



Vol. 67, No. 18 Naval Air Station Kingsville, TX "We Train The World's Best Pilots Here!" <https://www.cnmc.navy.mil/kingsville> September 4, 2009

## 30 Sailors and civilian employees recognized at NAS Kingsville All Hands Quarters

By Jon Gagné, NASK Public Affairs

NAS Kingsville Commanding Officer Capt. Phil Waddingham presented medals and awards to 30 Sailors and civilian employees during the monthly all hands quarters and awards ceremony at the Captain's Club Aug. 27. Military awards included the presentation of Navy-Marine Corps Achievement Medals and Region and Command Letters of Commendation/Appreciation. Civilian awards recognized superior performance during the January to March and April through June periods.

Civilian awards were presented to:

Co-Civilians of the Quarter, 2nd Quarter: **Eric Escalante**, NAS Kingsville Fire & Emergency Services. Escalante was recognized for his contributions as part of the Fire & Emergency Services staff as a first-line supervisor and Incident Commander for all airfield emergency operations. He also ensures regular training is scheduled for the fire fighters, supervises day-to-day operations at the fire house, and oversees the completion of required collateral duties and physical fitness.

Also recognized was **Norma Barrera**, command Environmental Protection Specialist with the NAS Kingsville Public Works Department. Barrera was cited for her work during the recent Environmental Management System (EMS) audit on base June 1-5. In addition to ensuring that all NAS Kingsville EMS required paperwork was in order, Barrera worked with the contractor in the development of EMS General Awareness Training to ensure training was appropriate and spe-



NAS Kingsville Commanding Officer Capt. Phil Waddingham congratulates Civilians of the Quarter Norma Barrera, left, fire fighter Shane Hennessey, center, and Rebekah Olivarez. (Photos by EN3 Brenda Acevedo)

cific to NAS Kingsville. She prepared the agenda and training for the Cross Function Team and Senior Management Review Board and spent numerous hours identifying and assigning a ranking to environmental processes in more than 100 buildings in the Enviro Manager Database web site, which resulted in the top three aspects and associated objectives and targets.

Employee of the Quarter, 1st Quarter: **Shane Hennessey**, Fire & Emergency Services. Hennessey was recognized for his diligent work and unselfish commitment the safety and welfare of fellow firefighters who are required to wear Self-Contained Breathing Apparatus (SCUBA) gear as part of their normal duties in fire fighting. Hennessey oversees the maintenance of SCUBA systems, conducts in-service tests on each unit to ensure that 31 are operational for each duty shift. In addition, Hennessey ensures the safe operation and performance

of the portable air cart system, which is used in conjunction with SCUBA and the fire department's command's mobile unit during all off-station responses.

Fire Chief Ruben Perez acknowledged Hennessey's performance in his award recommendation to the selection board.

"Firefighter Hennessey strives and demonstrates his unselfish commitment to the safety of his fellow firefighters every day," Perez said. "He continues to go above and beyond his normal duty assignments and routinely fills in for other firefighters who are on down time or in standby.

Employee of the Quarter, 2nd Quarter: **Rebekah Olivarez**, MWR Child Development Center. Olivarez serves as program assistant for the CDC and has proven herself to be a valuable member of the CDC staff and Team MWR. "Rebekah conducts herself with dignity, professionalism, and integrity under extremely trying circumstances," said CDC Training



Safety Bucks winners: Mike Seyfors and Leticia Knerr, Public Works.

and Curriculum Specialist Karen Simon. "She is warm and caring with the children and families she serves. She also continues to expand her knowledge and repertoire of skills and is an asset to our program."

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**Capt. Phil Waddingham**  
Commanding Officer,  
NAS Kingsville



Greetings, NAS Kingsville.

Navy League Golf Tourney, H.M. King Football, and Armed Forces Appreciation Night at Javelina Stadium. These are just a few of the things that you can participate in and enjoy this Labor Day Weekend. For me, I'll be at each of these, and I hope to see you there, too!

Let me start with the Navy League Golf Tournament. The Kingsville Chapter of the U.S. Navy League will be organizing this year's golf tournament which benefits our 2009 Navy Ball celebration, scheduled for Saturday, Oct. 17. Many folks have been busy putting the final touches on the event, which I know will be highly successful and will help to generate some of the funds we will need to make the Ball a memorable experience for all. I can't say with certainty, but as of this writing, I understand that there has been a challenge of sorts from the senior leadership of the City of Kingsville to your friendly and humble

commanding officer. I have not seen the terms of the challenge, nor have I had the opportunity to run the proposal past our legal council, but I am confident it will withstand any and all legal scrutiny, and more importantly, not land me in jail. Armed with this intelligence, I have selected the best foursome I can to ensure victory goes to "Team NAS Kingsville." Master Chief Charlie "Tiger" Ratliff, Commander Scott "Stacker" Allen, and Senior Chief Michael "It's in the Hole" Corley, will make sure we bring home the trophy – or whatever it is we will be playing for!

On to Friday Night lights. You've seen the movie, and you may have watched the TV show by the same name. This is synonymous with Texas High School Football. Tonight, the H.M. King Brahmas have their season home opener at Javelina Stadium. Texas High School Football is fairly big here. Where else in the country do you have the evening news lead-off with local High School Football scores? As big as football is here in Texas, the marching bands are even bigger. And the Mighty Brahma Band is impressive. Just so I don't appear to be prejudiced, I want to also remind you about Academy High School's team, as well as Bishop and Rivera High Schools, too. A little further up the road is Calallen, home of the Wildcats.

Perhaps you have heard of them. They are currently ranked 13th in the state. Which ever your favorite team may be, take the opportunity to go out and support our kids and their schools. It means a lot to them, and they will thank you for your support.

Now, let me talk to you about college football. If you're not a fan, that's okay. I'm sure you are normal in all other respects (insert smiley face!). If you are a fan, and want to go to a game because HD TV is simply not good enough, but just can't seem to get those game tickets, and the airline tickets, and the hotel reservations, and the time to go watch your favorite team, then look no further. We have high-octane, Division II football right here in our backyard. And it's been here for awhile in case you haven't noticed. NFL greats Gene Upshaw (Hall of Fame), John Randle, Darrell Green (Hall of Fame), Roberto Garza (active), Al Harris (active)--and 45 others all played with Texas A&M (A&I) at Javelina Stadium. On top of that, since 1995, over 120 players have played at Javelina stadium during the annual Cactus Bowl, and were subsequently drafted into the NFL. Anyway you slice it, Texas A&M Kingsville has a winning history, and they are poised to return to the glory days where conference championships were a legitimate goal, and Na-

tional Championships were a reality. So what are you waiting for? Come join the Texas A&M Kingsville Javelinas as they celebrate their support to our mission by hosting Armed Forces Appreciation Night, Saturday, Sept. 5. I look forward to seeing you there!

Finally, before I sign off. This Labor Day weekend provides all of us a well-deserved opportunity to enjoy time off with family and friends, so please be careful as you pack all of your last minute summer plans into one weekend. Have a plan, and exercise good common sense. If it doesn't seem like it makes sense, it probably doesn't. Also, please be careful driving around town during the weekdays in particular, now that school is back in session. Remember to come to a full stop behind school busses, and observe speed restrictions in school zone areas. Our kids are our best and most precious resource, and they deserve your best efforts.

I want to thank each and every one of you for continuing to do a spectacular job here at NAS Kingsville. We continue to support the best Training Air Wing in the Navy, producing the best Strike Aviators ready for tasking to our carrier fleet. You make it look easy, and I am humbled by your dedication.

All the best, Skipper Waddz

## Deck plate Leadership Sea Notes From the Command Master Chief



**CMDCM (SW/AW/FMF)**  
**Charlie Ratliff**  
Command Master Chief

Well as I write this we are gearing up for the Navy League's Golf Tournament in support of this year's Navy Ball. Talking to members of different teams it seems everyone can't wait to "tee it up" at L. E. the golf course on Friday morning. But as I sat down to write this column I couldn't help but think about why we are really having the tournament in the first place.

Every command throughout the Navy establishes a Navy Ball Committee to plan, organize and conduct a Navy Ball celebration every year. Part of that process is conducting fundraisers to offset the costs of the ball. The fundraising process takes months and many long hours

to successfully raise the money necessary to have a Navy Ball. It also requires support from community organizations such as the Navy League. So if the process is so painstakingly difficult, why even go to the trouble of having a Navy Ball in the first place? To me that question is very easy to answer.

As we celebrate our birthday this year it is important to pause and remember that for 234 years United States Navy Sailors have sailed the world's oceans, forward deployed, as the front line in defense of our country's freedom. Those who have gone before us have created a proud and honorable organization that is extremely rich in tradition.

From John Paul Jones commanding Bonhomme Richard to victory over HMS Serapis to our Navy's victory at the Battle of Midway to the critically important role our Navy played during Operations Desert Storm and Iraqi Freedom. Those who have gone before us have created a legacy for those of us who serve today. And those of us serving today carry on that legacy.



Our shipmates remain forward deployed on ships throughout the world including a heavy presence in the 5th Fleet Area of Operations (AOR). In addition, we actually have more Sailors serving in-country in the 5th Fleet AOR than we do serving in ships. That's right ...thousands of our shipmates are serving in-country from Djibouti to Iraq to Afghanistan.

So for me, it's easy to see why we take the time to conduct a Navy Ball and cel-

brate our Navy's birthday. Like those who have gone before us, we have all made, or at some point will make, sacrifices for the cause of liberty and our way of life. So I believe we owe it to ourselves, our shipmates and those who have gone before us to pause and celebrate the fact that we are a part of something great—the United States Navy.

Every member of Team Kingsville, from our active duty Sailors, to our civilian employees, to our contract employees, is honorably serving our Navy and our country. Each of you is contributing to Naval Air Station Kingsville and Training Air Wing TWO's ability to meet mission requirements. With that said, I look forward to seeing everyone at this year's Navy Ball so we can celebrate our service to our Navy and our country. By the way the ball is at 6 p.m. on Saturday, Oct. 17 at the Captain's Club. Hope to see you there!

**See your departmental Navy Ball committee rep for ticket information.**



**Capt. Mark Brooks**  
Commander,  
Training Air Wing TWO



Weather is back with a vengeance... As I write, a nasty looking thunderstorm is walking towards my office window from the north. Today is the fourth day in a row of severe weather after our lay-off of roughly a year from any significant rainfall, let alone serious weather.

If I were a betting man, I would say that the intrepid aviators (and soon-to-be)

of Training Wing TWO will be dealing with less than perfect weather conditions for the remainder of 2009. I ask that everyone on the team—flyers, maintainers, air operations and all the support personnel that enable us to keep flying—read and heed. Now is the time to make sure we're prepared for operations during IMC, or if more severe weather (read: Hurricane) comes our way.

We are wrapping up a very solid FY 2009. The end result will be the better part of 40,000 flight hours, over a dozen detachments away from Kingsville, and most importantly almost 200 new carrier aviators for the United States Navy and Marine Corps. Bravo Zulu to all the many people that have contributed to the accomplishment of our mission.

Finally, some congratulations are in order:

Lt. "Junior" Wallace from VT-21 was selected as the CNATRA Landing Signal Officer (LSO) of the year. Well done Paddles!

We are saying goodbye to Cmdr. "Vinny" Krause, TW-2 Reserve OIC and Lt. Cmdr. "Evil" Kevil, TW-2 TGTAC Officer. Vinny is off to enjoy the wonders of life inside the Beltway of Washington, D.C., and Evil is off to do the same... just north of SPID (CNATRA). Both gents have made tremendous contributions to the Wing and Squadron efforts. Fair winds and following seas to both!

Regards, Fingers.

## The Flying K

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### NAS Kingsville Command Ombudsman



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at the Fleet & Family  
Support Center.

### Need a Dress for the Navy or Marine Corps Ball?

75 Dresses have been donated to Active duty females and Military Spouses. The dresses are being bought to you by the Dallas Womens Auxiliary of the VFW, Navy Marines Corps Relief Society Corpus Christi/Kingsville.

Appetizers, beverages, cash bar and door prizes will be available.

Come join us at the NAS Kingsville Officers Club on Thursday, September 10th from 5:30-7:30.

Navy Birthday Ball: Saturday, Oct. 17 at the Captain's Club.

## NAS Kingsville / TW-2 Flight Log

### Arriving:

*Newly reported personnel*

#### Ensign Nathan F. Green

Student Naval Aviator, VT-21  
New Orleans, La.

#### HM2 Jordan M. Saffell

Corpsman, Branch Health Clinic  
Converse, Texas

#### 2nd Lt. Jack L. McKinnon

Student Naval Aviator, VT-22  
Mead, Wash.

#### Ensign John G. Thomas

Student Naval Aviator, VT-21  
Ann Arbor, Mich.

#### RPSN Quentin D. Williams

Religious Ministries/Chaplains Office  
Augusta, Ga.

#### HR Anita O. Bibilari

Corpsman, Branch Health Clinic  
Ibadan, Nigeria

#### Ensign Nathan R. Jump

Student Naval Aviator, TW-2  
Loveland, Colo.

#### Ensign William J. Marshall

Student Naval Aviator, VT-21  
Coronado, Calif.

#### Ensign Scott A. Lindahl

Student Naval Aviator, TW-2  
Omaha, Neb.

#### 2nd Lt. Kyle E. Oser

Student Naval Aviator, VT-21  
Jasper, Ind.

#### Capt. Luke A. Borgan

Student Naval Aviator, VT-21  
Rockledge, Fla.

#### EN2 Robert Sanchez

Engineman, MWR  
Coronado, Calif.

#### Lt. Vince G. Nelson

Student Naval Aviator, TW-2  
Dillon, Mont.

#### CN2 Reymundo Orozco

Public Works, Recycling  
Sinton, Texas

#### Ensign Nicholas R. Choffel

Student Naval Aviator, TW-2  
Irving, Texas

*NAS Kingsville*  
**Commanding Officer**  
Capt. Philip L. Waddingham

*NAS Kingsville*  
**Executive Officer**  
Cmdr. Scott Allen

*NAS Kingsville*  
**Public Affairs Officer**  
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Submit questions or comments  
for the Commanding Officer to:**  
kngv-pao@navy.mil  
**on the info line add: Direct Line**

## New policy, guidelines shows NRSE commander serious about Energy Conservation

By Sue Brink, Naval Facilities Command (NAVFAC) Southeast Public Affairs



JACKSONVILLE, Fla. - Rear Adm. Townsend Alexander, Commander Navy Region Southeast, signs CNRSE's Energy Instruction while members of the NRSE Energy Council look on at Naval Air Station Jacksonville, Fla., Aug. 21.

With his Energy Council present for its first meeting, Rear Adm. Townsend G. Alexander, Commander, Navy Region Southeast (CNRSE), recently signed the new region-wide energy instruction that establishes the energy policy for installations. CNRSE will lead by example with a comprehensive and robust energy strategy to meet all new laws and policies set forth for Energy and Water Conservation with the issuance of this new instruction.

"Leadership in conservation will be achieved and sustained with awareness, training and implementation of suitable technologies in energy and water conservation," said Alexander. "As a culture, our behavior will have to change."

Legislation passed in the Energy Independence and Security Act of 2007 (EISA 2007) requires a 30 percent reduction in energy intensity by 2015, a 20 percent reduction in water intensity by 2015, and an audit each year of one quarter of the facilities identified as the top 75 percent of energy consuming facilities.

The National Defense Authorization Act of 2007 (NDAA 2007) states that 25 percent of electric consumption must come from renewable sources. Executive Order (E.O. 13423) for Strengthening Federal Environmental, Energy, and Transportation Management mandates that 15 percent of the existing Federal buildings incorporate sustainable practices by 2015.

Additional policies detail guiding principles for sustainable design and establish a LEED Green Building Rating System for incorporating sustainable principles into new facilities and major renovations on existing structures. The Strategy Precepts vital to this effort are to raise personnel awareness and participation, train energy and utility personnel, implement new conservation based technology, implement life cycle cost effective projects, establish Energy Star rated buildings, integrate energy efficiency into leases and Base Operations Services contracts, increase renewable energy use, and reduce petroleum consumption. Naval Facilities Engineering Command (NAVFAC) Southeast developed a tool kit for conservation that incorporates technology, identification and training of pivotal personnel, high performance building tools, communication and recognition programs, measurement mechanisms and

planning for installation commanding officers in the southeast.

'Energy Star' certification will be required on all small and large appliances. Diligence will be paid on addressing and implementing Alternative Fuels for Vehicles and Infrastructure.

Personnel will be trained and certified annually on strategies, construction and sustainment of energy and water conservation best practices. NAVFAC will ensure that new construction and major renovation plans will be reviewed to ensure that leading technology for conservation are implemented. To further publicize these efforts, "Existing buildings re-commissioned as 'Energy Star' or 'LEED' certified will be recognized with a 'ribbon cutting' ceremony."

NAVFAC will be monitoring progress closely with a comprehensive web-based metrics program established, maintained, and available for review by leadership on the CNRSE portal. Measurements for success commenced with fiscal year (FY) 2008. The metrics for reporting establish a cumulative target that the fiscal year actual is evaluated against. "We are on our way," said NAVFAC Southeast Commanding Officer Capt. Doug Morton.

Financed Energy Projects awarded during FY 2008 included seven Utility Energy Services Contracts (UESC) at four installations and one Energy Savings Performance Contract (ESPC). FY2009 continues the trend of energy projects with six UESCs at four installations; three ESPCs at three installations; and three Energy Conservation Investment Programs (ECIP) at Kingsville, Meridian, and Charleston.

Future plans are on track for FY 2010 calls for 19 projects at eight different installations totaling \$64 million. Region Southeast will see over \$100 million in ARRA Energy funding. ARRA Energy Projects to install Photovoltaic Systems and Advanced Metering are set for Florida, Texas and Mississippi. "It will take the collaborative effort of sailors, family members, personnel and contractors at each of our installations to reach the goals outlined by the President," said Rear Admiral Alexander. "We all share the responsibility of environmental stewardship - do your part, think smart, conserve energy, and save our precious resources."

## CNO releases 2010 Guidance

From CNO Public Affairs

WASHINGTON (NNS) -- Chief of Naval Operations (CNO) Adm. Gary Roughead released his Guidance for 2010 Sept. 2.

CNO said the guidance reaffirms the vision, mission and principles as in the previous guidance, and that his focus areas of building a future force, maintaining our warfighting readiness and developing and supporting our Sailors, Navy civilians and their families remain unchanged.

The guidance continues to carry out the 18 intentions from the 2009 Guidance, but also identifies five intentions that CNO will place particular emphasis on in the coming year: continue to be the dominant force, ready naval forces across all maritime missions, build a Navy with appropriate force structure and strategic laydown, achieve decision superiority, align the requirements, resources and acquisition processes; and evolve and establish international relationships.

CNO said this guidance will provide



new opportunities that will ensure our continued maritime dominance globally.

To read the CNO's 2010 guidance, visit <http://www.navy.mil/features/CNOG%202010.pdf>

For more news from Chief of Naval Operations, visit <http://www.navy.mil/cno/>. To receive CNO's RSS Feed, please subscribe at [www.navy.mil/cno/storyRSS.xml](http://www.navy.mil/cno/storyRSS.xml).

## PRT success favors healthy lifestyle not dietary supplements

*Sarah Fortney, National Naval Medical Center Public Affairs*

Sailors at the National Naval Medical Center (NNMC) are gearing up for the Physical Readiness Test (PRT) fall cycle. NNMC leaders are reminding service members how to stay fit throughout the year – not only in the weeks before the exam.

Sailors are also encouraged to avoid taking drastic measures to meet exam standards.

“When you put on the uniform, you should be ready every day,” said Zizette Makary, a staff physician who works in NNMC’s Internal Medicine Clinic.

That means maintaining a healthy diet and getting adequate exercise, she said. Those who go on crash diets or restrict their eating will ultimately regain the weight.

To pass a PRT, scheduled every six months, Sailors must perform at a satisfactory level, at the very least, in order to be eligible for promotions and advancements.

Larry Grubb, an outpatient psychiatrist in NNMC’s Behavioral Health Clinic, said many Sailors become concerned they won’t meet weight standards as the PRT quickly approaches.

“Because of that concern, many Sailors turn to over-the-counter weight loss pills

and programs, go on restrictive diets and even use laxatives and diuretics to lose weight before the weigh-in,” Grubb said.

These weight loss supplements are sold over-the-counter without FDA regulation because they are not classified as “medicine,” Makary said. Though these drugs are considered “food supplements,” derived from herbs or plants and are not administered to relieve illness or disease, they can still be dangerous, she said.

“Just because it’s from a plant, doesn’t mean it’s safe, depending on the amount you take and formulation [of the supplement],” Makary said.

In addition, manufacturers don’t need to register a product with the FDA or get approval before selling a supplement, Grubb said. The FDA has no legal authority to evaluate these dietary supplements before they hit the market; once they are on the market, it can take years for the FDA to review the product.

Though there is no pre-approval process for dietary supplements, they are still treated like other products on the market, said Sebastian Cianci, an FDA press officer. Manufacturers must label their products in a way that is truthful and not misleading.

In addition, the manufacturer is responsible for ensure their product is safe for consumption, Cianci said.

Because weight loss supplements are not FDA approved, there’s no guarantee what the manufacturer says is in the bottle is what’s actually in the bottle, Makary said. In addition, each bottle could contain a slightly different product; therefore, a person could consume a dietary supplement over the counter and be okay, then take a pill from another bottle and have harmful side effects, she said.

The FDA can take action against an unsafe supplement once it’s on the market, Grubb said, but because the FDA looks at dietary supplements only after they are on the market, a majority of cases with serious side effects never get reported and don’t come to the FDA’s attention. Since December 2007, any serious adverse event reported to the manufacturer must now be reported to the FDA within 15 days.

Before anyone consumes an over-the-counter drug, they should always consult their doctor, Makary said.

Sailors should also seek help from their primary care provider for a complete evaluation for medical issues, if they are unsuccessful in attempts to lose weight, said

James West, a psychiatrist and department head of Mental Health at NNMC.

Because the adverse effects of dietary and weight loss supplements are not well studied, West said, service members should know that they could be exposing themselves to unnecessary risks.

There are many healthy ways to lose weight, Makary said. An individual who consumes 100 fewer calories while burning an additional 100 calories each day could potentially lose as much as 20 pounds over the course of a year. In addition, service members and staff can also sign up for the weight management and nutrition programs that NNMC’s Health Promotion Office offers, Makary said.

The safest way to prepare for a PRT is to follow a balanced diet and get adequate exercise, said Hospital Corpsman 3rd Class Brandon Hahn, president of the Junior Enlisted Association at NNMC. Hahn said he has not seen many Sailors at NNMC consuming these products to prepare for their PRTs. From his perspective, many Sailors are aware of the harmful effects.

Health care professionals and consumers are encouraged to report serious adverse side effects or problems with the use of these products to the FDA’s MedWatch Adverse Event Reporting program online, by mail, fax or phone.

## Safety Corner: Eye Injury Prevention Personal Protective Equipment (PPE)

One thousand eye injuries occur in American workplaces every day. These injuries are responsible for more than \$3 million annually in medical, lost production and workers’ compensation costs!! Why are these injuries occurring?

Three out of five injuries happen because the worker was not wearing any eye protection at the time of the accident.

Accident studies reveal flying or falling objects and sparks as the cause in 70% of eye injuries. Nearly 60 percent of the objects causing eye injury are smaller than a pin head.

Nearly 20 percent of all eye injuries are caused by contact with chemicals. This includes splashing or chemicals being sprayed directly into the eye.

Forty percent of eye injuries occurred among craft workers, such as mechanics, repairers, carpenters, and plumbers. 30% of eye injuries occurred among operatives, such as assemblers, sanders, and grinding machine operators.

Fifty percent of the injured workers

were employed in manufacturing. 20% were employed in construction.

What can we do to prevent these injuries? First of all make sure you select the proper eye protection for the task. 94 percent of the eye injuries that occurred to workers wearing eye protection resulted from objects or chemicals going around or under the protector.

Second, make sure the eye protection you have selected fits properly and is clean. One of the leading reasons for workers removing or not wearing eye protection is the lens became dirty and they could not see what they were doing.

Nearly 20 percent of eye injuries happened to workers wearing face shields or welding helmets while grinding. Only 6% of the workers injured while wearing eye protection were wearing goggles.

*Choose the best protection, make sure it fits, keep it clean, and wear it!*

## Final Mine Countermeasure ship MCM Sentry to arrive in San Diego

*From Commander, U.S. 3rd Fleet Public Affairs*

USS Sentry (MCM 3), the final of eight mine countermeasure ships (MCM), is scheduled to arrive to its new homeport at Naval Base San Diego the second week of September after transiting from Naval Station Ingleside, Texas.

Sentry is part of Commander, Mine Countermeasures Squadron (COMCMRON) 2. USS Champion (MCM 4), USS Devastator (MCM 6), USS Pioneer (MCM 9), USS Warrior (MCM 10) and USS Chief (MCM 14) arrived in San Diego in April and May. USS Defender (MCM 2) and USS Avenger (MCM 1) were heavy lifted to Japan for deployments in the western Pacific in June.

COMCMRON 2 is the squadron commander for all mine countermeasure ships in San Diego. The relocation of mine warfare surface assets from Ingleside, Texas, to San Diego is in accordance with the Defense Base Relocation and Closure Commission’s (BRAC) directed closure of Naval Station Ingleside and is part of the consolidation to align resources, consolidate expertise and increase cost savings in

maintenance, training and operations.

Naval Mine and Anti-submarine Warfare Command (NMAWC) based in San Diego will oversee the mission of the MCMs. NMAWC focuses efforts across numerous resource sponsors, systems commands, research laboratories, training organizations and operational commands to ensure Navy-wide competency in the naval mine warfare (MIW) and anti-submarine warfare (ASW) mission areas.

MCM ships possess the ability to effectively control, shape and dominate the littoral operational area which includes locating and neutralizing mines. The merger between naval MIW and ASW is the latest step towards improving the efficiency and effectiveness of these warfare capabilities, resources and technology functions.

Sentry helps provide deterrence, promote peace and security, preserve freedom of the sea and humanitarian/disaster response within 3rd Fleet’s 50 million square mile area of responsibility in the Pacific as well as supporting the Navy’s Maritime Strategy when deployed.

## 4 Student Aviators receive Wings at Training Air Wing TWO ceremony

Four Navy and Marine Corps flight students from Training Air Wing TWO were presented Wings of Gold and designated as Naval Aviators during a Winging Ceremony held at the Captain's Club Aug. 21. Training Air Wing TWO Commander Capt. Mark Brooks presided over the ceremony, along with squadron CO's Cmdr. Bill Bulis (VT-21) and Cmdr. Gerald Murphy (VT-22). Nearly 200 family members, friends and shipmates attended the ceremony, which marked the end of nearly 13 months of advanced strike/jet training for the students.

Receiving their Wings were:

**1st Lt. Kevin Bowler, VT-21.** A native of Naperville, Ill., Bowler is a graduate of Illinois University. After earning his Bachelor of Science Degree in finance in 2006, he entered the Marine Corps aviation program. He completed his primary flight training with VT-2 at NAS Whiting Field, Milton, Fla..

**Lt. j.g. Andrew Chambers, VT-22.** A native of Denver, Chambers is a 2007 graduate of the Naval Academy. He completed primary flight training with VT-27 at NAS Corpus Christi and reported to NAS Kingsville and Training Air Wing TWO in June 2008.

**Lt. j.g. Jesse Kasper, VT-22.** Kasper is also a native of Colorado and a graduate of the Naval Academy class of 2007. He holds a Bachelor of Science Degree in aeronautical engineering, and completed his primary flight training with the Air Force at Enid Air Force Base, Okla.

**Lt. j.g. Leigh Loesel, VT-22.** A native of Erie, Pa., Loesel holds a Bachelor of Science Degree in political science. He completed his primary flight training at NAS Corpus Christi and reported to NAS Kingsville and Training Air Wing TWO in June 2008.



**Winging Group:** Front row, left to right: Cmdr. Bob Coretta, CO VT-21 Reserve Unit; Cmdr. Gerald Murphy, CO VT-22; Lt. j.g. Leigh Loesel; Lt. j.g. Jesse Kasper; Rear Adm. Mark Guadagnini, Chief of Naval Air Training; and Capt. Mark Brooks, Commander, Training Air Wing TWO. Back row, Capt. Phil Waddingham, CO NAS Kingsville, 1st Lt. Kevin Bowler; Lt. j.g. Andrew Chambers; and Marine Major Brian Rolf, TW-2 Senior Marine. Photo by Richard Stewart, CNATRA Public Affairs.

## South Texas community uses creativity to “support” Breast Cancer Awareness

This summer, more than 60 South Texas businesses, organizations, and individual artists (including spouses representing training squadrons VT-21 and VT-22 at NAS Kingsville) decorated and created bras with attitude, designing them with glitz and glamour - not to mention humor - to be included in BRAVO!, an art exhibit now on display at the Art Museum of South Texas in Corpus Christi. The edgy, over-the-top, off-the-wall BRAVO! exhibit “supports” the fight against breast cancer and benefit First Friday, a non-profit organization that has provided more than 15,000 free base-line mammograms to women in need throughout the Coastal Bend of Texas. The “uplifting” exhibit will be on display at the museum now through Sunday Sept. 6.

“Local businesses and celebrity designers created these amazing underwire works of art, laughable lifters, and treasures of the chest to raise funds for free mammograms for women in need,” laughed Mary Anne Sinclair, Co-Chairwoman of the event. “The creativity has been unbelievable. It’s an extremely unique way to give back to an extremely worthy cause.”

As a nationally known high-fashion couture designer for 27 years and life-long ‘creative force,’ Sinclair cites the original inspiration for BRAVO! coming from the members of the Quilters of South Carolina who coordinated a similar exhibit. But Sinclair has always held the cause close

to her heart - having battled breast cancer in the late 1980s. During chemotherapy, Sinclair attended clown school in Houston, returned home to Corpus Christi, and went on to found “Clowns Who Care,” a group of 23 overly decorated clowns (a.k.a. fellow philanthropists, politicians, and area professionals), that entertained sick children twice weekly at Driscoll Children’s Hospital. In addition, Sinclair utilized her design skills and created “personalities” and over-the-top, elaborate costumes for each clown member.

For the BRAVO! exhibit, Sinclair hand-picked organizations and individuals from all walks of South Texas life and industries to contribute a busy submission. Several entries included social commentary speaking to today’s current events such as the real estate bust and sagging economy. In addition, she even reached out to local military and military spouses because of the large U.S. Navy and Marine Corps presence in the Corpus Christi and surrounding communities.

“I know Ms. Sinclair very well,” said Deborah Perry, wife of Lt. Cmdr Pat “Yoda” Perry of Training Air Wing TWO. “When she approached me about including the military in the exhibit I was excited about how Navy and Marine Corps spouses could be a part of this wonderful organization.”

Perry made a couple of phone calls and before long, Courtney Bulis and Cathy Kelsey (VT-21) were both eager partners.



**USMC entry: “Semper Fi-tted”** -- A black sports bra and Marine field cap are fully covered in camouflage sequins. Black Marine hardware and sequined dog tags round out the stellar creation. The entire bra is attached to a actual “branch” hanger.

Additional spouses joined in the design phase, and before long, the project created a life of its own.

“We had a wonderful time discussing what we wanted to do with our projects and we even received input from a few of our spouses on how we should approach our design. We decided to do one representing the Navy and one representing the Marine Corps because of the makeup of NAS Kingsville, and we are all very pleased and excited about our final products.”

Perry and a couple of other spouses visited the Art Museum’s exhibit about a week ago and were surprised to see more

than 700 people viewing the displays. “I was just in awe of the number of people who had turned out to see the creations and support for the program,” Perry said.

All donated and decorated bras will be auctioned off on Friday, Oct. 9 to benefit ‘First Friday’ affiliated with Christus Spohn Health System and its free mammogram program. The auction is free to the public. The bras will also be on display during the First Friday annual style show and luncheon on Saturday, Oct. 10.



**Navy entry: “Anchor ‘en Down”** -- Portions of several Navy uniforms and hardware were coupled with red, white, and blue sequins to create a stars and stripes patriotic theme in this military submission. A Boeing “do not remove before flight” tag on the back and enlisted cap topped the entire creation off!

## Sailors, civilians receive awards at NASK All Hands ceremony



NAS Kingsville Commanding Officer Capt. Phil Waddingham presents NASK Sailors with the Navy and Marine Corps Achievement Medal (NAM) on Thursday, Aug. 27. (Left to right): ABE2 (AW) Mikaela Jackson; AC2 (AW/SW) James R. Williams Jr.; CS2 Holly Clow; ABH2 (AW/SW) Carlos E. Machado. Story/photos by EN3 Brenda Acevedo, NASK Public Affairs.

Aviation Boatwain's Mate (Equipment) 2nd Class (Air Warfare) Mikaela Jackson received a Navy and Marine Corps Achievement Medal for her professional achievement as Air Department crew member, V-2 and V-5 divisions, USS Ronald Reagan (CVN 76) from February 2004 to February 2009. As V-2 topside Safety Petty Officer, her superb managerial ability and untiring efforts were instrumental in the completion of over 500 maintenance actions on flight deck equipment and key in over 12,750 safe fixed-wing aircraft launch and recovery evolutions. While assigned to V-5 division, she oversaw the completion of over 300 maintenance actions and 200 trouble calls on more than 1,500 pieces of damage control equipment within the department.

Air Traffic Controller 2nd Class (Surface/Air Warfare) James Williams was recognized for professionalism and total devotion to duty while serving as a local controller, Naval Air Station Kingsville.

During an early morning function check flight evolution, Petty Officer Williams observed a large amount black smoke coming from an aircraft's exhaust while on take-off roll.

Upon further inspection, a major fuel leak was discovered. If not for Petty Officer Williams' extreme diligence and superb attention to detail, the outcome of the situation could have been catastrophic.

Petty Officer Williams performed his demanding duties in an exemplary and highly professional manner.

Culinary Specialist 2nd Class Clow is recognized for her professional achievement while serving as bachelor housing department complex manager, Naval Air Station Kingsville, Texas from June 2008 to June 2009.

Petty Officer Clow consistently performed her demanding duties in an exemplary and highly professional manner. She planned and organized, and directed extensive mold remediation projects on the installation's primary bachelor enlisted quarters building that saved the Navy \$40K in labor cost and substantially improved living conditions for all residents. These projects included replacing over 350 ceiling tiles and completely refinishing 36 exterior doors. She also planned numerous other self-help projects improving the quality of life for Sailors by 25%.

Aviation Boatswains Mate (Handling) 2nd Class (Surface/Air Warfare) Carlos Machado received his award for professional achievement while serving as assistant B-3 Petty Officer for the V-3 division, Air Department, USS Ronald Reagan (CVN 76) from November 2003 to March 2009.

Machado expertly led 53 Sailors in 13 watch stations, contributing to the safe execution of 15,231 aircraft and 12,791 elevator movement operations.

Machado also supervised the flawless rehabilitation and refurbishment of 53 divisional spaces and resurfacing of over 65,000 square feet of non-skid. His diligent efforts receipt of the type commander's battle efficiency award in 2006 and 2008.



Flag Letters of Commendation from the Commander, Navy Region Southeast were presented to four NASK Sailors from the Navy Gateway Inns & Suites Department for professional performance. Honored were, left to right, CS1 (Surface Warfare) Erasmo Guerrero; CS3 (Surface Warfare) Erick Soliz; and CS2 (Surface Warfare) Robert Toler.

# GW strike group begins training with Nimitz counterparts

By Mass Communication Specialist 2nd Class John J. Mike, USS George Washington Public Affairs

USS GEORGE WASHINGTON, At Sea (NNS) -- USS George Washington (CVN 73) began its participation in joint aircraft carrier operations with USS Nimitz (CVN 68) in the Western Pacific Ocean Aug. 30.

The goal of the joint operation is to practice integrating the operations of embarked Carrier Air Wing (CVW) 5 with Nimitz's embarked CVW-11, said Cmdr. Pete Walczak, GW's combat direction center officer.

Walczak said the opportunity to conduct joint-carrier operations doesn't present itself often, which is why GW planned part of its summer deployment schedule around it.

"It's unique for any aircraft carrier to get the chance to work with another," Walczak said. "Having another aircraft carrier near GW is not something we can always count on because of the crucial role carriers play in maintaining maritime security throughout the world."

Commander CVW-5, Capt. Ross Myers said the exercise will increase interoper-

ability between both carrier strike groups while also preparing Nimitz Sailors and CVW-11 aviators for future combat missions in support of Operation Enduring Freedom.

"This is an invaluable opportunity for CVW-5 to conduct air-to-ground and air-to-air training with Nimitz, and we are capitalizing on it by flying together as much as we can," Myers said.

Walczak added that dual operations with Nimitz will present a variety of new challenges to the Sailors of GW's Operations Department.

"Successful training with Nimitz is all about proper planning," he said. "Among other things, each strike group requires a certain mileage of water and airspace, and we'll have to coordinate so our aircraft and ships don't encroach upon each other."

During the exercise, CVW-5 aviators will conduct strike training on Okino Daiji Jima's advanced range, according to Lt. Cmdr. Jerry Bartee, GW's ordnance handling officer.

The George Washington Carrier Strike



**PACIFIC OCEAN (Aug. 28, 2009)** A shooter from Air departments V-2 division gives the signal to launch an F/A-18E Super Hornet from the Royal Maces, Strike Fighter Squadron (VFA) 27, from the flight deck of USS George Washington (CVN 73).

Group is commanded by Rear Adm. Kevin M. Donegan. The strike group includes CVW-5, Destroyer Squadron (DESRON) 15 and the guided-missile cruisers USS

Shiloh (CG 67) and USS Cowpens (CG 63). GW is making its inaugural deployment in support of stability and security in the Western Pacific region.

## FY10 SRBs to skill sets, top performers

Selective Reenlistment Bonus (SRB) award levels were announced in NAVADMIN 250/09 for active duty and Reserve full time support Sailors which are scheduled to take effect Oct. 1.

Approximately 18,000 Sailors holding 179 critical skills will be eligible to reenlist with SRB awards up to \$90,000 next year.

"We value Sailors with certain skill sets — critical skill sets — and recognize that they are in high demand throughout the workforce," said Rear Adm. Dan Holloway, director of personnel plans and policy. "The SRB program allows Navy to provide top performing Sailors with an additional incentive to stay Navy and advance mission success and their careers."

In addition to announcing SRB award levels, the NAVADMIN introduces enhancements designed to not only retain personnel with critical skills, but to reward top performers within those critical skill sets.

For the first time, Sailors who receive an "early promote" rating on their most recent regular evaluation may reenlist early for SRB anytime during the fiscal year (FY) of their end of active obligated service (EAOS).

"When a Sailor says, 'I've been recognized as a top performer, I want to reenlist for a bonus, but I'm not eligible until the third or fourth quarter; isn't there an option for me?' Now our answer is, 'yes,'" said Holloway.

In addition, three tiers have been established to formally prioritize and rank enlisted ratings/skills according to replacement costs, difficulty to replace, and existing manning shortfalls.

Enlisted community managers evaluated each skill and zone on individual manning requirements; how well reenlistment goals were achieved in FY09; prevailing market conditions; private sector competition and the costs of training; and replacing skilled Sailors. A comprehensive comparison using these criteria was balanced against the risk of not retaining enough Sailors in each skill in order to form the baseline of the three tier system.

Each tier contains a range of SRB award multiples and awards early reenlistment opportunities using different criteria. The SRB program as a whole also maintains several previous initiatives such as authorizing Sailors serving in combat zones to reenlist early at anytime during the FY of their EAOS.

## Zone B Perform to Serve results released

By NPC Public Affairs

MILLINGTON, Tenn. (NNS) -- Commands of the first group of Zone B Sailors selected for retention through Perform-to-Serve (PTS) received results by Aug. 28.

Based on the PTS results, 11,154 Sailors are being retained in their current ratings and 377 are being converted to other more critical ratings.

"The PTS results show that we are on the right track in sustaining a performance-based force," said Vice Adm. Mark Ferguson, chief of naval personnel. "Less than one percent of those evaluated were separated as a result of PTS — an indicator that we largely have the right force with the right skills to accomplish our mission today and in the future."

Of the 489 Sailors being separated, 192 Sailors indicated they did not want to reenlist, 213 are E-3s and E-4s facing their high-year tenure gate and 84 are E-5s serving in overmanned ratings, who were not rated as top performers in recent performance evaluations.

"We value the service of our Sailors," said Ferguson. "Those with over



six years of service who requested to reenlist, but are denied reenlistment, may be eligible for separation pay."

In addition, Sailors who were separated because they are in an overmanned rating or applied to a closed field are encouraged to continue naval service through the Navy Reserve.

PTS is a centralized reservation system that helps the Navy manage reenlistments of Sailors. The program was expanded in NAVADMIN 017/09, from first-term Sailors to all E-6 and below with 10 years of service or less.

For more information, please visit the NPC Web site or contact NPC's Customer Service Center by calling 1-866-U-ASK-NPC (1-866-827-5672).

For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).

*CNIC grant paves way for Youth Activities Center to participate in production by Missoula Children's Theatre Group*

## Youth Center children take stage for Beauty Lou and the Country Beast production

*By Jon Gagné, NASK Public Affairs*

The Morale, Welfare and Recreation Department and the Youth Activities Center put on a special theater presentation at the Captain's Club Aug. 21 and 22. The presentation was part of a week-long residency program through the Missoula Children's Theater's (MCT) production of Beauty Lou and the Country Beast, coordinated through the Commander Navy Installations Command (CNIC).

MCT is a worldwide organization that partners with communities and military organizations throughout the world to enhance and develop the personal and professional skills and goals of children. From Broadway musicals and poignant comedies, to original children's productions on gym floors and auditoriums around the world, MCT performances have delighted and amazed audiences for nearly four decades. But MCT is really in the business of using an entertainment format to foster enrichment and education in children -- of all ages.

NAS Kingsville's MWR Department became involved by applying for a CNIC grant to host an MCT Residency production, and once selected, Youth Activities director Brent Edwards got the children excited about the production.

"MWR and the Youth Activities Center were excited about the possibility of bringing this program to NAS Kingsville," Edwards said recently. Once we

had been accepted for the Residency Program, we began holding auditions for the production and then holding rehearsals for the children to fine-tune their acting skills. It was a lot of fun, especially when we witnessed the talent the children had and how comfortable they were on stage."

In all, 20 children participated in the production, and the NAS Kingsville troupe put on shows Aug. 21 and 22 and Edwards invited officials from local schools as well as parents, family members and base personnel to attend the performances. More than 100 people turned out. According to Edwards, feedback from the kids – and family members has been nothing but positive, encouraging MWR to look at doing this again.

"We could not be happier with how this turned out," Edwards said, "and we are most definitely looking at doing the residency again. By all accounts, this was a big success!"

Actors and actresses included: Emily Amador; Ryan Amador; Lauryn Birky; Ashleigh Campau; Abby Chandler; Bryce Fruge; Hailey Fruge; Gabby Jimenez; Charlie Lenzy; Taelor Lenzy; Natalie Martinez; Lauren Powell; Miles Powell; Jeri Taylor; Tony Taylor; Dominic Torres; Gabby Vargas; Trey Villareal; and Dawson Weaver. Also participating were: Nina Waters, MCT Director, and Christy Waymouth, MCT Director.



*Youth Center stars take the stage in the production of Beauty Lou and the Country Beast Aug. 21 at the Captain's Club.*



*The production gave the children an opportunity to display all their performing skills including singing and dancing.*



*Put a child in costume and watch them evolve! These three buckaroos appear to be bitten by the acting bug. (Photos by Brent Edwards, YAC Director)*



*After the performance the cast posed for a group photo on the stage.*



**Lt. Cmdr (Chaplain)  
John H. Mckenzie  
CHC, USN**

## Are you trapped by your past?

Over the years, I have talked to people who feel that events of their past have held them back. Many were haunted by a number of misfortunes. Some have blamed family problems, abuse in their younger years, or a number of negative things that happened over time. Others are afraid to move forward because of possible further setbacks. The might say that they feel like a failure.

A lot can be said about negative events in our life. However, we do not have to be held back at square one because of our past. Many very successful people had many setbacks. Success and failure are generally temporary. Abraham Lincoln met defeat all but two times in his political career before being elected president. I have known some very good doctors who were originally turned down several times from medical school. Other successful people did not get into the schools they hoped to get into or they did not

get the jobs they hoped to get. Still, they moved forward; they did not stay at square one and lament their setback.

There are things to consider in dealing with misfortunes. First, each of us can resolve to not be trapped by our past. We do not have to see ourselves as failures or victims of our past. This means that we should not live in the victim mode. While there are those who do want to live in the victim mode, one will never move forward by living in such a mode. Successful people do not justify their shortcomings on their past. They own up to their shortcomings and move forward. Second, we should not pretend that past misfortunes did not happen. I never tell someone to put their past misfortunes behind them as if they did not happen. The fact is that they did happen. Still, we do not have to let the past stop us from moving forward and taking advantage of opportunities to help us go for the gold. Third, remember that God does not make abusers, addicts, failures, or losers. He makes people in His image and likeness. He personally cares for each person He created. He has a plan for each person.

Opportunities do come our way to achieve our goals. It is important that we make the best use of our present and set our sights on a successful future.



## Naval Air Station Kingsville Branch Clinic HEALTH NOTES



## Stretching: An Overlooked Necessity

By: *HM2 (FMF) Jeremy James Stack*

The importance of stretching is not a new subject or topic in any way, however surprisingly a large number of people that exercises regularly forget or just skip it all together. Also a lot of men have grown up with the misconception that stretching is not needed or it's just primarily for women.

Stretching before exercising or strenuous activity can dramatically increase the benefits received from the workout and should be at the top of and end of any list when concerning an exercise plan or regiment. Stretching increases blood flow and mobility and decreases the likelihood of injury. Many ligaments can be prone to a tear if not adequately warmed and stretched, not to mention painful if this



were to happen.

Correct stretching should only take about ten to 15 minutes and the benefits from doing this will be felt later down the road as we age. So the next time you're planning that run or friendly game of tag football, do your body a favor and take the time to stretch. You'll be happy you did!

## BJ Penn retires after more than four decades of service

By Lt. j.g. Laura Stegherr, Navy Office of Information

The assistant secretary of the Navy for installations and environment (ASN I&E), retired from civilian service Sept. 3 after more than four years as the leader of the Department of the Navy's shore establishment and three months as acting secretary of the Navy.

BJ Penn, ASN I&E credits his previous three decades for his success.

Penn's journey began as a seaman recruit when he enlisted in the Navy in 1961. He went on to earn his wings as a naval aviator, serve as both the executive officer and commanding officer of VAQ-33 and as air boss on the USS America.

"Every aviator wants to then be the commander officer of an aircraft carrier," said Penn. "However, I didn't screen for a carrier, I got Naval Air Station North Island, which was phenomenal, because at the time it was the Navy's largest air station. Everything I did during my time at the air station is what prepared me so greatly for this job."

During his tenure as ASN (I&E),

Penn was responsible for the management of the Department's shore infrastructure, which encompasses 102 installations and 72,500 facilities valued at over \$215 billion. This position carried with it several new and complex responsibilities - ensuring the Department was environmentally compliant, energy efficient, and was supported by a force with a high quality of life.

"To relocate forces to Guam, we are doing 85 different environmental studies," said Penn. "It's going to take us about three years at a major cost. But we have to do the right thing - if we don't take care of the environment, we are doing ourselves a disservice as well as the rest of the world."

Penn also noted how the Department's mission is expanding with the DoN's efforts as a leader in energy efficiency.

"We are striving to green the Navy. All of our new construction projects are going to be green, LEED certified buildings. The result in cost savings and for the environment will be unbelievable."

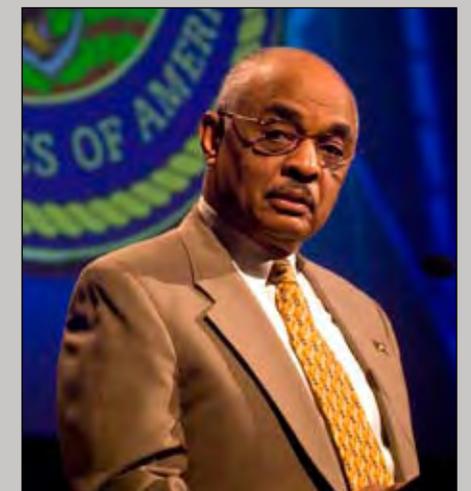
Above all, Penn emphasized that the

quality of life for Sailors and Marines is the most important part of his job.

"I was just in Miramar a month or so ago looking at the new private-public venture housing, which is fantastic. With our Homeport Ashore Program, we've opened up apartments for Sailors in San Diego, and we're building 36 new barracks for the Marines over the next few years. That is what we are doing for our people, and I think that's the right thing to do."

In an award ceremony for Penn Aug. 31 at the Navy Memorial, Vice Adm. Michael Loose, deputy chief of Naval Operations for Fleet Readiness and Logistics, praised Penn's leadership and his contributions to the Navy.

"You leave a legacy of being a phenomenal and inspirational teacher, coach, mentor and team builder who would selflessly do anything for a shipmate or a friend," said Loose. "You did what you said you would do - you not only visited every single one of the Navy's and Marine Corps' 102 bases, but you made a significant impact on the



people you visited. And from every one of those visits, you brought back the issues that meant the most to our Sailors, Marines and their families."

Looking back at his life, Penn reflected that his time in the Navy has truly been an incredible journey. "If you want to make it, you certainly can in the Navy. Every day I pinch myself. Where else can a kid from Peru, Indiana come in as an E-1 in the Navy, fulfill a childhood dream of flying jets, serve with the best people in the world and even act as the Secretary of the Navy? It's truly the American dream."

## Use NFAAS for hurricane preparedness

By Bruce Moody, CNIC

WASHINGTON (NNS) -- As meteorologists continue to track Hurricane Bill, Sailors and Navy families are reminded to become familiar with the Navy Family Accountability and Assessment System (NFAAS) -- and to update personal information now.

If a Navy community is evacuated because of Hurricane Bill, the Navy will use NFAAS to account for evacuated Sailors and Navy families. The Navy will also use NFAAS to find out if Sailors and families are okay, where they are and how to reach them if they need help. NFAAS is also used to manage and monitor their well-being and recovery process.

The Navy calls an area affected by a disaster a geographic area of interest (GAOI). After a disaster, all Navy personnel and their families residing, deployed to or working within a GAOI are required to check in at the first available opportunity. There are three options available to check in.

Sailors can check in directly with their commands and provide their family's status and whereabouts. This is the primary way to account. Commands will upload the information into NFAAS. If they unable to reach their command, Sailors can muster on

NFAAS at <https://navyfamily.navy.mil>. If unsuccessful, the third option is to account by phone through the Navy Emergency Coordination Center at 1-877-414-5358 or 1-866-827-5672 (TDD 1-866-297-1971).

After mustering, it is equally important that Sailors complete a needs assessment in NFAAS if they are impacted by the event.

Once disaster-related needs are identified, a case manager from a Fleet and Family Support Center is assigned. The case manager will contact the Navy family member to assist them with support that ranges from the urgent to the informational.

Access to the assessment information is restricted. Details of the assessment will not be provided to anyone outside the case management team without the provider's approval.

"This is the ideal time to log on," said Pam McClelland, the Navy Family Emergency Response and Preparedness manager. "It's calm; no flooding or winds. Nobody is stressed from having to evacuate their home. People can log on, have a look at the site and see where they'll check in their family, where they'll conduct their needs assessment. It's also a good idea to see if their contact information needs updating."

## Operation Prepare campaign moves into world of social media

Operation Prepare has launched the initial pages of its Video Blog, Twitter and YouTube pages as part of the campaign's kick-off efforts for observing National Preparedness Month 2009, increasing awareness about disaster preparedness and encouraging collaboration and information sharing among its audiences.

Operation Prepare's Video Blog page on <http://operation-prepare.blogspot.com>, will solicit videos from Navy personnel, families and partner agencies to demonstrate how members of the Navy family are using Operation Prepare's tools and information to be disaster ready. Video ideas include filming instructions for assembling an emergency supply kit, sharing survival stories or testimonials of prepared individuals affected by a disaster or tips for developing an evacuation/shelter plan. Selected videos will be featured on the Operation Prepare Video Blog page as well as the Operation Prepare YouTube channel on <http://youtube.com/operationprepare>. Additionally, Operation Prepare's Twitter page on <http://twitter.com/opprepare> will feature preparedness tips, resources and real-time emergency news, advisories and alerts.

Since its initiation by the Commander, Navy Installations Command (CNIC) Emergency Management Program in 2007, Operation Prepare has been encouraging members of the Navy family to be disaster ready by following three simple steps: be informed, have a plan and make a kit. These steps are reinforced in Operation Prepare web pages, posters, brochures and other media produced and distributed Navy wide. In coordination with Fleet and Family Support Centers and other partner agencies, Operation Prepare also promotes disaster readiness through various community outreach and awareness efforts such as disaster preparedness workshops and fairs.

Navy personnel, family members and partners interested in learning more about Operation Prepare's Video Blog, Twitter and YouTube pages should check out the following virtual spots: <http://operation-prepare.blogspot.com>, <http://twitter.com/opprepare>, and <http://youtube.com/operationprepare>.

For general information on the Operation Prepare campaign, visit the Operation Prepare information on the CNIC website at <https://www.cnic.navy.mil>.

## Disaster preparedness should include periodic insurance policy reviews

Commander, Navy Installations Command Public Affairs

WASHINGTON (NNS) -- The Fleet and Family Support Program recommends that Sailors and Navy families review their personal insurance policies each September as part of Disaster Preparedness Month.

Local Fleet and Family Support Centers can help review insurance policies and accompanying documentation before a disaster strikes.

"The effort of getting your policies in order is what is going to get you through a disaster, because it's a very emotional time," Carl E. Weiscopf, director, Fleet and Family Support Center San Diego, said. "What you want to do is eliminate the financial issues that might be associated with it. So, you have to know what you have in the way of insurance, how you go about purchasing it and how you file a claim after a disaster. It's so important. Everyone needs to consider this."

Weiscopf, a retired Navy captain, speaks from personal experience. He lost his home during the October 2003 Cedar

wild fire in San Diego. He and his family had 20 minutes to evacuate. They left with the clothes on their backs, their cat and a few pictures. They evacuated at 8:30 a.m., and at 10:30 a.m. they saw their burning house on television.

Weiscopf describes the day of the fire as one of the darkest of his family's lives. Today, they consider themselves as survivors, not victims. They rebuilt on the same lot and financially are about the same as when the fire occurred.

During Disaster Preparedness Month, the Fleet and Family Support Program reminds Sailors and Navy families that not having an insurance plan or a poorly managed policy in place can be a financially and emotionally costly mistake.

Insurance planning begins with a detailed assessment of insurance needs. These needs change as lives change. Everyone goes through a number of major events in life, and these will have an impact on insurance needs. It is important to make changes to policies as necessary when major events occur.

<p>1. Section III. Property Covered, A. Building Property, 2.</p> <p>Additions and extensions to buildings that by a rigid exterior wall, a solid load-bearing stairway, an elevated walkway, or a roof as part of the dwelling. At the option of the extensions and additions may be insured. Additions and extensions that are attached to the building by means of a ceiling wall that is not a solid load-bearing wall are considered part of the dwelling and cannot be insured separately.</p>
<p>2. Section III. Property Covered, A. Building Property, 3.</p> <p>Coverage for detached carports has been eliminated.</p>
<p>3. Section III. Property Covered, B. Personal Property 4.</p>

Weiscopf added that people often don't pay attention to the amount of and value of the electronics and games they acquire over time.

Along with choosing the right policy, look carefully at all the 'fine print' to find provisions that can save a lot of money after a disaster. Some examples include demolition coverage, dislocation cover-

age and landscaping coverage. It is also important to provide documentation of home improvements, such as a new roof or patio cover.

Local FFSCs can provide information to help determine insurance needs and analyze policies, so that Sailors and Navy families can select what is best for them.

FFSCs won't act as an insurance agent. They will discuss the purpose of different types of policies which companies offer (property and casualty, auto, umbrella, health, long-term care insurance and life). They can help compare policies, and they provide tips for choosing an agent.

The Fleet and Family Support Program provides information about insurance to single Sailors as well as married Sailors and their families members. It is part of the Personal Financial Management program which is designed to prevent potential personal problems that could cost valuable time and money and could detract from mission readiness.



### Recruiting for Child Development Home Provider's

Child Development Homes (CDH) Provider's Training, always recruiting. Do you want to have your own business at home? Looking for Active Duty Military Spouses interested in becoming a certified Child Development Homes Provider. All training is free and a Lending Library is included. You must be 18 or older, be able to read, speak and write English, and pass an extensive background check. For more information contact Carmen Chapa at 361-516-6569.

### 2009 PPV Movie Schedule

Enjoy a free movie with your family if you live at one of the PPVs. There will be a movie every month! Upcoming dates: 8 August Hunter's Cove, 21 August Hawks Landing, 12 September Hunter's Cove, 25 September Hawk's Landing, 10 October Hunter's Cove, 23 October Hawks Landing, 7 November Hunter's Cove, 20 November Hawks Landing, 12 December Hunter's Cove, 18 December Hawks Landing. For more information contact your leasing office.

### Lunchtime Volleyball League

Sept. 14 through the month of October. Every Monday and Wednesday, 11 a.m. to Noon. A volleyball league for those who have a busy work day and want to squish in some sports to their lunch hour. Teams of 6 to 12 are welcome.

### Flag Football Tournament

Sept. 26. Starts at 11 a.m. and ends when there is a winner. 7 on 7 Flag Football. Teams of 7 to 14 are to sign up at the MWR Total Fitness Center Desk by Sept. 24.

### Flag Football League

Season starts Oct. 6. Games played from 7-8 p.m. Teams of 7 to 11 people should sign up for this league by Oct. 1. Games to be held every Tuesday and Thursday night at the MWR field.

### Bowling Standings In the Dog House League

POS	TEAM	WON/LOST
1.	Lane Breakers	8-4
2.	Triple X's	8-4
3.	Tumbalos	7-5
4.	Three Minds	5-7
5.	Hounds	4.5-7.6
6.	The Guys	3.5-8.5

The Ladies League fall season begins on Monday, Sept. 7 at 9 a.m. at the NAS Kingsville Bowling Center. Players are still needed. For more information call: Ireane Woolsey at 361) 592- 4236 or Diana Garcia at 361) 592 -3824. All are welcome to come and join the fun. Civilians please call for access to Naval Air Station.

### Award Ceremony, Aug. 27

#### Navy Achievement Medals:

CS2 Holly Clow, NGI&S  
AC2 James R. Williams, Air Ops  
ABE2 Mikalea Jackson, Air Ops  
ABH2 Carlos Machado, Air Ops

#### Flag Letter of Commendations:

CS1(SW) Erasmo Guerrero, NGI&S  
CS2 Erick Soliz, NGI&S  
CS2 Robert Toler, NGI&S

#### NASF Letters of Appreciation:

CS2 Robert Toler, NGI&S  
QM2 Darren Griggs, Air Ops  
AC3 Willie Johnson, Air Ops  
ACAA James Kemmerer, Air Ops  
ACAN Wesley Mooney, Air Ops  
ACAN Samuel Bivens, Air Ops

#### Certificates of Appreciation from Navy-Marine Corps Relief:

MA2 Roger Verill, Security  
FC2 Natascha Josey, MWR  
AC2 Geoffrey Stelle, Air Ops  
RP2 Kenneth Greathouse, Chapel  
CS3 Erick Soliz, NGI&S

#### Boy Scouts Letters of Appreciation:

DC1 Victor Brooks, MWR  
EN2 Shaun Hernandez, MWR  
EN2 Christopher Parrish, MWR

#### Room of the Month:

ABE2 Wallace Edwards, Public Works

## Mids fall a tad short of taking down No. 6 Buckeyes, 31-27

*Ohio State's Brian Rolle intercepts potential tying two-point conversion in the closing minutes and returns it for two points the other way, helping No. 6 Ohio State hold off Navy.*

COLUMBUS, Ohio (AP) - All the elements were in place for an epic upset of No. 6 Ohio State by Navy.

"If Ohio State comes in totally focused on us, we had no chance," Navy coach Ken Niumatalolo said. "We felt like we had them in the perfect storm."

The Buckeyes weathered that storm with the help of a college football rarity. Brian Rolle intercepted a potential tying 2-point conversion in the closing minutes and returned it for two points the other way, helping the Buckeyes hold off pesky Navy 31-27 on Saturday.

"It wasn't a dazzling fourth quarter for us, by any means," coach Jim Tressel said in the understatement of the day.

A crowd of 105,092 - the largest ever to see the Buckeyes open a season - sat in stunned silence after the 21-point underdog Midshipmen scored twice in 4 minutes to cut a 29-14 deficit to two points with 2:23 left.

Navy went for the tie, but Rolle stepped in front of Ricky Dobbs' pass and rumbled up the sideline to preserve the win in the Midshipmen's first trip to Ohio Stadium since 1931 - and keep the luster on next week's rematch between the Buckeyes and No. 4 Southern California.

"I remember a lot of bad things from last year, like that long, silent ride home," linebacker Austin Spitler said of USC's 35-3 pasting of the Buckeyes. "It's up to us now. We'll have our doubters and now we'll have to go out and prove we're good."

For a while, at least, they were against Navy.

Terrelle Pryor was 14 of 21 for 174 yards, and ran for a touchdown and passed for another to help Ohio State build its lead. But then the Minutemen seemed to make every big play. Dobbs, who completed 9 of 13 passes for 156 yards and two scores, rolled left and hit Marcus Curry on a 16-yard scoring pass with 1:24 left in the third quarter to cut Ohio State's lead to 20-14.

The Buckeyes countered with two quick scores.

Aaron Pettrey, who kicked three field goals, made a 52-yarder early in the fourth quarter. Two plays later, Navy's Mario Washington caught a pass that Ohio State safety Kurt Coleman ripped out of his arms with Ross Homan falling on the loose ball. Three plays after that, Dan Herron took an option pitch and bounced in off left tackle on a 6-yard scoring run to put the Buckeyes up 29-14.

It stayed that way when Pettrey's extra-point try clanged off the upright.

Navy turned the game around with a defensive stand. The Buckeyes passed on the field-goal attempt and went for it on fourth-and-2 at their own 15 with 6:30 left, but linebacker Tyler Simmons surged forward to stop Herron for no gain.

"I certainly should have kicked a field goal on fourth-and-1," Tressel said. "That was a huge mistake in my mind."

On the next snap, Dobbs lofted a perfect spiral over the middle to Curry, who had a step on safety Anderson Russell. Curry then outran everybody to the end zone, completing the third-longest pass play in Navy history. The 85-yard score narrowed the lead to 29-21.

"I made the move and had enough gas to get all the way there," Curry said. "But I was dying at the end."

Pryor then overthrew a receiver and Navy safety Emmett Merchant intercepted and returned it 28 yards to the Ohio State 33 with just under 4 minutes left.

Dobbs ran for 4 yards, then passed for 5. On third and 1 at the 24, he faked a hand-off and sprinted straight up the middle for the touchdown.

The gasp from the partisan crowd was audible.

Navy called timeout to set up for the 2-point try. Dobbs then took the snap and dropped back, passing over the middle. Rolle was the only player close and the junior thundered up the Navy sideline 99 yards.

"I'd seen it on film, but I was surprised he actually threw it," Rolle said. "I was like, 'Wow.'"

"The guy came out of nowhere," Dobbs said. "I don't know how he broke on it."

After getting the onside kick, the Buckeyes were able to run out the clock.