

# Wingspan

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Naval Air Station Corpus Christi, Texas

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## The not so ordinary life and times of Ed White

### From Lockheed Martin

Ed White's favorite military airplane to fly was the Corsair. "It was fun to fly," he said. "It was a good plane - never had a thing happen to the engine."

He should know. At 84, White has been flying ever since he was a student in 1943. Two years later, on May 9, he earned his Naval Aviator wings at Naval Air Station Corpus Christi.

White had to fight for those wings. A 1948 graduate of Cornell University in mechanical engineering, he dropped out and worked for Ranger Aircraft testing engines while waiting to be called to active duty with the Navy in World War II.

According to him, "That wasn't a popular decision with my parents. I did go back and finish my degree, though." However, he never saw action. In 1942, he was misdiagnosed with non-Hodgkin's Lymphoma and discharged. Yet even after the misdiagnosis was discovered, the surgeon who had made the mistake would not reverse his findings and allow him to remain on active duty. So, after several letters to the Bureau of Medicine and Surgery, White saw the Secretary of the Navy and was immediately reinstated. "I learned to start at the top," he said.

After White earned his wings, he was transferred to Banana River NAS to fly PBYs. He flew out the war in Florida until he was released to inactive duty at the end of 1945. He finished college and held a variety of jobs, working for his father and then at Ranger Aircraft in Long Island, N.Y., until 1956, when he once again joined the Navy where he remained until 1970.

Although he missed serving in World War II and Korea (his reserve unit, where he flew Corsairs and F9F-Ts, was never called up), he saw plenty of action in Vietnam, flying C-130s back and forth from Moffett Field to Vietnam.

White spent most of his time in the Navy as a flight instructor and ended his Navy career in Corpus Christi, where now, 60 years later, he's still involved in aviation, instructing with Lockheed Martin on the CNATRA program.

So how did this man come to lead this life?

"Well, I've always gone my own way," White said. "I love to fly; I loved the Navy. I suppose I just did what I wanted. I don't think I would change anything."

Today, Ed is a member of the Refugio Soaring Circle, where he flies glider planes on a regular basis. He also used to sail quite a bit and liked Corpus Christi because of that. "I don't sail anymore. I just don't have time," he said.



At 84, Ed White (center) continues to work because of the satisfaction he gets from training young pilots to be successful in the field.

With a flying career that has spanned the second half of the 20<sup>th</sup> century, White has seen it all and flown just about everything. He has accumulated over 9,000 flying hours, which gives him the knowledge and experience that today's young fliers need.

"I like today's jets because they have all sorts of fancy gadgets that can help you avoid risks much earlier," he said. Back when he first started flying, "You had to see it to avoid it." He works with the pilots who have made it into advanced training at CNATRA. "The Navy picks the smartest and the best for this. It's a tough program," he explained.

What about retirement? "Fairly soon," he said. White has been studying commodities trading and would like to take some time out to travel; fulfillment in training new pilots keeps him working for now.

White's job gives him the satisfaction of seeing students learn what they need to function successfully out in the real world of combat. Asked what he would tell the students if he could only offer them one piece of advice, White said, "I'd tell them not to take things for granted. Keep alert all the time. When you forget, you get in trouble. It's easy to ignore those thick manuals that come with the plane. Don't do that. Keep reviewing them all the time. Stay up with the technology and the knowledge."

## NHCC urges you to "Speak Up"

By Bill W. Love, NHCC PAO

Did you know that you play a vital role in making your healthcare safe?

By becoming an active, involved and informed member of your healthcare team at Naval Hospital Corpus Christi you take on an important role in improving your health. You also help the NHCC staff that is already working hard to make your healthcare safety a top priority.

According to NHCC Performance Management/Risk Analysis Manager, Mary J. Weier, everyone should get involved. She says that the Institute of Medicine (IOM) identified the occurrence of medical errors as a serious problem in the healthcare system, and "a concerted effort should be made to improve our community's awareness of the problem. That is why we are really pushing the 'Speak Up' program and we want everyone to know what it entails."

Weier suggests that you Speak up if you have questions or concerns, and if you don't understand, ask again. It's your body and you have a right to know. She also says, Pay attention to the care you are receiving. Make sure you are getting the right treatments and medications by the right healthcare professional. Don't assume anything.

Another thing you can do is Educate yourself about your diagnosis, the medical tests you are undergoing, and your treatment plan. You can also involve your family by Asking a family member or friend to be your advocate. And when you get ready to take your medicine Know what medications you take and why you take them. Medication errors are the most common healthcare mistakes.

NHCC continued on page 3



Naval Hospital Corpus Christi's Population Health Program Manager, Lt. Karen Rios Andersen (left), explains the benefits of taking a proactive approach in one's own healthcare by SPEAKING UP to Randal Dale Fitzgerald. Andersen was part of a team stationed in the Family Practice Clinic March 7-11 to help NHCC patients learn more about their healthcare during National Patient Safety Awareness Week.

### From the Skipper

#### Children are our future

By Capt. Paula Hinger



Hinger

The Department of Defense has designated April as the "Month of the Military Child." The life of a military child is often filled with trials and tribulations not encountered by children whose parents hold down more traditional jobs. Frequent moves away from friends, extended absences of family members, and new schools every couple of years are just some of the hurdles to be negotiated by any child from a military family.

As parents, we must never forget that although moves may be normal and even eagerly anticipated by adults, they can be traumatic to children forced to separate from friends and schools. We must remember that we are the constant in our children's lives and we need to ensure they receive the care they need and deserve.

I think we can all agree that our children are our most precious resource. It's up to the parents of this world to set the path for mankind's future through our children.

I encourage you to take time out during this special month to spend some quality time with your children. For those whose children are enrolled at the Child Development Center (CDC) on base, Sallie Bullard and her staff have scheduled a variety of activities to commemorate this special month, including "Music from the '60s and '70s," a special musical presentation to be held on April 2 from 10 a.m. to 11 a.m. at the Wings Auditorium; lunch with your child at the CDC during the week of April 26-30 (check schedule with CDC); and other activities scheduled on their Calendar of Fun.

The Fleet and Family Support Center will also host a special program entitled "How to Play with Your Child" on April 8 from 1 p.m. to 3 p.m. at the center. For more information on parenting and/or programs please contact the Fleet and Family Support Center at (361) 961-2372/3722 or visit www.nascc.natra.navy.mil/ffschome.htm.

Editor's note: There was an error in the "From the Skipper" column in the March 18 issue of the Wingspan. April 1, 2004 was the 111<sup>th</sup>, not 121<sup>st</sup>, anniversary of the establishment of the Chief Petty Officer grade.

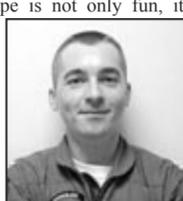
### Navy College News

- Navy College is now offering an instructor-based academic skills program. Courses include English and Math; these courses are available on demand by any command. Minimum class size is 10 students. Each class meets three hours a day, five days a week for three weeks. Completion of these courses allows sailors to retake their ASVABs. Contact Navy College 961-3236 for more information.
- Park University now offers degrees in Criminal Justice. There are three areas of study: Law Enforcement, Corrections, and Security. Contact the Park University representative for more information at 937-8222.
- The new classroom building is almost complete, and should be ready to occupy in a few weeks. An official ribbon cutting ceremony and open house will take place later this month. The exact date and time will be announced shortly.
- The new CLEP exam is now available. Testing hours are Tuesdays at 8:15 a.m. and Thursdays at 12:45 p.m. Call Navy College for more information.

### Healthwatch

#### Let's sweat it out!

By Lt. Nate Ruttig



Ruttig

Getting in shape is not only fun, it's also good for you! There's almost no better way to improve one's self-esteem and overall personal confidence than being fit, and there's no better time than right now to set or improve your personal fitness goals.

However, you should first consult your physician or healthcare provider before beginning any exercise program. After that, the sky is the limit! The best workout routine is simply one that you do and stick with on a regular basis.

Oftentimes, the stress of work, family, etc., can lead to an "I'm just going to skip today" attitude. Don't let that happen to you! Exercise may even help some of you relieve that stress, whether it's walking around the track a couple of laps or pumping some iron inside the gym.

Having a reliable training partner for set times during the week will add incentive to get work done more efficiently, and a partner will also provide you with encouragement and that little "push" you may need to keep going!

A little note about dietary supplements: many supplements have been banned by the FDA - and for good reason. Not only do they not work, but they may also be harmful in the long run. If you are on a duty-involving-flight status, then you cannot take any supplements of any kind.

There are no "magic" pills, drinks or powders that will make you run faster or lift heavier weights. Getting fit takes work! A well-balanced diet and a multi-vitamin should sufficiently meet all of your body's needs.

MWR runs many great physical fitness programs here on base; find one to suit your needs. So what are you waiting for? Get a friend to work out with, set personal goals, stay well hydrated and improve your physical fitness today!

### Chaplain's Corner

#### Sunday's on the way

By Lt. Robert Christian



Christian

Got problems? More than likely you are dealing with some form of problem in your life right now - or you are about to (sorry to break that to you).

You can respond to your problems in many different ways, such as trying to escape through substances or harmful relationships or by running away from the problem.

In one of the *Peanuts* comic strips Charlie Brown says, "There's no problem so big that I can't run away from it." Well, that is one way of handling problems, but not the best solution because when we return the problem is usually waiting for us.

Also, people who drink to drown their sorrow should know that sorrow knows how to swim.

Maybe you can appreciate the worker proverb, "The one who smiles when things go wrong is just going off shift."

The best way to face a problem is head on, after asking God for help. When I think of Christ and the struggles he went through on Good Friday, I remember that he faced his struggle head on, knowing that Sunday was on the way. We should do the same. We may feel that the day is bleak and we are experiencing much pain, but with God's help we can say, "Yes, it is Friday, but Sunday is on the way." Sunday is a day of hope, when we feel alive again and all things are made new.

Is it Friday in your life? Sunday's on the way!

### Holy Week worship services

Catholic Worship Service  
Base Catholic Chapel

Passion (Palm) Sunday Holy Thursday  
April 4 - 10:30 a.m. April 8 - 11:30 a.m.

Good Friday Easter Sunday  
April 9 - 11:30 a.m. April 11 - 10:30 a.m.

Protestant Worship Service  
Base Protestant Chapel

Palm Sunday Maundy Thursday  
April 4 - 10 a.m. April 8 - 6 p.m.

Good Friday Easter Sunday  
April 9 - 6 p.m. April 11 - 10 a.m.

Jewish Passover Service  
Temple Beth El (4402 Saratoga Blvd.)  
Tuesday - April 6 - 6 p.m.  
For reservations please call Mary at 857-8181

## Wingspan

NAS Corpus Christi  
"Exceeding Expectations Through  
Pride In Performance"

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# Station Spotlight



**Maria Alvarez**

## Human Resource Assistant, Pass Liaison Office

Originally from Abilene, Texas, Alvarez spent 20 years in the U.S. Air Force, retiring in 1998. She has been working in the civil service sector on board NASCC for two and a half years. She would like to eventually become a permanent employee and also get a promotion.

Alvarez's job in PLO suits her because "I like working with people and helping them out." She also loves living in Corpus Christi "because the people are very friendly."

Her hobbies include reading and working outside on her yard.

Alvarez has been married for 25 years and has three children: two sons, ages 18 and 13, and a 20-year-old daughter.



**AM2 Manuel Virata**

## Assistant Program Manager, MWR Liberty Program

Born in Tacoma, Wash., and raised in Portland, Ore., Virata has been in the Navy for six years and has been on board NASCC for two years.

He owns his own recording studio, which comes in handy for his passion, producing records. He would like to eventually expand his horizons and be a certified recording engineer.

Virata likes his current job at the Gonzalez Liberty Center because "it gives me a chance to interact with fellow Sailors on a daily basis. I like helping out the newcomers to the base, telling them about the local area and about the programs that MWR has to offer them."

He is married and has a five-year-old son.

## Naval Reserve celebrates birthday with an eye on the future

By YN2 Darius Radzius, Naval Reserve Naval Media Center

This year may be the last birthday for the Naval Reserve as it is known today. That's the message heard by Naval Reservists, their families and friends as they converged on the U.S. Navy Memorial March 6 to celebrate 89 years of service.

While remembering past accomplishments, Vice Chief of Naval Operations Adm. Michael Mullen and Chief of Naval Reserve Vice Adm. John Cotton focused on the future, as the Naval Reserve undergoes a massive realignment toward integration with their active-duty counterparts to eventually become one Navy force.

The cultures between the active and the Reserve components grew apart in the 1980s, establishing clear differences between the two components. The differences between the two components, however, never solidified from theory into policy. "There's always been one Navy," Cotton reminded the audience. "Maybe we've forgotten and lost our way."

Recent conflicts have forced the Navy to change the diverging course of the two components. "(Operation) Desert Storm changed all of that, because it got a little busier for us with a little less stuff in the '90s, and Sept. 11 was a wake-up call for everyone," Cotton said.

Change can be a challenge for any organization, but active and Reserve Sailors are excited about their future together. IS1 Eric Zelaya always recognized one Navy during his eight years of service. "I've always looked at it as one service," Zelaya said. "I'm not a Naval Reservist. I am part of the United States Navy."

Cotton called on Naval Reservists to be ready to integrate with the naval force of the future. "You're going to be called. You're going to be used," he said.

Cotton made a call to the active-duty component, as well. "Take charge of our Reservists, find out what they can do, figure out what their civilian skills are, especially, and then leverage them," he said.

## Navy Library Program offers resources on Navy Knowledge Online, saving more than \$15 million

By Darlene Goodwin, Navy Region Gulf Coast Public Affairs

The Navy General Library Program (NGLP) has recently partnered with Navy Knowledge Online (NKO) to provide electronic books, reference materials, and practice testing services at no cost to Sailors and Marines worldwide. These materials are also available to Reservists, retirees, Department of the Navy civilian and Non-appropriated fund (NAF) personnel.

The move to partner with NKO saved the Navy an estimated \$15.5 million compared to the cost of having each installation purchase the resources individually, according to Nellie Moffitt, NGLP Director.

"The primary reason for joining NKO was to provide greater library services to a greater number of Sailors at a cost savings," said Moffitt. "There isn't a Navy General Library at every Naval installation, so we can best meet Sailors' needs through Econtent (electronic content), which is accessible worldwide. An added benefit is that NKO also provides support to Navy civilians, NAF personnel, and retirees. NKO allows us to meet many needs with a comparatively small investment."

The idea to put Econtent on NKO originated with Capt. James Kantner, Director of Knowledge Management at the Naval Personnel Development Command in Norfolk, Va.

"These Econtent resources are the perfect fit for NKO," said Kantner. "We developed NKO to connect Sailors with the right knowledge at the right time to support their professional and personal development. The vision was to create a learning environment dedicated to providing our Navy workforce with the tools to excel, and that requires us to harness the best Navy and commercially-produced resources available today."

NKO is the Navy's Web Learning Portal through which Sailors will be able to access the professional and personal development resources needed to support their 5 Vector Model (5VM), the Navy's premier interactive career planning model. NKO is currently averaging more than 20,000 daily log-ins by approximately 260,000 users.

NGLP Econtent currently available on NKO includes:

**Gale Student Resource Center**, which provides full text resources including books and pamphlets on a wide range of subjects.

**Gale Expanded Academic**, with 2000 full text journals, periodicals, and magazines covering all academic disciplines.

**Peterson's**, an educational resource site, offering information on colleges and universities and distance learning. NGLP also purchases Peterson's study guides, and sample tests for 10 subject areas of the College Level Examination Program (CLEP), the Armed Services Vocational Aptitude Battery (ASVAB), Scholastic Achievement Test (SAT) and several others. In addition, Peterson's offers full text, printable study guides for eight tests including ASVAB and Officer Training.

**Newsbank**, offering 460 U.S. and 40 full-text international newspapers and special papers on hot topics. Most have extensive back files from prior years.

**Morningstar Library Edition**, with stock, bond and mutual fund information, study guides on investment topics, and approximately 100 courses on investing and related topics.

**NetLibrary**, which offers more than 6000 full text Ebooks, including computer titles, Cliff notes, career and vocational information, testing study guides, personal financial information titles, library science titles and military history titles.

Moffitt said the NGLP/NKO relationship is a natural partnership. "It's great because they handle the technical end, and we do the analysis of what content meets the greatest needs of the Navy community," she said. "It's a seamless interface for the end user - they simply click on the product channel on NKO and go directly to a commercial vendor's site, such as the Gale Student Resource Center or Peterson's."

"We're going to expand the titles in this library next year," Moffitt continued. "We've been very pleased at the usage, which has been high with all the products. Use of the Morningstar financial investment information product increased by 550 percent between October and December 2003. That's a good example of a product with strong personal interest among our users, which also supports a Navy program - in this case, the Personal Financial Management (PFM) program. Morningstar offers a large volume of classes, which dovetail with the PFM emphasis throughout the Department of Defense. PFM managers can make use of this database, as well."

A part of Navy Region Gulf Coast, the NGLP headquarters at the Naval Education and Training Professional Development and Technology Center, Saufley Field, supports all general libraries in the Navy, including more than 300 afloat and 70 at shore installations. NGLP provides professional military materials, such as the Bluejacket's Manual, books from the Chief of Naval Operations and Master Chief Petty Officer of the Navy reading lists, reference materials including Jane's Fighting Ships, atlases, and other materials like DVDs, videos and audio books.

For further information, contact the Navy General Library Program office at [nglp@cnet.navy.mil](mailto:nglp@cnet.navy.mil), (850) 452-1001 ext. 2185, or DSN 922-1001 ext. 2185. To access NKO, visit <https://www.nko.navy.mil/>.

## NAS Corpus Christi April 2004 weather outlook

By AG2 Merody Hulsey, NTMOD



Spring is finally upon us! During April, south Texas experiences a quick transition from spring to summer.

In early April, low stratus clouds and morning fog continue to produce poor flying and driving conditions due to low visibility and cloud ceilings. NAS Corpus Christi averages 13 days with fog during the month.

By late April, the Bermuda High becomes firmly established over the Gulf of Mexico. Cold frontal passages decrease to about two per month and weaken as they approach the Coastal Bend.

A marked increase in rain showers and thunderstorm activity produces an average of 2.1 inches of precipitation. Southeasterly winds at approximately 12 knots prevail, although speeds of 20 to 30 knots are common, making April the windiest month of the year. The average maximum temperature warms to 79 degrees Fahrenheit, with the average minimum temperature at 67 degrees Fahrenheit.

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.

## "Don't Mess with Texas" trash-off

The Beautify Corpus Christi Association is sponsoring a "Don't Mess with Texas" trash-off on April 10, 2004 from 9 a.m. until noon. Volunteers are needed to help make a difference in the community by cleaning up NAS Drive (the stretch of road from the South Gate of NAS Corpus Christi to SPID) and the area behind the HEB in Flour Bluff. A truck, trash bags and gloves will be provided. This is a great way to show support for the community and show a little Navy pride! If you would like to volunteer, please contact AC1 Christopher Cordova at 961-2503 or email [christopher.d.cordova@navy.mil](mailto:christopher.d.cordova@navy.mil).

## PAID CLASSIFIEDS

**Powder Coating.** Durable baked on finishes, over 150 colors in stock. Custom holographic and candy colors available. Protective powder coatings 361-854-7911. [www.protectivepowder.com](http://www.protectivepowder.com). 12/7

**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.

## FREE CLASSIFIEDS

**FOR SALE:** Washer and dryer (kitchenaid) less than 5 yrs old, \$200.00 Computer desk, 40.00 Call: 510-5987 or 215-1617

**House to share,** roommate wanted to share large 3 bedroom house, 10x13 bedroom & shared bath, very nice Southside Corpus neighborhood, \$300 + 1/3 bills, 808-7759

**FSBO: 7637 Northfield Drive.** 4/2.5/2, 2050 sq ft. Beautiful home-SSide area. Convenient to NAS CC, walking distance to L Jones Elem. Lg bedrooms w/lg walk-in closets. Master down with spacious bathroom, double vanity, garden/whirlpool tub, separate shower. Roomy kitchen w/breakfast area. Lg open LR with connected dining area. Ceramic Tile/Pergo/carpet throughout. Separate laundry room. Appliances stay. Designer window treatments. Monitored security system. New fence & new AC. Call 739-3150 for an appointment. \$145,900.00.

**6' truck bedmat** \$50.00. Sears X-Cargo cartop. \$75.00 Please call 986-8837 leave message.

**FOR SALE:** 2001 FISHMASTER Boat, 2350 Travis Edition, 200 hp Merc w/ low hours, 4 blade ssp, jackplate, marine radio, CD player, trolling motor, bimini top, canvas cover, loaded with extras, magnum tandem axle trailer w/ surge brakes, dealer maintained! Only \$17,200. Call 361-548-5149 or 361-334-9141.

**FOR SALE** Black Leather sectional couch. Bought in Italy for \$2000. \$750 Firm. 19" SAMSUNG TV \$100.00 Call 937-3088

**95 Vette triple black convertible.** 81,500 miles looks and runs great \$16500 Work 961-3935. (H) 949-0112. Cell 433-6097.

**Moving Sale-** Sleeper sofa. \$150; 27" RCA color TV \$70; Panasonic VCR \$15; AIWA bookcase stereo \$50; 2 shelf wood bookcase \$30; wood barstools \$30 each. All great condition. (361) 548-5271.

**Wanted - House cleaner,** once a week. Hourly rate. House is on base. Call Sandy, 937-3243.

NHCC continued from page 1

"And by all means," exclaimed Weier, "Use a hospital, clinic, surgery center, or other type of healthcare organization that has undergone a rigorous on-site evaluation against establish, state-of-the-art quality and safety standards, such as that provided by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO)."

Lastly, Participate in all decisions about your treatment. You are the center of the healthcare team.

The "Speak Up" program is sponsored by JCAHO. "We at Naval Hospital Corpus Christi want you to get involved," said Weier. Such efforts to increase your awareness and involvement provide simple advice on how you, as the patient, can make your care a positive experience. "After all," explained Weier, "when you take part in decisions about your healthcare, you are more likely to have better outcomes and a more pleasant experience while seeing your doctor here."

For your color copy of a "Speak Up" brochure that contains more in-depth information about the program, visit: [http://www.jcaho.org/general+public/gp+speaking+up/speakup\\_lab.pdf](http://www.jcaho.org/general+public/gp+speaking+up/speakup_lab.pdf).

## Commissaries sell groceries at cost

By Bonnie Powell, DeCA

No pain, no gain is a common expression. Bargain hunters go from grocery store to grocery store seeking the best buys – but they may also end up paying more for other items that aren’t on sale. A lot of pain, not much gain. Why do all that when DeCA commissaries sell groceries at cost, saving authorized customers an average of 30 percent or more over commercial grocery prices?

Commercial stores are profit-motivated. They can offer popular items at below cost to get customers in their store – and make it up on other items that are priced much higher. There’s nothing wrong with that and it has a name: loss leader.

That’s how the commercial businesses work. “But commissaries are a benefit, not a business, and sometimes people lose sight of that,” said Maj. Gen. Mike Wiedemer, director of the Defense Commissary Agency. “It’s true we operate in a businesslike fashion, but our sole reason for being here is to deliver the benefit. Our cost is your cost.”

The prices paid by commissary customers for grocery items equals the government’s cost for those items. “Because we sell at cost, and the U.S. government covers the expenses associated with providing the benefit, that allows us to achieve an overall average customer savings of 30 percent or more over commercial grocery stores,” Wiedemer said.

That’s a benefit that is now worth about \$2,700 a year to a military family of four that shops regularly at a commissary. Put simply, “We’re here to save military families as much as we can – not make money,” said Wiedemer.

Like any commercial grocery store, commissaries also have unadvertised “sales” on hundreds of products on any given day, according to Scott Simpson, chief operating officer at DeCA. “One of the many reasons we don’t have a ‘frequent shopper’ card is simply that everything we sell is already at cost. If a manufacturer offers us a special sale, we pass it on. Your military ID is the only ‘special card’ you need,” he said. “If an item is on sale, it’s on sale for every authorized shopper who walks into the store.”

Sometimes getting sales information to customers about what’s on sale at the commissary is difficult. Commissaries are not allowed to advertise product prices. But private vendors and manufacturers doing business in the commissary system can, and increasingly do, advertise products and prices. Many installation newspapers now carry monthly commissary shopping circulars; other vendors distribute sales information direct to the doorways of military families in housing areas. Still more hand out circulars and coupons at the door of the local commissary.

Customers can also find out what’s on sale at their local commissary by accessing the savings aisle in the shopping section of DeCA’s Web site: <http://www.commissaries.com>. Prices aren’t listed, but it’s a safe bet that if the items are on sale, the prices are going to be below average commissary prices and well below commercial grocery store prices.

Commissary customers get an additional break by not paying any sales tax when shopping at the commissary. In some locations, that can amount to sizeable savings.

There is one cost born by customers. A 5-percent surcharge, mandated by Congress, is added at the register on the total grocery bill before coupons are deducted. “We’re frequently asked about the surcharge because people feel like that’s part of the cost of the groceries or some sort of profit,” said Wiedemer. “But the surcharge funds have nothing to do with making a ‘profit.’ The 5-percent surcharge goes right back into the military system to fund the building of new commissaries and the improvement of existing stores for our customers,” he said.

Commissary customer satisfaction surveys consistently rank the commissary as the No. 1 military benefit, and military quality of life surveys consistently rank commissaries among the top two benefits, said Wiedemer. “But yet, there still seems to be a lack of realization that at the heart of their benefit is the ability to buy groceries at cost.”

“Our intention is to spread the word and make sure the commissary benefit is being fully used by active duty, Guard and Reserve, and retired military families,” he said. “It simply doesn’t make sense for anyone to spend valuable time and gas running all over town to save on a few items when shopping regularly at the commissary can result in savings of 30 percent or more!

### The Gate Guard

By AE2 Scott Norman

My dedication is rarely noticed  
as I stand watch at the gate,  
but I diligently stand as  
promised and must facilitate.  
Patrons proceed without recognition,  
which can have a lasting effect,  
nonetheless, I fulfill my obligation  
to Serve and Protect.

I bake in the sun and soak in the rain,  
but I know in my heart it wasn’t in vain.  
I sweat in the heat and shiver in  
the cold, however, my honor and  
this ground shall hold.

I greet patrons from all walks and  
from all ages, from high-ranking  
officers to the lowest enlisted.  
Some will smile while others may scorn,  
no matter what, to my duty I am sworn.

Some may say, “Thank you,”  
others may say, “God bless,”  
and I reply with courtesy,  
even under stress.

So please try to be patient,  
and try not to hate,  
for we are the men and women,  
PROTECTING YOUR BASE!

## MWR News and Events

**Aquatics:** 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:

**Lap Swim:**  
**Sunday and Monday: Closed**  
**Tuesday-Friday**  
6 a.m. to 8 a.m.  
11 a.m. to 1 p.m.  
4 p.m. to 6 p.m.

**Saturday**  
11 a.m. to 1 p.m.

**Pool parties:**  
1 p.m. to 3 p.m.  
7 p.m. to 10 p.m.

Swim packets are available at E-Street Gym, the Fitness Center and Bayside Pool. Registration for swim lessons and pool parties will be held at Bayside Pool from May 10 thru May 14 from 4 p.m. to 6 p.m.

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

### Auto Skills Center:

Hand Tool Safety Seminar: The Auto Skills Center, in conjunction with Snap-On® Industrial, will be conducting a seminar on hand tool safety at 3 p.m. on April 21 at the Auto Skills Center. The seminar will cover safety, proper technique and choosing the correct tools for the job. This seminar is free to all military, DoD, retirees and family members.

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 the Auto Skills Center at 961-3470.

### Corpus Christi Bay Club:

#### Specials for April:

**April 3:** Medallions of Beef Bernaise - \$14.95

**April 9:** Surf and Turf - \$14.95

**April 17:** Chateaubriand Flambe for two - \$29.95

**April 23:** Shrimp en Brochette - \$13.95

**April 24:** Prime Rib - \$17.95

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.

#### Special events for April:

**April 2 & 16:** All you can eat Shrimp-A-Peel - \$15.95

**April 2 & 16:** Winging designation ceremony will be held in the main ballroom at 3:30 p.m.

**April 11:** Easter Sunday Champagne Brunch will be served from 10 a.m. to 1:30 p.m. The menu includes steamship round of beef, honey baked ham, roast pork, blazing red fish, chicken supreme, various vegetable dishes, extensive salad bar, soups, breakfast items and assorted desserts along with ice tea, coffee, juice, and a complimentary glass of champagne or a Bloody Mary. The price per person is \$13.95 for members and \$14.95 for non-members. The cost for children ages 6-10 is \$6.95; 3-5 is \$3.95; under three eat free. Reservations are advised.

**April 16:** Members Appreciation Night, with all-you-can-eat shrimp in the main dining room from 5 p.m. to 9 p.m. Cost for members is &14.95; non-members \$16.95

**April 21:** Secretary’s Day luncheon specials – reservations are advised.

**April 30:** Mongolian BBQ

### E-Street Gym:

**Earth Day 4.4 Mile Run:** Register at the Fitness Express before April 14. The run takes place on Saturday, April 17 at 8 a.m. Please check in by 7:30 a.m. There will be four age divisions, men’s and women’s. This race is part of the NAS Earth Day/Bay Day Celebration and is open to the public. Runners that are guests or general public may register at 7:15 a .m. on the day of the race. This is a great way to tune up for the Beach to Bay Marathon that will be held on May 15, 2004!



#### 5K Run Club Schedule:

Event	Date
Earth Day 4.4 Mile Run	April 17
Summer Starter 5K Run	June 26
NAS 5K Run	August 21
Autumn 5K Run	October 30

Check-in time for all events is 7:30 a.m.

**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.

### Fitness Express:



**Group fitness:** Our schedule includes fitness classes for every level of conditioning. Join our early morning workouts to start the day productively! Come by the fitness center today to get a new schedule of fitness classes!

**Beach to Bay Marathon readiness:** Do you need a plan to help achieve your best possible time during the Beach to Bay race? Ask the various trainers at the Fitness Express about tips to enhance your running time. While you’re there, you can sign up for the various 5K runs and our 4.4-mile Earth Day/Bay Day run to tune up for Beach to Bay!

**Weight training equipment:** The fitness center has 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.

**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 Express at 961-3164.

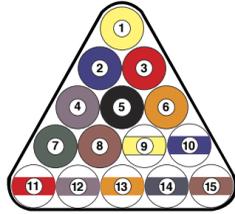
**Gonzalez Liberty Program:** The Gonzalez Liberty Program has planned a month of fun activities and events for you to participate in. Choose one or all and have a great time with your friends at the Liberty Center!

**April 5: Pool Tourney** – Every Monday in April the Gonzalez Liberty Center will be hosting a Pool Tourney starting at 6 p.m. Finalists will play the championship match on April 26. Players may participate on any Monday except April 26. Two finalists will be selected each Monday. There is no entry fee for this event. Prizes will be awarded to 1<sup>st</sup> and 2<sup>nd</sup> place winners.

**April 8: Sumo Wrestling Night** – Think you have what it takes to beat our Sumo Champion? Come to the GLC on April 8 at 6 p.m. and prove it! If you would like to participate in this event, please stop by the GLC and sign up at the front counter.

**April 14: Last Buck Night** – Are you down to your last dollar? Don’t worry, stop by the GLC and they will take care of you Texas style! The GLC will be serving Texas BBQ. This event is open to all active duty or Reserve military.

**April 25: Movie & Pizza Night** – Come join the GLC at 4 p.m. and watch your favorite movie with a slice of pizza (beverages not included).



**April 26: Pool Tourney Playoff** – It’s time for the best of the best to play against each other to see who comes out on top! Come out and see who will take the title of champ. The tourney will begin at 6 p.m.

**April 29: Last Buck Night** – It’s that time again when we are stretching that last buck in our pockets. Let the GLC help you stretch your buck a little longer. All active duty and Reserve are invited to join the GLC for some super south of the border style food. The fun and food will start at 6 p.m.

### Keep an eye open for the following upcoming events being sponsored by Gonzalez Liberty:

3rd Annual Survival Weekend – May 28-30

Texas Golf – Golfing trips to south Texas and central Texas region golf courses.

For more information on these or any other GLC events, please call 961-6405.

# AWARDS & ACHIEVEMENTS

## Navy Achievement Medal



Photo by Lt. Scott Walters

Capt. Paula Hinger awards a Navy Achievement Medal to DC1(SW) Randy Molina for his superior performance while stationed on board USS The Sullivans (DDG 68).

## Dotted Line gets him closer to finish line



Photo by Bill W. Love

Naval Hospital Corps Christi Command Master Chief, HMCM (SW/FMF) Robert E. Fanger, signs on the dotted line after reenlisting for two years. This "hitch" will take him to the 30-year mark. Fanger reported to NHCC in November and is completing his second tour of duty here.

## Loves what he does, five more proves it!



Photo by Bill W. Love

HM2 Ray Vega (left), a physical therapy technician at Naval Hospital Corps Christi, loves the constant changes and keeping up with current medical standards so much that he reenlisted for five more years. Presenting him with his Honorable Discharge, prior to administering him the oath of enlistment, is Capt. Patti W. Ireland, NHCC customer service officer. Vega, from El Paso, Texas, is pursuing his Bachelor's Degree in Psychology, and this is his second tour of duty at NHCC.

## Civilian of the Quarter



Photo by Lt. Scott Walters

Capt. Paula Hinger (right) presents a Letter of Commendation to Jennifer Garrett of NASCC's Safety Dept. upon her selection as the General Schedule Civilian of the Quarter, first quarter, FY-04.

## Fair Winds and following seas



Photos by JOC Rita Chadrick

CMDCM(AW/SW) Eric Thomas (right), NASCC command master chief, and YN1(SW) Daniel Silguero (center), president of the NASCC First Class Association, present a shadow box to EN1(SW) Rodger Townsend during a ceremony marking his transfer to the Fleet Reserve on March 26.



EN1(SW) Rodger Townsend and his wife, Frances, are piped ashore upon Townsend's transfer to the Fleet Reserve.

## Staying Navy



Photo by JOC Rita Chadrick

Lt. Cmdr. Ralph Bowers (right), NASCC Staff Judge Advocate, administers the oath of enlistment to MNC(SW) Craig Born, NASCC Executive Department LCPO. Born reenlisted for two years on March 22.

## HM-15 Blackhawk re-enlists in Iraq



IT2 Veronica Espinal (left) reenlisted for six years on Feb. 6 in the Victory Palace (formerly Saddam Hussein's recreation palace, which is located on approximately 600 acres of lakes and smaller palaces). Her reenlisting officer was Col. Jon D. Lee (right), USA, and members of the Coalition Joint Task Force 7 staff, which she is a part of, were on hand to witness her reenlistment. Espinal has been deployed since Nov. 2, 2003 in support of Operation Iraqi Freedom. "Being in Baghdad has been challenging," she said. "Reenlisting in the palace that once belonged to the now powerless Saddam Hussein will be something that I will always remember."

## Hospital Dietician says farewell



Photo by Bill W. Love

NHCC Dietician, Erin Wilson (right), met the needs of all tenant commands for nutritional education and provided valuable services to beneficiaries in South Texas. NHCC Executive Officer, Capt. Eleanor V. Valentin, cited her superb healthcare services in a farewell ceremony March 12.