

Wingspan

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NAS, nation remembers, pays homage to “The Gipper” Military had no greater friend than President Reagan

By JO2 Jeffrey Fretland

The nation and the world mourned the loss of President Ronald Wilson Reagan, who died Saturday, June fifth from pneumonia brought on as a complication of Alzheimer’s disease. Reagan was 93.

One of the most popular and prominent Presidents in the twentieth century, Reagan led a revolutionary administration that created a colossal military build up, which eventually led to the fall of communism in eastern Europe, and the eventual demise of the Soviet Union.

President Reagan served in the military by joining the Army. In 1935 he enlisted in the Army Reserve, and in July 1943 he was promoted to the rank of Captain. Reagan spent the bulk of his military career stateside, and during World War II he produced and starred in military training films. He was honorably discharged on December 9, 1945, after having spent 10 years in the Army Reserve. He had been placed on active duty in the Army Air Corps.

Reagan was also an actor for nearly 30 years, and served as president of the Screen Actors Guild from 1949 to 1954. Reagan starred in over 40 movies, and



Reagan Library Photo
President Reagan returns the salute before the start of his commencement address at the United States Air Force Academy in Colorado Springs, Colo.

is best remembered for his portrayal of a dying football star in Knute Rockney: All American.

It was Reagan’s famous line from the movie, “Go out and win one for the Gipper,”

which earned him the nickname that remained with him the rest of his life.

Reagan eventually changed career paths, moving from acting to politics. He ran for governor of California in 1966, and defeated

the incumbent, Edmund “Pat” Brown. Reagan served as California’s governor from 1967 to 1975.

Reagan served two consecutive presidential terms, from 1981 to 1989. He was named Time Magazine’s Man of the Year in 1981 while serving as the nation’s fortieth President. At 69, Reagan was the oldest president ever to be elected and sworn into office.

The Iran hostage crisis ended during President Reagan’s Inauguration. Fifty-two Americans were released after 444 days of captivity.

President Reagan’s initial days in office were anything but peaceful. On March 30, 1981, John W. Hinkley, Jr. attempted to assassinate the President, and Reagan remained hospitalized until April 11. He was warmly received several days later when he spoke to a joint session of Congress.

President Reagan viewed the military as an invaluable asset to the nation. In 1981 when he took office, the world was in the throes of the Cold War. The Soviet Union was still communist, and it was clear that aggressive deterrence had to be achieved through superior firepower.

President Reagan continued on page 5



Photo by PH2 Ruben Perez
The MH-53E Seadragon helicopter from HM-15 squadron lifts the 12,000-pound navigational buoy that washed ashore near Port O’Connor, Texas.

I am fully aware of the work done by your operations staff in preparation for the lift. I hope this was a rewarding mission for your crew, and that you might consider future assistance to the Coast Gaurd should we ever again find ourselves in need of heavy lift support. Thank you again, and please pass along my appreciation to your crew. Bravo Zulu!”

Wingspan

From the Skipper

Beat the heat this season

By Capt. Paul Hinger



Hinger

With the start of summer, it’s time to start paying attention to heat related injuries. Keeping oneself well hydrated is the key to preventing serious consequences such as seizures or death. We touched briefly on the attributes of hydration, and staying cool in the last column. Let’s review these in greater detail.

First of all, there are three significant types of heat injuries—heat exhaustion, heat cramps and heat stroke. Heat exhaustion,

also called heat prostration, is caused by prolonged exposure to high temperatures. It is a condition characterized by faintness, a rapid pulse, nausea, vomiting, profuse sweating and cool, clammy skin. Collapse from fainting is often a major side effect. The skin may be cool and moist to the touch, and the victim’s pulse rate is often fast and weak. Breathing is fast and very shallow. If heat exhaustion is left untreated, it can rapidly develop into heat stroke. Quickly locate medical assistance, especially if any of the following occurs:

- The symptoms become progressively more severe.
- The victim suffers from heart problems or high blood pressure.

Cooling measures that are beneficial for slowing heat exhaustion include drinking cool non-alcoholic beverages, an air-conditioned

environment, a cool shower or sponge bath and lightweight clothing, in addition to treatments specified by a physician.

Heat cramps occur as a result of muscle spasms or pains in the arms, legs or abdominal region. They frequently happen as a result of strenuous outdoor activity.

Heat cramps can be an accompanying symptom of heat exhaustion. Heavy sweating depletes the body’s salt and moisture. The low salt level in the muscles brings on the cramps. Be aware of the following:

- People who experience heart problems or are on low-sodium diets should seek medical help as soon as possible.

If medical assistance isn’t required, stop all activity and rest in a cool place, consume a clear juice or sports beverage, refrain from arduous activity for a few hours after the

From the Skipper continued on page 5

Chaplain’s Corner

Don’t lean your ladder against the wrong wall

By Chaplain Robert Christian

Well, there’s another project completed on the long list of “honey-do’s!” When I bought my home, I did not realize that a board was missing under the ceiling of my twenty-foot porch. When the nesting birds left me little hints on the sidewalk, I knew it was time to attack the problem.

So off I sojourned to the hardware store to purchase a twenty-foot ladder, a board, nails, soft drinks and snacks and other essentials for the task. My Operational Risk Management was completed—my tool pouch secured around the waist, board perfectly cut, and snacks and drinks consumed. I was now ready to commence Operation BIRDEX.

I leaned the ladder against the wall and up I went, (climbing the ladder with

ease and agility). I navigated that ladder with confidence, making sure neither board nor human crashed through the decorative window underneath. After all that hard work and preparation, I reached the top and realized the ladder was leaning against the wrong wall.

Most people live their lives striving to climb the ladder of success. The challenge is to make sure the ladder is not leaning against the wrong wall. Being successful in life depends on what tangent? Henry David Thoreau wrote, “The mass of men live lives of quiet desperation.” One of man’s greatest needs is for significance. So off to work we go, striving to find significance in our occupation.

Proof of this is how we usually introduce ourselves: “Hello, I’m Bob and I am a chaplain.” Only under certain situations do I introduce myself as the husband of Debbie or the father of Russ, Will or Emily. On deployment I learned to never listen to the

song “Cats in the Cradle” by Harry Chapin. That constitutes too much guilt or regret for one day.

So what is my challenge? Some advice given to me by my father: work so that you can spend time with your family. Love what you do and do it like you are serving God, but at the same time work with the right perspective of well placed priorities—those who will still be there after the next PCS or after your retirement.

I think Lee Iacocca made an excellent point when he stated that he could not ever remember reading anywhere that when someone was on their deathbed they replied, “I wish I had spent more time at the office.” What are you climbing toward?



Christian

Healthwatch



Ruttig

Alzheimer’s disease more prominent than first thought

By Lt. Nate Ruttig

It can be frustrating at times when you forget to do something - like remembering to return a phone call, pay a bill, or take out the garbage. You may question, “Is my memory fading?” or “Am I getting senile?” The fact that you remembered that you forgot about something makes it unlikely you are having a problem with dementia. Former President Ronald Reagan, a well-known sufferer of Alzheimer’s disease, passed away recently after a ten-year battle.

Alzheimer’s disease, a degenerative disease of the brain, is now the fourth lead-

ing cause of death in the United States. More than 50 percent of adults over the age of 85 have Alzheimer’s disease. Much more research on this disease still needs to be done, but here is what we do know.

The deposition of a sticky protein called *beta amyloid* and the twisting and tangling of nerve cell fibers in the brain are the two main hallmarks of Alzheimer’s. Though all regions of the brain are affected, the areas dealing with memory are especially damaged. The disease has a strong genetic component, but also environmental factors play a role in triggering the disease. High blood pressure, high cholesterol, and family history of the disease, along with age are the main risk factors. *Beta amyloid* is released in the brain any time trauma is sustained, even minor trauma. History of serious head injuries in early adulthood, or sports with repetitive minor head trauma (boxing, soccer), may also increase one’s risk of developing Alzheimer’s. Early warning signs of

Alzheimer’s disease include the following:

- Confusion about how to perform simple tasks
- Trouble with simple arithmetic problems
- Difficulty making routine decisions
- Confusion about a month or season

Staying active mentally and physically, eating a diet rich in anti-oxidants, controlling your blood pressure and cholesterol, and possibly the use of NSAIDS (non-steroidal anti-inflammatory drugs) are currently the best pieces of advice for helping prevent or delay the onset of Alzheimer’s disease.

The Alzheimer’s Association has a website www.alz.org and a toll-free number, 1- (800) 272-3900 for more information. If you think that someone you know may have Alzheimer’s disease, don’t hesitate to get them help. Nearly all people diagnosed with Alzheimer’s do not seek medical assistance. After all, they have forgotten, and will continue forgetting that they have forgotten about something this important.

June 24, 2004

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Wingspan

NAS Corpus Christi
“Exceeding Expectations Through
Pride In Performance”

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Monday - Friday - 11:40 a.m.
Religious Education: Sunday - 9 a.m.

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Station Spotlight



AO2 (AW) David Fortier
Handler, Weapons Department

A native of Flint, Mich., Fortier has been in the Navy for nine years, and on board NASCC for two. His prior duty stations include USS Belleau Wood (LHA 3), USS Essex (LHD 2) and Naval Air Station, Fallon, Nev.

"The best part of working here is all the different types of hardware I get to work with and use. Where else can I go to shoot and practice demolition?" said Fortier.

Fortier is uncertain about future career plans. His interests include motorcycles, tattoos, and accomplishing sheet metal work.

Fortier is married with three children.



ABH3 Rodney Martinez
Airplane Handler, Air Operations Department

A Falfurrias, Texas resident, Martinez has been on aboard NASCC one year and two months, and has been in the Navy and working at his occupation for six and one-half years. He was previously stationed aboard USS Eisenhower (CVN 69).

Martinez enjoys his job because it is non-stressful, and he works with all different types of transient aircraft. He also savors the camaraderie with his fellow co-workers.

"My ultimate goal is stay in the Navy," said Martinez.

Martinez's hobbies include watching football, and enjoying the outdoors.

Martinez is married.

- Ensure refrigerant flow through all components
- Check all AC hoses and belts
- Check for proper operation of fans
- Check for signs of leakage

The Auto Skills Center is offering this service for only \$15. Service is delivered on a first-come, first-serve basis, so come in early and take advantage of the top notch expertise of the Auto Skills Center technicians. You don't even have to wait around while the work is performed on your vehicle. You can simply drop off your vehicle and pick it up once the work is done.

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Sunday and Monday: Closed

The service does not stop there! Does the price of R-12 air-conditioning freon scare you? Our technicians have the experience to show you how to convert to the new R-134a freon. **The Auto Skills Center** is located to the west side of the Navy Army Credit Union in buildings 1713 and 1737. The Auto Skills Center has most of the tools you will need to make repairs to your vehicle. **For more information on this and other services provided by the Auto Skills Center, call 961-3470.**

Books and More Library

Books and More Library is gearing up for the annual 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 read and at the end of the summer the Books and More Library will have a big celebration one week prior to the beginning of school. Each child who participated will receive a certificate and a prize. This awesome program began the first part of June and is absolutely FREE to children six to 13 years of age. Registration is under way so stop by and get your summer started with a good book. **For more information on this program, please call the Books and More Library at 961-3574.**

Ceramic Shop

The NAS Ceramic Shop is having a big sale during the month of June. Get 30 percent off greenware and 20 percent off on bisque products (special orders are not included). Come on in and learn how to paint on bisque. Make a plate with your child's hand print on it for

June-July Calendar of Events

- **June 30** - There will be a 2003 Drinking Water Quality Report meeting at 6 p.m. at the Water Utilities Conference Room located at 2726 Holly Road in Corpus Christi. All interested personnel are encouraged to attend. For more information, contact Rachel Hinojosa at 961-3776.
- **July 3-4**
- Rockport Art Festival
- Juried Fine Arts, Pottery, Watercolors,
- Woodcarvings and more.
- **July 4**
- Independence Day Fireworks
- Annual HEB Independence Day Fireworks
- Corpus Christi Bayfront at 9:30 p.m.
- Stars and Stripes Parade
- Downtown Corpus Christi at 4:30 p.m.
- **July 8-11**
- Deep Sea Roundup (Port Aransas)
- This is the largest Fishing Tournament on the Gulf of Mexico.
- For more information call (361) 749-6339.



Study recommends not changing commissary pricing method

By Flo Dunn
Defense Commissary Agency



The long awaited, recently released independent variable pricing study that recommended the Defense Commissary Agency (DeCA) not implement the practice of variable pricing.

The primary objective of the study is to provide an assessment of the feasibility of using variable pricing within DeCA to reduce appropriated fund costs while sustaining a 30 percent customer savings rate.

"We have been studying variable pricing as a means to deliver the highest quality benefit as efficiently as possible. It is one of many tools examined as part of our agency's re-engineering process," said Air Force Maj. Gen. Mike Wiedemer, DeCA Director.

Study results confirm that variable pricing is not a feasible means to reduce taxpayers' cost while maintaining a high savings rate.

"I'm satisfied that this was a thorough and impartial review of the concept of variable pricing. It provides sufficient evidence to rule out variable pricing as a method of operation for DeCA. DeCA and DoD leadership will continue to seek other ways we can improve effectiveness and efficiency in providing the commissary benefit, and ensure that we continue to deliver a sound return on taxpayer investment," said Charles Abell, Principal Deputy Under Secretary of Defense, Personnel and Readiness.

In the commercial grocery industry, variable pricing means that retailers set prices to meet their profit margins based on factors such as local market conditions, competition, or how much customers can be expected to pay for an item. Since commissaries sell at cost, DeCA's pricing practices do not rely on meeting a profit margin and discounts are passed directly to the customers. Under DeCA's current pricing model, commissary customers pay the shelf price plus a five percent surcharge.

DeCA's current business model delivers an average savings of 30 percent or more for military families. Those savings can amount to about \$2,700 annually for a family of four with regular commissary shopping.

"As we continue to study ways to obtain cost efficiencies, we don't want to lose sight of the fact that commissaries are a benefit," said Wiedemer. "DeCA's 'reason for being' is to deliver that benefit to military members and their families. Our number one concern has to be delivering value, savings and customer service to those families."

Volunteers share time, energy

Operation Paintbrush beautifies south side home

By JO2 Jeffrey Fretland

Several NAS Sailors and civilian employees gave up a lazy, peaceful Saturday morning June 4 to assist others less fortunate when they volunteered to refurbish a Corpus Christi residence. The military and civilian personnel participated in the Operation Paintbrush program, designed to improve the appearance of homes in need of repair and weatherizing.

Armed with paint slips, brushes, rollers, sheer grit and determination the 26 volunteers slowly but steadily whitewashed the 59 year-old clapboard home, located at 317 S. Morningside St. Its owner, Irene Lancaster, is retired and physically disabled, and relies on care giving from her son, John.

AC3 Andrea Gantt from Brooklyn, N.Y., carefully applied a layer of fresh paint to a crack on the west side of the house. She thrives on assisting the needy, and takes great pride in being an Operation paintbrush participant.

"It sustains me, being able to help others who are unable to or can't afford to have the work done," explained Gantt. "The people we serve really do appreciate it. This is the fourth house I've done so far. It's really overwhelming to see their reactions. I've literally cried at some of them."

Eleven-year old Will Christian, son of NAS Chaplain Robert Christian, crouched up under an east side window to scrape several cracked and splintered boards.

"It's important to do this," said Christian. "We're donating our time so others can live better."

The local Operation Paintbrush program has been in existence for almost a decade. It was the brainchild of Joe McCombs, owner of McCombs Relocation Services. Since its inception, several hundred homes in the Corpus Christi metropolitan area have been rehabilitated, according to NAS Radar Branch Chief AC1 (SW/AW) Christopher Cordova, who heads the NAS Operation Paintbrush program.

"It's been ongoing throughout the city of Corpus Christi, and here at NAS," said Cordova. "I did this when I was stationed here at NAS the first time, several years ago. When the opportunity arose to head up the NAS program, I jumped at it. I can't tell you how people we have helped really like the work we do for them."

John Lancaster was impressed with the results.

"It's great!" said Lancaster. "You guys did a terrific job. My mother's home looks brand new."

AC3 Nicholas Strenke, an air traffic controller with NAS Air Operations Department enjoys the camaraderie.

"We like to do stuff that's free, and do something for others," said Strenke. "We get to be with folks other than those from work."

FREE CLASSIFIEDS

GE Electric Clothes Dryer, Good Shape, White, Got married reason it must go, \$100 or close offer, comes with wall hook-up. 334-1218.

Dining room set: table with extra leaf, 5 chairs, cabinet with lighted hutch on top, oak color \$350.00. Call (361) 643-4149 moving.

FOR SALE: 2001 Dodge Ram 1500 Quad Cab Pick-up, 5.3 Litre V-8 56k miles, Silver/Blk interior, pw/pl, cruise control, mint condition, must sell due to Navy RIF. Must have \$12.5 to clear the title. Daytime phone 961-2305/3769 or Call (832) 606-2877.

For Sale: Kenmore side-by-side refrigerator (white). Space saver ice maker with "acceler-ice" feature. Only 2-years-old. Immaculate. Asking \$525. Call home: (361) 992-3428 or cell: (361) 813-9963.

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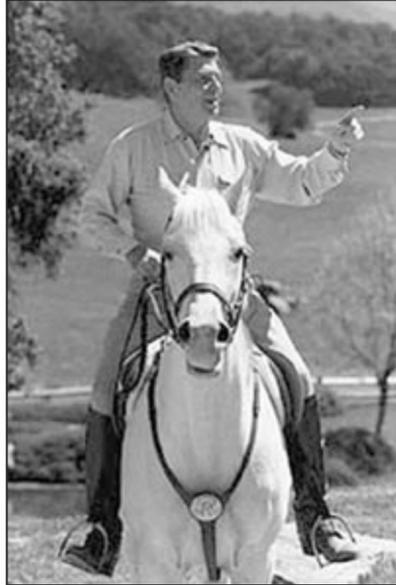
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President Reagan *continued from page 1*



Reagan Library Photo

Ever a man of the people, Reagan enjoys a horseback ride around his home at Rancho del Cielo (Ranch in the Sky) near Santa Barbara, Calif. in the mid- 1980's.

The greatest honor to “The Great Communicator” was the Navy’s naming of an aircraft carrier after the man who redefined the role of the carrier as both a war fighter and a major peacekeeping tool. During his tenure as President, he initiated five Nimitz-class carriers.

During the national day of mourning Friday, June 11, five sailors from the NAS Weapons Department participated in a twenty-one-gun salute to President Reagan, held at noon along the seawall adjacent to Sunfish Beach.

Due to Reagan’s early influence, the first Trident submarine, USS Ohio, was launched at Groton, Conn. in 1981.

At the peak of Reagan’s presidency, the Navy expanded the fleet to 594 ships in 1987, including 14 aircraft carriers. From that year on, the Navy reduced the number of ships in its inventory each year.

President Reagan is also recognized for having re-commissioned the low-class battleships during the mid-1980s. Eventually, the Navy would peak at 15 aircraft carriers in 1991.

Meanwhile, toward the end of his presidency, Reagan initiated historic communications with Soviet president Mikhail Gorbachev. In November 1985, the two leaders met face to face for the very first time in Geneva. Two years later Gorbachev visited America for the first time. In 1988, President Reagan journeyed to the Soviet Union, the first President to visit that country in 14 years.

President Reagan was credited with beginning the process that led to the end of the Cold War. In December 1989, in a summit in Malta, President George Bush and Gorbachev announced to the world that the Cold War was over.

a special keepsake. Remember, we have wings for the newly-winged pilot in your life. You can also purchase finished ceramic items. Beginning this month the **Ceramic Shop** will observe the following new hours of operation:

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

Wednesday to Saturday: 9 a.m. to 4 p.m.

Sunday and Monday: Closed

For more information, please call 961-2459 and ask for Lorraine or Janie.

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Corpus Christi Bay Club

The Corpus Christi Bay Club has a month full of sizzling summer time specials. Come by and see what is cooking at the Bay Club in June.

Specials for June:

June 25: Mongolian BBQ

All the above specials are served along with the A La Carte from 5 p.m. to 9 p.m. Prices are for club members. An additional \$1 per person is added for non-members. Salad, ice tea or coffee is included with all the meals. Reservations are required for the specials in order to serve you better.

Special Events for June:

June 26: FREE meal for Club Members only: This delicious meal will be served from 5 p.m. until 10:30 p.m. The menu will include Traditional Barbeque Brisket, Spanish Rice, Pinto Beans, Cornbread and Butter, Cole Slaw, and Iced Tea or Coffee. Please call the club if you plan to attend so that we may plan accordingly. Non-members can also enjoy this meal for the reasonable price of \$10.95, children ages five to ten for \$4.95 and children under the age of three years eat free. *For more information, please call the Corpus Christi Bay Club at 961-2541.*

E-Street Gym

Summer Starter 5k race will be held on Saturday, June 26 at 8 a.m. Please check in by 7:30 a.m. Stop by the fitness center or call 961-3164 for course routes and any other information about the race.

Intramural Sports Program: All Captain’s cup sports are unit competition. Participants must complete with their unit. Military, military dependents 18 years of age and older and DoD/NAF employees working at NASCC are eligible to participate. Civilians from other bases will be assessed an entry fee. Women are encourage to participate in all sports. Please register on time and show up to **mandatory** coaching meetings. *For more information, call the E-Street Gym at 961-2401.*

Fitness Express

New Group Fitness Classes: Fitness Express proudly announces a new Saturday morning class with a totally new format! The name of the 10 a.m. class is “Pump It Up”. In this class, a thee and one-half minute cardiovascular segment is followed by a sculpting and tone interval. You will enjoy the energetic instructor who leads this class and brings to it many great ideas for you to improve your overall fitness level. Please come and take advantage of this opportunity for a great start to your weekend. A relaxing yoga class follows the “Pump It Up” at 11:15 a.m. to complete all the components necessary for great health.

Water Aerobics Cards Now On Sale: Water aerobics cards may be purchased at the Fitness Express for \$5 per month. A daily pass may be purchased for \$3. Water aerobic classes begin on Tuesday, June 1, 2004, and will be held on Tuesday and Thursday from 6 p.m. to 7 p.m. and on Wednesday and Friday from 9:45 a.m. to 10:45 a.m.

Are You A Champion? A fitness challenge is now in progress. This program has five different contests for you to participate in: Push-Ups, Curl-Ups/ Sit-Ups, One and One-Half Mile Run, Pull-Ups and Tricep Dips. This challenge will continue until Monday, November 1. You may try any or all of the contests. There are women’s and men’s divisions. Each division consists of an open category, encompassing all ages and a 35 years and above division. The winners will be presented with a certificate at our Fall/Winter Health Fair held on November 5, 2004. If you are a winner and leave the Corpus Christi area, we will mail your certificate to you, providing you supply a forwarding address. Detailed instructions and rules for this fitness challenge are available at the Fitness Express Center.

Get Fit Incentive Program Continues: Get Fit will continue until December 31. To enter this incentive program, register at the front desk and record each visit to the fitness center. After 25 visits, you will receive a prize. After your 100th visit, you will receive a great “Get Fit” T-shirt as an award.

Your Input Is Requested: Is there an interest in having a dual sport workshop at 6 p.m. every Wednesday? The first half of the class will pertain to the art of cycling. Cycling drills, sport specific strategies and training physiology will be taught. The last half of the class will be on the running track. The purpose is to make you the fastest possible. The instructor would be a competitive tri-athlete who competes on a national/international level. This class welcomes beginners, weekend warriors as well as the serious athlete. In this class, each individual would be competing against the person they could be. Pleas contact Gail Marsh at 961-3164 if you are interested in placing this class on the schedule. *For more*

information, please call the Fitness Express at 961-3164.

Information, Tickets and Tours (ITT)

Stop by ITT today to get your tickets to the best summertime fun around. There is something for everyone, including food, music, sports, and a whole lot more.

Intense Football League: Get your tickets to watch the Corpus Christi Hammerheads take on other semi-pro indoor football teams at the Memorial Coliseum.

Aviator Baseball Tickets: ITT also has Aviator Baseball tickets available. Ticket prices for these tickets at ITT are only \$5.50. The Aviator games are held at the Nueces County Fairgrounds in Robstown, Texas. *For more information on schedules, ticket prices and other services available, please call ITT at 961-3961 between the hours of 8:30 a.m. and 5:00 p.m. Monday to Friday.*

Outdoor Recreation Center (ORAC)

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

Sailing and Motor Boat Classes: 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 motor boats 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 but 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, stop by today and take advantage of all the awesome opportunities offered to you by the ORAC marina. *For more information, please contact the friendly ORAC staff at 961-1293.*

South Texas Institute for the Arts

Active duty military personnel to receive free museum admission! Thanks to a generous donation by Museum members George and May Leyendecker, 500 active military personnel and their families will be able to enjoy free admission to the Art Museum of South Texas this summer. The donation, made in the name of EW3 Bryan Leyendecker, is designed to honor and support servicemen and women who are stationed away from home, family and friends. The art museum, located at 1902 N. Shoreline Blvd. in Corpus Christi, is open from 10 a.m. to 5 p.m. Tuesday through Saturday, and from one p.m. to five p.m. on Sundays. Active duty military personnel need only show their military identification to the Museum admissions desk to gain free entry. Immediate family, with identification, also is included in this program. The offer began May 1, 2004 and will continue through the summer until funds are expended. *For more information, please call 825-3513.*



Photo by JO2 Jeffrey Fretland

La Posada restaurant employee Ena Solis prepares tortilla dough for cooking on a lightly greased grill. The tortillas are fried until lightly browned. After they are removed from the grill, the tortilla soft shells will be filled with beef or chicken, lettuce, tomatoes, and other vegetables. La Posada restaurant offers several different breakfast and lunch meals featuring authentic Mexican home style foods.

Satisfy your south of the border culinary cravings

NAS opens new Mexican restaurant

By JO2 Jeffrey Fretland

NAS military and civilian personnel no longer have to drive out base gates and into town to find good Mexican food. The La Posada Restaurant, located inside the Navy Exchange Citgo Service Station on Lexington Blvd., celebrated its grand opening with a ribbon-cutting ceremony June 3.

NAS Commanding Officer Capt. Paula Hinger presided over the ceremony. In addition to the restaurant’s owners, Luis Torres, and his mother, Frances Adame, four Navy Exchange representatives were on hand to witness the festivities.

Adame’s family has been in the restaurant business for over 50 years. Her parents and grandparents owned and operated Saenz’s Café in nearby Robstown, which closed in the late 1970’s. Adame managed the cafeteria at Sam Kane Beef Producers in Corpus Christi for 25 years. She also operates the NAS Flightline Snack Bar Shop located in Building 57.

“We decided to open a restaurant here on the base simply because there has never been a Mexican restaurant here before,” said Adame. “It will be good thing for NAS and the military community as a whole.”

The restaurant is celebrating its grand opening by offering several weekly specials. “We’re planning on having lots of breakfast and lunch specials, and we’re a big favorite of the pilots here on base since we first opened,” said Torres. “Word is definitely getting around. We invite everyone to come and see what we have to offer.”

La Posada features several different items for its breakfast and lunch menus, from heuvos rancheros (eggs smothered in a thick red sauce made from tomatoes, jalapenos, and onions) to carne guisadas (beef chunks in a thick gravy). Patrons can dine in, and take-out service is available, in addition to a drive-up window to assist hungry people in a hurry.

Customers are pleased with the new restaurant addition to the NEX Service Station. “It’s great to have some variety here on the base,” said Marine Corps Private First Class William Wiser, a reservist with Weapons Platoon, Charlie Company. “It’s handy, because you can get gas for your car and shop while you wait for your order.”

Navy Exchange representatives are excited about the new business venture. We now have a variety of food-particularly ethnic food, here on base,” explained NAS Navy Exchange General Manager Jeff Dougall. “The military community needed something new, given the large Hispanic population here in South Texas. It’s definitely a great venture for the base.”

La Posada has another location at 2222 Airline Road, at the corner of Holly St., in Corpus Christi. Patrons come from miles around to sample good Mexican cooking.

“We have clientele that come from as far away as Gregory and Alice to eat,” said Adame. “We’re trying to offer the same great food here on the base, too.”

Hours for the NAS La Posada Restaurant are from 6 a.m. to 2 p.m. Monday to Saturday. Catering services for weddings, private parties and other functions are available.

For more information, contact Adame or Torres at 991-5516.

From the Skipper *continued from page 2*

cramps subside to prevent heat exhaustion or heat stroke, and visit a doctor if the cramps persist longer than one hour.

Heat stroke is by far the most severe and deadly of the three conditions. Like the other two, it occurs from too much exposure too excessively warm temperatures.

Symptoms include a very high core body temperature of 103 degrees or more, ultimately resulting in a collapse. If left untreated, the body’s temperature can rise to 106 degrees Fahrenheit or more in 10 to 15 minutes. In addition, a strong rapid pulse may be detected, accompanied by a throbbing headache, dizziness, confusion and eventually unconsciousness and death. This is by far the most dangerous of the three heat-related injuries. Medical attention must be sought immediately. Have someone contact 911.

Cooling the victim as quickly as possible must be the number one priority for heat stroke victims. Move the casualty to a shady area. Immerse the victim in a tub of cool water or a cold shower, spray the victim with cool water from a garden hose, and sponge the victim with cool water, or if the humidity is low, wrap the casualty in a cool sheet and fan vigorously. Monitor the body temperature, and continue cooling efforts until it drops to 101-102 degrees Fahrenheit.

If medical personnel are delayed, contact the nearest hospital emergency room for instructions. Do not give the patient any alcoholic beverages.

Of course, there are several methods for preventing heat-related injuries. These include the following:

- Be sure to drink plenty of water and cold non-alcoholic, non-caffeine oriented beverages.
- Do not overdo strenuous outside physical activities. Rest frequently and seek a shady or cool, air-conditioned area.
- Have someone available nearby who is trained in first aid, or a competent medical individual.
- Limit your physical activity during an extremely hot day, especially between the hours of three p.m. to six p.m. when the heat index is the greatest.

If you follow these simple guidelines, you will be well on your way to an enjoyable, healthy and safe summer. You are a valuable asset. We want you around for many years to come.

AWARDS AND ACHIEVEMENTS

CNATRA/Navy Region South awards

Chief of Naval Air Training Rear Adm. George Mayer presented the following five individuals with their respective Letter of Commendation, Navy and Marine Corps Achievement Medal, Navy and Marine Corps Commendation Medals, and Meritorious Achievement Medal during a ceremony held May 20 at the CNATRA quarterdeck, located in building one. (Photos by Lt. Robert Lyons)



Lt. Beth Thurman is awarded the Navy and Marine Corps Achievement Medal for superior performance as NFO Training Officer while stationed at Patrol Squadron FOUR from April 2001 to April 2004.



Maj. Thomas Ringo is awarded the Navy and Marine Corps Commendation Medal (Third Award) for superior performance as Primary Aviation Training Officer while stationed at CNATRA.



Lt. Cmdr. Martin P. Kissel is awarded the Navy and Marine Corps Commendation Medal for meritorious service as the Strike Pipeline Training Officer while stationed at CNATRA.



YN1 Robert High (right) is awarded a letter of commendation for the numerous volunteer activities he performed from 1 January to 31 March 2004. He contributed numerous off-duty hours at the food bank of Corpus Christi, preparing over nine hundred baskets along with other members of the NAS First Class Petty Officers Association.



Cmdr. Thomas Bily is awarded the Meritorious Achievement Medal for achievements as Air Operations Officer and for duties on the staff of the Navy Region South Business Office.

ACHIEVEMENTS

New aviators recognized



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 June 10. In alphabetical order: Ensign Justin Adcock, USN; Ensign Francesco Armanesco, Italian Navy; Capt. Eric Budd, USAF; Ensign Pasquale Cavaliere, Italian Air Force; Ensign Andrew Chauvin, USN; Ensign Simone Costa, Italian Navy; Ensign Alessio Ferrara, Italian Navy; 2nd Lt. K. Justin Galli, USAF; 2nd Lt. James Hamman, USAF; Ensign Andreas Helchinger, USN; Capt. Samuel Kinch, USAF; 2nd Lt. Nicholas Miller, USAF; 2nd Lt. Jared Paslay, USAF; 2nd Lt. Paul Plumley, USAF; Ensign Marco Ponticelli, Italian Navy; Ensign Walter Ponzoni, Italian Navy; 2nd Lt. Phillip Postell, USAF; Lt. j.g. Jon Reutter, USN; 2nd Lt. Joseph Sweat, USMC; 1st Lt. Caleb Thorpe, USMC; Ensign William Tolson, USN; 2nd Lt. Christian Walley, USAF; Ensign Byron Walls, USN; and 2nd Lt. Dale Zimmerman, USAF.

Reenlisted for another two years



Photo by JO2 Jeffrey Fretland

GM2 Tyrone Lumpkin (left) receives a certificate of reenlistment from NAS Air Operations Department Officer Lt. Cmdr. Joe Harmon during a ceremony held June 2 at the NAS Weapons Department.

NHCC award winner



Photo by Bill W. Love

Hospital Corpsman Third Class (FMF) Won H. Yi receives the Navy and Marine Corps Achievement Medal (Gold Star in lieu of third award) from NHCC Commanding Officer Capt. Alton L. Stocks during an awards ceremony held at the hospital auditorium May 13. Yi was recognized for his outstanding achievements while serving as Assistant Leading Petty Officer, Aerospace Medicine Clinic, Naval Hospital Corpus Christi from January to December 2003, leading to his selection as the Naval Hospital Junior Sailor of the Year for 2003.