

Wingspan

Vol. 10, No. 10 Naval Air Station Corpus Christi, Texas Thursday • May 13, 2004

Vintage aircraft gets major refurbishment

By Lt. j.g. Mitchell Allen, Maintenance Material Control Officer, Organizational Maintenance Division

If you have been by the Bay Club in the past few months, you may have noticed the absence of the T-28 static display aircraft. The aircraft has been in Hangar 58 where four members of the Organizational Maintenance Division (OMD) have been very busy refurbishing the aircraft. AMC (AW) William Sistrunk, AM1 (AW) Patrick Fleming, AM2 (AW/SW) Paul Chapman, and ADAN Richard Burch have performed substructure and cosmetic repairs on the T-28, and recently completed the project with two days of painting. The aircraft looks fantastic, and is back at its previous location outside the Bay Club. Base personnel and visitors are encouraged to go by and see the outstanding work of these four personnel. The A-4 and C-12 aircraft located at the four-way stop near the Navy Exchange are also scheduled for refurbishment. These same individuals will perform that work. Nice job, guys!



Photo by Lt. j.g. Mitchell Allen

AM1(AW)Patrick Fleming removes corrosion from the T-28 using a "Vacuum Blaster" which removes corrosion and recovers any hazardous waste in the process. Fleming also manufactured the stands supporting the aircraft where the landing gear supports were replaced.

Two familiar faces soon hospital history 90 years of combined federal service ends

By Bill W. Love, NHCC Public Affairs

Mr. Donald Hammond, 85, and Mr. Everett Peroni, 61, retired from NAS Public Works Department April 29, ending 90 years of combined, faithful federal service. The two men, known affectionately to the staff as Mr. Green Jeans and Pepi, respectively, bid farewell at a pot-luck luncheon Thursday, April 29 in the hospital crew's lounge.

Mr. Green Jeans, who came to Corpus Christi in 1969 after serving 23-years in the Air Force, was born in Ridgeville Township, Ohio in 1921. He worked at the City Marina for nearly three years before hiring on as a pipe fitter at Naval Air Station Corpus Christi's Boiler Plant, located in Bldg. 13. After working at NAS for two years, the Public Works Center made him a permanent employee here when the new Naval Hospital Corpus Christi Bldg. H-100 opened in 1974. Although a pipe fitter, NHCC staff members know him as the jack-of-all-trades.

According to his friend and co-worker, Pepi Peroni, "He does it all! He has that 'can do' attitude."

Pepi said that Mr. Green Jeans is surprisingly versatile and that he should have a Ph.D. in his trade.

"One day I was thinking about something, and about how flexible and how well he can do things, and then I just started calling him doctor...Dr. Green Jeans," said Pepi.

Amid Pepi's obvious admiration for Mr. Green Jeans' stamina, Pepi also expressed his amazement, adding, "Gee! I'll just be happy if I live that long!"



Photo by SK3 Krystal Graham

From left, AMC(AW) William Sistrunk, AM1(AW) Patrick Fleming, AM2(SW/AW) Paul Chapman, and ADAN Richard Burch stand in front of the refurbished T-28 at the Corpus Christi Bay Club.

Born in Hood River, Oregon in 1943, Pepi moved to Corpus Christi from McAllen, Texas in 1974. He has been an air-conditioning equipment mechanic for Public Works Center 41 for 30 years, and 15 years ago he became a member of the hospital facilities' staff.

"He's a very good worker," stated Mr. Green Jeans, "and he loves to talk, but you can't find a more willing and cooperative worker."

Mr. Green Jeans says the one thing he will miss the most are the exceptional people he has worked with for the past 30 years at NHCC.

"I've had the opportunity to be with good people," said Mr. Green Jeans. "My job has been great, because it's been a challenge. There's always been something new to do, and it varies from time to time."



Photo by Bill W. Love

It's been nice knowing you, pal—Mr Everett "Pepi" Peroni (left) and Mr. Donald "Green Jeans" Hammond shake hands with each other on the NHCC quarterdeck. Both men retired April 30 after 90 combined years of faithful service. The hospital staff honored them with a potluck luncheon April 29 in the hospital crew's lounge.

From the Skipper

DEFY program encourages better lifestyle

By Capt. Paula Hinger



Hinger

What is DEFY? DEFY is the two-phase Drug Education For Youth program designed to develop the skills and tools in today's adolescents to resist alcohol, tobacco and drug use, and to avoid affiliating with gang activity. DEFY targets primarily the 9-12 year old age group, considered the age when youths are the most impressionable.

These objectives are accomplished by focusing on the whole individual. DEFY activities and instruction center around helping your children grow and learn by developing both their mind and body.

DEFY staff will help your kids improve their potential by developing their self-esteem, confidence, optimism and sense of responsibility. The counselors also target strengthening positive social skills, through the development of healthy friendships and successful interaction with peers, parents, guardians and authority figures. They interact in and contribute to positive focal groups, including youth organizations.

Other benefits of the program include youth learning to use self-management skills, such as avoiding and managing conflicts, setting and achieving goals, accepting challenges and resisting peer pressure. Young people can upgrade their lifestyle through physical fitness training, sports and physical challenges. They also can enhance their knowledge of drug information and refusal skills, and raise their awareness of the peer pressures to use drugs.

The DEFY program exposes kids to educational, vocational and career information. We believe that each of these goals is important to achieve, in order for young people to grow up and be healthy, productive and substance-free adults.

For more information, contact the DEFY Coordinators at 961-2246, or 533-0156.

Healthwatch

Monitoring diabetes improves health, well-being

By Lt. Nate Ruttig

Chances are, you or someone you know has diabetes and they may not even know it. There are two types of diabetes, Type One and Type Two. Type One occurs in early in life, as a baby, child, teenager, or young adult. Type Two occurs later in life, usually after age 35. Over 15 percent of adults over age 60 have diabetes Type Two, and half of them do not even realize it. Diabetes is caused by genetic and environmental factors and is not contagious.

In both types of diabetes, blood sugars are raised out of control. The excessive sugar coats blood vessels and important enzymes in the body, causing a "rusting" and eventual breakdown in all areas, leading to blindness, heart attacks, stroke, kidney failure, and the loss of limbs.

The single most important risk factor for diabetes Type Two is a person's weight. If you are a female with waist circumference over 35 inches, or male with waist circumference over 40 inches, then you are at increased risk of developing diabetes Type Two. Every individual has a uniquely, genetically determined diabetes "weight set-point," that if exceeded will eventually cause diabetes Type Two. This "set-point" may be 200 pounds in one individual, or 600 pounds in another, depending largely on genetics.

Symptoms of both types of diabetes are the same. Increased thirst and appetite, and frequent urination are the main symptoms. Blurring of the

Chaplain's Corner

Mom packed my chute!

By Chaplain Robert Christian

My mother packed my parachute. Now, before you start telling me that my Mom wears Army boots, let me illustrate my point.

Capt. Charles Plumb was a U.S. Navy pilot in Vietnam. After 75 combat

missions, his plane was destroyed by a surface-to-air missile. Capt. Plumb ejected and parachuted into enemy hands. He was captured and spent six years in a Vietnamese communist prison. He survived the ordeal, and now lectures on lessons learned from that experience.



Christian

One day, while Capt. Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Capt. Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!" "How in the world did you know that?" asked Capt. Plumb. "I packed your parachute," the man replied. Capt. Plumb gasped with surprise and appreciation. The man shook his hand and said, "I guess it worked!" Capt. Plumb assured him that the chute had indeed worked and without him doing his job, he would not be there that day. Capt. Plumb was greatly impacted by that experience. He wondered how many times he had passed this Sailor without so much as a greeting. He thought of this Sailor in the bowels of the ship, carefully weaving the shrouds and folding the

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.



Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

Commanding Officer

Capt. Paula Hinger

Public Affairs Officer

Lt. j.g. Daniel Harmon

Editor/Writer

JO2 Jeffrey Fretland

Wingspan is an authorized publication for members of the military services, civilian personnel and their families. Its contents do not necessarily reflect the views of the U.S. Government, the Department of Defense, Department of the Navy or the Department of the Army, and do not imply endorsement thereof.

Wingspan is published every other week by D.J. Young Publishing, 145 Naples St., Corpus Christi, Texas 78404, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Air Station Corpus Christi, Texas.

The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station. Stories and photos not otherwise attributed are written by the Wingspan staff. The address is: Commanding Officer, NAS Corpus Christi, Attn: Wingspan, 11001 D St. Suite 143, Corpus Christi, Texas, 78419-5021. All news releases should be sent to the above address. Please call (361) 961-2674 for deadline information.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Navy, the U.S. Army, Naval Air Station Corpus Christi, or D.J. Young Publishing, of the products and services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

To advertise in Wingspan, please call D.J. Young Publishing at (361) 814-0866.

Station Spotlight



Joseph S. Beatty
Inventory Management Specialist, Weapons Dept.

Originally from Maple Lake, Minn., Beatty has worked in the civil service sector for the last 12 years. He has been aboard NASCC for five months.

"The best part of my job is the interaction with the military personnel, and the responsibilities I have," said Beatty.

Beatty's future plans include planning for retirement, and earning a college degree. Beatty is single.



ABHC (AW/SW) Craig C. Bokop
Airfield Support LCPO, Air Operations Dept.

A native of Wall Township, N.J., Bokop has been in the Navy for 17 years, and has been on board NASCC since March 2003. Bokop was previously stationed aboard USS George Washington (CVN-73). Bokop would like to retire from the Navy after 20 years. He enjoys his occupation because he thrives on the new challenges each day brings.

"Nothing is routine," said Bokop.

Bokop enjoys fishing and driving All-Terrain Vehicles (ATVs) in his spare time.

Bokop is single, and has three daughters-Brittany, 15; Ashley, 14; and Alexis, 18 months.

High blood pressure, a silent killer

By Samuel Rivera, PhD, NHCC Health Educator

May is National High Blood Pressure Education Month – do you know your numbers? According to the American Heart Association, every 34 seconds an American dies of cardiovascular (heart) or blood vessel disease in the United States. These numbers are shocking and are rising. Annually, heart disease and high blood pressure are responsible for over 925,000 deaths in our population. High blood pressure or hypertension is also known as the silent killer. Why is it called the "Silent Killer?" Unless the blood pressure just happens to be checked, most people would not know that their pressure is elevated. It reveals no symptoms, and attacks unsuspecting people of all ages and backgrounds. You can go for years without ever knowing you have high blood pressure. It is very important for us all to understand and identify the risk factors that put us in the sight of the silent killer. There are risk factors that are uncontrollable and those that we can control through life style changes. Here are the risk factors that we cannot control:

- Age - High blood pressure occurs more often in men over the age of 35 and women over the age of 45.
 - Gender - Men are more likely to develop the condition than women up until age 55.
 - Family history - Your chance increases if your parents or close relatives have the condition of high blood pressure.
 - Race - African-Americans and Hispanics are more likely to have high blood pressure than the general population.
- The more uncontrollable factors you have, the more important it is to make life style adjustments that you can control.

These are the risk factors that relate to life style that we can control:

- Tobacco use - Tobacco use, whether chewing or smoking, raises your blood pressure dramatically by stimulating your heart to beat faster and pump harder.
- Being overweight - Weight loss will help in lowering your high blood pressure. Individuals that are overweight are more likely to develop diabetes, heart diseases and high cholesterol levels in the blood.
- Stress - Learn how to cope with stress. Stressed individuals tend to have high blood pressure. Meditate, listen to soft music or do relaxation exercises daily.
- Medication - If you are taking high blood pressure medication, ensure that it is taken faithfully.

- Exercise - Participate in a regular exercise program. This will tone your heart, blood vessels, and muscles, and of course keep your blood pressure low.
- Alcohol – Heavy or regular consumption of alcohol increases your blood pressure dramatically. It also has damaging effects to your liver and kidneys.
- Eating habits - Salt: Limit your salt intake in your diet. Too much salt causes the body to retain water, which increases the volume of blood in circulation and pressure in the arteries. Eating fried and high fat/cholesterol foods will clog the arteries, hindering them from properly circulating blood in the body.

Everyone should take a preventive approach in reducing his or her life style risk factors. This will not only improve your health, and lower your risk of having high blood pressure but will also decrease your chances of having a heart attack. A plan of action to reduce these risks factors should be accomplished with the assistance of your physician and or a health care professional. The NHCC Wellness Center offers programs such as nutrition/weight management, cholesterol, stress management and tobacco cessation that can assist you in reducing your life style risk factors.

Remember, the "Silent Killer" is out there. Don't let your numbers get too high! Call the NHCC Wellness Center at 961-3914 for further information.

May Calendar of Events

6th - 21st: Coronation Robes Display. At the Art Center, 10:00 a.m - 4:00 p.m closed on Mondays, donations accepted. 2004 Buccaneer Days Coronation, Las Donas de la Corte's display of robes - The Court of Divine Inspiration. For more information call 884-6406.

15th: Beach to Bay 2004 "Back to the Beach." Beach to Bay is an annual event held in Corpus Christi in conjunction with "Armed Forces Day." This six-person running event is the United States' premier relay race, attracting participants from as far away as Mexico, New York City and California. For more information, call the Roadrunners Hotline at (361) 881-6166.

May 17-21: The NAS Navy College Center is hosting an Open House to celebrate the grand opening of their new classroom building. The weeklong festivities include workshops involving resume writing, memory improvement techniques, an education fair featuring representatives from Del Mar College, Texas A & M Corpus Christi, the University of Phoenix, and other institutions, and much more. For more information, contact the NASCC Navy College Center office at 961-3236, or stop by building 1731.

29th: Festival of Wines. Texas Maritime Museum, 1202 Navigation Circle, Rockport, TX, 4:00 - 10:00 p.m. The 8th annual Festival of Wines, benefiting the Texas Maritime Museum. Wines from Texas, Pacific Northwest, California, Europe and South America. Wine seminars and cooking demonstrations are held throughout the event. Food offerings from local restaurants, vendors and gourmet specialties. \$15 per person. For more information, call Kathy at (361) 729-1271.

ECPI College of Technology to begin new on-line degree program

By Tim Erickson, EPCI Field Representative

Electronic Communications Programming and Information Systems (ECPI) College of Technology, based in Virginia Beach, Va., will soon begin registering students for on-line degree programs, and in-class technical certification programs at Naval Air Station Corpus Christi. This move marks an expansion to the college programs initially offered at Naval Station Ingleside, and will provide greater class scheduling options to military personnel located in the metropolitan Corpus Christi area. ECPI has also relocated its Naval Station Ingleside classroom into the new on-base Navy College office building.

Military personnel stationed in South Texas will have access to the same degree programs available to all ECPI on-line students, and will have the ability to participate in a number of Continuing Education technical certification programs that are in high demand in the Computer and Information Technology market sector.

ECPI has a number of education programs specifically designed to assist military personnel to obtain their formal degree, diploma or valued technical certifications.

- NCPACE and SOC Programs-ECPI College of Technology offers courses through the Navy College Programs for Afloat College Education (NCPACE) Program and is a member of Service Member's Opportunity College (SOC), and also offers the SOC/AD/COAST/GUARD/MAR/NAV-2 program.
- On-Base Degree Program-ECPI offers on base education programs at Naval Station Norfolk, Va., Naval Air Station Oceana, Va., and Naval Station Ingleside. ECPI also supports military personnel with Internet based On-Line education opportunities. The programs currently available at Naval Station Ingleside will be duplicated at the new Naval Air Station Corpus Christi.
- Certification Programs-ECPI offers designated Industry Certification opportunities at Naval Station Norfolk, Va., Naval Air Station Oceana, Va., and Naval Station Ingleside. ECPI is both a Microsoft Information Technology Academy and a Cisco Networking Academy. The official vendor curriculum is used in both of these programs. ECPI faculty members are certified by the industry vendor and possess the required academic credentials to teach at the college. These programs will also be available at the Naval Air Station Corpus Christi.
- Full Accreditation-The Commission on Colleges of the Southern Association of Colleges and Schools to award Associate's Degrees accredits ECPI College of Technology. The Veteran's Administration (VA) also certifies the college, and all courses are fully eligible for Navy Tuition Assistance.
- Scholarship Programs-Partial scholarships are available to active duty Navy personnel designated as Command or higher echelon Sailor or Military Member of the Year and Sailor or Military Member of the Quarter.

To find out more about technical education programs available in South Texas. Interested personnel can contact ECPI's South Texas representative Mr. Francisco "Chico" Buyo, at fbuyo@epci.edu or call him at (361) 775-2976. Interested students and command representative can also direct inquiries to militaryaffairs@epci.edu.

Commissary Awareness Month features shopping list full of excitement in May

By Bonnie Powell, Defense Commissary Agency



The 2004 Commissary Awareness Month (CAM) shopping list is full, and included on the menu are case lot sales, single service member tours, special Guard and Reserve events, the launch of the Commissary Connection customer newsletter and the launch of a new marketing program: "Savings You've Earned."

"That's just a taste of what's in store for the month of May," said Defense Commissary Agency director, Air Force Maj. Gen. Mike Wiedemer. "It really is like a shopping list, except we're shopping for customers!"

Not that there is any lack of customers at commissaries worldwide.

"Customers are shopping more than ever," said DeCA deputy director Pat Nixon. "But sales are not really what we're all about."

Since DeCA sells groceries at cost, profit is not a motivation for increasing sales. But more business means greater savings for commissary customers. When business is up, commissary vendors are often motivated to offer lower prices – prices that DeCA passes directly to shoppers.

"That's really what we're about," said Nixon. "Our mission is to obtain the lowest prices on quality name-brand products so we can continue to save customers an average of 30 percent or more on their grocery bills."

"Commissary Awareness Month is all about savings and spreading the word to all authorized shoppers," said Wiedemer. "It serves as a focal point for celebrating the savings and celebrating the commissary benefit."

"Extreme" savings are a reason to celebrate for many customers as September's successful "World's Biggest Case Lot Sale" is expanded to a second worldwide sale during Commissary Awareness Month in May. Case lot sales routinely save customers 50 percent or more off regular prices for paper products, cereal, canned goods, beverages, cleaning supplies and more.

Commissaries have the freedom to schedule their sales anytime during May, so customers should check their local commissary web pages under the "Locations" link at www.commissaires.com to find more local case lot sale dates and hours of operation.

While visiting DeCA's Web site, customers can now sign up for the new "Commissary Connection" e-mail newsletter offering commissary news, tips, and Hot Links to Web sites that can steer them to more savings.

Commissary Awareness Month is also the time of year when commissaries make a concerted effort to reach new customers through "show and tell" tours for single service members, new service members and Guard and Reserve families. Reserve forces were granted unlimited commissary shopping privileges by the 2004 Defense Authorization Act signed in November 2003.

"Our goal is to make sure every Guard and Reserve family gets the word that the commissary can put money in their pockets and food on their tables," said Nixon. "Throughout the year there will be welcoming ceremonies and outreach activities at U.S. stores, and many commissaries will conduct off-site case lot sales. Basically, that's when we take the store to the Guard and Reserve, offering a taste of what they can experience if they shop at their commissary. It's a way to introduce them to their benefit and encourage them to shop."

Regular commissary shopping can save about \$2,700 annually for a family of four.

The annual single service member campaign in May is geared toward introducing new and single shoppers to their commissary.

"Many of our new and single military members don't realize they can save as much as \$700 a year by shopping regularly for their personal items, vitamins and over the counter medicines, snacks and beverages and more," said Scott Simpson, DeCA's chief operating officer.

In the past the single service member campaigns have included programs such as Better Opportunities for Single Soldiers, Single Marines and Navy Liberty. The Air Force doesn't have a formal single service member program, but for the first time, many First Term Airmen centers will be participating in CAM tours. Overall, sign ups for the 2004 program have reached an all-time high of 75.

Commissary Awareness Month ends with a patriotic splash Memorial Day weekend with the launch of "Savings You've Earned" on May 27.

"This is a brand new worldwide commissary signage and marketing program," said Simpson. "Savings You've Earned should help customers easily identify what's on sale. The red, white and blue shelf signs, posters, banners, and employee buttons will create excitement in commissaries worldwide, and reinforce commissary savings messages."

"We want to make sure our customers feel welcome in their commissaries and that they are taking full advantage of the savings," said Wiedemer. "It truly is savings they deserve, and savings they've earned."

MWR News and 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.

11 a.m. to 1 p.m.

4 p.m. to 6 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 hr.

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.

Ceramic Shop: Are you looking for a special 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. 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. Glazing classes are also available. The cost for the courses is \$12.50, and includes all supplies. The first class will last between three to four hours. Participants must be 12 years or older. 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.

Corpus Christi Bay Club

Specials for May:

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

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 are required for the specials.

Special Events for May:

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

May 28: Winging designation ceremonies will be held in the ballroom at 3:30 p.m.

Note: The Club will be CLOSED May 31 in observance of Memorial Day.

For more information on specials catering, and Club inquiries, 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.

For more 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 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: Watch out for the following upcoming events being 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.

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 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.

Rock N Bowl 300: Come to the Lighthouse Lane on Fridays and Saturdays from 9:00 p.m. to midnight, and enjoy all you can bowl for \$10.

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. 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. Don’t wait any longer. Please stop by today and take advantage of the opportunities offered to you by the ORAC marina. For more information, please contact your friendly ORAC staff at 961-1293.

Youth Activities Center

Join The Zone for a month full of fun and exciting activities and events:

May 15 and 29: Skate Park 2 p.m. to 5 p.m.

May 18: Basketball Tournament 6 p.m. to 8 p.m.

May 19: Cooking Activity 6 p.m. to 7 p.m.

May 20: Nine-Ball Tournament 6 p.m. to 7 p.m.

May 21: Teen Food and Flick Night 6 p.m. to 8 p.m.

May 22: May Birthday Party 6 p.m. to 7 p.m.

May 24: NBA Live 6 p.m. to 8 p.m.

May 25 and 27: One on One Basketball Tournament 6 p.m. to 8 p.m.

May 28: Full Day Camp 6 a.m. to 6 p.m.

May 31: CLOSED for Memorial Day



*You are invited
to participate in, and experience*

Santa Cruz de Mayo

*At St. Paul the Apostle Church
2233 Waldron Road
on May 16, 2004 Sunday
with the 6:00 p.m. Mass*

You may bring flowers to offer
to our Blessed Mother
Flower donations or kakanin donations
are very welcome

Pottluck reception after the procession

Final registration for
participants - Sunday, May 9, 2004
General rehearsal - Friday,
May 14, 2004 6:00 p.m.

For questions or information, call:
Roger Munoz 939-7579
Alice Otaes 937-3716
Mely Miguel 939-7526
Leonora Apiado 937-6675

Plasma TV’s pose special hazards

By Charles Wilson, Naval Supply Systems Command



If you are planning a household goods move and you own a plasma television, be aware that these types of TV’s warrant special handling and possibly extra insurance to cover their full cost. As this type of TV becomes more common, the problems associated with their shipment and storage become more evident.

One major consideration is the fact that the basic liability on a DOD sponsored move for televisions is capped at \$2,500. Since most plasma TV’s exceeded this cap, the DOD employee could be out a lot of money if it is damaged. If this is not bad enough, plasma TV’s tend to be sensitive to excessive handling and extremes in heat or cold, in addition to physical orientation. Some carriers under the DOD tariff for moving household goods may refuse to move plasma TV’s. While this has not happened frequently, these situations are on the rise with the advent and popularity of this type of TV.

When arranging your Household Goods (HHG) move at the Personal Property Office, make sure you inform the customer service personnel that you have a plasma TV. Although it is completely optional, it is highly advisable that you take out Full Replacement Protection or High Value Insurance through the DOD shipping office, or alternatively contact an insurance company about coverage. The personal property office will approve crating for these TV’s. It is important to realize that the best enclosure for moving the TV is the original manufacturer’s box complete with all the inserts and padding. It would be wise when purchasing a plasma TV to stow the box away for future use.

Generally, plasma TV’s should only be stored in the upright position and temperatures should not be outside 15° F. and the 122° F. Plasma TV’s also should not be stored above the 9,800 ft. elevation. This constraint varies widely by manufacturer.

It should be noted that the government does NOT have climate-controlled warehouses. Any long-term storage situations could result in damage. Please discuss this with the Personal Property Office, if it appears you will need to store a Plasma TV for over six months.

One alternative is to move your Plasma TV in a Do-it-Yourself (DITY) Move. This way you can be “in control” of the move, without having to spend the extra money on insurance. Be careful when moving the TV, because claims on DITY moves must show that you complied with manufacturers’ guidelines in the moving or storage.

AWARDS & ACHIEVEMENTS

Bravo Zulu to new NAS Petty Officers

Congratulations to the following Sailors who advanced to Navy Third, Second and First Class Petty Officers in their respective rates:

- | | |
|-----------------------|-------------------------|
| LN2 Hollie Bayless | MA3 Dustin Henry |
| AE2 Robert Berthiaume | STS1 Randy Hills |
| AC2 Jeremy Bolduc | CS3 Lisa Johnson |
| AC2 Kristie Buckley | AC3 James Keane, Jr. |
| AC2 Noah Carmichael | AC3 Kurt Lilja |
| AC3 Nathan Cooper | ABH2 Rodney Martinez |
| AC2 Jason Dedrick | MA1 David Paoletti |
| AC3 Ashley Drage | MA2 Felicia Puebla |
| ABH2 Sarah Foster | MA3 Gary Pyles |
| MA2 Michael Fowlkes | QM1 David Rader, Jr. |
| AC3 Bradley Francis | QM3 Charles Schwindt |
| IC1 Aaron Frank | AC3 Kelvin Shorts |
| MA1 Juan Garcia II | AC3 Felicia Small |
| MA2 Kyle Hackett | AE1 Matthew Villalpondo |
| AC3 Quincy Hall | DC2 Joseph Wolfe |



Combined 127 Years of Service



Photo by JO2 Jeffrey Fretland

(Clockwise, from top left) Jeanette Bearden, Gabriel Rivera, Janice Johnson, and Hilda Summa were feted at a retirement party held April 30 in the NAS conference room. All were civil service employees in the Comptroller's Office. Bearden retired with 16 years of service; Rivera, with 22; Johnson, 25; and Summa, 28. Another retiree from the same department, David Franks, accumulated 36 years of service but could not be present for the festivities.



Fair Winds and Following Seas



Photo by JO2 Jeffrey Fretland

ENC (SW) Eugene Poulin (left) is presented a shadow box from CMDMCM (AW/SW) Eric Thomas during Poulin's retirement ceremony April 30. Poulin transferred to the Fleet Reserve after 20 years of Naval service.

Up and at 'em for six more!



Photo by JO2 Jeffrey Fretland

AME1 Michael Alberts, left, displays his certificate of re-enlistment after taking the Navy oath for another six years of service. Roberts re-enlisted Saturday, May 1, at a ceremony on the NAS quarterdeck. Flanking Alberts is his re-enlisting officer, CW03 Leray Godfrey, U.S. Coast Guard.

NHCC Awards

Captain Alton L. Stocks, Naval Hospital Corpus Christi commanding officer, presented the following individuals with their respective Navy and Marine Corps Achievement Medals during a ceremony at the hospital April 8. *Photos by Bill W. Love.*



Hospital Corpsman First Class Thomas Miller, NHCC, was cited for ensuring the tracking and expeditious medical evacuation of 800 injured U.S. military, enemy prisoners of war and Iraqi civilians to healthcare facilities throughout the operation from Feb. 5 to July 30, 2003.



Hospital Corpsman Third Class Jose Ramirez, NHCC, was cited for contributing to the life-saving treatment of 30 critically injured combat casualties within the first 96 hours of the war, and an additional 250 throughout the next two weeks of the combat operations, from Feb. 4 to Sept. 1, 2003.



Hospital Corpsman Second Class Hector Carbajal, NHCC, was recognized for personally treating over 90 combat casualties and assisting in numerous life-saving resuscitations from Mar. 18 to May 8, 2003.

X-Division Awards



Photo by JO2 Jeffrey Fretland

STS1 (SS) Randy Hills (right) receives his third Good Conduct Medal award from NAS Staff Judge Advocate and Executive Department Head Lt. Cmdr. Ralph Bowers.



Photo by JO2 Jeffrey Fretland

BM2 Alberto Garcia (right) is awarded a Navy-Marine Corps Achievement Medal for outstanding service while stationed at the U.S. Naval Support Activity Bahrain.



CPOA strikes again!



Photo by Lt. Scott Walters

MNCM (SW) Jerry Williams, Command Master Chief of the Mobile Mine Assembly Group, and President of the Corpus Christi Chief Petty Officer's Association, presents a check for \$1,000 raised by the NASCC CPOA to Mr. Art Bailey, Director of the Navy Marine Corps Relief Society (NMRC) as NAS Commanding Officer Capt. Paula Hinger looks on. Navy Region South raised \$42,000 for the NMRC.

