

Wingspan

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Naval Air Station Corpus Christi, Texas

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Town hall meetings focus on hurricane evacuations

Disaster preparedness information featured, highlighted

By JO2 Jeffrey Fretland



Photo by JO2 Jeffrey Fretland

NAS Disaster Preparedness Officer DC1 (SW) Randy Molina highlights a major objective during the recent hurricane evacuation briefings held at the Wings Auditorium. Molina emphasized the precautions and evacuation procedures NAS residents should take in the event of a major hurricane along the Texas Gulf Coastal Bend region.

NAS residents experienced the opportunity firsthand to discover the potential dangers of hurricanes during a Town Hall forum held in the Wings Auditorium June 23 and 24. The purpose of the meeting is to explain evacuation procedures in the event the gulf coastal bend region experiences a major hurricane, according to DC1 (SW) Randy Molina, NAS Disaster Preparedness Officer.

"We want to inform everyone assigned to NAS so they can be ready in case a big storm like this strikes," said Molina.

NAS Navy Meteorology and Oceanography Command Detachment Leading Chief Petty Officer AGCS Matt Kesselring opened the forum by explaining how hurricanes originate in the Gulf of Mexico.

"Hurricanes begin to form over very warm waters," said Kesselring. "The warm gulf waters feed the formation of the hurricane as the converging hot air from above combines with latent heat created by the convection process, and this heat then continues to feed into the deepening low pressure, or tropical storm system. A hurricane is classified as a severe storm having winds of 74 mph or greater."

Hurricanes are divided into categories according to their wind strengths. Category One storms have winds of 75 to 95 mph, Category Two winds are 96 to 110 mph, Category Three winds are 111 to 130 mph, Category Four winds are 131 to 155 mph and Category Five winds are anything above 155 mph. Consideration is given to evacuating the base and surrounding area if the weather forecasters predict a hurricane with winds of 111 mph or greater.

Preparatory items to stock up on should include a supply kit to include water, non-perishable food items, clothes, blankets, sleeping bags, first aid kit with medications and a portable radio with fresh batteries. It is also a good idea to maintain a document storage box containing insurance policies. Evacuees should top off their vehicles, and have extra cash available for emergency rations and expenditures.

For NAS Corpus Christi, NAS Kingsville and Naval Station Ingleside active duty military personnel and their dependents, Lackland Air Force Base in San Antonio is the designated evacuation site. Lackland personnel will provide food and lodging at no expense to military members and their families. Military members can opt to stay with regional friends and relatives, or stay in a local area hotel or motel at their own expense.

"We want to take all precautions possible so no lives are lost," said Molina.

The hurricane season runs from June 1 to Nov. 30. For more information, call the NAS Hurricane Information number at 1-877-989-6743, or contact DC1 (SW) Molina at the NAS Disaster Preparedness Office at 961-2385. The DPO is located in building 1730, second floor, room 210B.

NAS commissary announces 2004 scholarship recipients

Story and Photos by JO2 Jeffrey Fretland

Naval Air Station Corpus Christi and the Defense Commissary Agency (DeCA) recently recognized two outstanding students for their endeavors in the classroom. The NAS commissary awarded scholarships to Rebekah Perez and Jeanette Ferry-Gomez as part of the DeCA Military Children's Scholarship Program.

NAS Commanding Officer Capt. Paula Hinger presented the scholarship awards and certificates during a ceremony June 15 in the commissary employee's lounge.

Perez, a graduate of Gregory-Portland High School, plans to major in fashion merchandising and small business administration at Del Mar Community College.

"It's nice to be recognized for all the hard work we do," said Perez.

Perez's mother, Sandra, is proud of her daughter's accomplishments, and relieved she has acquired some monetary assistance.

"Her scholarship will definitely help our family



(From left to right) NAS Commanding Officer Capt. Paula Hinger presents a Defense Commissary Agency Military Children's Scholarship certificate to Rebekah Perez. Perez received \$1,500 through the program to further her college education. Flanking Perez are her mother, Sandra, and NAS Commissary Store Director Blair Marshburn.

out," added Mrs. Perez. "We're very happy for her, and it takes some of the financial burden off us."

Ferry-Gomez's stepfather, Dale, accepted the scholarship on behalf of his daughter, who is enrolled in summer school. Ferry-Gomez is majoring in English at the University of Texas Pan-American in Edinburg.

"I know she'd be tickled to be here if she could," said Ferry. "We're definitely thrilled that our Jeanette's done so well for herself."



Capt. Hinger (left) and Mr. Marshburn (right) present the second scholarship certificate to Dale Ferry (center), father of Jeanette Ferry-Gomez, who could not attend the ceremony due to a school class conflict.

NAS commissary scholarship continued on page 4

From the Skipper

Combined Bachelor Housing facilities receive major renovations

By Capt. Paula Hinger



Hinger

If you have driven by Combined Bachelor Housing (CBH) building 1281 recently, you'll notice that some structures appear more modern than the rest.

The newly renovated CBH residences are among a few which are scheduled for refurbishment within the next year.

This major re-construction project is broken into three distinct phases, with building transient wings totaling 197 rooms.

A and B quarters began the first phase, and were rejuvenated last year. Major improvements include the establishment of new safety banisters, wall, window, and fixture replacements, and the installation of new furniture and kitchen appliances.

The C and E wings started the second phase, with C wing opening in early June and E wing scheduled to open in early September.

The third and final phase will be wings D and F. The F wing re-construction is scheduled to start in September, and the D wing makeover will commence in March 2005.

We are also in the process of installing personal covered bike racks for our permanent party personnel and guests in buildings 1281 and 1787, in addition to erecting a gazebo and preparing a barbeque pit for building 1736.

Providing Quality of Life improvements for NAS Sailors is our main concern. Due

to the Cost of War (COW) budget cuts, our dedicated staff is hard at work improving and maintaining building conditions by receiving training from CNIT's Symphonics Training Group, and the American Hotel and Lodging Educational Institute. Our training has aided us in receiving worldwide accreditations for customer service, and certifications for building managers and senior management.

Our CBH staff is constantly striving to enhance their educational opportunities by receiving training from CNIT's Symphonics Training Group, and the American Hotel and Lodging Educational Institute. Our training has aided us in receiving worldwide accreditations for customer service, and certifications for building managers and senior management.

Our certifications are a stepping-stone to us achieving our ultimate goals. These are to satisfy every customer that comes on board NASCC and stays at the Breezway Inn billeting, and secondly, be able to display the Admiral Zumwalt Award that signifies that excellent, quality service is our standard.

Chaplain's Corner

Forming good habits lasts a lifetime

By Chaplain Alan Snyder

Is there anyone among us who has not had a bad habit? I mean a REALLY bad habit. For instance, two examples are not picking your socks up off the floor or not doing the dishes until it is a monumental task. No one in his right mind would let things slide that far. No one lets that food left in the skillet become so hard that you have to soak it to get it to loosen.

Well, unfortunately, I have been this way occasionally. I am a creature of habits, but hopefully, not all bad. I have been known to put off accomplishing something until later. Dishes, schoolwork, the laundry, or changing the oil in the car are just a few of the things in this life that we can find ourselves less than diligent in doing promptly.

Sometimes it is a trade off. I would rather watch the baseball game than do the dishes. I would rather read a book than change the oil. Schoolwork is done better when inspiration moves me.

There are many things in this life that you can procrastinate on, and the worst that can happen to you is that the job is a little more difficult to do. The skillet might be harder to wash. The assignment might be harder to finish. These things can still be done, but time is of the essence.

The most frequent area that I hear of people putting things off for another day is allocating time with the family and church. Most often thoughts are that these things can be taken care of later also. It has been said that we hurt the ones we love the most. That is a sad commentary on the way we conduct our lives.

Make good habits. Take time to love your family, to play with your kids, and

to worship God. Make every day as wonderful a blessing as it can be. Kiss your wife before you go to work, and tell your husband you love him when you come home. Let the special people in your life know that they are spectacular.

I know that doing the dishes right after dinner is the best approach. I know that it is better to do your homework while the lecture is fresh in your mind. I also know that showing God and your family the love you have for them is the best way to navigate through the day, and life's difficulties. Create something that will last for all eternity-LOVE!



Snyder

Healthwatch

Be certain you are travel savvy this summer

By Lt. Nate Ruttig



Ruttig

No doubt about it-summer is a time for vacations. Before you go, you definitely want to be prepared medically. Here are a few good tips.

First, when traveling to a foreign country, see your physician at least six weeks before you intend to travel. You may need immunizations and/or antibiotics, depending on the region where

you will be headed. Six weeks or longer is needed for some of these immunizations to take full effect.

Secondly, prepare your own medical kit to bring along with you. Things to include in this kit are as follows:

- * Insect Repellent
- * Imodium
- * Pepto-Bismol
- * Any prescription drugs taken regularly
- * Bandage Materials
- * Sunscreen Lotion
- * Tylenol

Two tablets of Pepto-Bismol taken four times daily can help prevent traveler's diarrhea. Do not take Pepto-Bismol if you are pregnant.

If you will be traveling on a boat at some point, or are particularly prone to airsickness, you may also want to include motion sick-

ness tablets. Seats located next to wing of the plane, near the aisle, experience the least motion and thus are better for those prone to airsickness. Jetlag can be problematic, especially when traveling more than 3 time zones. There are short-acting, sleep-inducing medications that your doctor can prescribe.

If you are pregnant, the safest time to travel is in your second trimester. If traveling by car, you should stop at least every three hours and walk around for at least five minutes to prevent blood clots from forming in your legs. If traveling by air, getting up for a brief walk every 30 minutes is recommended. There are many issues surrounding travel and your health and a little preparation goes a long way. For more information, the CDC has an excellent website: www.cdc.gov/travel, or simply contact your healthcare provider.

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

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Worship Services

CATHOLIC WORSHIP SERVICE

Base Catholic Chapel
Sunday Mass - 8:30 a.m.
Daily Mass:
Monday - Friday - 11:40 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.)
Jumrah Service - 1:30 p.m.
For other worship service times,
call 992-8550.

Station Spotlight



AOC Matthew Dillon
Weapons Officer, NAS Weapons Dept.

A native of Sacramento, Calif., Dillon has been in the Navy for 17 years and on board NASCC for five months. His previous two commands include the USS Nimitz (CVN 68) and the USS Essex (LHD 2).

Dillon's future career plans include serving overseas at Fleet Naval Activities Center Soudha Bay, Greece. Dillon enjoys his occupation because Weapons Division is located right next to Corpus Christi Bay, and he loves its sights, sounds and smells. He also loves being on shore duty.

Dillon's hobbies include water-skiing and fishing. He is single.



Donna Tedrow, Activity Customer Technical Representative, NAS Management Service Office

Originally from McLeansboro, Ill., Tedrow has been on board NASCC since 1989. She was employed for 10 years on base at the Corpus Christi Army Depot, and has spent the past five working at the NAS Management Service Office located in the Base Headquarters Building 2.

"My favorite aspects of the job are working with the great people here, and staying busy," said Tedrow. Tedrow's career goal is to continue working at NAS.

Tedrow enjoys listening to music, watching basketball and football games (both live and on television), and spending time with her family.

Tedrow has been married for 21 years, and has two children, sons Matt 20, and Steven 11, and one step grandson.

College offers new computer courses, degree program

By Ellen Murphy, Navy College Center

Electronic Communications Programming and Information Systems (ECPI) College of Technology is now offering eight CD-based courses for military, civilian personnel and dependants interested in pursuing an Associate's Degree in Information Technology or desiring to improve their knowledge of computers and networking. The following courses are now available on CD:

CIS 141	Computer Operating Systems	3 Credits
NET 157	Networking I	2 Credits
NET 158	Networking II	2 Credits
NET 190	UNIX Operating Systems	2 Credits
NET 201	Intro to Computer Configuration	2 Credits
NET 257	Routers I	2 Credits
NET 258	Routers II	2 Credits
NET 161	Windows Professional	2 Credits

All courses are fully eligible for Navy Tuition Assistance and GI Bill funding.

ECPI also offers on base courses leading to A+, Net+, CCNA, MCSA, and Fiber Optics Installation certification.

Contact Tim Erickson at 937-6382, or stop by the ECPI facility in the NAS Navy College Center, building 1731, (behind the Personnel Support Detachment) for more information and to begin your training as an Information Technology professional.

NAS blood donors provide caring, hope Blood in short supply during summer, holiday seasons

By JO2 Jeffrey Fretland



Lt. Sara Santoski of the NAS Mine Warfare Center watches as Coastal Bend Mobile Blood Manager Robert Smith checks and adjusts the flow of blood during her donation period Wed., May 26. Santoski was one of several individuals who donate blood for those in need.

NAS military and civilian personnel donated their time and platelets Wednesday, May 26 as the Weapons Department sponsored a blood drive in the Navy Exchange parking lot. Over 40 donors rolled up their sleeves and provided blood plasma during a critical time of the year, according to Robert Smith, chief phlebotomist and mobile blood service manager of the Coastal Bend Blood Services Center.

"We try to achieve a total of 100 pints per day," said Smith. "We're always low on blood supply reserves at the start of the summer vacation, particularly during holiday periods. If people do want to donate, we advise them to eat a well-balanced meal before they come."

Potential blood donors must fill out a questionnaire when they first arrive. The phlebotomists then carefully screen the donors. They determine whether the volunteer is a suitable candidate for blood donation.

"We frequently have to turn people away," said Shelly Edwards, blood center phlebotomist. "We've had people who have come in that traveled to foreign countries, particularly in Africa. They may or may not be eligible to give, depending on what country they were in, how long, where they worked, and whether they were exposed to any circulatory or blood-related diseases. Of course, people who have had a cold, or contracted sexually-transmitted diseases such as herpes, gonorrhea, or AIDS cannot donate."

Edwards cautioned people have to wait eight weeks between donations in order for the affected veins to heal, and the circulatory system to fully replenish the amount of blood lost after donation.

A potential donor, after passing the initial screening, is ushered to a reclining lounge. The phlebotomist selects a particular arm, often the donor's choice, and chooses a particular healthy vein. The technician then disinfects the site with a brown mercurochrome-style disinfectant, betadine (or povidone iodine), starting at the vein site and spiraling outward in a circular motion. A small needle is inserted into the vein, and the spewing blood is collected in a laboratory cylinder for further testing and evaluation. Then the needle and syringe are connected to a plastic hose and collection bag. The whole procedure from initial draw to clamping of the line takes about ten to twelve minutes. An average donation is usually two to three pints.

Blood collections are then sent to the laboratory for further testing and evaluation for clotting properties, and also for screening out particular viruses such as West Nile syndrome. Whole, healthy blood is then distributed for use at 13 area hospitals, including Naval Hospital Corpus Christi.

Marine Corps Sgt. Scott Ledbetter decided to donate to support the troops in Iraq.

"Since we have a war going on right now, I want to do my part to help out the military community," said Ledbetter. "Every time there is a blood draw, I try to donate as often as I can."

Lt. Sara Santoski of the Mine Warfare Command saw the huge bloodmobile in the parking lot, and decided to donate.

"I usually try to give every eight weeks," said Santoski. "I'm always glad to help someone out when the need arises I saw the van, so I decided to come over."

August expected to be hot, chance for hurricanes

By AG3 Gabriela Plotnicka
Naval Training Meteorology and Oceanography Command

August is the last full month of summer and climatologic records indicate that it is just as hot as July. The afternoon temperature will exceed 90 degrees Fahrenheit on an average of 22 days this month. The mean temperatures this month parallels July's with a maximum of 91 degrees Fahrenheit and a minimum of 79 degrees Fahrenheit. Mean rainfall amounts increase in the month of August to an average of 2.7 inches. Thunderstorm activity will occur an average of four days this month.

High pressure maintains its position in the Gulf of Mexico and fair weather will dominate the area. The southeasterly sea breeze continues to give us slight relief from the heat at an average speed of 11 knots.

Tropical cyclone formation will increase as we approach mid-season. August and September are the most active months with a high probability of hurricane formation in the Gulf of Mexico. In the Caribbean, hurricane formation is closely watched, as these storms have the potential for being the most destructive. Now is the time to be or get prepared! Take the necessary steps now to protect your family, home, and property.

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

NAS commissary scholarship continued from page 1

NAS Commissary Manager Blair Marshburn looks forward to recognizing students through the DeCA Scholarship program every year.

"This is a wonderful way to provide recognition to the military kids who are entering or are already in college," explained Marshburn.

The Scholarships for Military Children's Program was first initiated in 2001. Its purpose is to provide scholarships to deserving high school seniors or college-enrolled students who demonstrate strong academic potential. Students are chosen based on several factors, including grade point average, involvement in extracurricular activities, leadership qualities, service and character.

Each scholarship awarded is worth \$1,500. The NAS Commissary is one of 280 stores worldwide that participates in the annual program.

FREE CLASSIFIEDS



Help Wanted - Part Time and Full Time.
"Modeling Agency is looking for Model Scouts and Sales People locally and statewide. Experience in sales or the beauty industry welcomed but not necessary. \$1000.00 weekly + fulltime. \$500.00 + weekly part-time. Straight commission only. Call 361-739-2161 or visit: www.millenniumlook.com.

FREE Seminars - Be YOUR Own Boss!
Do YOU have what it takes to be YOUR own Boss? Find out at one of these FREE Seminars. Wednesday, July 14, 2004 6:00 p.m. to 8:30 p.m. or Saturday, July 17, 2004 9:00 a.m. to 11:30 a.m. RSVP; 361-779-7119.

FOR SALE - Fishing rods and reels, flyrod/reel/line floating and sinking 6wt, trolling motor Guns, pistols, rifles, shotguns, pellet gun. ALL IN VERY GOOD CONDITION. Too much to list individually call me for a detailed list. MAC 850-8750.

For Lease - Available 7/15; 3/2/2 brick home with formal living and dining areas. Great neighborhood and close to excellent schools. Freshly painted. No pets. 3130 Seafoam in Flour Bluff. One year lease at \$900 month plus \$900 deposit. 361-855-2619.

FOR SALE: 11' X 4'8" inflatable raft, holds 5 adults (1200lbs), 5 separate air compartments, comes with all accessories. Worth \$615.00 new. Never used. \$475.00. Call CP or Mary @ 855-4810 or 658-8437.

"Contestants Wanted for Texas State Pageant. Ages 0-28. Win over \$2000.00 in prizes, trip to nationals in Las Vegas, Nevada and major Modeling contract. Local and statewide jobs and events for Models of all ages also available. Call 775-333-1153 or visit: www.millenniumlook.com.

MWR News and Events

Aquatics

Start planning your summer fun at the Bayside Pool. Don’t stay inside and be bored, come on out to the pools and have some fun in the sun! The Bayside Pool is a family recreation pool with a slide and baby pool. New Bayside pool hours of operation are:

Wednesday through Sunday:

1 p.m. to 5 p.m.

Monday and Tuesday: Closed.

The Bayside Pool is open for lap swim. The hours of operation are as follows:

Lap Swim:

Tuesday through Friday: 6 a.m. to 8 a.m. **Saturday:** 11 a.m. to 1 p.m.

Sunday and Monday: Closed

The Bayside Pool will also host **water aerobics** classes. The hours are as follows:

Tuesdays: 6 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.

The Oasis Pool will be CLOSED until August 10, 2004.

Pool Fees: Active Duty **military and active reserve personnel** are free with valid military I.D. Military dependents are \$1, Department of Defense employees are \$1.50, and guests \$2. Children under two years of age are free, but must wear a swim diaper. Monthly passes are available at Bayside Pool. The passes are valid from June to August. Pass prices are as follows:

Dependents (E-1 to E-6): \$15 monthly pass; \$45 season pass

Dependents (E-7 and Above Retired Military): \$20 monthly; \$60 monthly

DoD Civilians and Dependents: \$30 monthly pass; \$90 season pass

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

Auto Skills Center

The intense South Texas summer heat is just around the corner. Is your vehicle cooling as good as it should be? If not, stop by the Auto Skills Center to have one of our certified technicians examine your car’s air-conditioning system. Just come in and ask for an AC Service and we will check all of the following:

- Proper high and low side pressure readings
- 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.

Hours of operation:

Wednesday-Friday 10 a.m. to 6 p.m.

Saturday-Sunday 9 a.m. to 5 p.m.

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.***

Corpus Christi Bay Club

Join the Corpus Christi Bay Club for some terrific specials during the month of July.

They have their menu filled with lots of delicious entrees during the entire month, so stop by and enjoy some tasty food at the Bay Club.

Specials for July:

July 9: Chateaubriand Flambe for Two \$29.95

July 10: Surf and Turf \$14.95

July 16: Shrimp Buffet \$15.95

July 17: Flaming Kabobs \$12.95

July 31: Stuffed Salmon \$13.95

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 July:

July 16: There will be a member’s appreciation night with an all you can eat shrimp and seafood buffet from 5 p.m. to 9 p.m. Members \$14.95 and \$16.95 for non-members.

July 23: Winging designation ceremonies will be held in the main ballroom at 3:30 p.m.

July 24: Annual Navy Regatta Dinner and Dance (more information at a later date)

July 30: Mongolian Barbecue Night

For more information, please call the Corpus Christi Bay Club at 961-2541.

E-Street Gym

Stop by the E-Street Gym and sign up for the coming sports events:

Event: Flag Football

Registration Date: Aug. 6

Event Date: Sep.–Oct.

Event: Softball

Registration Date: Aug. 13

Event Date: Sep–Nov.

Event: NAS 5K Run

Registration Date: Aug. 18

Event Date: Aug. 21

Event: Sports Day

Registration Deadline: Aug. 30–Sep. 17

Event Date: Oct. 15

Intramural Sports Program: All Captain’s cup sports are unit competitions. 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. **Don’t forget!** You can issue gear for various sports from the E-Street Gym. Plan your summer outings now. ***For more information, call the E-Street Gym at 961-2401.***

Fitness Express

Health Fair: Mark your calendar for Friday, July 16, 2004. The Fitness Express will be sponsoring a health fair from 8 a.m. to 5 p.m. in the group fitness room. Several organizations will be offering some really great, helpful information. The event is free of charge. The organizations participating include:

- **The Coastal Bend Blood Donor Center** will be accepting blood donations.
- **The American Diabetes Association** will be offering information on living with and recognizing the symptoms of diabetes.
- **Advocare** will be promoting health care products.
- **The American Cancer Society** will be offer information on cancer awareness.
- **Fleet Feet** will provide helpful hints on how to select the right athletic shoe for every sport.
- **The Armadillo Sports Chiropractic Clinic** will be offering information on how to prevent and treat sports injuries.
- **The Laser Treatment and Medical Spa Center** will be offering information on laser treatments for hair removal, tattoo removal, and skin imperfections.
- **The Institute of Cosmetic Arts and Sciences** will be offering massages.
- **The Coca-Cola Company** will promote their new sports drink.
- **The Naval Hospital Corpus Christi Breast Care Program** will promulgate information on breast cancer awareness.

Stop by and join the staff of the Fitness Express for healthy tips for people of all ages and fitness levels.

Towel Coins: You may purchase a towel coin for \$1. This coin may be traded for a towel. Bring the towel back to the front counter and your coin will be returned.

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. to10:45 a.m.

Weight Training: 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. ***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. In addition, the month of July is filled with great music concerts, so there is something to fit everyone’s taste.

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.

Summer Concert Series:

July 30: The 1980’s Music Fest with Rick Springfield, The FIXX, and Tone Loc

July 31: Texas Throwdown Two Country Concert

August 6: Pure American Metal Tour Rock and Roll Concert

August 8: Evanescence with Seether, Three Days Grace and Breaking Benjamin

ITT also has tickets to local and surrounding theme parks and attractions. You can purchase tickets to the following vacation spots:

Corpus Christi:

- Texas State Aquarium
- * USS Lexington Museum
- * Texas Treasure Casino Cruises

Dallas/Houston/Galveston

- Six Flags Over Texas
- Houston Space Center
- Hurricane Harbor
- Moody Garden’s Island Aquarium

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 will be hosting a huge fishing tournament coming this fall. Get ready and take out your tackle boxes and fishing rods and dust them off for this exciting event. The tournament will be held at the Paradise Cove Marina and will be ongoing for one week. The date and time will be announced at a later date, so mark your calendars once the

date is set. There will be different categories to participate in, including Redfish, Trout, and Flounder competitions. This event is open to all MWR patrons. A minimal fee will be processed at the time of registration. Various prizes and awards will be presented at an awards ceremony at the end of the tournament week.

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, so 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 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, so stop by today and take advantage of all the awesome opportunities offered to you by the ORAC marina.

The hours of operation for the Outdoor Adventure Recreation Center are as follows:

Thursday to Monday: 7 a.m. to 7 p.m.

Tuesday and Wednesday: 11 a.m. to 1 p.m.

For more information, please contact the friendly ORAC staff at 961-1293.

Are your uniforms uniform?

By **FLTCM (SW/AW) “Buck” Heffernan**

The other day I sat in my car at the Navy Exchange and watched as Sailors entered and exited the building. What was I watching? I think I was watching a fashion show. The number of Sailors wearing faddish or outlandish sunglasses amazed me. I’ll bet 70 percent of the people I saw coming and going had on glasses that were not, in my opinion, authorized to be worn in uniform...and that got me thinking about our uniforms, and where the standard is today.

The simple answer is we have uniform regulations that govern what we shall and shall not wear in uniform. Sunglasses, for instance, are supposed to be conservative. That means they should not be conspicuous, which means obvious to the eye, attracting attention, striking, or bright in color. The glasses I saw the other day were all that and then some. The reds, greens, blues, and neon colors need to go!

Another thing I noticed was a large number of things hanging off uniforms, including pagers and cell phones. Most of what I saw must be personal cell phones because the colors were bright green, blue, red, or other colors. Unless I’m mistaken, most of the official cell phones are either black or silver.

Shipmates, I’d like to challenge you all to do two things. One, to learn the uniform regulations that govern how you dress while you are in the Navy. The uniform regulations are the same for everyone. Rank has nothing to do with how applicable the regulations are. In many cases, there is only one standard, from Seaman to Admiral.

The second thing I would like to challenge you to do is to do your part to raise our standard. I doubt many people grab a pair of red sunglasses and put them on in uniform not knowing they are not authorized. If you went to boot camp, you understand. The disconnect must be that people don’t say anything about it, or you think that even if someone does call you on your appearance, it’s a relatively small foul and you can usually brush it off by saying something like, “Oh, I’m sorry...I forgot, or didn’t know.”

Most of us are extremely proud to serve in the Navy. When others see Sailors, they instantly recognize us as such because of our appearance. The very word uniform provides us that instant recognition. Every time a Sailor decides to alter their appearance to make them look a little different, probably for many different reasons, they call into question how uniform we really are. Yes, we are all different people, but we serve on the same team and our team colors are well defined. You should be proud to wear our colors and not deviate.

So how proud are you of your uniform? Do you look in the mirror as you dress and give yourself a quick self-inspection to ensure you looked squared away? I’ve been in the Navy for more than 30 years and, although I know the regulations, I still look in the mirror often to ensure my uniform is neat, and most of all, correct. It’s difficult to correct others if you do not set the standard yourself.

As many of you are aware, Task Force Uniform is testing some new uniforms that may become part of our seabag. However, the task force’s work is in the area of fabrics and styles, not in the area of accessories. It is, and always will be, up to you to ensure your uniform complies with the standard. That standard is not optional.

If you have questions about what is or is not authorized to be worn on your uniform, with your uniform, or in uniform, you have many options. I would recommend, in this instance, you consult the uniform regulations yourself. The more you us them as a reference, the more of an authority you become on our uniform standard. It’s important every Sailor learns our standard quickly and then do everything they can to uphold it personally, and by correcting others if the need arises.

Since our uniform is what clearly gives us identity in the military and in our communities, we all owe it to each other to do our best to look good and represent our Navy in the best possible way. Thanks in advance for your attention to this! See you around the fleet!

AWARDS AND ACHIEVEMENTS

Bravo Zulu to NAS Employees

Congratulations to the following individuals for their many years of devotion to NAS Corpus Christi. From 1 January 2004 to 30 June 2004, the following Naval Air Station Corpus Christi employees achieved the following length of service milestones:

35 YEARS 30 YEARS 20 YEARS 25 YEARS 15 YEARS 10 YEARS

35 YEARS
Kenneth Appleton
Robert Spindler

30 YEARS
Reynaldo Aleman
Bradley Cook
James Johnson
Rodolfo Liserio
Carole Pilgrim
Virginia Rios

20 YEARS
Curtis Alan Heffner
Ricardo Mercado
Otis Terrell, Jr.
Victor R. Villarreal



VT-35 awards ceremony



Air Force Capt. Chris Rice (left) receives the Air Force Commendation Medal from VT-35 Training Squadron Commanding Officer Cmdr. William Mosk during an awards ceremony held May 4 at Hangar 55 aboard NAS.



Lt. Cmdr. Brett Samuels (left) received the Navy Achievement Medal from Cmdr. Mosk.



Reenlistments abound

Resendez extends for three more years



Photo by JO2 Jeffrey Fretland

AC2 Jason Resendez (right) receives his certificate of reenlistment from NAS Air Traffic Control Facility Officer Lt. Michael Nielsen (left) during a ceremony held June 18 at the Air Traffic Control Building on board NAS. Resendez is departing in November to Yokosuka, Japan, for duty aboard the USS Kitty Hawk (CVN 63).

All in the military family



Photo by JO2 Jeffrey Fretland

Sisters Michaela (in front of her mother Rebecca) and Rebecca Ortiz proudly display certificates of appreciation presented by NAS Commanding Officer Capt. Paula Hinger (far left), in support of their father, AC1 Aaron Ortiz, (far right) during his naval career. Ortiz reenlisted for three more years during a ceremony held at the Island Foundation Pre-School June 17.

X-Division strikes again!

NAS Commanding Officer Capt. Paula Hinger presented awards to the following individuals during a ceremony June 18 in the courtyard of the NAS Detention Facility. (Photos by JO2 Jeffrey Fretland.)



NCCS (SS/SW) Charles Chadrick was awarded a Navy Good Conduct Medal in lieu of his sixth award. Chadrick also received the Navy Commendation Medal in recognition of outstanding performance while serving as the NAS Corpus Christi Command Career Counselor.



JOC Margarita Chadrick received a Navy Achievement Medal in recognition of outstanding service and support to NASCC while serving as editor of the Wingspan. The Chadricks recently transferred to Norfolk, Va.



Capt. Hinger congratulates MN2 Joseph Goyathlay for receiving a Good Conduct Medal in lieu of his third award.



Naval Reserve Center recognizes Sailors

The following Sailors from the NAS Naval Armed Forces Reserve Center received awards presented by Commanding Officer T.R. Chambers during a ceremony held May 14 at the Reserve Center on board NAS.



Photo by Richard Stewart

SN Dusty Stone receives a certificate designating him Junior Sailor of the Quarter. Stone also received a Letter of Commendation and a plaque for his efforts.



Photo by SN Dusty Stone

PN1 Pamela Davis is presented a plaque naming her REDCOM South Sailor of the Quarter. She was also chosen unit Sailor of the Quarter, and also received a Navy Commendation Medal for her achievements.



Photo by Richard Stewart



HM2 Lorena Paslee receives a Letter of Commendation citing superior service and assistance during a recent command inspection. Eight Sailors were presented a total of twelve awards during the ceremony.

IRS recognizes NAS Sailors



Photo by Lt. J.g. Daniel Harmon

(Left) Billy Hubbard from the Internal Revenue Service Education and Communications Dept. presents a community service award certificate of appreciation to LNC Robert Howeth (center) and Lt. David Lee of the NAS Legal Service Office in recognition of their contributions to the NASCC Volunteer Income Tax Assistance program. Over 700 tax returns were completed on board NASCC last season saving Sailors over \$90,000 in preparation fees, and provided over \$1.2 million in tax returns. The program was staffed by volunteers from NASCC and tenant commands.