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July 29, 2011



Capt. Mark McLaughlin, commanding officer of Naval Air Station Kingsville, shows John P. Quinn, deputy director of Chief of Naval Operations Energy and Environmental

Readiness Division, where developers are interested in building wind farms in Texas prior to taking a helo flight to the areas. (Photos by Fifi Kieschnick)

Mission sustainment tops concerns during familiarization visit to NASK

By Fifi Kieschnick
NAS Kingsville Public Affairs

The Chief of Naval Operations' deputy director for energy and environmental readiness visited South Texas last week to see first-hand mission sustainment concerns.

John P. Quinn visited South Texas Navy installations July 20-21, to discuss environmental readiness, community growth, and issues related to flight operations -- including compatible siting cooperation on wind farm development.

Capt. Mark McLaughlin, NAS Kingsville commanding officer, provided Quinn an aerial tour of the air station, its outlying fields, bombing ranges and their surrounding lands. During the flight, McLaughlin pointed out where developers are planning



John P. Quinn, the CNO's deputy director for energy and environment visited NAS Kingsville last week.

to build wind farms in South Texas.

Following the aerial tour, Quinn visited NAS Kingsville's state-of-the-art radar facility.

Wind farms are becoming more common with the rising emphasis on renewable energy. And, Texas is quickly becoming the leading wind energy state, in part due to the

see *Visit* on page 6

Evans assumes command of TW-2

By Fifi Kieschnick
NAS Kingsville Public Affairs

Training Air Wing TWO held a change of command aboard Naval Air Station Kingsville, July 15.

Capt. Joseph H. Evans relieved Capt. D. Mark Brooks as commodore of the Training Air Wing.

"As I stand here today," Evans said after assuming command, "I can truly say that it is better to be lucky than good. ... (lucky) to take the reins of the best Training Air Wing in CNATRA (Chief of Naval Air Training) ... and that it is hosted by a community that truly cares for its military base."

Evans thanked Brooks for handing over to him such a capable air wing and staff. And, he pledged to those assembled that he would lead the air wing "with the utmost integrity" ... "training the world's best tactical naval aviators" ...

Evans added, "there are see *TW2* on page 4

three key pillars to my command philosophy. Family is the cornerstone to our society and community ... Community is like a ship; we're all in this together ... and Fly, instruct, lead.

"Here at TW2 we will fly hard, instruct with precision and lead with integrity. We will strive to be second to none."

Rear Adm. William Sizemore, chief of naval air training, was the ceremony's



Rear Adm. William Sizemore, chief of naval air training, congratulates Capt. Joseph Evans on assuming command of Training Air Wing TWO, as Capt. Mark Brooks looks on. Evans assumed command of TW2 during a traditional ceremony held July 15. (Photo by Jon Gagné)

Navy Achievement

Training Air Wing TWO Commander Capt. Joe Evans, right, presents a Navy and Marine Corps Achievement Medal to AC1(AW/SW) Kevin Kahler in the NAS Kingsville air traffic control tower Tuesday, July 26. The award recognized Kahler's professional performance as an air traffic controller on board the air station. (Photo by IC1 (SW/AW) Jesse Booth, NAS Kingsville Public Affairs).



Take precautions 'Warm hug' of summer stresses the body

By Fifi Kieschnick
NAS Kingsville Public Affairs

No one has to tell you that it's hot outside.

You step outdoors and you feel the "warm hug" of summer.

We all spend some part of our day outside, whether we work outdoors or only walk to and from the house to the mailbox, car or office. So, we all get "exposed" to the South Texas extreme heat, especially during the later months of summer.

Exposure to high environmental temperatures produces stress on the body. The stress, combined with the effects caused by work, dehydration and fatigue may lead to serious heat-related disorders, according to NASKINGS Instruction 5100.30E.

Did you know that you can die from the heat, if you are not careful?

Heat is the number one weather-related killer in this country, claiming about 1,500 lives every year, according to the National Oceanic and Atmospheric Administration.

Branch Health Clinic Kingsville personnel monitor the Wet Bulb Globe Temperature Index (WBGTI), so that we know what the heat index and humidity levels are at all times throughout the summer. Variables of shade, temperature, heat radiation, humidity and wind are combined into a single index – WBGT – as a guide for regulating activities outdoors from May through October.

Based on the WBGT readings, which are taken four times a day, flags are posted at the Fitness Center and Headquarters Building to let everyone know the heat conditions and allow them to curtail outdoor activities accordingly.

Flag conditions posted aboard NAS Kingsville are:

Blue Flag – Extremely intense physical exertion may precipitate heat exhaustion or heat stroke, so caution should be taken.

Green Flag – Discretion in planning heavy exercise for unseasoned personnel.

Yellow Flag – Strenuous exercise and activity should be curtailed for new and unseasoned personnel during the first three weeks of exposure.

Red Flag – Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.

Black Flag – Physical training and strenuous exercise suspended for all personnel.

As the South Texas temperatures continue to rise this summer, so does the chance of heat-related injuries and death.

Heat exhaustion occurs when the body can't effectively cool itself. It's caused by fluid loss from profuse sweating without enough fluid replacement. The person will often get a headache, feel weak and tired, look pale with cool moist skin, and be nauseous.

see *Heat* on page 8



ABE1(AW) Daniel Garcia points out the proper way to wear collar devices per uniform regulations with AM1(AW) Stanley Pendergrass assisting. The First Class Petty Officer Association (FCPOA) held daily professional military knowledge (PMK) training throughout February. All the Sailors who attended the training and took the March exam advanced to the next paygrade. The FCPOA will be conducting PMK training throughout August in preparation of the September exam. All E-5 and below are highly encouraged to attend. For more information, call 516-6520. (Photo by IC1(SW/AW) Jesse Booth)

NETC: Enlisted advancement exams restructured

By Tom Updike
NETC Public Affairs

The Navy announced the restructuring of advancement exams to give greater focus on technical rating knowledge, July 8, in NAV-ADMIN 197/11.

The restructured examinations decrease the number of questions from 200 to 175 and increases the emphasis on rating-specific technical questions. The first advancement examination cycle implementing the new change is Cycle 216 in September 2012. Advancement candidates who will take the September enlisted examinations include active duty, full time support, active guard and reserve, and canvass recruiters.

"The primary reason for the exam structure change is to improve exam validity. We define exam validity as the adequacy with which the test questions successfully represent the content to be measured," said Captain Katharine Reed, commanding officer of the Naval Education and Training Professional Development and Technology Center (NETPDTC).

More job-specific technical questions improve exam validity and the Navy's ability to rank-order Sailors by rating.

"If you know the technical aspects of your rating better than your shipmates, you'll like the change in exam structure," said Reed.

The restructured exams will consist of 25 Professional Military Knowledge (PMK) and 150 job-specific technical questions for each pay grade. The biggest change will be seen by E-6 advancement candidates taking the Chief Petty Officer (CPO) exam. Currently, the 200-question CPO exam contains 100 job-specific and 100 PMK questions. E-4 exams will have the same number of job-specific questions, and 25 rather than 50

PMK questions.

The exam changes will have no impact on the current Final Multiple Score (FMS). The FMS is a "Whole Person Concept" approach which considers exam score along with other factors to ensure the right Sailors are advanced. Other factors considered for E4/5/6 are performance mark average (how well one performs in their job and as a Sailor), service in pay grade (experience in the job), awards (accomplishments in the job and as a Sailor), education points (self improvement through education (accredited college degrees)), and pass/not advanced points (credit for doing well on previous exam cycles, but not enough quotas available). For those who are CPO board eligible, the FMS is computed using performance mark average and rating exam score only.

Enlisted exams are produced at NETPDTC's Navy Advancement Center (NAC) in Pensacola, Fla. Fleet Subject Matter Experts (FSME) for each enlisted rating gather at exam development conferences to review the job scope and associated tasks at each pay grade. The FSMEs also review their rating exam bank to ensure questions are up-to-date, accurate and meet the statistical requirements to accurately rank-order the most qualified advancement candidates. New exam questions are researched, developed and added at each exam development conference.

Study material will remain available to all Sailors preparing for upcoming exams. Exam bibliographies will reflect the new exam construction, and will be available for exam preparation six months prior to administration dates on the Navy Advancement Center's Web portal on NKO at <https://www.nko.navy.mil/portal/careermanagement/navyadvancementcenter/home/navyadvancementcenter?cacLogin=true>.

Flying K

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In Memory:

Patrick Harrison Butler, 60, a 22-year Navy veteran and civilian employee at NAS Kingsville, passed away Saturday, July 23 after a long illness. Most recently, he worked at CNATRA Maintenance Contracts Detachment from July 2009 to May 2011. Butler was born on Sept. 5, 1950, in Rawlins, Wyo., and retired from active duty at NAS Fallon, Nev. He is survived by his wife of 27 years, Graciela Davila Butler of Kingsville, five children and 18 grandchildren. Funeral services were held earlier this week, with burial at Resthaven Cemetery with full military honors provided by the Veterans of Kleberg County Military Funeral Detail.

BASH manager returns from voluntary Afghanistan duty

By IC1(SW/AW) Jesse Booth
NAS Kingsville Public Affairs

NAS Kingsville's wildlife biologist recently returned from Bagram, Afghanistan, after serving four months of temporary duty with the U.S. Department of Agriculture (USDA).

Eddie Earwood, who manages the Bird Air Strike Hazard (BASH) program aboard NAS Kingsville, is responsible for identifying and mitigating the wildlife risk to aviation safety here. He volunteered to do the same thing in Afghanistan -- assist with a BASH program for the Air Force assigned to Bagram.

He is the fifth USDA employee to be sent to Afghanistan since October 2010.

"When I first arrived in Bagram the BASH numbers were high at 59," Earwood said. "I did an assessment and made suggestions about starting a mowing and herbicide regimen."

After Earwood's suggestion to keep the broadleaf plants (weeds) cut shorter by mowing the airfield regularly, May's numbers dropped to 35 and the numbers continued to decrease each month he was there.

According to Earwood, when airfield grass is not maintained and kept low, broadleaf plants create a large seed production, which attract birds. By main-

taining the mowing regimen, the airfield has a decrease in seed production and does not lure the birds to fly over the airfield, which in turn decreases BASH numbers.

"I worked with two Afghanistan nationals," Earwood said. "They really taught me a lot about the local land and wildlife. I learned so much more than I ever would have remaining in the United States, because they have a completely different environment than we do."

Earwood said his biggest accomplishment was sending more than 30 different specimens to the Smithsonian Institute in Washington, D.C., to be catalogued. Two of the specimens happened to be the first to be catalogued by the Smithsonian: the wryneck woodpecker, which is a rare migrant, and the desert hedgehog, the smallest hedgehog in the world.

"I like knowing I was a part of the Smithsonian's growth and that I have contributed to history," said Earwood. "Also, I have never seen a golden jackal before my short time in Afghanistan, and it was amazing to see one in real life."

If given the opportunity to return to Bagram, Afghanistan, Earwood said he would. "I'd like to check on the progress of the wildlife damage management measures that I helped put in place."



Eddie Earwood

Naval Academy accepting enlisted applications for class of 2016

The Navy recently announced the U.S. Naval Academy's admissions cycle for the class of 2016, entering in July 2012, is open to enlisted Sailors.

Top enlisted performers who possess strong leadership potential, have been recognized as Junior Sailors or Bluejackets of the Quarter or who graduated in the top 20 percent in their "A" and "C" schools are encouraged to apply by Jan. 31.

To be eligible, top quality Sailors and Marines must meet competitive standards based on academic, military and physical performance. Academically, applicants must possess strong high school grade point averages and SAT scores, and have completed four years of mathematics and English and one year of chemistry.

Applicants must be physically fit with no record of disciplinary action within three years preceding application. They must not have passed their 23rd birthday by July 1, 2012, and cannot be married, pregnant or have incurred obligations of parenthood.

The deadline for initial application to the class of 2016 is Jan. 31. All completed applications and recommendations must be received by March 1 to be considered.

The Naval Academy provides about 1,000 officers to the Navy and Marine Corps every year, with many entering as prior enlisted men and women from the regular and reserve components.

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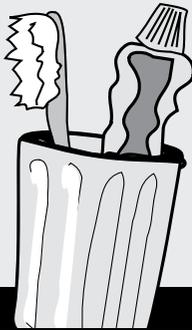
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In the Break



Capt. Joe Evans
Commander
Training Air Wing TWO



Greetings,

Hello Naval Air Station Kingsville and Training Air Wing TWO. As the opening note of my first *Flying K* column, I would like to thank all of the folks who helped plan and execute the Training Air Wing TWO change of command ceremony. From my vantage point, it went off flawlessly and I appreciate the effort made by all. Well done!

I can't begin to tell you how excited I am to be in Kingsville. The folks here, both on and off the base, have shown a great deal of hospitality and friendliness to both my family and me. Although I have been here for nearly four months, my family has yet to officially arrive. They will join me and move into Quarters "A" here on base in early August. Once we get unpacked, we will be looking forward to quickly integrating into the local community. If you haven't had the

opportunity to meet my family, please let me take a line or two to introduce them to you: my wife Stephanie is a flight attendant with Delta, and my two sons, Tucker, 11, and Tate, 10, will start school this August at Santa Gertrudis. If you frequent the NASK pool or the bowling alley you will be sure to run into them. We are excited about meeting you!

I am looking forward to working with Skipper McLaughlin and the community leaders in continuing to do great things here. Our mission is of utmost importance, and I believe that family, community and operations play an equally important role in achieving our desired end state. Training our future naval officers/aviators/leaders is exciting business, and you all play an important role.

Lastly, I wish Capt. "Fingers" and Mrs. Brooks "fair winds and following seas" as they head off to Alabama. "Fingers," thank you for your generous hospitality and keen leadership. You left me with a great Air Wing and as one fighter pilot once said, "the best O-6 flying job in the Navy."

See you on the flight line -- or at the pool, once my family arrives.

Commodore Evans

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presiding official. He reminded the nearly 200 assembled that the job of Commander, Training Air Wing TWO, was "an enormous job, training half of all undergraduate strike pilots, and responsible for all tactical and jet propeller pilot training for the Navy and Marine Corps."

Sizemore presented Brooks with the Legion of Merit, on behalf of Vice Adm. A.G. Myers, Commander, Naval Air Force, Pacific, for his "outstanding service as Com-

see TW2 on next page



Stephanie Evans affixes the command ashore pin on her husband's uniform as he assumes command of Training Air Wing TWO. Capt. Joseph Evans took the helm of TW2 July 15. (Photo by Jon Gagné, NAS Kingsville Public Affairs)



Following the change of command ceremony, Capt. Mark Brooks, left, and Capt. Joseph Evans, cut a cake symbolizing the helm change of Training Air Wing TWO (Photo by IC1(SW/AW) Jesse Booth)



Melissa Brooks removes the command ashore pin on her husband's uniform as he relinquishes command of TW2. (Photo by Fifi Kieschnick)

TW2 from previous page _____

mander, Training Air Wing TWO, from July 2009 to July 2011.

“Capt. Brooks literally led from the front, amassing over 500 hours in the T-45A/C.

“Under his stalwart leadership, TW2 flew 70,500 hours, completing over 59,900 sorties and designating 269 aviators,” the citation says.

Additionally, Brooks rebalanced student time-to-train and entitlement time, which saves more than \$20 million. He also initiated contract modifications resulting in improved aircraft availability and saving the Navy more than \$2 million annually.

Brooks stated that he had dealt with numerous challenges as Commander, TW2. “I’m proud of TW2, VT-21 and VT-22, and how they have met the challenges.

“TW2, VT-21 and VT-22 is a family,” Brooks said, “...it has been a rewarding experience I will remember and cherish forever.”

Brooks retired from the U.S. Navy July 19 with 26 years of honorable service.



Capt. Mark Brooks tells of his “journey” throughout his 26 years of Naval service as he retires during a traditional ceremony on July 19. His father and guest speaker for the ceremony retired Rear Adm. Dennis M. Brooks, looks on. Below, Capt. Mark Brooks asks permission to go ashore from Capt. Joseph Evans, Commander, Training Air Wing TWO, as he retires from the U.S. Navy.



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so I made the call.



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From left, Capt. Mark McLaughlin, commanding officer, Naval Air Station Kingsville; Dave Dahl, mission sustainment officer for Navy Region Southeast; John P. Quinn, deputy director for Chief of Naval Operations Energy and Environmental Readiness Division; and Capt. Joseph Evans, commander, Training Air Wing TWO, depart the flightline after taking an aerial tour of the air station, its outlying fields, target ranges and surrounding lands.

Visit from page 1

regulatory environment that supports development of wind farms without public notice until developers file with the Federal Aviation Administration.

However, wind farms' locations and the number and spacing of wind turbines can degrade air traffic control radar and impact air traffic services and flight safety, particularly by interfering with radar coverage and tracking abilities, according to a March 2010 position paper by the Chief of Naval Operations' head of airspace and air traffic control.

"Wind turbines are detected by radars which appear as false aircraft targets on the controllers' radar scopes. The impact is that it could affect the operational mission and flight safety of Naval aviation in South Tex-

as," says Glenn Jones, NAS Kingsville's community plans liaison officer. "Local developers are planning to build wind farms nearby that may cause erroneous aircraft targets on the radar used by NAS Kingsville air traffic controllers."

"Severity of these flight safety effects vary, depending upon numerous things, including proximity, range, turbine composition, turn rate, direction, and development density, among other things," said Dave Dahl, mission sustainment officer for Navy Region Southeast.

Quinn said that he could tell that NAS Kingsville leadership has a good command of the wind farm issue and that they have played a proactive role in making their concerns known to potential developers.



Lt. Jody Kite, air traffic control officer for Naval Air Station Kingsville, shows John P. Quinn, deputy director, Chief of Naval Operations Energy and Environmental Readiness Division, how Navy air traffic controllers track aircraft operating throughout South Texas. Quinn made a familiarization visit to NAS Kingsville on July 21. During the visit, topics discussed included mission sustainment, community growth, and compatible siting cooperation in regard to wind farm development. (Photos by Fifi Kieschnick)



Capt. Joseph Evans talked to John P. Quinn, deputy director, Chief of Naval Operations Energy and Environmental Readiness Division, about mission sustainment during Quinn's visit to South Texas on July 21.

Pilot For a Day

Pictured left, Lt. j.g. Jon-Michael Chombeau explains the gear and equipment of a T-45 "Goshawk" to 8-year old Pilot for a Day, Jose M. Garcia, from Mission, Texas, on July 21. Pictured right, MAC(SW) Ronald Murchison, of NAS Kingsville's security department, shows Jose how to properly take fingerprints. Jose, a patient at Driscoll Children's Hospital in Corpus Christi, was joined by his mother and sister for his special day on board the air station hosted by Training Air Wing TWO. The group visited Air Operations, Fire and Emergency Services, Security, Ground Training, Paraloft and more.





AC1(AW) Daniel Garza presents gifts to his family in appreciation of their support of his Naval service. From left, his "military mom" JoAnn Petroski, daughter Kristena Perez, son Dominic Garza, daughter Kristen Perez, and mother San Juana Garza. (Photo by Jon Gagné)



Top photo, Cmdr. Scott Wilmot, executive officer, presents AC1(AW) Daniel Garza with his Fleet Reserve certificate as he retires from the U.S. Navy with 20 years service. Above, AC1(AW) Jarred Lee ceremoniously passes "Old Glory" to Garza at the end of the flag passing ceremony. (Photos by Fifi Kieschnick)

Air traffic controller retirement marks 20 years of dedicated service

By Jon Gagné
NAS Kingsville Public Affairs

AC1(AW) Daniel Garza closed out his 20-year active duty career with an official retirement ceremony at the Captain's Club Friday, July 22.

More than 200 friends, shipmates and family members turned out to see him go ashore.

NAS Kingsville Executive Officer Cmdr. Scott Wilmot served as presiding officer for the ceremony and IC1(SW/AW) Jesse Booth served as master of ceremonies.

Garza, a native of Kingsville, spent most of his 20-year career on the West Coast. As a junior Sailor, he served with Tactical Air Control Squadron (TACRON) ELEV-EN and deployed aboard USS Constellation (CV 64). He also served two tours at NAS North Island, quite possibly one of the toughest control towers to master due to the varied types of planes it handles on a daily basis. During his second stint at North Island as a first class petty officer, Garza earned his Facility Watch Officer designation.

Garza came back to Kingsville with orders to NASK in 2008, settling down with

family and friends for what he hoped would be a great tour of duty doing what he loved to – control aircraft. But two years into the assignment, Garza suffered a debilitating back injury that brought his days as an air traffic controller to an end.

"I came in (the Navy) to control aircraft," Garza said, "not to be a paper pusher."

During the ceremony, Garza praised his friends and family for their support throughout his military career – especially his wife Carol. "If it wasn't for Carol's support," Garza said, "I probably would have given up on the Navy when I started having the medical issues. But she was always there for me."

Garza was presented a Navy Commendation Medal, marking his military career and faithful and dedicated service. He also received letters of appreciation from all the U.S. presidents Garza served under, the Governor of Texas, and the Master Chief Petty Officer of the Navy.

Members of the NAS Kingsville First Class Petty Officers' Association presented Garza with a retirement chest with an inside lid shadow box detailing his accomplishments throughout his career.



AC1(AW) Daniel Garza and wife Carol cut the cake together at the retirement reception. The cake was prepared by Renni Penitusi. (Photo by Jon Gagné, NASK Public Affairs)

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L-3 recognition -- Recently appointed L-3 Site Manager, James 'Buster' Crabbe, held an awards ceremony for two L-3 employees to mark length of service with the company. Above left, Crabbe congratulates Don O'Connell for 20 years of service. Below left, Carlos Garcia happily accepts his five year service award/pin. O'Connell is a planner/scheduler for L-3 and Carlos Garcia is part of the supply tech warehouse team. (Contributed photos by Nancy Mejorado, L-3 Admin)



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Heat from page 2

Treat heat exhaustion by getting victims to a cool, shady location. Give them water to drink and have them lay down. They should be given medical attention to ensure they are properly recovering and rehydrating.

Heat stroke is more serious. It's caused when the body's temperature regulating system fails and the body stops sweating. There is an increase in internal body temperature because the body can no longer evaporate heat.

People with heat stroke become dizzy and nauseous, and get headaches. Their skin is red and hot to the touch. This rapidly leads to delirium, loss of consciousness, coma and death.

Treat heat stroke by quickly getting the victims to a cool shaded, soaking their clothes with cool water and fanning them to help increase the cooling. Medical treatment must be obtained quickly to avoid damage to internal organs or the brain, or death will result.

If we think it's hot now, wait until the "dog days" of August. As temperatures rise,



A flag is flown at the Fitness Center to let everyone know what the heat conditions are. A flag is also flown at the Headquarters Building.

humidity climbs and people get drenched in sweat.

So, pay attention to the announced flag conditions, drink plenty of water, and use common sense when planning outdoor activities.

(Note: This is the first in a series of articles about heat stress.)

NAS Kingsville Religious Services Offered

Sunday at McFall Memorial Chapel
10:30 a.m. - Family Bible Services
12:30 p.m. - Catholic Mass
Tuesday
11:30 a.m. - Bible Study, in Bldg. 2741

Wednesday
7 p.m. - Officer Christian Fellowship
Thursday
4:30 p.m. - Catholic Choir Practice
5:30 p.m. - Prayer Meeting



CNATRA Maintenance Det --

Capt. Silvester Delrosario, Chief of Naval Air Training's assistant chief of staff for aviation maintenance/contract logistics, presents CWO3 Chris Chandler with a Meritorious Service Medal recently for his service as officer-in-charge, CNATRA Maintenance Contracts Detachment Kingsville from June 2008 to July 2011. Chandler managed day-to-day operations of more than \$2 billion in aviation assets and more than 90,000 flight hours. He provided exceptional oversight to more than 500 civilian contractors ensuring resources and facilities were always available to meet contract metrics. Chandler also directed the Navy's largest integration into the Optimized Organizational Maintenance Activity program, saving the government more than \$600,000 annually in contract support costs while improving the aircraft availability by 10 percent and decreasing maintenance cancellation rate by 2 percent. (Contributed photo)



Staying Navy --

AOC(AW/SW) Michael Kistler, a native of Decatur, Ill., stands with his family, left, wife An-cuta and right, daughter Sarah. Kistler reenlisted recently for an additional two years, accumulating 20 years of Naval service.(Photo by IC1(SW/AW) Jesse Booth)



4 more years --

Capt. Mark McLaughlin, commanding officer, presents CSC(SW/SCW) Pearline Myers a reenlistment certificate recently. Myers is a native of Kirbyville, Texas, and reenlisted for an additional four years to complete her 20 years of U.S. Navy service. (Photo by IC1(SW/AW) Jesse Booth)

TOOTH TIPS by C.A. Clements, D.D.S., M.A.G.D.

Lasers Versus Drills

Dental lasers, that is "hard-tissue" dental lasers, can be used to prepare teeth for the filling of cavities just like a drill! The standard air turbine drill, developed in the 1950's, is still the major tool in use because it is so versatile. We still need it when removing old fillings and larger cavities, and in preparing teeth for crowns and bridges. Anesthetic is nearly always needed for these procedures, but dental lasers can often reduce or eliminate the need for "shots." That means less or no numbness after your dental visit. The laser light energy also helps kill bacteria in the cavity preparation. The laser is especially useful for cavities located at the gumline or on the tooth root because, as it cuts, it seals up tiny blood vessels in the gums, unlike the drill. So what's the bottom line? Lasers can mean less or no "shots", less bleeding and no drill noise... IF your treatment *can* be performed using a laser. If you have questions, don't hesitate to call us.



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Play ball -- Earlier this month, Naval Air Station Kingsville's Air Ops softball team competed against a team from NAS Corpus Christi. Pictured above are the two softball teams. The NAS Corpus Christi team won the game and took the title of "Gulf Coast Champion," with Air Ops taking second place. (Courtesy photo)

MWR Event Calendar

- | | |
|---|---|
| <p>Bowling Center
Free bowling weekdays from 11 a.m. to 1 p.m. with purchase of a meal.</p> <p>Mondays
12 noon – Lunchtime volleyball
12 noon – Yoga at the Fitness Center
5:45 p.m. - Zumba Fitness at the Fitness Center.
Call 516-4386, for more info.</p> <p>Tuesdays
6 p.m. – Water aerobics</p> <p>Wednesdays
12 noon – Lunchtime volleyball
12 noon – Yoga at the Fitness Center
5:45 p.m. - Zumba Fitness at the Fitness Center.
Call 516-4386, for more info.
7 p.m. – Free movies at the ITT Liberty Lounge</p> | <p>Thursdays
6 p.m. – Water aerobics
7 p.m. – Trivia Night at the K-Bar. Teams of four compete by answering trivia questions. Great K-Bar prizes. Call 516-6371, for more information.</p> <p>Fridays
12 noon – Yoga at the Fitness Center</p> <p>Saturdays
2 p.m. -- children's movies are shown free of charge at the ITT Liberty Lounge.</p> <p>K-Rock Coffee Shop
Buy 10 Cups get one free!!</p> <p>Join MWR Text Program to receive notifications of events, and enter to win weekly prizes!
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|---|---|

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Academy from page 3

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The Naval Academy offers 23 academic majors in engineering, science, mathematics, social sciences and the humanities. In addition to the academic curriculum, students also take military professional courses in navigation, naval engineering, weapons, leadership, naval history and law.

More information on enlisted applications to the Naval Academy can be found in ALNAV 046/11 at www.npc.navy.mil.

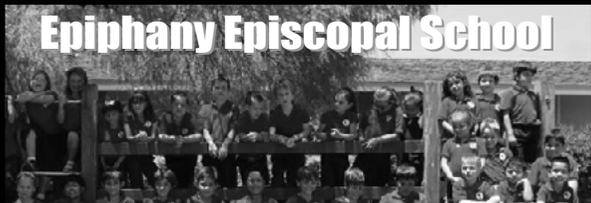
For more information about the U.S. Na-



Plebes from the U.S. Naval Academy Class of 2015 wait to be officially sworn in at the conclusion of Induction Day, marking the beginning of Plebe Summer, six-weeks of training intended to transition the students from civilian to military life. (Photo by MC1 Chad Runge)

val Academy enlisted admissions process, visit www.usna.edu/admissions/step.htm.

(U.S. Naval Academy Public Affairs)



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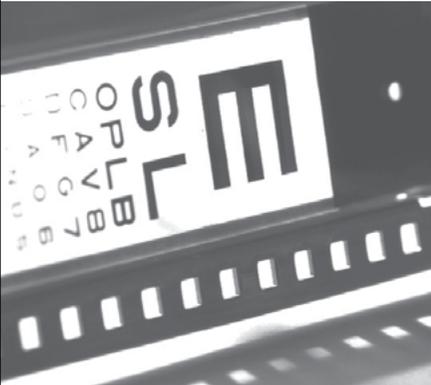




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