

Wingspan

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Dare to be successful in life Program emphasizes positive self-esteem, career choices

By JO2 Jeffrey Fretland

Local youth were encouraged to reach for the stars April 16 when NAS hosted the “Dare to Dream” Program. Held in Hangar 58, the program is targeted at elementary and junior high school students to promote a healthy lifestyle free of alcohol, drugs, and gangs, and provide career options and guidance.

“It’s organized as one massive career day,” explained Lt. Marn Balalong, Navy Atlantic Meteorological and Oceanographic Detachment (NLMOD) Officer-in-Charge. “We’re trying to influence kids to stay in school. We want them to see there are lots of positive opportunities for them to learn and grow emotionally and spiritually.”

12,000 students, teachers, and chaperones enjoyed various exhibits, ranging from military aircraft displays to health care opportunities.

Flyovers featuring an F-16 Falcon fighter plane and a B-1B Lancer bomber thrilled the crowds.

The Dare to Dream program began in 1989 as a project of George Ruiz, a bus driver with the Calallen Independent School District. It started out as a small endeavor with four displays, gradually becoming the major event it is today.

“We tried to keep a military theme associated with the program,” said Ruiz. “We want to show these kids there are people out there who are successful, no matter what they do in life. We want to emphasize to them that they have the same opportunities to achieve.”

Students, teachers and chaperones were in awe of the many different exhibits.

11-year-old Chris Avila of Corpus Christi was intrigued with the static displays on the flight line.

“I really liked looking at all the different planes,” said the Haas Middle School student. “They are so cool!”

Fellow classmate Jacob Cortez readily agreed.

“I like the experience when you’re actually in the plane,” said Cortez. “You’re really there, at the controls, like you’re getting ready to take off!”

Derek Wray enjoyed the hangar bay exhibits and displays.



Photo by JO2 Jeffrey Fretland

Texas A&M nursing student Sarah Pederson explains how an intravenous (IV) needle is inserted into a patient as students from Flour Bluff Middle School watch. The nursing students were taking part in the Dare to Dream program, which encourages young people to seek meaningful choices in their lives, and stay drug, alcohol and gang free.



Photo by JO2 Jeffrey Fretland

Ensign Evan Kelly, VT-28 Squadron, shows Amanda Hammaker of Corpus Christi how the control panel functions aboard a Navy T-34.

“They gave us a lot of free stuff to take with us and use,” Wray added.

Rachel Madsen, also 11 and visiting from Winnetka, Ill., enjoyed the Lego Robotic Man exhibition, as well as the flight demonstrations. She wanted a bit philosophical about her choice of careers in life.

“Maybe I’ll be a marine biologist,” said Madsen. “I would definitely tell all my friends to come to a day like this. It is awesome!”

Paul Hale of the Coast Guard Auxiliary said parents and many older area residents who did not experience an opportunity similar to the Dare to Dream program see this as a way to connect with young kids, and give back to the community.

“I’ve been in the Coast Guard Auxiliary for years,” said Hale. “We want to show young people they can do whatever they hope to do with their lives.”

Ruiz emphasized the importance of the military role in the Dare to Dream program.

“It shows what young men and women serving in the Armed Forces can do,” said Ruiz. “They are good role models, and provide a positive experience and outlook for these kids. If we can keep young people away from drugs and violence, and save some lives, then we know our job is well worth it.”



Photo by JO2 Jeffrey Fretland

Spectators watch in awe as an F-16 Falcon fighter jet performs a series of “loop-the-loops” during the air show demonstration.

Wingspan

From the Skipper

The art of leadership

By Capt. Paula Hinger



Hinger

We can, and do, train our senior Sailors to be leaders through classroom instruction and on-the-job training. Yet, it takes mentoring and a willingness to listen and learn to make an effective leader.

Let’s look at today’s Navy. Leadership in the modern Navy is more challenging than ever. Our junior Sailors are a product of an environment filled with technology and their

Have you ever asked yourself, “What is leadership?” Is it something we can simply teach or pass down to others? Sometimes. Leadership is not always immediately quantifiable.

skills must be honed to perform these tasks successfully. They may think and act more independently and may question authority more often because of our changing society. They may also be accustomed to a certain level of affluence, physical comfort and freedom, and at first, may not understand why they may be asked to relinquish those comforts in the pursuit of a common mission.

A good leader must combine the techniques learned in the classroom and from others with sound judgment and strong moral character, weighing the needs of the Navy and the needs of the Sailor when making decisions. The most important elements in that equation are judgment and character. Without them, it is impossible to lead effectively.

It is our responsibility and duty as leaders to learn as much as possible about good leadership and management. There are many definitions of leadership and, if you were to ask, each of us probably has a slightly different interpretation.

The Navy’s definition of leadership is “the art of influencing people to progress towards the accomplishment of a specific goal.” Notice the emphasis on “art.” Artistry requires creativity and flexibility to be applied towards the end goal. There is no definitive leadership technique that fits all. Leadership style is intensely personal, a product of our life experiences. Don’t be afraid to try new things.

In closing, I will share with you one of the few elements of leadership that is enduring. Leadership requires two-way communication, the type that helps you to develop a mutual understanding and establishes a common goal! Without that, you may find that the most important component people may be unable to understand where it is you are leading them, and you will never reach your goal. Take care of your personnel and they will take care of you. They will prove to be your most effective mentors.

Chaplain’s Corner

The true meaning of the “separation clause”

By Chaplain Jairo Moreno

“Character transcends culture, race, age, social status, religion, gender, and nationality, because it deals with the daily struggles of human nature.”

The Founding Fathers of America did not want one church denomination to rule in America, as had been the case in England. However, they affirmed their commitment to America’s being a God-fearing nation built on Biblical principles. Even today, all United States currency confirms this commitment with the statement, “In God We Trust.”

The distinction between God and the Bible on one hand and church doctrine on

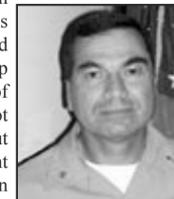
the other was clearly understood until the middle of the last century, when courts were convinced to combine all of them under the term “religion” and exclude them from public life. The social chaos that we are now experiencing was predicted by the Founding Fathers if such an action was ever taken.

Noah Webster stated, “All the miseries and evils which men suffer from are vice, crime, ambition, injustice, oppression, slavery, and war proceed from their despising or neglecting the precepts contained in the Bible.”

The phrase “wall of separation” is from the early history of our nation and not in the First Amendment, the constitution, or any other official document. It is actually a partial quote-taken out of context from a message given by Thomas Jefferson to the Danbury

Baptist Association in 1802. In this address, he assumed the concerned group that the power of government did not reach to religion, but that the government must be based upon moral principles to maintain good order.

Webster added, “The principles of all genuine liberty, and of wise laws and administrations are to be drawn from the bible and sustained by its authority. The man, therefore, who weakens or destroys the divine authority of that book may be accessory to all the public disorders which society is doomed to suffer.”



Moreno

Healthwatch

Don’t forget your cruciferous!

By Lt. Nate Ruttig



Ruttig

Did you know there are a species of vegetables designed to knock out cancer that can be incorporated into our everyday diets? Cruciferous (cross like, four-petaled) vegetables knock out

potential carcinogens like a cruise missile! Broccoli, Brussels sprouts, arugulas, collard greens, radishes, turnips, cabbage, cauliflower, horseradishes, rutabagas, mustard greens and Swiss chards (a variety of beets) are all part of this family of vegetables. Their anti-cancer firepower lies in the phytochemicals (plant substances) they contain, specifically the isothiocyanates (sulphur-oxygen equalizing agents).

Sulforaphane is a well-known isothiocyanate found in broccoli and broccoli sprouts, which stimulates the production of enzymes that detoxify carcinogens known to cause colorectal (colon-rectum) cancer. Broccoli sprouts contain 20-50 times the amount of sulforaphane in mature broccoli. This means just a few tablespoons of broccoli sprouts equals the cancer-fighting power of a whole pound of broccoli!

Watercress contains PEITC (phenethyl isothiocyanate, a colorless equalizing liquid compound, in case you where wondering), which is not only cancer-preventive in general, but has been shown to help thwart off lung tumors.

Many cruciferous vegetables also contain indole-3-carbinol (a colorless to yellowish liquid made from methyl alcohol). This compound has demonstrated an ability to affect sex-hormone metabolism and may reduce the risks of breast, ovarian and prostate cancers.

Cruciferous vegetables do not cure cancer but they do help in prevention. The next time you are at the market or the salad bar, give the cruciferous family a thought when preparing your next meal.

Wingspan

NAS Corpus Christi
“Exceeding Expectations Through
Pride In Performance”

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Capt. Paula Hinger

Public Affairs Officer

Lt. j.g. Daniel Harmon

Editor/Writer

JO2 Jeffrey Fretland

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Editor’s Note

Greetings! My name is JO2 Jeffrey A. Fretland. I am the new editor/writer of *The Wingspan*. I am taking over from JOC Margarita Chadrick who will be departing soon for Norfolk, Va. I am looking forward to serving the Naval Air Station Corpus Christi community for the next two years. I feel right at home, as my adopted home community of El Paso, Texas, is 725 miles, or 14 hours away. If you have any newsworthy items, please do not hesitate to contact me at 961-3420, or 961-2674. Our new Public Affairs Officer, Lt. j.g. Daniel J. Harmon, and myself look forward to serving you in the future. Thank you.

Station Spotlight



ABH2 Jesse Rodriguez
Arresting gear maintenance technician,
Air Operations Department

A native of Humble, Texas, Rodriguez has been in the Navy for five-and one-half years and has been on board NASCC since March 2003. His prior duty station was aboard USS Eisenhower (CVN 69).

Rodriguez feels fortunate to be able to work at a job he enjoys so much.

"I always have the unique opportunity to keep improving," said Rodriguez.

Rodriguez's future plan is to earn a Bachelor of Science Degree in Human Resource Management. His hobbies include softball and racquetball.

Rodriguez is married with an eighteen-month old daughter, Kylie.



Bob Torres
Materials handler, Weapons Division

Born and raised in Flour Bluff, Torres has been employed at NASCC for one-and-a-half years. Handling firearms and being proficient in bow and arrows have been his life long passions.

"Handling guns and ammo on a regular basis is really enjoyable to me," Torres explained. "That's the reason I love my job here in the Weapons Department so much."

Torres is a retired Marine Corps officer who aspires to become the mayor of Corpus Christi.

Torres has a 31-year-old son.

Unbelievably amazing!



Photo by Bill W. Love

Inquisitively, 9-year old Mathew Wolfe (middle) examines a live water beetle while his pal 8-year old Jacob Bennett (right) takes a more amazing view of the bottled insect, still carrying its eggs on its back. Both boys, from Cub Scout Pack 21 in Corpus Christi, attended the Earth Day-Bay Day, 2004, April 17 at Naval Air Station Corpus Christi. Maren Harding, Biology graduate student at Texas A & M University, Corpus Christi, and a Center for Coastal Studies (CCS) researcher, offers the aquatic bug for the boys' scrutiny. According to Harding, CCS provides kids with an excellent opportunity to learn about good stewardship, and discover interesting facts about wetland ecology. (See Earthday story on page 9)

Reimbursement possible for medical care beyond 100 miles

By Bill W. Love, Public Affairs Office, Naval Hospital Corpus Christi

Here is some money-saving news if you are enrolled at Naval Hospital Corpus Christi (NHCC) as a non-active duty TRICARE Prime enrollee and you get referred for specialty care more than 100 miles from here. Under provisions of the 2001 National Defense Authorization Act (NDAA), TRICARE Prime travel entitlement allows you to get reimbursed for reasonable travel expenses.

"But you must have a valid referral and travel orders first," said NHCC Health Benefits Specialist/Case Manager, Charlene Hager.

Before this privilege was implemented in 2001, you were forced to absorb your travel costs.

The entitlement, however, does not apply to active duty, or active duty family members residing with their sponsor overseas, or if you are referred under Department of Defense (DoD) specialized treatment programs. Those costs will be reimbursed by other travel entitlements.

Hager says that the actual costs that you incur while traveling in a non-emergency status to your specialty provider are considered reasonable travel expenses. Those costs include meals, gas/oil, tolls, parking, and tickets for public transportation (i.e. airplane, train, bus, etc.).

"Although the law requires receipts for expenses above \$75," she explained, "when I counsel beneficiaries, I advise them that they must save all receipts - that's our prerogative."

Reimbursement possible for medical care beyond 100 miles

Government rates will be used to estimate the reasonable cost, and you are expected to use the least costly mode of transportation. The actual costs of lodging (including taxes and tips) and cost of meals (including taxes and tips, but excluding alcoholic beverages) may be reimbursed up to the government rate for the area that you will travel to.

If a Primary Care Manager (PCM) at NHCC refers you, you should contact Hager for an entitlement briefing and your orders. If you are enrolled to and referred by a civilian PCM, you should contact a regional lead agent office representative. In all cases, you must obtain official travel orders from Hager or the lead agent representative prior to traveling. You will be required to make your own travel arrangements unless Hager or the lead agent representative arranges and procures government travel for you. You are also required to coordinate your own lodging arrangements. Hager strongly recommends using military base lodging when possible.

After you complete your travel, you need to itemize your expenses on a SF 1164 (travel voucher) and surrender all of your receipts. Hager will provide you with specific instructions on how and where to submit your travel entitlement claim.

The FY02 Non-Medical Assistance (NMA) authorizes one parent, guardian or another adult family member to travel with a non-active duty Prime enrolled patient as a non-medical attendant.

"We are aware that families have small children, or members who have medical conditions that require accompaniment when they travel 100 plus miles for medical reasons," emphasizes Hager. "In these cases, anyone over the age of 21 years can be appointed as a non-medical attendant to accompany them. Military ID is not required for this person. When appointed, his or her name will appear on the orders."

If the NMA family member is active duty or a DoD civilian employee authorized by NHCC or the lead agent to accompany a non-active duty TRICARE Prime enrollee as a non-medical attendant, she/he is entitled to TDY allowances (per diem and mileage), not actual expenses. If the NMA family member is a civilian not employed or affiliated with the DoD, he/she is authorized reimbursement for actual travel expenses incurred. By statute, the NMA must be a parent, legal guardian or other adult family member. If the NMA is not the parent, however, she/he must be 21 years of age. The NMA is not required to be enrolled in TRICARE Prime or to be TRICARE-eligible. The patient, however, must be enrolled in TRICARE Prime.

Hager's office is located on the first floor at NHCC in room 1128, and she can be reached at (361) 961-2810. Ensure that you have a stress free out of town medical appointment by taking her your referral form before your trip.

New graduate course offered

By JO2 Jeffrey Fretland

Embry-Riddle Aeronautical University is currently offering a new Master of Science in Management degree with classes offered on base. No Graduate Medical Assessment Tests (GMAT) or Graduate Record Examination (GRE) results are required for entry into the program.

Registration for summer session I classes is happening from now through May 14 for both graduate and undergraduate courses. Don't delay your education another day. Stop by the Navy College offices, building 1731, room 211, or call 937-4951.

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. 12/10

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 - Used Odyssey golf carry/stand bag with IZZO strap carrying system. 40.00 OBO (907)351-0058

FOR SALE: 2001 Dodge Intrepid R/T, Black exterior, leather interior, loaded. Very good condition. \$15,000. Call: David or Melinda Bassett, 980-8866

Waterfront TOWNHOME for lease. 3 bedrooms, 2.5 baths, 1600 SF, boat lift, garage, washer/dryer, fridge. Fireplace. 13901 Mingo Cay Ct. #4. Deposit: \$1000 Rent: \$1395 H(361)949-8081 C(361)215-3651

Motorcycle for Sale: 98 RM 250-Super fast, Adult owned, Garage kept in excellent condition. \$1800.00 Call Greg @ 361-776-1626

FOR SALE- 2001 Dodge Ram 1500 4X4, SLT, Auto, AM/FM/CD, AC,Tilt, 40/20/40 Split Cloth Bench Runs Great Warranty to 2007, \$16,100.00 47K Call Gradie @ 937-1742

Surfboard: 9' 0" Hosanna longboard. Includes leash and bag. Summer is here. \$200. Call (361) 549-1616.

Modern Danish oak bedroom suite. Queen to full size, chest of drawers, dresser/3 adjustable mirrors. \$1000. Call 855-4810.

FOR SALE: 1989 Pontiac Sunbird blue, need fixing; call for details. \$400 OBO call after 5pm (361) 852-8546

For Sale: Kenmore side-by-side refrigerator (white). Space saver ice maker with "accelerice" feature. Only 2-years-old. Immaculate. \$600. (361) 992-3428. Leave message.

FOR SALE: Jack Dempsey Fish approximately 7 inches \$25.00. Cell (361) 774-9805.

For Sale: 2003 Godfrey Hurricane FunDeck GS 170. 90 Horsepower Johnson. Under 20 hours. Several extras. \$16,600 Call David Potter (361) 443-2653.

For Sale: 2003 Suzuki V-Strom, 2400mi, awesome sport touring bike with hard luggage. \$7300 Call 361-980-0509.

3-globe light fixture for over pool table. Brass metal finish with pale green globe lamp shades. \$500 new. Now \$250. Call 815-1993.

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MWR News & Events

Aquatics: Bayside Pool is scheduled to open on May 29! The family recreation pool has a water slide and a baby pool. The hours of operation are as follows:

Wednesday-Saturday:

Noon to 6 p.m.

Sunday

1 p.m. to 6 p.m.

Monday and Tuesday: Closed

The Oasis Pool is open for lap swim. Hours of operation are as follows:

Lap Swim:

Sunday and Monday: Closed

Tuesday-Friday **Saturday**

6 a.m. to 8 a.m. 10 a.m. to 1 p.m.

11a.m. to 1 p.m.

4 p.m. to 6 p.m.

Registration for swimming lessons, pool parties and pool passes will be on May 10-May 14 from 4 p.m. to 7 p.m.

Pool Party: Bayside Pool:

Wednesday-Sunday

7 p.m. to 10 p.m., Rentals: \$40 per hour (3 hour maximum). Baby Pool: \$10 per hour

Oasis Pool:

Sunday 1 p.m. to 10 p.m.

Tuesday-Saturday 7 p.m. to 10 p.m.

Pool Fees: Active Duty are free, and military dependents are \$1, Department of Defense employees \$1.50 and guests \$2. Monthly passes are available at Bayside Pool. Swimming lessons are available. For more information, call Earl Olsen at 961-3260.

Books and More Library: Books and More Library is gearing up for their summer reading program “Reading Up A Storm”. This program is designed to encourage children to keep up their reading skills during the summer months. They will keep a list of all the books they read and at the end of the summer there will be a big celebration one week prior to the beginning of school and each child who participated will receive a certificate and a prize. This program will begin in June and is absolutely free to children ages 6 to 13. Registration begins on May 24 and will end on July 31, 2004. For more information on this program, please call the library at 961-3574.

Civilian Morale Welfare and Recreation Activity (CMWRA)

Congratulations to the winners of the CMWRA 4 Annual Dominoes Tournament that was held on March 11, 2004. There were 36 teams signed up. CCAD made a clean sweep taking 1st, 2nd and 3rd places. Once again, they hold the coveted title of “Dominoes Champions”! The three teams that came out on top of this tough competition are as follows:

1st: William Randle and Larry Butler

2nd: Windell Turner and Rick Bozeman

3rd: Michael Demise and Melvin Johnson

CMWRA would like to thank Sam Kane Beef Processors, The Name Place, Trophyland, Sam’s Club, Coca-Cola, City Produce, Academy, Wal Mart (Greenwood, Flour Bluff, and Everhart locations), Target and everyone who came out to make this annual event a huge success. Keep your eyes and ears open for the date and place of the next dominoes tournament. For more information on this or any other CMWRA event, please call the CMWRA office at 961-3467.

Ceramic Shop: Are you looking for a special Mother’s or Father’s Day gift? Well, look no further. Stop by the Ceramic Shop located on “E” Street (Next to the Auto Skills Center) and make a box for dad or a vase for that special lady in your life. These gifts mean so much because they are hand made by you. You can cast it, purchase green ware, or ready to finish bisque all at reasonable prices. Check out our wings for the new pilot in your life. For more information, please call Lorraine or Janie at 961-2459.

Hours of Operation:

Sunday and Monday Closed

Tuesday 9 a.m. to 9 p.m.

Wednesday, Friday 9 a.m. to 4 p.m.

and Saturday

Thursday Noon to 8 p.m.

Child Development Home (CDH) Provider Program: A big congratulation goes out to Child Development Home Provider, Gloria Delgado. She has achieved one of the highest honors a CDH provider can be granted. Ms. Delgado has achieved Military Family Child Care Home Accreditation. She is the first CDH provider at NAS-CC to be awarded

this coveted honor. In order to receive this honor, she had to prepare her home and pass a validation visit. Providers that apply for and achieve accreditation show a total commitment to providing quality care because this is an extensive and time-consuming process. Again, a heartfelt congratulation is extended to Gloria Delgado for her hard work and commitment to providing quality care for our children. For more information on how to become a CDH provider, please call Leonora Apiado or Ann Wise at 961-1165.

Corpus Christi Bay Club

Specials for May:

May 1: Stuffed Salmon - \$13.95

May 7 and 14: All you can eat

Shrimp A Peel Buffet - \$15.95

May 15: Prime Rib - \$17.95

May 21: Chateaubriand Flambe

for Two - \$29.95

May 22: Surf N Turf - \$14.95

May 29: Medallions of Beef

Bemaise - \$14.95

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 \$1.00 per person is added for non-members. Salad, ice tea or coffee is included with all the meals. Reservations required for specials.

Special Events for May:

May 7 and 28: Winging designation ceremonies will be held in the ballroom at 1530.

May 9: Mother’s Day Champagne Brunch from 1000-1330 with a delicious menu featuring steam fillet, roast pork with cranberry stuffing and chicken supreme, various vegetables, salads, soups, breakfast items, assorted desserts along with coffee, juice, iced tea, and complimentary glass of champagne or bloody Mary. Reservations are advisable. Price for members is \$13.95 and \$14.95 for non-members. Children ages 6-10 eat for \$6.95, ages 3-5 for \$3.95 and children under 3 eat free.

May 14: Members Appreciation Night with all you can eat Shrimp A Peel for \$14.95 for members and \$26.95 for non- members.

May 28: Mongolian BBQ.

The Corpus Christi Bay Club invites you to celebrate Mother’s Day with them. They have planned a very special menu for all those special Mothers. Not only do they have great special for Mother’s Day, but also the CCBC has planned an entire month of some really awesome specials with great tasting menu items. **Note:** The club will be **CLOSED** May 31 in observance of Memorial Day. For more information, please call the club at 961-2541.

E-Street Gym:

5K Run Club Schedule:

Event:	Date
Summer Starter 5K Run	June 26
NAS 5K Run	August 21
Autumn 5K Run	October 30

Summer Starter 5k: The Summer Starter 5k run will be held on June 26, 2004. Participants must register by June 23, 2004.

Intramural Sports Program: All Captains’ cup sports are unit competitions. Participants must compete with their unit. Military, military dependents 18 years of age and older and DoD/NAF employees working at NASCC may participate. Contractors and civilians from other bases will be assessed an entry fee. Women are encouraged to participate in all sports. Please register on time and show up to mandatory coach’s meetings.

Holiday Hours:

May 31, 2004 Memorial Day

10 a.m. to 6 p.m.

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 to pick up a new schedule of classes.

Get Fit Incentive Program 2004: Get started on this great fitness incentive program. For every visit you make to the Fitness Express Center you will accumulate points towards this program. Your points will then be turned into PRIZES. Please register for this awesome program at the front desk.

Water Aerobics: Get your water aerobics card now for only \$5 at the Fitness Express Center. The class will begin June 1st and will be held on Tuesdays and Fridays from 9:45 to 10:45 am and on Wednesdays and Thursdays from 6 to 7 p.m. at the Oasis Pool. There is no charge for Active Duty and Reserve. A \$3 charge will be assessed for daily or guest usage.

Weight Training Equipment: The fitness center has variable weight and plate loaded equipment in addition to dumbbells and barbells. We have personal trainers and recreation specialists to guide you in accomplishing your fitness goals.

Fees: The fees are \$15 for DoD/NAF working on base, \$25 for other government employees and Navy League members, \$5 unlimited group exercise for retired military a guest/daily charge, and locker fees from \$3 to \$5 per month. Bring your guests with you for a workout for

a \$3 guest fee. A fitness center usage fee will not be charged for active duty, retired or reserve military members and their dependents. Monthly lockers may be rented for a\$5 a month for the men and \$3 a month for the women. Daily lockers are available free of charge. Please bring a lock to secure your locker.

Towel Coins: You may purchase a towel coin for \$1. This coin may be traded for a towel when you come to the fitness center. When you bring the towel back to the front counter, your coin will be returned. For more information please call The Fitness Express at 961-3164.

Gonzalez Liberty Program Center Events:

May 6: Frisbee Golf - This cool game of Frisbee Golf will be held at the GLC on May 6 at 5 p.m. Not sure what to expect? Well, stop by and see what it is all about. Prizes will be awarded to all winners.

May 11: Board Game Night - Come play your favorite board game at the GLC. Games begin at 4 p.m. Door Prizes will be given to all players.

May 14:Last Buck Night - This event is FREE for all Active Duty Military. Come and enjoy some Fajita BBQ and learn how to make South Texas Salsa!

Upcoming events sponsored by Gonzalez Liberty Center:

June 4-6: 3rd Annual Survival Weekend: The cost for this exciting weekend is \$25 per person. This weekend is not for the weak! Stop by the GLC, sign up today and prepare to test your animal instincts and the call of the wild!! Registration deadline is May 20, 2004. A Survival Weekend Team Meeting will be held at the GLC on May 20 at 5 p.m.

Information on Tickets and Tours (ITT)

Stop by ITT today and get your tickets to see an awesome semi-pro football game. You can see the South Texas Heat take on the Outlaws on May 1, 2004 at 7 p.m. The game will take place at Robstown High School. Entrance is FREE for active duty military (with ID card), \$6 admission for dependents and DoD/NAF employees with ID and \$3 for children ages 3-16. For more information on this or other games, please call the ITT office at 961-3961. Don’t forget ITT also has your tickets to various attractions, including the following:

San Antonio Attractions: Six Flags Fiesta Texas, Sea World, Splashtown, San Antonio Zoo, Schlitterbahn and more.

Houston Attractions: Six Flags, Houston Space Center, Hurricane Harbor and more.

NAS Corpus Christi May 2004 weather forecast

By AG2 Merody A. Hulsey

Naval Atlantic Meteorology and Oceanography Command

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Navy One Source: real help anytime, anywhere

By Victor Martinez

Fleet and Family Support Center

Dallas Attraction: Six Flags

Florida Attractions: Universal Studios and Walt Disney World. For prices and more attractions call ITT at 961-3961.

Lighthouse Lanes Bowling Center

The Lighthouse Lanes Bowling Center has a month full of “cool” specials. Don’t be left out in the heat. Visit the coolest place in South Texas!

May 9-Mother’s Day: Come and celebrate Mother’s Day at the Lighthouse Lanes. All women bowl FREE when accompanied by a gentleman.

May 31: Memorial Day: Visit the LHL bowling center on Memorial Day for \$1.00 games all day. The hours of operation for the Memorial Day Holiday are Noon to 10 p.m.

Summer Leagues: The Lighthouse Lanes Bowling Center is getting ready for the summer. Leagues are now forming, so stop by today and get signed up for these super summer leagues.

Unit Parties: Have your party at the “Coolest Place In South Texas”, the Lighthouse Lanes Bowling Center. You can reserve the whole facility for \$100 per hour, which includes all you can bowl. There is also an open bar available upon request.

Rock N Bowl 300: Come to the Lighthouse Lane on Fridays and Saturdays from 9:00 p.m. to midnight, and enjoy all the games you can bowl for \$10. For more information, please call the Lighthouse Lanes Bowling Center at 961-3805.

Outdoor Recreation Activity Center (ORAC)

ORAC is ready for summer and wants to get you ready too! Take advantage of all the super summer classes that ORAC is offering. There is something for everyone- just take a look.

Sailing and Motor Boat Classes: These classes will be offered on a day-to-day basis in order to meet the needs of our customers. Please call the marina to find out specific time and dates for these “must take” summer classes. Group and/or private classes will also be available.

Scuba Classes: ORAC will also be offering scuba classes. These classes cover all levels from beginner to advanced.

Windsurfing Classes: Don’t stop with motorboats and scuba classes. Go for the gusto and take the windsurfing classes also. You will be the talk of the beach with all your skills in these fun summertime activities.

Also Available: ORAC not only offers classes, and also meets all your fishing, camping and fun time needs. You can stop in and get all the gear you need for fishing, camping and kayaking excursions.

New commissary newsletter keeps customers connected

By Bonnie Powell

Defense Commissary Agency



FORT LEE, Va. – Staying connected to your commissary benefit is now just a click away. Commissary Connection, a customer newsletter delivered via e-mail, is launching in late April but shoppers can sign up now at <http://www.commissaries.com>.

Commissaries may carry “Spam” on store shelves, but Defense Commissary Agency (DeCA) officials have no intention of delivering it through e-mail. Commissary Connection will be a fairly informal newsletter, according to Kaye Kennedy, chief of corporate communications for DeCA. “We’re planning to send it out only when we have significant news to communicate to customers,” said Kennedy. “We already work with military newspapers, television, radio and various military news services to get the word out to customers. Commissary news is also available on our Web site, and many commissaries have a store newsletter they send out locally. Commissary Connection is simply another tool to proactively communicate with customers and keep them informed of ‘what’s happening’ in commissaries.”

Commissary Connection will keep customers abreast of news about promotions and sales, and it will offer links to manufacturer and vendor sites where they can enter shopping sprees and contests, or sign up for commercial newsletters.

The newsletter will be delivered from a mailbox at CommissaryConnection@deca.mil and sign-up is through a link on the front page of <http://www.commissaries.com>. Shoppers are not required to give any personal information when they sign up.

“All people have to do to subscribe is give us an e-mail address,” said Kennedy.

Commissary newsletter by e-mail Subscribers will receive a welcoming e-mail when they sign up.

“We take privacy issues very seriously and we don’t collect information on our customers. We also wanted to keep the process simple,” added Kennedy.

The first edition of Commissary Connection will not be distributed until the end of April, giving shoppers time to sign up and catch the first issue.

AWARDS & ACHIEVEMENTS

Off into the wild blue yonder!



Photo by Ensign Catherine Dow

The following individuals received their "wings," designating them as aviators, during a "winging" ceremony at the Corpus Christi Bay Club April 16. In alphabetical order: Ensign Emanuele Angeli, Italian Navy; 2nd Lt. Christopher Best, USAF; Ensign Edoardo Bettiol, Italian Navy; Lt. j.g. Jeff Bogdanovich, USCG; Ensign Gian Carlo Dell'Orco, Italian Navy; Ensign Stefano Di Capua, Italian Navy; 2nd Lt. John Fucillo, USAF; Ensign Frederico Fugazzoto, Italian Navy; 2nd Lt. Kevin Hermann, USMC; 2nd Lt. Mark Olmstead, USAF; Ensign Donato Robertazzo, Italian Navy; Ensign Andrea Rovinalti, Italian Navy; 1st Lt. Jeff Stalnaker, USMC; Ensign Simone Uchedu, Italian Navy; Ensign Robert Woodards, USN.

Navy and Marine Corps Achievement Medal



Photo by MAC(SW) Annette Torres

MA1(SW) Michael L. Brown received a Navy and Marine Corps Achievement Medal while serving as Assistant Chief Master-at-Arms, MK 41 VLS Technician, and VBSS Team Member from 27 August, 2000 to 10 November, 2002 aboard USS Antietam (CG-54). Brown receives his award from Ensign Rolando Ayala, NAS Security Officer.

First Responder, and Civilian of the Quarter!



Photo by MAC(SW) Annette Torres

Mr. Robert Perusquia receives his certificate for completing the Advanced Law Enforcement Rapid Response Training, (ALERT) course. He is congratulated by Ensign Rolando Ayala, NAS Security Officer. Perusquia also was named Civilian of the Quarter for outstanding performance and lasting contributions during the Fourth Quarter, FY 2003.

NAS HOSTS EARTH/BAY DAY FAIR

Celebration emphasizes stewardship of land, water
Story and photos by JO2 Jeffrey Fretland

Caring for the world's land and water reserves was emphasized recently when NAS hosted the annual Earth/Bay Day Fair held Saturday, April 17. The fair is designed to highlight the importance of maintaining clean air and water, according to Teresa Carrillo of the Coastal Bend Bays Foundation.

"This is a collaborative effort to combine education and outreach programs into one major format," said Carrillo. "We work with other entities to be certain we educate the public about environmental issues so they can better understand the importance of caring for the earth. We thought it was a good idea to combine stewardship of the land with caring for the bays."

Ross Ybarra, Director of the NAS Environmental Office and Earth/Bay Day program coordinator, said reaching out and instructing young people is the key to insuring quality of life here on the planet.

"It's important for people to bring out and develop an enthusiasm for the environment," Ybarra said. "We need to keep our air, land, and water clean so it can be maintained for future generations."

A 4.4-mile fun run started the day's festivities. MWR Fitness Center Director Gail Marsh said the run is popular because it is a follow-up to the Beach to Bay Run next month.

"We had 67 people participate in the run," said Marsh. "This is a great way to celebrate environmental awareness."

Ensign Justin Ott, VT-27 Training Squadron finished in first place over all with a time of 24 minutes, 54 seconds.

"It feels pretty good," said Ott. "It wasn't really super-competitive, and it's a good time of day to be out running. It really gets your adrenalin going."

The Earth Day opening ceremony featured KGTV Channel Ten anchor Kevin Steele as master of ceremonies. Steele read a portion of Corpus Christi mayor Loyd Neal's proclamation citing the importance of observing Earth Day. The Most Rev. Rene Garcia, Bishop Emeritus of the Catholic Diocese of Corpus Christi gave the benediction.

NAS Commanding Officer Capt. Paula Hinger said it required 18 months of planning and preparation for NAS hosting the Earth/Bay Day celebration to become a reality.

"Given the cooperation and warmth of the local community in helping us with various projects, we felt it was time we hosted Earth/Bay Day celebrations," said Hinger. "It's our way of saying thank you for all the support we have received over the years."

The fair featured several different information booths featuring everything from xeriscaping to wooden toys, in addition to a wide range of entertainment venues, from bands to storytellers.

Participants and visitors alike were impressed by all the fair had to offer.

Megan Perez, a volunteer with the Texas Zoo in nearby Victoria, loves sharing her knowledge of Texas wildlife, especially with kids.

"They're fascinated by the specimens we have on display here, especially the snakes," said Perez. "They are so willing to learn everything they can about the world they live in."

Jose Saenz of Prescott Elementary School in Corpus Christi agreed.

"They have a lot of cool stuff here-especially the snakes!" Saenz added. "And the rock climbing is fun, too!"



Runners prepare for the starting gun of the NAS Earth/Bay Day Run. Sixty-seven runners participated in the 4.4 mile-long course as part of the Earth Day celebration, designed to raise awareness of environmental issues



And they're off—Runners fly across the starting line at the beginning of the NAS Earth/Bay Day Run. Ensign Justin Ott from VT-27 finished first overall with a time of 24:54. The race was held in conjunction with an Earth/Bay Day Fair that featured exhibits, food, and entertainment.



Karen Ivey from the San Patricio Municipal Water District explains the benefits of xeriscaping (using native plants to minimize water usage) to Stephanie Burger (left) and son Ric of Corpus Christi. Ivey was one of several participants in the NAS Earth/Bay Day Fair held at the picnic pavilion on Sunfish Beach.



U.S. Park Service Ranger William Botts explains the difference in brain sizes between loggerhead turtles and rabbits to an interested crowd of spectators at the National Park Service booth. Botts and several other rangers were on hand to explain the effects of land and water pollution on various local land and sea animals.