receiving 20 more entries than last year. We are doing a weekly drawing for prizes and want your results. Please drop off your survey in the outgoing mail box at your local housing unit. Do not bring them into the Housing Referral office as CEL has informed us they will provide a name for our weekly winners. This is a perfect opportunity for you (our resident) to let us know how we are doing. Remember: this year, surveys can be either filled out by hand, or electronically online.

Because we value your time and wish to thank you for taking time out to fill the CEL Survey, the PPV complex has elected to participate again in the weekly incentives via a random drawing each week.

Please remember, only residents who return their surveys are eligible for these drawings.

The CEL Survey that you will be filling out is anonymous. CEL will not identify to us how you responded.

We look forward to a great CEL survey turnout. Thank you ahead of time for making plans to participate.

Family Wellness Program

What is a healthy marriage? It is a mutually enriching and satisfying relationship where both spouses have a deep respect for each other. It is also a relationship that is committed to ongoing growth; where both spouses know how to communicate effectively and know how to resolve conflicts in a non-threatening way.

A free Family Wellness program will be offered through the Coastal Bend Healthy Marriage Initiative and the NAS Kingsville Fleet and Family Support Center (FFSC) on Saturday, Oct. 25. This eight-hour course can help individuals in their relationship by offering tools and skills to build strengths for families and couples instead of focusing on what they may be doing wrong. Skills in parenting, problem solving, money management and effective communication are among discussion topics. Family Wellness program was designed by many family and marriage counselors and therapists using successful techniques that work not only in the family but in the community. These techniques support the challenges our couples and families face today.

Through this session, couples can learn how to build a stronger relationship; learn how to talk, listen and share ideas as a family; and learn how to deal with daily family issues.

The workshop is fun and interactive and is held in a non-threatening environment. It will begin at 9:30 a.m. and end at approximately 5:30 p.m. and will be held at the FFSC on base at 746 Rosendahl (Bldg. 4724) across the street from the Navy Exchange. All materials will be provided and there will be free food and door prizes.

Effective Sept. 2008, the state marriage license fee will be waived for couples who complete this one-day course. Certificates of completion will be issued at the end of session to those who want them.

For more information or to sign up for this free workshop, please call the FFSC at (361) 516-6333.

Branch Health Clinic Corner

As a patient in the military health system it is your responsibility to let TRICARE know if you have secondary insurance. By reporting your secondary insurance you are helping to prevent fraud and any repercussions you could face for withholding that information.

All active duty will only have TRICARE prime coverage but family members and retirees may also have secondary insurance.

Reporting secondary coverage helps to ensure that the military health system runs smoothly and efficiently and does not cost you, the patient, anything extra.

Any funds recovered through secondary insurance helps BHC Kingsville recoup costs and ensures that we have the most up to date equipment to provide the best possible medical care for our patients.

By HM3 Cyrus Cunningham

Welcome Aboard!

The following personnel have reported for duty.

ENS Glen J. Mankin
Student Naval Aviator, VT-22
Monticello, Ill.

2nd Lt. Christopher C. Daniels
Student Naval Aviator, VT-21
Auburn, Ill.

2nd Lt. Matthew L. Kaczynski
Student Naval Aviator, VT-21
Bay City, Mich.

ENS Albert T. Flor
Student Naval Aviator, VT-21
Farmington, Minn.

ENS Brendan E. Greeley
Student Naval Aviator, VT-22
Albuquerque, N.M.

ENS Jameson J. Fincher
Student Naval Aviator, VT-22
Gilbert, Ariz.

ENS Trevor S. Phillips-Levine
Student Naval Aviator, VT-22
Yorba Linda, Calif.

ENS Greg C. Meisinger
Student Naval Aviator, VT-21
Doylestown, Pa.

ENS Evan A. Scott
Student Naval Aviator, VT-22
Grosse Pointe, Mich.

ENS Robert A. Paul
Student Naval Aviator, VT-21
Plano, Texas

ENS William R. Gum
Student Naval Aviator, VT-21
Montgomery, Ala.

ENS Charles F. Neal
Student Naval Aviator, VT-22
Pensacola, Fla.

ENS Thomas E. Powers
Student Naval Aviator, VT-21
York, Pa.

LTJG Blake Baccigacopi
Student Naval Aviator, VT-21
Baytown, Texas

ENS Benjamin Rothenburg
Student Naval Aviator, VT-21
Huntington, Vt.

ENS Kyle Reilly
Student Naval Aviator, VT-21
Sioux Falls, S.D.

LT Jonathan Farley
Student Naval Aviator, CTW-2
Smackover, Ark.

ENS Matthew Bellassai
Student Naval Aviator, VT-21
Olathe, Kan.

Fleet & Family Support Center

2008 & 2009 Class & Workshop schedule

Transition Assistance Program (TAP) - Jan. 12-16, March 16-20, May 4-8, July 13-17, Sept. 14-18, Nov. 16-20.

Executive TAP - April 13-17, Oct. 19-23.

Notes: Navy personnel attending TAP/ETAP Workshops are required to bring a copy of their completed Pre-Separation Counseling Checklist (DD Form 2648). Special attention should be given to the date the form is completed by command officials.

Every form completed less than 90 days prior to separation must contain explanatory remarks summarizing the reason why the form was not completed prior to the 90 days immediately preceding your retirement or separation date. See OPNAVINST 1900.2B for further information.

Federal law requires all Pre-Separation Counseling Checklists, for anticipated separations or retirements, to be completed no later than 90 days prior to separation (10 U.S.C. 1142).

A completed copy of DD 2648 will be collected on the first day of the class

Command Financial Specialist (CFS) - Feb. 2-6, Aug. 10-14, 2009.

Note: Must be E-6 or above, meet screening for financial stability, able to speak publicly, designated by the commanding officer in writing, have at least 1-year remaining onboard.

First-Term CONSEP - Jan. 26-29, June 8-11 for service members who completed 2-4 years service. (Spouses welcome to attend).

Mid-Career CONSEP - March 9-12, Sept. 14-17 for service members who completed 6-years service. (Spouses welcome to attend).

For more information or to sign up for these classes contact Ramon Panganiban at (361) 516-6325/6333 or ramon.panganiban1@navy.mil.

This month's health promotion awareness is cholesterol

Know your cholesterol numbers-know your risk!

Cholesterol control is important for young, middle-aged and older adults. One out of every two men and one out of every three women will develop heart disease sometime in their life. Whether you have heart disease or want to prevent it, you can reduce your risk for having a cardiovascular complication in the future (i.e. heart attack, stroke and peripheral vascular disease).

What is cholesterol?

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body and that your body needs to function normally. It is present in cell walls or membranes everywhere in the body, including the brain, nerves, skin, liver, intestines, and the heart. Your body uses small amounts of cholesterol to produce many hormones including vitamin D, and the bile acids that helps digest fat. If you have too much cholesterol in your blood stream, the excess is deposited in arteries, including the coronary arteries. This contributes to the narrowing and blockages of the arteries, in a process known as atherosclerosis.

The higher your cholesterol level, the greater your risks for a heart attack. If there is not enough oxygen-rich blood reaching the heart, you may experience chest pain called angina. If the blood supply to a portion of the heart is cut off due to complete blockage of a coronary artery, the result is a heart attack. A direct link between high blood cholesterol and heart disease has been confirmed by the Lipid Research Clinic-Coronary Primary Prevention Trial (1984) which shows that lowering total and LDL (BAD) cholesterol significantly reduces your chances of heart disease.

What does your LDL-Cholesterol Means to You?

LDL cholesterol stands for Low Density Lipoprotein which you may have heard as your "bad" cholesterol. Your LDL level is a good indicator of your risk for heart disease. Lowering your LDL is the main goal of treatment if you have high cholesterol. In general, the higher your LDL level, the greater your chance of developing heart disease. A normal range for an adult LDL is (0-129mg/dL) with a total cholesterol range of (0-199mg/dL). You will need to know what risk factors you have that influence your LDL-lowering treatment. Here are steps you can take to lower your blood cholesterol or keep it low:

- Follow a low saturated fat, low-cholesterol diet.
- Be more physically active
- Lose weight if you are overweight.

Do you know your cholesterol level?

Navy Knowledge Online Orientation at the Library **-** Every Wednesday at 5 p.m. the Library staff will hold a short class on what the library section of NKO has available. This great site is for active duty, retirees, and dependants. If you are in the DEERS system, then you have access to this resource. For more information, call the Library at 516-6271.

Texas State Vehicle Inspection **-** If your Texas State Vehicle Inspection expires this month, stop by the Auto Skills Center and get it renewed to avoid any costly fines. For more information, contact Auto Skills at 516-6248.

Escondido Ranch Hunting Information Released

- All the latest and greatest information regarding hunting at Escondido Ranch this season is now available at ITT. For more information, call 516-6449, or drop in Tuesday – Saturday 11 a.m. – 10 p.m.

Bowling League

In the Dog House Fall League Standings

Pos. Team	Won	Lost	GB
1. 3 Minds in the Gutter	28.0	12.0	0.0
2. Lane Breakers	25.5	14.5	2.5
3. Tumbalos	20.5	19.5	7.5
4. Hounds	17.5	22.5	10.5
6. The Rebels	17.0	23.0	11.0
5. Los Tres Vatos	16.5	19.5	11.5
7. The Pin-Heads	7.0	33.0	21.0
8. Ghost	0.0	0.0	28.0

Wednesday Nite Mixed League Standings

Pos. Team	Won	Lost	GB
1. Big K Rollers	17.0	7.0	0.0
4. Petes Angels	15.0	9.0	2.0
5. Guttermouths	14.0	10.0	3.0
2. Laugh Out Loud	13.0	11.0	4.0
7. Tidy Bowlers	13.0	11.0	4.0
3. Sixty Forty	12.0	12.0	5.0
6. DUH's	8.0	16.0	9.0
8. Ghost	0.0	0.0	17.0

Lunch Time Volleyball League - There is still time to get your team into the upcoming lunch time volleyball league. Interested teams please contact the Total Fitness Connection front desk at 516-6171 for more information.

Oct. 25 Lake Corpus Christi Overnight Camping/ Fishing Trip - Get away for the weekend and enjoy beautiful Lake Corpus Christi with MWR's Outdoor Recreation Department. Lake Corpus Christi State Park is a 356-acre park, located in San Patricio, Jim Wells and Live Oak counties, southwest of Mathis. The list of activities to enjoy are endless, and include camping; picnicking; boating (motors allowed); water skiing; fishing; swimming (unsupervised beach); bird watching; and hiking. Call Outdoor Recreation for more information at 516-6191.

Oct. 30 Halloweens 5K Fun Run and 1K Family Fun Run - Exercise your body and your creativity at the same time in one of these great Halloween Fun Run/Walks. The first 30 adults who register and finish the 5K, and all children who finish the 1K event will receive a t-shirt. The event will start at 5:30 p.m. For more information on registration, contact Angie Cupp at 516-4386.

Oct. 25 Free oxygen/acetylene torch cutting class This class will provide you with the basic skills you need for using an oxygen/acetylene torch. The class will cover the parts and operation of this equipment, safety, and proper technique. All participants must wear closed-toe shoes and long pants, all other safety gear will be provided. The class will be held from 10 to 11 a.m. at the Auto skills shop. For more information please call 516-6248.

ETCM(SW/AW) Isaias Gamez presents NASK OMBUDSMAN Melissa J. Knight with a gift of appreciation during the annual OMBUDSMAN Appreciation Dinner held at NAS Corpus Christi on Sept. 27.

HOG PEN

The weekly national and regional football rankings were released on Tuesday with Texas A&M-Kingsville figuring into each.

The Javelinas moved up in the American Football Coaches Association Top 25 receiving 18 votes, 13 more than last week. The team also moved up one spot in the NCAA Division II Super Regional IV to seventh. The Hogs held firm at third in the LSC Power Poll released weekly at www.lscscoop.com.

The Javelinas have received votes three different times in the AFCA poll. They received 14 votes on September 23, five votes on October 7 and 18 this week.

The NCAA Division II Regional rankings have been released each of the last two weeks. The regional rankings are used to determine the teams that will advance to the NCAA Playoffs. Six teams from each of the four Super Regions advances to the playoffs.

The LSC Scoop is a website that features articles and information about the Lone Star Conference. The Javelinas began the season sixth in the LSC Power Poll.

CACO Training

Casualty Assistance Calls Officer (CACO) training is scheduled on board NAS Kingsville, Nov. 6, 2008 (8 a.m. to 4 p.m.) in the third deck conference room at building 2740 (Command Bldg). This training is only offered once a year by the region CACO Coordinator to the CORPUS/INGLESIDE/ KINGSVILLE area. For quotas please e-mail Pete Waldon (pete.waldon@navy.mil) with rank/rate and name as soon as possible. Direct questions via email to Pete or ACC (AW) Mike Presnell at michael.presnell@navy.mil.

Kingsville holds National Night Out at J.K. Northway Coliseum at Kleberg Park

Photos by Jon Gagné, NAS Kingsville Public Affairs

MASN Alejandro Abreu, seated left, and MA2 Jessica Cato hand out school supplies to Kingsville residents during the 2008 National Night Out, held at the JK Northway Coliseum at Kleberg Park Tuesday, Oct. 6. The NAS Kingsville Security Department was out in full force to show their support of the annual event, and static displays included the Security Mobile Command Post and security vehicles. According to Security Officer Cesar Cavazas, his department's supply of goodies and school supplies for the kids ran out about halfway through the event. Cavazas said that was a good thing, adding "I didn't think we'd get this great a turnout, but this is great!"

Kleberg County Sheriff's Department personnel greet people as they enter the JK Northway Coliseum Tuesday, Oct. 6 to participate in the National Night Out celebration. More than 4,000 area residents turned out for an evening of focus on crime prevention, musical entertainment, children's games, dancing and aerobics, food, and camaraderie. The Oct. 6 event was the 25th celebration of National Night Out nationwide.

Tom and Lucy Clarkson greeted the more than 4,000 Kingsville residents that turned out for National Night Out event by handing out brochures that focused on bicycle safety.

An officer assigned to the NAS Kingsville Border Patrol hands out school supplies and information packets during the annual National Night Out event.

No matter where you go, you can find an ad for Naval Aviation and NAS Kingsville. The one above is courtesy of the 2008 National Night Out.

Three members of the Kleberg County Sherriff's posse were among more than 100 law enforcement officials on hand for National Night Out to mingle with residents, provide static displays and information packets, and focus on crime prevention.

Betty Shillingsburg, right, a supply technician for L-3 who works extensively with the ALSS Paraloft Shop, hands out goodies and information on behalf of the South Texas Boy Scouts.

And the band played on.....

Halloween costume photo contest

E-mail photos to: kngv-pao@navy.mil by 1 Nov. with photo caption, name, and point of contact information.

Parents enter your children in the Flying K's first ever costume contest. Winning photos will be published in the next issue of the Flying K and all winners will receive a framed 5 x 7 photo signed by the Commanding Officer.

There will be three winning photos for: Best boy, best girl and the scariest custome! Winners will be notified via phone call and photos will be published in the 14 Nov. issue of the Flying K.