

Flying K



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Orange Grove opens doors to 'Fat Albert,' community



The Blue Angels' C-130 "Fat Albert" comes in for a landing at Navy Auxiliary Landing Field (NALF) Orange Grove. The team conducted training at the facility Feb. 17-25, to prepare for the upcoming air show season. (Photo by IC1 (SW/AW) Jesse Booth)

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

Navy Auxiliary Landing Field (NALF) Orange Grove opened its doors to local landowners for a barbecue and orientation visit on Friday, Feb. 18. The annual event is designed to solidify the relationship between the landowners, local community and Naval Air Station Kingsville, which owns the Orange Grove facility.

The event also included a special visit by the U.S. Navy Blue Angels' Fat Albert team, which used the airfield for air show training.

"We enjoy having this opportunity to let the local community see firsthand what we do here," said Capt. Mark McLaughlin, commanding officer, NAS Kingsville.

"It's good to do this because it brings the community in to see what we do," reiterated ABHC(AW/SW) Rudolfo Oliva, chief petty officer in charge of NALF Orange Grove. Oliva and the Sailors assigned to Orange Grove opened their doors to about 20 landowners and local community leaders.

"Our mission is training jet pilots, about 150 to 160 each year, and sending them to the Fleet,"

see *Orange Grove* on page 6

Energy Conservation Efforts:

Electrical Consumption

The chart below shows the energy conservation progress for NAS Kingsville by comparing electrical consumption figures for FY-10 and FY-11.
Month: **DECEMBER 2010**

Megawatt Hours per 1,000 Kilowatts

DEC FY-10 Goal: 2,468

DEC FY-10 Actual Use: 2,592

DEC FY-10: 124K OVER

DEC FY-11 Goal: 2,515

DEC FY-11 Actual: 4,031

DEC FY-11: 1,516K ABOVE Goal

Exercise Solid Curtain/Citadel Shield

Navywide exercise tests NAS security personnel, first responders

By Jon Gagné
NAS Kingsville Public Affairs

Navy installations throughout the U.S. and overseas turned their attention to physical security, readiness and training Feb. 21 through 25, as part of Exercise Solid Curtain/Citadel Shield.

NAS Kingsville Security personnel and first responders played an active role in the exercise. Solid Curtain/Citadel Shield is a routine exercise conducted annually and not conducted in response to any security incident.

"This exercise (is designed to) enhance the training and readiness of our security personnel and first responders," said Rear Adm. Tim Alexander, Commander, Navy Region Southeast. "It also creates a learning environment for installation personnel to exercise functional plans and operational

capabilities."

NAS Kingsville Force Protection Officer Lt. Ricardo Cerna, who coordinated the Security Department personnel during the command evolution, stressed the importance of the training.

"These types of training evolutions present a perfect time to prepare and learn how to adapt to diverse and fast-moving situations," Cerna said. "The more opportunities we have to train in this mode, the more proficient we'll be in dealing with real-world events."

Solid Curtain is an operational level training event, while Citadel Shield, conducted by Commander, Navy Installations Command, provides advance guidance for participants in individual field training exercises. Exercise scenarios range from low-key events, such as recognizing and countering base surveillance operations, to higher-tem-

po and active simulated emergencies, such as small boat attacks on waterfront bases and cyber attacks on installations. While the exercise focused on readiness, training and response, communications training also played an important role.

"Exercises like this allow us to evaluate how well we communicate up and down the chain of command," said NAS Kingsville training officer Jim Lawrence.

"In today's world we have to be able to react and respond on a moment's notice," Lawrence said. "And we have to feel comfortable that we know how to do that as a cohesive unit. We also have to know where to go for information, and how to pass it along – not just to our counterparts – but throughout our chain."

Every military, civilian and contractor

see *Solid Curtain* on page 5

From the Bridge



Capt. Mark McLaughlin
Commanding Officer



exercise called Solid Curtain/Citadel Shield. The objective of this exercise specific to NAS Kingsville was to pressurize our Auxiliary Security Force and demonstrate our ability to set Force Protection Condition Charlie.

From my desk, the exercise and ancillary local security events were completed successfully and we learned quite a bit about our own capabilities.

I'd like to thank Jim Lawrence, the NASK Training Officer, for preparing the staff for this large exercise. Additionally, the Security Department, with Cesar Cavazos and Lt. Ricardo Cerna, were instrumental in reviewing all the base's action plans and physically changing the access schemes at the gates to comply with increased security measures. Finally, Monette Walker, from

Emergency Management, had the additional challenge of supervising our dispatchers through the exercise and also responding to real-world calls.

Well done to the entire base and tenants for their hard work, and patience, during this exercise: the lessons learned will aid in our security posture measures in the future.

In closing, I'd like to add one more plug about energy conservation. As the weather heats up, so will our electrical demand. It is imperative that everyone on this base does their part in securing unneeded electrical power. Secure those computers at night and please turn out the lights when the last person leaves the room and when securing for the evening.

Until next time~Skipper Mac

Greetings Team Kingsville.

Things may have looked a little different lately around the base access gates, and there was a reason for this.

First, our top-notch Security Department is constantly changing, or randomizing, their daily operations to increase security posture and reduce predictability to anyone monitoring the base.

Second, this past week was the large

VITA Office now open

Volunteer tax preparer AZ2 Darrell O'Neal and VITA Site Coordinator Stephanie Walker go over programs in between client visits at the VITA tax office, located inside the Fleet and Family Support Center. VITA has trained volunteers available through appointments and walk-ins, to help you complete income tax returns free of charge.

Office hours are Wednesdays and Fridays, 8 a.m. to 3 p.m.

Last year, the Volunteer Income Tax Assistance team assisted 59 people aboard the air station who received returns amounting to \$154,000.

To schedule an appointment, call 516-6635/6638 or 438-6994. (Photo by AC3 Kiana Kahlbaum)



Navy's fiscal year 2012 budget reaffirms commitment to Sailors, Marines, civilians, families

By MC1 Stephen Murphy
Defense Media Activity-Anacostia

Deputy Assistant Secretary of the Navy for Budget, Rear Adm. Joe Mulloy, briefed the Fiscal Year 2012 Department of the Navy budget roll-out at the Pentagon, Feb. 14.

"The FY12 budget request reflects the Navy's continued commitment to Sailors, Marines, civilians, and their families," said Mulloy. "It reaffirms the valuable contribution our assets make across the full spectrum of warfare and increases the capability of our fleet. While military pay will increase 1.6 percent, additionally, reenlistment bonuses for key rates are being maintained, and selective reenlistment bonuses are being offered.

President Barack Obama's budget for FY12 was submitted to Congress Feb. 14, with an overall request for the DoN of \$161.4 billion, which is an increase of \$1.0 billion over last year's baseline appropriations.

FY12 budget also includes an additional request for overseas contingency operations in the amount of \$15 billion. The Navy has been fully engaged across all facets of ongoing contingency operations while transforming itself to provide the nation with rapid and agile options to deal with new security challenges.

The proposed budget focuses on improving capabilities to fight today's wars and investing in capabilities to counter future threats while continuing to care for Navy and Marine Corps service members, civilians, and their families.

"The FY12 budget reaffirms the need for procurement while reforming how we buy and operate," said Mulloy. "The Navy and Marine Corps continue to sustain levels of readiness to deliver exactly the right combat capabilities for exactly the right cost."

Mulloy also pointed out that even with the streamlining of the DoN budget and through captured efficiencies, the Navy will

still be able to purchase five more ships than planned, extra F/A-18 fighter jets to help modernize aviation warfare, and more P-8 aircraft.

The total DoN efficiencies will save \$35 billion over five years.

Themes consistent throughout the DoN budget are: taking care of people; rebalancing/enhancing military capabilities; addressing efficiencies and reforms; while supporting our troops.

Defense Secretary Robert Gates announced Jan. 6, a series of efficiencies decisions designed to save the Department of Defense more than \$178 billion during the next five years, primarily by reducing overhead costs, improving business practices and culling excess or troubled programs. For more information on the FY12 budget, visit <http://www.finance.hq.navy.mil/fmb/12pres/BOOKS.htm>.

Flying K

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This paper is published for people like Lt. Rex R. Briones, dental officer, Branch Health Clinic Kingsville. Briones has been aboard NAS Kingsville since August 2009 and is a native of Garden City, Mich.



Town Hall meeting to highlight patient care, access, more active patient involvement

Naval Health Clinic Corpus Christi (NHCCC) will host a Town Hall meeting Wednesday, March 16, at 5:30 p.m., in the NAS Corpus Christi Bay Club Sunroom.

This will be your opportunity to voice your healthcare concerns and learn about new services.

All enrolled patients are invited and your participation and input are vital!

Select health care representatives will give brief presentations about current practices, new policies and programs, and other beneficial information. The open forum will also feature a presentation about Patient Centered Medical Home (PCMH), now in its second month at NHCCC.

On Jan. 11, the NHCCC Primary Care Clinic transitioned to a PCMH. The PCMH is a model of healthcare based on an on-going, personal relationship between a patient, a primary care manager (PCM) and the patient's care team.

In a medical home, the patient has a sin-

gle, trusted PCM and care team that provides continuous, comprehensive and integrated care. The clinic is committed to improving primary care services by focusing on the patient-primary care manager relationship.

Patient Centered Medical Home improves services to you and your family through a more comprehensive approach to patient care, better access, and more active patient involvement.

Capt. Randy Kelley, commanding officer, NHCCC, assures that attendees will have an opportunity to ask questions and voice concerns at the Town Hall meeting.

All personnel who utilize Naval Health Clinic Corpus Christi for health care services are encouraged to attend the town meeting. Refreshments will also be provided for guests.

Contact NHCCC Customer Service (361) 961-6121, for more information. (*Released by the Naval Health Clinic Corpus Christi Public Affairs*)

Risk management key to mitigating mishaps in 2011

By April Phillips

Naval Safety Center Public Affairs

Following the holiday season, Sailors and Marines across the fleet are back to their regular routines. Many Sailors and Marines are enjoying winter sporting activities such as skiing and snowboarding.

Whenever large numbers of people are returning from extended time away from the job, there's a potential for mishaps to occur due to complacency or skills that have become rusty. Also, there's a greater likelihood for inclement weather, deteriorated driving conditions and slips, trips and falls.

All these factors combine to make this a good time to remember the basics of risk management, said Derek Nelson, head of the Media Division at the Naval Safety Center (NAVSAFECEN). Nelson writes the popular weekly "Summary of Mishaps," which is better known as the "Friday Funnies." In this capacity, he pores through the mishap reports received by NAVSAFECEN, and he has noticed some trends.

Many mishap reports he has examined show a general complacency trend. He said one of the major problems is people who are in a hurry and cut corners.

"Whether you're driving or performing a task around the house or on the job, being in

a hurry to get things done is a needless risk that too often ends in a trip to the emergency room," said Nelson. "Usually, the person doesn't take time to make a risk assessment beforehand, and therefore, there's no risk management that takes place."

Nelson cited one particularly memorable example; a Sailor was using a gas-powered snow blower to clear his driveway after a winter storm. The blower became clogged, and rather than turning it off to clear it, the Sailor just reached his hand inside the still spinning blades.

"It chopped off one of his fingers," Nelson said. He also said he hoped Sailors and Marines would take time to reflect on risk management. "When people simply talk about their experiences, it can be very helpful. Everyone's got a story and sharing that story could help others. Talk about what could have been done to avoid the mishap or near miss," he said.

Those who need resources to start a risk management discussion can find them on the Naval Safety Center website. Nelson recommends a product called "Deckplate Dialogue," which provides information and discussion ideas about numerous safety-related topics. This tool is available for download at http://www.public.navy.mil/navsafecen/Pages/media/deckplate_dialogue.aspx.

Fleet & Family Support Center's 'Military Saves Week' to focus on financial awareness

By MC1(AW) LaTunya Howard

"Military Saves Week," held this year the last week of February, is an important part of the Department of Defense (DoD) personal financial readiness campaign in which commands are encouraged to provide training and financial resource information to Sailors and their family members.

Due to the scheduled Solid Curtain-Citadel Shield exercise this week, NAS Kingsville moved its "Military Saves Week" events to Wednesday, March 2, at the Fleet and Family Support Center (FFSC).

"We shifted our events because of the basewide Solid Curtain exercise," said FFSC event coordinator Ramon Panbanigan. "But we've got a full day of programs to help military and civilian personnel focus on financial issues."

According to NAVADMIN 011/11, it is imperative that commands create a culture encouraging savings and financial readiness to better position Sailors in an ever-changing economy. The campaign is designed to alter money-handling behaviors through education on achieving long-term financial fitness.

This year's theme is "Building Wealth, Not Debt." During the financially-focused event, Sailors and their families can attend lectures or participate in forums, that promote personal savings, debt reduction and good financial habits.

"At the beginning of each year, many people reflect on what was accomplished financially in the previous year, and what can be improved upon in the new year," said Stacy Livingstone-Hoyte, FFSC financial educator, Naval Support Activity Mid-South. "Military Saves Week is an excellent opportunity to allow experts to assist with that annual financial review."

The campaign is a combined effort between the DoD and the Consumer Federation of America. Command leadership looks to local organizations such as banks, credit unions, public affairs and Fleet and Family Support Services to support the Military Saves program. Enlisted advisors, installation relief societies, spouse groups, and child and youth programs are also additional resources.

"Financial readiness is a decision Sailors make by setting financial goals and working toward them," said Vice Adm. J.M. Bird, director, Navy staff.

The NAS Kingsville schedule includes briefs and displays by Navy Federal Credit Union, the Better Business Bureau (BBB), Consumer Credit Counseling Services, Navy-Marine Corps Relief Society (NRCRS) and The Texas Department of Insurance. Navy Mutual will also present information on the Thrift Savings Program.

For more information, visit www.militarysaves.org and take the "The Saver's Pledge."



Staying Navy -- NAS Kingsville Executive Officer Cmdr. Scott Wilmot congratulates NC2 Monica Crumpvenn on her reenlistment Feb. 11. Crumpvenn, a native of Lincoln City, Ore., reenlisted for three more years of U.S. Navy service. The 10-year Navy veteran will be departing NAS Kingsville soon to serve aboard the USS Sampson (DDG 102). (Photo by IC1(SW/AW) Jesse Booth)

Morale, Welfare & Recreation

Bowling Leagues

In the Doghouse League Standings as of Feb. 15

Place	Team	Won	Lost
1	Lane Breakers	55	37
2	The Other Guys	53.5	38.5
3	Alley Cats	50	42
4	DNA	43.5	48.5
5	The Players	43	49
6	Minds in the Gutter	42.5	49.5
7	Tumbalos	42	50
8	The "HR's"	38.5	53.5

High Score Game-Men: Lindy Conner, 222; John Zapalac, 222.

High Score Series-Men: John Zapalac, 594; Lindy Conner, 563.

Wednesday Nite Mixed Standings as of Feb. 16

Place	Team	Won	Lost
1	Big K Rollers	47.5	36.5
2	Rat'Lers	47	37
3	Petes Angels	45	39
4	Slow Rollin	42.5	41.5
5	Bad Ass	40.5	43.5
6	Laugh Out Loud	40	44
7	Pin Bangers	37.5	46.5
8	DUH's	36	48

High Score Game (Year to Date) -Men: Frank Goff, 278; Clinton Howell, 275; John Zapalac, 258.

High Score Game-Women: Lee Peters, 215; Doris Wallis, 212; Delia Monroe, 209.

Glide Scope Golf

The Glide Slope Disc Golf Course is open for free to all on base personnel. Simply check out discs from either Outdoor Recreation or the Front Desk of the Fitness Center. Call 516-6371, for more information.

Bowling Center

Free bowling weekdays from 11 a.m. to 1 p.m. with purchase of a meal.

Zumba Fitness

Zumba Fitness will be held at the Fitness Center on Mondays and Wednesdays at 5:45 p.m. Call 516-4386, for more information.

Vehicle Inspections

The MWR Auto Skills Center does Texas Vehicle Inspections. If you can drive your vehicle aboard NAS Kingsville we can inspect it.

Inspections are available for motorcycles, cars, and trucks up to RV-sized. The cost is \$14.50 (\$1 more for out-of-state vehicles), plus you must show proof of insurance.

Hours of operation are Monday through Friday 9 a.m. to 5:30 p.m. First come, first served. Appointments are not accepted due to state law, but the usual waiting time is less than 20 minutes.

The MWR Auto Skills Center is located in Bldg 3783, across from the base water tower.



Memorandum of Agreement -- NAS Kingsville Commanding Officer Capt. Mark McLaughlin, left, and Kingsville Police Chief Ricardo Torres, right, add their signature to a Memorandum of Agreement (MOA) between the air station and the city of Kingsville for military and civilian police matters. NAS Kingsville Security Director Cesar Cavazos looks over the documents to make sure everything is in order prior to obtaining the required signatures. NAS Kingsville and the City of Kingsville have a number of Memorandum of Agreements in order to share services when needed. In addition to the Kingsville Police Department, MOA's are established with the Kingsville Fire Department and Emergency Services. (Photo by AC3 Kiana Kahlbaum, NAS Kingsville Public Affairs).

In the Break

Alice youth is February Pilot For a Day



Lt. Cmdr. Shawn Inman, the sponsor pilot, and Jon Paul check out the T-45 flight simulator at Ground Training.



Air Operations' AC3 Shauna Johnson helps Jon Paul track an aircraft on the radar scope.



L-3's Frank Casarez fits a flight suit for Jon Paul at the Paraloft.

Training Squadron 22 (VT-22) was the host command for February's Pilot For a Day evolution on board the air station. Special guest for this month's was 5-year old Jon Paul Medina from Alice, Texas. Jon Paul was joined by his parents Carla and John Zambrano and grandmother Esmeralda Drake for his special day aboard the base.

The Pilot For a Day program is a joint community outreach program between NAS Kingsville, Training Air Wing TWO, and Driscoll Children's Hospital of Corpus Christi. Lt. Cmdr. Shawn Inman served as this month's sponsor pilot.

Throughout the day, Jon Paul spent time at the squadron hangar and paraloft, toured static aircraft displays on the NAS Kingsville tarmac, and visited the Approach Control Radar Facility and air traffic control tower. Later, he stopped by Ground Training for a ride in the T-45 flight simulator, and the Fire Department where he underwent firefighter training and enjoyed cake with the firefighters.



Lt. Cmdr. Shawn Inman, sponsor pilot, poses with Jon Paul and his parents Juan (left) and Carla Zambrano and his grandmother, Esmeralda Drake (far right) outside of Air Operations. (Photos by AC3 Kiana Kahlbaum)

Navigating Solo

Should you 'expose' yourself to social media?

Note: The views expressed in this column do not reflect the official views of the U.S. government, Department of Defense, the U.S. Navy, or NAS Kingsville. Feedback may be sent to kngv-pao@navy.mil.

By Fifi Kieschnick
NAS Kingsville Public Affairs

Today everyone seems to be using – or talking about something seen on – social media.

What is social media?

Well, it's using web-based technologies to turn communication into interactive dialogues. That's kind of like taking letters or e-mails we may write to each other and turning them into a televised talk show seen by millions of viewers.

Facebook and Twitter are two of the more prevalent venues we hear about. There are also internet forums, weblogs, social blogs, micrologging, wikis, podcasts, and social bookmarking, just to name a few.

Wikipedia – a source of information for many internet users – was created via social media. It was created and continues to grow by input of the millions of people who use social media to post "their knowledge."

Social media has an unlimited reach. You can connect real-time with anyone on the globe by using it.

Anyone.

And, if you are communicating and interacting, you are exchanging words and ideas, sharing thoughts and opinions, creating consensus or discord, forming bonds, and even swaying opinions.

That's why Egyptian President Mubarak recently tried to disconnect the internet and block social media. He also had a Google executive imprisoned because he said that the executive was behind the Facebook page that helped spark what he called "the revolution of the youth of the internet," according to the Associated Press.

Mubarak knew that social media was being used as a tool to organize the protesters disputing his presidency. One Twitter entry, for example, called for a march at a particular time and place in a Cairo suburb.

The protesters were networking via social media.

On the flip side, the opposition was using the exchanges to formulate a line of "counter attack."

And, the rest of the world was in on the chatter, getting involved in the "conversation" globally and acting locally.

Brings the phrase, "airing dirty laundry" to a whole new meaning, doesn't it?

Social media has tremendous accessibility as it's generally available to anyone at little or no cost. And, using it really doesn't require any skills – people don't need to know how to spell, write a complete sentence or know a foreign language to get

their thoughts across. Photos and videos are used to communicate. And, heck, most social media users use "AFE" (abbreviations for everything).

One of the most appealing aspects of social media is the immediacy. People will respond almost immediately. You post something on your Facebook page and before you can say "social media," others are responding back with their "two cents."

Then again, once it's posted, it's out there for everyone to see.

You can't take it back.

It's not like an e-mail you can recall if you change your mind after you hit "send." Nosiree.

Not gonna happen.

Social media reminds me of streaking in the 1970s. (If you are unfamiliar with "streaking," I'm sure you can find out what it is via Wikipedia or another social media site.)

Anyway, social media is streaking in the 21st Century.

The "communicator" is out there in public – streaking across the football field – or across the globe as the case may be – with all his "bare essentials" exposed for the entire world to see.

Right?

Oh, yeah. Right.

Nowadays, you post a video of yourself partying after the Superbowl on your Facebook page. In the video, you appear to be under the influence of alcohol, slurring your words, hanging onto someone you are not married to so you won't fall flat on your face (or so you say). You have just "exposed" yourself to a worldwide audience. You are streaking to a humongous audience – a much much larger audience than a couple of hundred or thousand at a football stadium. You're streaking across the world, faster than ever.

What a mental picture.

Aside from that visual image, social media has tremendous appeal.

I like it because my family members post photos on their Facebook pages. I can see my niece growing up right before my eyes even though she is 1,900 miles away. Through the Facebook posts and photos, I don't feel as isolated from my family. I feel

Solid Curtain from page 1

employee on board the installation played a role in the exercise by simply adapting to changing security conditions and on-the-spot security measures.

Long lines at the main entrance to the base provided delays for all personnel, but the delays were minor compared to those that could be expected in the event of a real threat.

"It's important that we train using real-life scenarios," said NAS Kingsville Commanding Officer Capt. Mark McLaughlin.

"You never know when something is go-

like I'm closer and more involved in their day-to-day lives.

On the other hand, when you communicate via social media, more of your personal information is "out there" for unscrupulous people to steal.

Example: On your Facebook page, you post your birthday or birth date, hometown, high school and marital status, if not more personal information. Other personal data about you can be mined from other sites. Next thing you know, someone's accessed your credit card and is buying expensive jewelry for his girlfriend or a new hunting rifle for his brother.

And, we know, that is the tip of the iceberg.

According to blog.nielson.com, social media now accounts for 22 percent of all time spent online in the United States and worldwide. Social network or blog sites are visited by three-fourths of global consumers who go online. The average visitor spends 66 percent more time on these sites than they did a year ago.

In December 2009, more than 234 million Americans age 13 and older used mobile devices. Twitter processed more than one billion Tweets that same month, averaging nearly 40 million tweets in one day. Just imagine the statistics if the data was captured on Super Bowl Sunday or the morning after.

Kind of mind boggling.

I wonder if the rate of carpal tunnel syndrome has increased proportionately.

Not really. I don't wonder about that.

I do wonder, though, if the rate of identity theft has increased proportionately. Or, if the rate of sensitive material "leaked" has increased proportionately.

So, social media has reach, accessibility, usability, immediacy. It's a great tool.

But, it's a tool that should have visible disclaimers: "Use of social media can cause sunburn to family jewels" or, more seriously, "use of social media can lead to identity theft."

How much exposure do you want?

Tweet me and we'll twitter about it.



Operational Stress Control serves as key resource for Sailors

Preventing and limiting the effects of operational stress on Sailors is a top priority for the U.S. Navy, a priority being met through the Operational Stress Control (OSC) Program.

Established Nov. 2008, the program seeks to help create an environment where Sailors, commands and their families are able to thrive during stressful operations.

All military services are feeling the strain of war, decreased unit manning, extended deployments, and myriad situations brought on by the country's current economic crisis. These, coupled with the normal stresses of household moves, deployments and separations, family issues and job responsibilities, magnify the stress Sailors and their families are experiencing.

"We work cooperatively with other Navy and family, and personal readiness programs to build a foundation of prevention to be able to mitigate and prevent [stress related] injuries and illnesses before they ever affect our Sailors and their lives," said Capt. Lori Laraway, OSC coordinator.

The program aims to teach Sailors that asking for help and guidance for stress issues is not a sign of weakness, but is instead a sign of strength. It accomplishes this mission by educating Sailors, families and command leaders to take care of themselves by remaining fit and healthy, to look after one another, and to take action if they see others reacting negatively to stress.

"Leaders are our first line of defense," Laraway said. "Maybe they need a more experienced chief or a senior mentor to help them discover options, or to identify things to mitigate their stress that may not even involve seeing a mental health professional." The program is improving awareness of stress related illness as well. A survey taken in 2010 revealed a seven percent increase of awareness among enlisted Sailors, and an 11 percent increase among officers. Sailors are also showing more drive to use positive methods to cope with stress, such as thinking of a plan to solve problems or exercising or playing sports.

There are many tools and resources available to aid Sailors in the management of operational stress. These include:

- Navy and Marine Corps Public Health Center (NEHC) Leader's Guide for Managing Personnel in Distress Web page <http://www-nmcphe.med.navy.mil/lguide/>.

- Military OneSource hot line 1-800-342-9647 and Web site www.militaryonesource.com.

- Navy Suicide Prevention Program website: www.suicide.navy.mil.

- Support personnel such as chaplains, medical personnel and mental health professionals can assist leaders in operational stress control functions. For more information about OSC and its related programs, visit <http://navynavstress.com/>.

ing to happen that would cause us to respond in this manner. We were reminded of that in 2009 with the shooting event at Fort Hood in northeast Texas, the devastating earthquakes in Haiti last January, the BP oil rig explosion in the Gulf of Mexico last April, and even the flooding that hit the Naval Personnel Command in Tennessee in May. We have to have a solid plan of response for events like these in addition to force protection threats, and that's why it's so important for us to train using these real-life scenarios."

Navy Navy Auxiliary Landing Field (NALF) Orange Grove opened its doors to local landowners for a barbecue and orientation visit on Friday, Feb. 18. The annual event is designed to solidify the relationship between the landowners, local community and Naval Air Station Kingsville, which owns the Orange Grove facility. The event also included a special visit by the U.S. Navy Blue Angels' Fat Albert team, which used the airfield for air show training. Pictured above is NALF Orange Grove from their runways. Top right, Fat Albert crew provided tours of the C-130 to guests. Far right, Fat Albert prepares to take off. Right, community leaders and local landowners enjoy barbecue while getting to know their Navy neighbors.



Orange Grove from page 1

McLaughlin told the local community members and landowners gathered at the barbecue.

He added that Orange Grove is the ideal place to train jet pilots. "There are no skyscrapers, nothing in the way," he said. "The airfield here is as close as it can get to a carrier's deck – without water around. It's the same size with runways in the same pattern.

"At night, we turn on the lights lighting up the airfield and it is just like the carrier's box," added McLaughlin who said he knew first hand because he too was a jet pilot.

Besides educating local community leaders and landowners about the airfield's mission, they were given a brief by Eddie Earwood, with the U.S. Department of Agriculture, who manages the local Bird/Animal Strike Hazard program.

Earwood told those gathered of the improvements. "More than \$200,000 worth of habitat modifications have been made to the Navy installations in Orange Grove and Kingsville, to help manage wildlife," Earwood said. He also talked about the importance for the Navy and local landowners to work together.

AC2 Gregory Klein, who works at Orange Grove, said that he appreciates the landowners and community participating in this event.

Klein added that working with the surrounding landowners is essential to their mission of training jet pilots.

"I love watching the jets in the sky," said Army veteran and nearby landowner, Gary Karaatz, who attended the barbecue. "I come to see this every year." Karaatz added that he has been living on his property for the past 35 years, and enjoys the annual event.

Leonard Birmingham, another Army Veteran and nearby landowner, agreed with Karaatz. "Watching the aircraft flying in the sky is important, and I love to support the military."

The Blue Angels Fat Albert crew also enjoys the training opportunity, and meeting the South Texans. "There's no doubt that we receive a warm welcome here," said Capt. Edward Jorge, U.S. Marine Corps, who pilots the C-130. "We appreciate the opportunity to train at Orange Grove and meet the local community. We are treated very well here."

Who's the 'fairest' of them all?

Student's science fair projects impress NASK volunteer judges

Military and civilian personnel from NAS Kingsville volunteered as judges at St. Gertrude Catholic School's annual Science Fair Feb. 9. The judges discovered their task of choosing the best science projects wasn't an easy one. Student displays focused on everything from how to make invisible ink, to understanding electrical conductors, to airplane design: distance and air time.



Top left, AC1 (AW) Martin Adrian appears satisfied as he grades one of the projects. Top center, NAS Kingsville engineer Ens. Thomas Stock gets an update on electrical conductors. Top, right, MWR's Cathy Powlas learns about aircraft design. Bottom left, AC1 (AW) Jarred Lee listens to a student explain his science project. Bottom center, AC1 (AW) Patrick Harrison takes a close look at how Mentos™ can produce a geyser. Bottom right, AC2 (AW) Michael Daugherty gets a lesson in making crystals. (Photos by IC1(SW/AW) Jesse Booth)

Diversity Committee holds African-American history celebration

The NAS Kingsville Diversity Committee presented an African-American History Celebration and luncheon Feb. 16 at the Captain's Club. The theme of this year's celebration was "African-Americans and the Civil War" and guest speaker for the event was Reverend James Gaddis.

Gaddis, a Navy veteran, spoke about African-American contributions to the armed services of the United States, mentioning several "firsts," including Jesse Brown, the first black Naval Aviator, and Colin Powell, the first and only black Chairman of the Joint Chiefs of Staff. Darrel Nelson then performed an interpretive dance, and following closing remarks from Capt. Mark McLaughlin, Diversity Committee president

ABE1 (AW/SW) Maurice Thigpen presented Gaddis and Nelson with NAS Kingsville command ball caps and coffee mugs to thank them for their participation.

The NAS Kingsville Diversity Committee is comprised of active duty military and civilian volunteers from throughout the Naval Air Station, and the committee's goal is to provide awareness and information about the cultural backgrounds of the command's diverse workforce.

Far left, Rev. James Gaddis, keynote speaker for the event, provides an inspirational talk to the nearly 100 people gathered about heroes of African-American History. Below, Members of the NAS Kingsville Diversity Committee serve lunch to attendees. Right, Darrel Nelson performs an interpretive dance during the event held at the Captain's Club.

