

Wingspan

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Naval Air Station Corpus Christi, Texas

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Chatham assumes command of VT-31

Cmdr. Anthony P. Chatham relieved Cmdr. Gerald L. Nyberg as the commanding officer of Training Squadron 31 (VT-31) during a traditional change of command ceremony Feb. 27 at hangar 58 on board NAS Corpus Christi.

Cmdr. Chatham, a native of LaPlace, La., received his commission through the Naval ROTC program after graduating from Temple University in May 1987 with a Bachelor of Arts degree.

After designation as a Naval Aviator in June 1989, he reported to Patrol Squadron Forty (VP-40), NAS Moffett Field, Calif., where he served as Nuclear Weapons Safety/Training Officer, Pilot Training Officer and Pilot NATOPS Officer earning designations as Patrol Plane Instructor Pilot and Patrol Plane Mission Commander. During this tour he deployed to Misawa, Japan, and detached to Adak, Alaska, Diego Garcia (B.I.O.T.) and Panama.

Chatham transferred to Training Squadron Two (VT-2) in Milton, Fla., in May 1993. During this three-year tour he served as Public Affairs Officer, Pilot NATOPS Officer and Assistant Safety Department Head and was three times cited as Instructor of the Month.

In June 1996, he reported aboard USS Eisenhower (CVN 69), where he served as



Cmdr. Chatham

the Air Department Administrative Officer and Catapult and Arresting Gear Division Officer. During this tour he deployed to the Mediterranean and the Arabian Gulf.

In October 1998, he joined Patrol Squadron Forty Five (VP-47) based at Marine Corps Air Facility Kaneohe, Hawaii, where he served as Safety Officer, Training Officer, Maintenance Officer, and PATRON DET Kadena OIC, with deployments to Misawa, Japan and Diego Garcia.



Cmdr. Nyberg

In January 2001, Chatham reported to Commander Patrol and Reconnaissance Force Atlantic (CPRFL) where he served as the Force Maintenance Officer until his departure in June 2003.

His personal awards include the Meritorious Service Medal, three Navy Commendation Medals, three Navy Achievement Medals and various unit commendations and campaign awards.

Cmdr. Nyberg was born in Moses Lake, Wash., and grew up in Kalamazoo, Mich. He is a 1984 graduate of Western Michigan University, where he received a Bachelor of Science in Mechanical Engineering. He was commissioned in January 1985 and received his wings in November 1985.

Following FRS training, he reported in May 1986 to the "Fighting Tigers" of Patrol Squadron Eight at NAS Brunswick, Maine. During this tour, he served as Pilot NATOPS Instructor and Pilot Training Officer. He deployed once to Rota, Spain, and twice to Keflavik, Iceland.

In January 1990, Nyberg reported to the Pro's Nest (VP-30) at NAS Jacksonville, Fla., as FRS Instructor Pilot. His duties included Fleet Formation Instructor Pilot and Fleet IUT Instructor Pilot.

He reported to USS Kitty Hawk (CV-63) at NAS North Island, San Diego, Calif., in April 1993. Serving in the Air Department as V-2 Division Officer and Shooter, he completed a WESTPAC deployment in 1994.

In May 1995, Nyberg was assigned to Air Command Staff College at Maxwell AFB, Ala. During this tour, he completed JPME phase I and earned his Master's Degree from Troy State University.

Following refresher training, he reported in December 1996 to his operational Department Head tour with the "Fighting Tigers" of Patrol Squadron Eight at NAS Brunswick, Maine. He deployed once to NAS Sigonella, Sicily, supporting Operation Deliberate Guard, and completed a tri-site deployment to NAS Keflavik, Iceland, NS Roosevelt Roads, Puerto Rico, and Howard AFB, Panama. During this tour he served as COMFIVEATAF Liaison Officer in Vicenza, Italy, Safety/Natops Officer and Maintenance Officer.

In May 1999, Nyberg reported to Commander Western Hemisphere Group/CTF 40 at Naval Station Mayport, Fla., as the Air Operations Officer. During his tour he oversaw the transfer of CTF 40 to NS Roosevelt Roads, Puerto Rico.

He reported in May 2000 to Commander Patrol and Reconnaissance Wing Eleven at NAS Jacksonville, Fla., as the Maintenance and Logistics Officer.

His awards include the Navy and Marine Corps Commendation Medal (five awards), Meritorious Unit Commendation (three awards), Battle Efficiency Award (two awards) and various other campaign medals and service awards.

His next assignment will be as Chief Staff Officer, Training Wing Four.

From the Skipper

Security is everyone's responsibility

By Capt. Paula Hinger



Hinger

Security aboard any military installation is not an easy task. There's more involved than just checking IDs at the front gate and patrolling the vast acreage of the base day in and day out. Believe it or not, a major part of everyday security is performed by men and women, Sailors and civilians, in every building on this base. Our best security officer is YOU and the best weapon is staying alert!

Each of us shares in the responsibility to ensure the safety and security of all personnel on board NAS Corpus Christi. When you get out of your vehicle, lock it. As my dad used to tell me, "Keep honest

people from being tempted." If you see any suspicious activity or personnel hanging around where you don't think they belong, report it to Security immediately. Always check your workspaces for anything out of the ordinary. If you see a package, bag or other item that doesn't belong to you or your co-workers, call Security. Always check your own mail. If you don't recognize the return address, see stains on the package or smell an unusual odor coming from the package, don't open it; call Security. Report any and all phone calls received that might indicate unusual activity. Keep your eyes and ears open and when in doubt, report it. It's better to be safe than sorry.

Due to current threat conditions, you may have noticed that it can still take a little longer to get on base, especially during early morning and lunch hours. My Security personnel work long hours to ensure the safety of everyone on board the base and

follow very specific orders that guarantee the safety of both you and them. The function of these personnel changed dramatically after September 11, 2001; their focus was changed from everyday policing actions to more heavily focused on force protection. Although the wait is frustrating sometimes, because the scrutiny is greater, they are working hard to protect you. This can be a tedious job with hours of doing the same thing, so when you come in the gates a quick, friendly "hello" will do wonders for their spirits! Keep in mind that the barricades and traffic cones are there for a reason and will remain until further notice. We have made every effort to minimize the impact and still maintain the established requirements of the force protection conditions.

Last but not least, we need to abide by all existing traffic laws and regulations. Make sure to follow speed limits on base, especially around the housing areas and around high pedestrian traffic (such as Ocean Drive), and park all vehicles in properly designated areas. Let's continue to keep NAS Corpus Christi a safe place to work and play!

Chaplain's Corner

Sowing and reaping

By Chaplain Alan Snyder

I have had time to reflect on this subject many times over the last few months. Several different incidents have brought this rule of life back to the forefront in my mind. It is the idea of reaping and sowing.

Some of the more cliché quotes are, "Live by the sword, die by the sword" or "What goes around comes around." I have seen the results that a bad decision can have on the lives of the one making the decision and those that are closest to them; it can cause real pain and trauma.

We should realize that in many ways we are able to change our lives simply by choosing to good rather than evil. We find that many bad or selfish actions have lasting

consequences. One who drives drunk can lose his life, career, or freedom. Choices are so very important. So how do we make good ones?

We must know the rules. The last time my fiancé and I were together we made cookies, chocolate chip cookies to be exact. I love them. They make me happy. So, given that set of facts, I did not want to ruin them by mixing the cookies together wrong. I followed the instructions and the cookies were good to eat.

What would have happened if I had taken the instructions and thrown them away before I baked the cookies? What would have happened if I had decided that Nestle Tollhouse had no idea what they were taking about and tried to make the cookies my own way? I would have gotten a batch of cookies that no one would eat. I would

have done things differently. You can put too much sugar into a cookie; you can forget the baking soda, the egg. But you get what you mix up: you definitely reap what you sow.

Too many people forget to read God's instruction book and live miserable lives because they are not following the rules. The sow sin and reap the whirlwind. Rules and law are there to protect ourselves, the ones we love, and people we have never met. Rules cannot be broken without consequences. My challenge to you is live by the rules and see how life starts to work out and make sense.



Snyder

Healthwatch

Kissed any toads lately?

By Lt. Nate Ruttig

You've tried everything: over-the-counter remedies, rubbing them with a potato, even duct taping them, but you still cannot get rid of them: Warts!

However, don't be alarmed; warts are common, benign (non-cancerous) and caused by a virus, not by kissing toads.

First of all, they are mildly contagious, but you don't need to order 12 cases of "Lysol" spray and you don't need to isolate

yourself or your kids from the rest of the family. There are millions of wart germs present in the bathtub, on doorknobs, in the carpet, etc. The reason that one unlucky person in a family will get them is related to his or her immune system. Most wart patients' immune systems are otherwise perfect (would kill pneumonia, flu, etc.), but for some reason decide to allow warts to grow.

Warts are not a reflection at all of hygiene, and it is not your fault if you have warts. Warts tend to need little "nicks" in the skin to get into your body, which is why warts are often on hands, feet and elbows where skin is most prone to "wear and tear."

Warts are stubborn and can take several months of treatment before resolving. Most warts will go away on their own, without any treatment, in about two years. Scratching wart areas, however, will spread them.

Freeze treatments with liquid nitrogen is still the most common and usually best mode of treating warts today.

Genital warts are very common. One research study of college men and women showed that 92 percent had genital wart DNA in their skin, showing that they had been exposed to and could even spread warts to a partner. In this group, 15 percent had warts and didn't even know it. Some people who have the virus may never get a wart, but they can spread and give warts to others.

Aviation Medicine has just set up a "Wart Clinic" every Friday afternoon from 2 p.m. to 3 p.m. for those on flight status. There are many different treatments for warts available that are not mentioned here. If you have warts see your healthcare professional; they can help you get rid of them today.

Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

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It's National Nutrition Month® 2004:

Eat smart to stay healthy, for a lifetime

From the American Dietetic Association

What does "eating smart to stay healthy" mean? During National Nutrition Month® 2004 and beyond, Eating Smart to Stay Healthy means being smart about the foods you eat - knowing what you are eating and making wise food choices.

"Healthy eating gives you more energy and the physical well-being to help you stay healthy for today and the rest of your life," said Minneapolis-based registered dietitian Susan Moores, a spokesperson for the American Dietetic Association.

Some tips Moores suggests for National Nutrition Month® 2004 include:

- Whatever the food, eat a sensible serving size. Knowing the appropriate serving sizes for you is part of eating smart.
- Add color to your plate by eating more fruits and vegetables lifestyle change you'll ever make. Think red, green and orange – fruits and vegetables are packed with vitamins, minerals, fiber and phytochemicals that may help prevent some cancers and lowers blood pressure. Try adding fresh fruit to pancakes or yogurt.
- Explore the wide world of foods – expand your tastes and get the nutrients.
- Try a new food or recipe at least once a month or new ethnic cuisine at a local restaurant.

"With a little creativity, you can find ways to be active each day, and you'll reap the benefits of an active lifestyle for years to come," Moores said. "If you walk as little as a mile a day you will feel more energetic. You can build more muscle and be stronger at any age with regular weight training.

"Incorporate regular physical activity into your routine. Get off the bus or train and walk the rest of the way, take the stairs instead of the escalator and walk or ride your bike around the neighborhood," Moores said.

With nearly 70,000 members, the Chicago-based American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition and well-being.

National Nutrition Month®, created in 1973 and celebrated in March, promotes healthful eating by providing practical nutrition guidance.



Station Spotlight



Dorothy Jean "Jeanie" Wilson,
Security assistant, Admin

Born and raised in Corpus Christi, Wilson has been working on board NASCC since September 1967. Besides her busy job as security assistant, she also served as a motorcycle safety instructor (now rider coach) and site coordinator for the base, the first female to do so at this command.

She will be retiring from the civil service sector on April 3 and is looking forward to "living happily ever after with my husband, Bob, at our country place outside of Hallettsville, Texas."

Wilson has a 34-year-old son in the Air Force, a 32-year-old daughter who works for Dow Chemical, and a grandson born in October 2003.



BMI Mark Kennedy
General laborer, First Lieutenant

A native of Logan, W.Va., Kennedy has been in the Navy for 17 years and has been on board NASCC since August 2003.

He would like to retire from the military after 20 years, then go to work for the Military Sealift Command. Kennedy likes his job at Public Works because it gives him a chance to be a "jack of all trades."

"I do most everything; whatever they need," he said.

Kennedy, who is married and has a three-year-old daughter, likes to spend his free time with his family.

Notice to all Marines regarding Pioneer American Insurance Company

From Staff Judge Advocate, Camp Pendleton, and the Office of the Judge Advocate General Legal Assistance Division

A recent investigation conducted by the Camp Pendleton Staff Judge Advocate concluded that last year certain agents of the Pioneer American Insurance Company (Pioneer) violated various Department of Defense regulations by identifying themselves as disinterested financial advisors as they solicited business on behalf of Pioneer and misrepresented life insurance policies as other types of financial products. As many as 500 active duty and reserve Marines may have purchased Pioneer policies at Camp Pendleton during the period of the investigation.

Based upon the investigation, Pioneer has agreed to refund, upon request, all monies it received for policies that were sold to Marines at Camp Pendleton from March 2003 through December 2003. Marines who purchased a policy during that timeframe may receive a refund provided that the policy has not lapsed for non-payment and that a notice of cancellation is submitted to Pioneer no later than June 8, 2004. Note that this 120-day period will be suspended for an equal number of days that a Marine is deployed outside the United States. An overseas PCS assignment, for example to Okinawa, Japan, other than for UDP, would not qualify as a deployment. If already in a period of deployment, Marines should continue to make payments on their policies, and take appropriate action on this matter upon their return to the United States.

To cancel a policy and obtain a refund, Marines must complete the notice of cancellation letter prepared and published at <http://www.usmc.mil> under the link "current legal advisories for marines." Print the completed notice and fax it to Pioneer, attn: Ms Dei Casiano, at (254) 297-2709, before the applicable deadline. Marines should save a completed notice and fax confirmation receipt for their files.

Although Marines are urged to fax their notices to Pioneer, they may instead mail the notices to: Pioneer American Insurance Company, Attn: Ms. Dei Casiano, P.O. Box 240, Waco, Texas, 76703-0240. Such notices should be sent by certified mail, return receipt requested.

Upon sending the notice to Pioneer and obtaining confirmation of receipt, Marines may discontinue paying the premiums on their Pioneer policies. Thereafter, Pioneer will attempt to refund, within 30 days of receipt of the notice, all monies paid under the policy. The refund check will be mailed from Pioneer to the Marine at the address the Marine provides in the notice.

Marines are encouraged to contact their local Navy Legal Service Office (NLSO) for assistance with this matter. South Texas Marines may contact their NLSO branch office in Corpus Christi at DSN 861-3194 or (361) 961-3194.

NAS Corpus Christi March weather outlook

By AG2 Merody Hulsey NTMOD

The polar front continues its northerly migration with a mean position located just north of San Antonio. As a result, cold frontal passages decrease to three to four times during the month. Toward the end of March, unstable conditions resulting from the interaction between the mild maritime climate and the dry cold continental air produce severe thunderstorms along cold fronts. Most of these severe thunderstorms occur in areas northeast of the Coastal Bend with NAS Corpus Christi experiencing an average of only one thunderstorm during the month.

March is the driest month of the year at NAS Corpus Christi, with precipitation accumulation averaging only 1.4 inches. Light rain and drizzle, associated with low stratiform clouds and morning fog, are the dominant forms of precipitation. During March NAS Corpus Christi averages 16 days with fog, making driving and flying conditions poor due to low visibility and cloud ceilings.

Temperatures rise steadily in March, with an average maximum temperature of 73 degrees Fahrenheit and an average minimum temperature of 60 degrees Fahrenheit. Southeasterly winds dominate with an average speed of 12 knots.

Point your browsers to <https://www.ntmof.navy.mil> for the latest weather updates as well as other useful weather information. For current weather conditions that are updated hourly please call 961-4500.

Retention excellence



Photo by YN3(AW) Patsy Spore

Commodore Kenneth Burk, COMHELTACWINGLANT (CHTW-1) (far left), presented the COMNAVAIRLANT Command Retention Excellence Award to Helicopter Mine Countermeasures Squadron 15 (HM-15). The award recognizes a command's ability to meet or exceed its annual goal for Sailor retention. Accepting the award for HM-15 are (left to right) CMDCM Jimmy Carlisle, Command Master Chief; NCC Kurt Gain, Command Career Counselor; Cmdr. Andrew Buduo, executive officer; and Cmdr. Paul Lluy, commanding officer.

New temporary health benefits for Reserves announced

Special release from the U.S. Department of Defense

The Department of Defense announced Feb. 12 that it will implement the 2004 Temporary Reserve Health Benefit Program for certain eligible Reserve Component sponsors and their family members.

The Emergency Supplemental Appropriations Act and the National Defense Authorization Act (NDAA) for fiscal 2004 authorized new health benefits, some permanent and some temporary. The 2004 Temporary Reserve Health Benefit Program includes three temporary Tricare benefit provisions; some are effective as of Nov. 6, 2003, and all expire Dec. 31, 2004. Total expenditures for these new provisions may not exceed the \$400 million limit established by Congress for fiscal 2004. Tricare Management Activity will implement the new provisions in phases starting in the spring.

"These new temporary provisions were designed by Congress to improve readiness and enhance access to care for Reserve service members and their families," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "We are implementing these new provisions as soon as possible," he said.

One provision temporarily authorizes Tricare medical and dental coverage for Reserve component sponsors activated for more than 30 days and their family members. Eligibility begins either on the day the sponsor receives delayed-effective date active-duty orders or 90 days prior to the date the active-duty period begins, whichever is later.

A second provision temporarily extends eligibility for Tricare benefits to 180 days under the Transitional Assistance Management Program for Reserve component sponsors who separate from active-duty status during the period Nov. 6, 2003, through Dec. 31, 2004, and their eligible family members.

The third provision temporarily extends Tricare medical benefits to Reserve component sponsors and family members who are either unemployed or employed but not eligible for employer-provided health coverage.

These temporary provisions end Dec. 31, 2004.

"We encourage Reserve component sponsors and family members to save health care receipts, claims and explanation of benefits for dates of service from Nov. 6, 2003, through Dec. 31, 2004. This is necessary in the event the sponsor is determined to be eligible and the care qualifies for retroactive Tricare reimbursement once the 2004 Temporary Reserve Health Benefit Program begins," said Winkenwerder.

The three permanent health benefit provisions of the NDAA include benefit counselors for the Reserve component in each Tricare region; authorization for medical and dental screening and care for members alerted for mobilization; and Tricare eligibility for Reserve officers pending orders to active duty following commissioning.

Additional information for Reserve component families who have questions regarding the Tricare benefit or need assistance processing Tricare claims is available on the Tricare Web site at www.tricare.osd.mil and the Reserve Affairs Web site at www.defenselink.mil/ra. Each Tricare region will soon have a designated beneficiary counseling and assistance coordinator available to assist members and families with understanding and using their enhanced Tricare benefits.

Navy Lodge groundbreaking



Photo by PH1 Charlo Whorton

Capt. Paula Hinger, NASCC commanding officer (fifth from left), and her "construction crew" break ground on the site of the new Navy Lodge on Feb. 10. The new structure, located on Ocean Drive, will consist of 50 rooms and is scheduled to be completed by the end of the year. Pictured from left to right: Cmdr. Al Alabata, NASCC executive officer; Bill Strickles, Army MWR; Jeff Dougall, general manager, NEX Corpus Christi; Michael Bockelman, director, Navy Lodge program; Capt. Paula Hinger, NASCC commanding officer; Capt. Conde, deputy commander of NEXCOM; Monte McKinney, vice president for Operation Cradell Ind.; Bill Roth, facilities director, Navy Lodge; Gino Guillen, planning engineer; and Bill Smith, operations manager, NEX Corpus Christi.

Navy exams 'passed, not advanced' may equate to college credit

By Journalist 3rd Class Amanda Hutz

Naval Station Rota Public Affairs

Some educational institutions have begun offering college credits for Navy advancement exams. Sailors who pass their career advancement examinations but are not advanced in their rate earn "passed, not-advanced" (PNA) points, which until recently were only helpful in enhancing their chances of being advanced in the next exam cycle.

The term PNA means that a person has demonstrated their occupational proficiency by passing the exam but has not been advanced because of an insufficient amount of points from sources other than the exam, or there may simply be no openings in a particular rate.

According to the American Council on Education (ACE Guide), if PNA appears on a member's profile sheet and is posted on the Sailor Marine American Council on Education Registry Transcript (SMART), this means they may qualify for a certain amount of college credit.

Electronics Technician 3rd Class Patrick Darby of Ground Electronics Maintenance Division (GEMD) of Naval Station Rota, Spain, found out about the ability to gain more college credits when he was attempting to get a copy of his SMART for an officer's program called STA-21 (Seaman to Admiral).

"I was trying to get an official copy of my SMART transcript for an application to the University of New Orleans and for my STA-21 application," said Darby. "The Navy College Center in Pensacola, Fla., sent me an email asking me if I had PNA'd my last rating exam for E-5. He said that if I had, then according to the Navy, even though I hadn't advanced because of quotas, I had proven myself capable of E-5 credit and work, and was eligible for the college credit."

Darby received news Jan. 9 that he was able to take advantage of the credits. He sent his profile sheet a few days later to Navy College Center, and it showed up on his SMART soon after.

According to www.tpub.com, the Integrated Publishing page, the ACE Guide recommends the amount of credit to be awarded, but it does not guarantee that amount will be given to the member by civilian educational institutions. The college or university a student attends determines if the points on their SMART will qualify as academic credits and grants the credits according to the student's degree program.

Navy members may receive college credit from civilian schools for certain Navy training and work experiences, as well. These include service schools that are at least 45 contact hours; job experience in the Sailor's rating; limited duty officer or chief warrant officer specialties; and certain Navy enlisted classification codes that have been evaluated and recommended for college credit.

MWR News and Events

Aquatics: Summer is just around the corner and MWR is ready. The Oasis pool will be opening for lap swim on April 1, 2004. The hours of operation for the Oasis Pool will be as follows:

| | |
|------------------------------------|--|
| Tuesday-Friday 6 a.m. tp 8 a.m. | Saturday 10 a.m. to 1 p.m. 11 a.m. to 1 p.m. 4 p.m. to 6 p.m. |
|------------------------------------|--|

Lifeguard registration will begin March 1, 2004 at E-Street Gym or Bayside Pool. The training dates and times are:
 March 20-21: Noon to 6 p.m.
 March 27-28: Noon to 6 p.m.
 April 3-4: Noon to 6 p.m.

For more information, call Earl Olsen at 961-3260.

Auto Skills Center: The MWR Auto Skills Center is located to the west side of the Navy Army Federal Credit Union in Bldgs. 1713 and 1737. The Auto Skills Center has just about all the tools you would need to make repairs on your vehicle. Not sure how to complete a job? Don't worry; the Auto Skills Center has ASE Certified mechanics on staff to assist you. Some of the awesome services provided include:

- A/C servicing
- Rotor & drum resurfacing
- Coolant flush
- Texas state vehicle inspections

Hours of operation:

Wednesday-Friday: 10 am to 6 p.m.
 Sat-Sun: 9 a.m. to 5 p.m.

For more information call 961-3470.

Fitness Express:

Turbokick is here: Turbokick is the newest group fitness class at Fitness Express. Instructor Mara Greenwood is a nationally certified instructor to other instructors and she brings her enthusiasm to this class to offer you an awesome cardio workout. The class will be held on Monday and Wednesday evenings at 6 p.m. Come by and experience the great Turbokick workout!

State of the art fitness equipment: The Fitness Express fitness center has state of the art treadmills, stairmasters, cycles, ski machines and elliptical orbiters to meet all your fitness needs. Do you have a leg injury? No problem, the fitness center has the perfect upper body cardio machine to keep you in shape while you recover.

Weight training equipment: Also available at the fitness center is variable weight and plate loaded equipment in addition to traditional dumbbells and barbells. Personal trainers and recreation specialists are also on staff to guide you in accomplishing your fitness goals.

Group fitness: The Fitness Express offers a variety of group fitness classes on a regular basis. A printed schedule may be obtained from the front counter at the fitness center. These classes change to reflect the needs of the members so please call 961-3164 to find out what the latest group classes consist of.

Towel coins: For \$1, you may purchase a towel coin. This coin may be traded for a towel when you arrive. When you bring the towel back to the front counter, your coin will be returned to you.

For more information, call the fitness center at 961-3164.

Corpus Christi Bay Club: The Corpus Christi Bay Club sends out a Happy St. Patrick's Day to all of its members and patrons. Come join the CCBC for their monthly specials celebrating "The Luck O' the Irish."

Specials for March:

March 6: Stuffed Salmon - \$13.95

March 13: Chateaubriand Flambe for Two - \$29.95

March 20: Flaming Kabobs - \$13.95

All the above specials are served along with the a la Carte from 5 p.m. to 9:30 p.m. Prices are for club members. An additional \$1 per person is added for non-members.

Salad and beverage (ice tea or coffee) are included with all meals. Reservations are required for the specials in order to serve you better.

Special events For March:

March 5,12, &19: All you can eat Shrimp-A-Peel will be served.

March 5: Winging designation ceremony will be held in the ballroom at 3:30 p.m.

March 17: Irish specialties will be available to celebrate St. Patrick's Day.

March 26: Mongolian BBQ will be served.

March 27: A FREE meal for CCBC club members only will be served from 5:30 p.m. to 9 p.m. Delicious chicken fried steak, mashed potatoes and gravy, mixed vegetables, tossed green salad with ranch dressing, hot rolls and butter, and coffee or tea. Cocktails and desserts will be available for purchase. Cost for non-members is \$9.50 per adult and \$4.25 for children ages 5-10.

For more information and catering, please call the CCBC at 961-2541 or 961-2542.

E-Street Gym:

Captain's Cup Softball League: Registration packages are available at the E-Street Gym. The registration deadline is March 5. A mandatory coach's meeting will be held at the gym on March 10 at 5 p.m. The league will start in April and end in June. Games will be played Monday-Thursday evenings. Each team will play 2-3 nights a week. Please remember all softball equipment checked out for a game must be returned the same evening, before the gym closes.

Captain's Cup Five-a-Side Soccer League: Registration packages are available at the E-Street Gym. The registration deadline is March 12. A mandatory coach's meeting will be held at the gym on March 17 at 5 p.m. The league will be played two evenings per week. When extreme heat conditions start to develop ("black flag" days), games will be played on Saturday mornings.

Captain's Cup 5K Run: Register at the Fitness Express before March 17. The run will take place on Saturday, March 20 8 a.m. Check in time is at 7:30 a.m. There will be four divisions: men's and women's 34 years of age and younger or 35 years of age and older.

Captain's Cup Golf League: Registration packages will be available at the E-Street Gym and the Gulf Winds Golf Course. The registration deadline is March 26. A mandatory captain's cup meeting will be held at the golf course clubhouse on March 31 at 3:30 p.m. Matches will be played on Thursday afternoons, May thru August. Twilight fees will apply.

Beach to Bay Relay Marathon: The fitness center is searching for a six-person team to represent Navy Region South in this event. The team will be entered in the military/law enforcement category. MWR will enter the team and pay the entry fee. This is the 29th annual Beach to Bay run to be held on May 15. The event is a 26.2-mile point-to-point relay with six legs of 4.4 miles each. If you are a serious runner with a good 5K time, contact the team coordinator, Lito Miranda, at 961-3164. The team needs to be registered before March 26.

Intramural Sports Program: All Captain's Cup sports are unit competition. Participants must compete with their unit. Military, military dependents 18 years of age and older, DoD/NAF employees, and contractors working at NASCC are eligible to participate. Contractors and civilians from other bases will pay an entry fee. Women are encouraged to participate in all sports. Awards are given for 1st and 2nd place in each sport. Register on time. Team registration packages are available at the gymnasium. Coach's meetings are mandatory. For additional information, call the E-Street Gym at 961-2401.

Lighthouse Lanes Bowling Center: Stop by and take a look at the newly remodeled Lighthouse Lanes Bowling Center with their new state of the art equipment. While you're there, you can take the time to relax and play a few games in the new video room. There's also a smoking room and a new pool table in the All Hands Pub. It's not called the "Coolest Place In South Texas" for nothing. Come by and see for yourself. Take a look at the cool things going on at the Lighthouse Lanes:

March Madness - March 18-31: Have fun bowling \$1 games during open bowling except rock 300 bowl and watch the NCAA men's tournament in the All Hands Pub on their awesome 61" TV and three 21" TVs.

Rock 300 Bowl: Nothing is better than Rock 300 Bowl! It's bowling to loud music, black lights, laser lights and a fog machine. You won't want to miss out on this really "rockin" experience.

Fridays: \$2 per game - 7 p.m. to 11 p.m.

Saturday: \$10 per person - 8 p.m. to 11 p.m. - all you can bowl

For more information, please call the Lighthouse Lanes Bowling Center at 961-3805.

Hours of operation:

Sunday: Noon to 8 p.m.

Monday – Thursday: 2 p.m. to 10 p.m.

Friday & Saturday: Noon to 11 p.m.



your fishing and camping needs. For more information, please call 961-1293.

For more information, please call the CCBC at 961-2541 or 961-2542.

Worship Services

CATHOLIC WORSHIP SERVICE

Base Catholic Chapel

Sunday Mass - 10:30 a.m.

Daily Mass:

Monday - Friday – 11:30 a.m.

Religious Education: Sunday – 9 a.m.

PROTESTANT WORSHIP SERVICE

Base Protestant Chapel

Protestant Worship Service:

Sunday - 10 a.m.

Sunday Bible Study – 8:45 a.m.

JEWISH WORSHIP SERVICE

*Temple Beth El (4402 Saratoga Blvd.)

Friday at 7:30 p.m.

(with dinner to follow)

For further information call

Temple Beth El at 857-8181.

ISLAMIC WORSHIP SERVICE

Islamic Society of South Texas

(7341 McArdle Rd.)

Jumah Service – 1:30 p.m.

For other Worship Service times,

call 992-8550.

PAID CLASSIFIEDS

Enjoy More Golf. Save money on the purchase of a new set of clubs. 1-3-5 woods and 3-pitching wedge stainless steel irons \$185. Standard size or call for fitting. 991-3122. Also at Cimmaron Driving Range. 4/4

Powder Coating. Durable baked on finishes, over 150 colors in stock. Custom holographic and candy colors available. Protective powder coatings 361-854-7911. www.protective powder.com. 12/7

FREE CLASSIFIEDS

Home for sale in Jacksonville, FL

Beautiful custom built waterfront home-less than 1 yr old in Fleming Island Plantation! 4/3/2, Open floor plan, 2500', oversized kitchen with island, lovely fleck countertops, lots of cabinet and closet space, and breakfast area w/beautiful view of lake. Spacious family rm has gas FP, lrg tiled foyer. \$264,900. (904) 859-0327

For Sale: Multi-system 29" TV. Samsung, stereo. NTSC, PAL & SECAM formats. All broadcast formats.\$200. Multi-system VCR. JVC HiFi stereo. NTSC, PAL & SECAM formats. All broadcast formats. \$100. 27" TV, Samsung stereo tv. \$100. Gas stove, apartment size, about 2ft wide, 4 burners, oven, \$100. Harley Davidson 1999 Dyna Lowrider FXDL, Twin-cam 88 engine, black, engine guard, backrest, luggage rack, 18k, new brakes, \$12500. Honda Shadow 1983, 750cc, runs -needs valve job, \$500, 361-808-7759.

FOR SALE: 2000 Yamaha Road Star Silverado 1600cc, \$8500 (3100 miles);1999 Yamaha Royal Star Venture 1300cc, \$10,000 (19k miles). Call 937-5447 after 5 pm (weekdays only).

Commemoration March for civil rights leader (and Navy veteran) Cesar Chavez will be held at 1:00 p.m., March 28, starting at the intersection of Port & Ayers. March will culminate with a Mass, and a celebration at the Garcia Arts Center.

97 Ford Ranger XL - great shape in/out only 62,500 mi. am/fm cassette, Dayton raised letter tires, custom grill, chrome fender flares. Great gas mileage. Kelly-retail \$6,250. Only \$5,250 call 960-0136.

For sale - full-size truck cover fits reg cab long bed new condition \$70 361-993-2743.

95 Ford Windstar LX - beautiful minivan family transportation. New tires, capt. chairs, all power am/fm CD player. 82,000 mi. Needs transmission. Must see to appreciate. \$2,000. Call 960-0136.

Adorable Kittens. 6 weeks old. FREE to a wonderful home. 241-0743.

HOW TO PLACE A CLASSIFIED AD

Free Classified AD in Wingspan, for all Military and DoD Personnel (non-commercial ads only) submit via e-mail to: nanrantx@yahoo.com or fax to 361-884-9019 or call 814-0866. Free ads subject to number of words and space limitations. Please limit free ads to 25 words or less.

Paid Classified Ads in Wingspan: 50 cents per word - with a 25 word minimum. Mail your AD copy along with a check payable to D.J. Young Publishing, 145 Naples, Corpus Christi, TX 78404 or call 361-814-0866.

AWARDS & ACHIEVEMENTS

Military of the Quarter/Year

Congratulations to the following individuals who were recognized as Military of the Quarter/Sailor of the Quarter for the 4th quarter of 2003 and Military of the Year/Sailor of the Year 2003 during a ceremony at the Bay Club:



Photo by PH1 Charlo Whorton

| Command | MOO/SOQ | Command | MOO/SOQ |
|---|--|---|---|
| Aircraft Intermediate Maintenance Detachment (AIMD) | Sailor of the Qtr: AZ1(AW) Michael Nelson Petty Officer of the Qtr: AM2(AW) Joseph Williams Junior Sailor of the Qtr: AEAN Mark Jennings Sailor of the Year: SK1(AW) Hector Acosta Petty Officer of the Year: AZ2(AW) Andres Torres Junior Sailor of the Year: AT3 Jessa Shively | Chief of Naval Air Training (CNATRA) Staff | Sailor of the Quarter: TN1(AW/SW) Alvin Lozada Sailor of the Year: AZ2 Eron Hernandez |
| Helicopter Mine Countermeasures Squadron 15 (HM-15) | Sailor of the Quarter: AO1(AW) Brian Cribb Blackhawk of the Quarter: AE2(AW) Raymond Longoria Junior Sailor of the Quarter: AM3 Jeremy Rowley Sailor of the Year: AO1(AW) Brian Cribb Blackhawk of the Year: AE2(AW) Raymond Longoria Junior Sailor of the Year: AM3(AW/NAC) Aimee Anderson | Naval Hospital Corpus Christi | Sailor of the Qtr: HM2(FMF) Kenneth Bull Petty Officer of the Qtr: HM3(FMF) Won Yi Sailor of the Year: HM1(FMF) Rhys Parker Petty Officer of the Year: HM3(FMF) Won Yi |
| Inspector-Instructor Staff Company C, 1st BN, 23rd Marines | Marine of the Qtr: Staff Sgt. Eloy Rohrman Marine of the Year: Sgt. Kevin Watkins | Branch Dental Clinic Corpus Christi | Petty Officer of the Quarter: DT3 Augenetta Shelton Sailor of the Year: DT1(AW/SW) Michael Zazzara Petty Officer of the Year: DT3 Augenetta Shelton |
| Marine Aviation Training Support Group 22 (MATSG 22) | NCO of the Qtr: Pvt. Robert Franklin Marine of the Qtr: Cpl. Antonio Torres NCO of the Year: Pvt. Robert Franklin Marine of the Year: Sgt. Tommy Trevino, Jr. | Naval Reserve Center Corpus Christi | Reserve Sailor of the Qtr: BM1 Gary Penny Staff Petty Officer of the Qtr: EN2(SW) Eric Diaz Staff Sailor of the Year: YN1(SW) Daniel Silguero Reserve Sailor of the Year: BM1 Gary Penny |
| NAS Corpus Christi | Sailor of the Qtr: AC1(AW) Gary Friudenberg Petty Officer of the Qtr: ET2(AW/SW) Heath Britt Junior Sailor of the Qtr: MASN Michael Decker Sailor of the Year: AC1(AW) Gary Friudenberg Petty Officer of the Year: AT2(NAC) Todd Teasdale Junior Sailor of the Year: AC3 Minerva Ruvalcaba | Personnel Support Detachment Corpus Christi (PSD) | Military of the Qtr: PN1(AW) Edward Martinez Junior Sailor of the Quarter: SN Lashawn Soulet Military of the Year: PN2(SW) Shawn Lafferty |
| Naval Training Meteorology and Oceanography Detachment Corpus Christi (NTMOD) | Sailor of the Qtr: AG1(SW) Vernon Deidrich Sailor of the Year: AC1 Keith Hinde | Training Wing 4 (TRAWING 4) | Military of the Qtr: SK1 William Samuels Staff Sailor of the Qtr: YN1 Unique Smith Military of the Year: Staff Sgt. Rosie Burlingame Staff Sailor of the Year: IT1(SW) Corey Gill |
| | | U.S. Coast Guard Air Station Corpus Christi | Military of the Quarter: AET1 Kenneth McAuley Military of the Year: AMT1 Roger Cerny |
| | | U.S. Coast Guard Group Corpus Christi | Military of the Quarter: SK2 John Platts Military of the Year: DC2 Lee Hickel |

Congratulations new aviators!



Photo by Ensign Catherine Dow

The following individuals received their "wings," designating them aviators, during a winging ceremony at the Bay Club on Feb. 20. In alphabetical order: 2nd Lt. Sonny Baxter, USAF; 2nd Lt. Jacob Bergmann, USAF; Lt. George Cathey, USCG; Capt. Jeremy Hough, USAF; Ensign Gregory Jenkins, USN; Ensign Kenneth Keeps, USN; 2nd Lt. Gregory Lapidas, USAF; 1st Lt. Chad Nagel, USMC; 2nd Lt. Joseph Rudebeck, USAF; 2nd Lt. Gregory Steenberge, USAF; 2nd Lt. Nate Totten, USAF.

Air Ops awards

Bravo Zulu to the following Air Ops individuals who were recognized during an awards ceremony at hangar 58:



Photo by Lt. Scott Walters

In alphabetical order: AME1 Michael Alberts, Letter of Appreciation (LOA); AC3 Jason Barnes, Junior Sailor of the Quarter; ET2 Heath Britt, Petty Officer of the Quarter; AC1 Daniel Boswell, Letter of Commendation (LOC); AC2 Amadeo Chavez, LOA; AC1 Christopher Cordova, LOA; AC1 Duane Daugherty, LOA; AO2 David Fortier, LOA; AC1 Gary Friudenberg, Sailor of the Year/Sailor of the Quarter; AC3 Andrea Gantt, LOA; AC3 Adrian Herrera, Junior Sailor of the Year; Doug Holm, LOC; ETC Kirk Hurst, Navy Achievement Medal/LOA; AO1 Hector Hernandez, LOA; GM2 Tyrone Lumpkin, LOA; AO2 Mark Moore, LOA; AC3 Michael Oleksy, LOA; AC2 Jason Resendez, LOA; AT2 Christopher Rowland, LOA; AC1 Tanya Shaefer, LOA; AZ1 William Sparks, LOA; AM1 Michael Steele, LOC; AC3 Sarah Thompson, LOA; AT2 Todd Teasdale, Petty Officer of the Year/LOA; Bob Torres, LOA; AC1 Keytavi Ware, LOA; ET1 Carol Wigley, LOA.