

# Wingspan

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Naval Air Station Corpus Christi, Texas

Thursday • October 14, 2004

## Little relieves Salazar as Commodore of Training Air Wing Four

By Lt. Roger Ferrell and Ensign David Van Kampen, Training Air Wing Four

Capt. Dale Little relieved Capt. Gabriel Salazar as Commodore, Training Air Wing 4 in a traditional change of command ceremony Thursday, Sept. 23. The ceremony was held at 5 p.m. in Hangar 58 at Naval Air Station Corpus Christi, Texas.

Rear Adm. Michael Holmes performed duties as guest speaker and Navy Region South Chaplain (Capt.) Brian Kelly recited the invocation and benediction.

Capt. Little joins Training Air Wing 4 from duties as Commander Sixth Fleet (COMSIXTHFLT) N3 where he led the planning and execution of Operation Iraqi Freedom from the Mediterranean.

Capt. Little enlisted in the U.S. Navy in 1973 and reported to Fleet Air Reconnaissance Squadron Four after completing AMS "A" School in Memphis, Tenn. Little entered the first class of the Limited Duty Officer (Aviator) Program and received his commission in 1981. After receiving flight training in Corpus Christi, Little was designated Naval Aviator and he reported to VT-2, Milton, Florida to assume duties as Flight Instructor, Standardization Instructor and Check Pilot for the T-34C Turbo Mentor. In 1985, Little served as Flight Deck Officer aboard the USS Coral Sea (CV 43) on which he was awarded the first Coral Sea Junior Officer Leadership Award. After being designated an Unrestricted Line Officer in 1988, Little reported to VQ-4, the Shadows, as the Avionics Division Officer, Operations Flight Of-



Photo by George Alexander

**Captain Dale Little receives congratulations as he assumes the post of Commodore, Training Air Wing 4. Cheering him on are (from left to right) Chaplain Brian Kelly, Capt. Gabriel Salazar, outgoing Commodore of Training Air Wing Four, Rear Adm. Michael Holmes, Guest Speaker, and Capt. James Lind, CNATRA Chief of Staff.**

ficer and Assistant Operations Department Head. Little then served as Flag Lieutenant to Commander, Carrier Group SIX from 1990 through 1992. While embarked on the USS Forrestal, Little became combat ops experienced flying in the E-2C Hawkeye and

S-3B Viking aircraft. Little then returned to VQ-4 and served as the Operations Officer and Maintenance Officer, he also qualified as an E-6A Mission Commander, Aircraft Commander, Mission Commander Evaluator, and Instructor Pilot.

In 1998, Little became the VQ-4 Executive Officer and in 1999 he became the Commanding Officer. During his command the Shadows were awarded the Battle E, Golden Anchor, Safety S, and Maintenance Excellence Award. Captain Little then served as the Navigation Officer aboard the USS Theodore Roosevelt (CVN 71) during Operation Enduring Freedom in Afghanistan, and as COMSIXTHFLT N3 Little led the planning and execution of Operation Iraqi Freedom from the Mediterranean. Little has over 5,000 flight hours in nine different aircraft. He has been awarded the Legion of Merit, Defense Meritorious Service Medal, three Navy Meritorious Service Medals, five Navy Commendation Medals, Navy Achievement Medal, Good Conduct Medal, Navy Expeditionary Medal, National Defense Service Medal and several other personal and unit awards.

A native of Corpus Christi, Texas, Captain Salazar assumed duties as Commodore TW-4 in June 2002. As Commodore, Salazar has had a very distinguished tour contributing immensely to the mission of the Naval Air Training Command. Salazar oversaw 232,480 mishap A and B free hours. Over 900 students from four services and four countries were designated aviators under his command. Salazar met or exceeded all CNATRA FY02, FY03 and FY04 pilot training requirements for both Primary and Advanced

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## Naval Hospital Corpus Christi accentuates Homeland Security

### Personnel refine skills with tri-county emergency responders

Story and photos by Bill Love, NHCC Public Affairs



**Lt. Cmdr. Chester Chapman, Naval Hospital Corpus Christi, performs a routine exam on Aransas Pass High School student Tara Bailey, 15.**

Corpsmen from Naval Hospital Corpus Christi (NHCC) Texas reinforced a myriad of first responders from a three county area Sept. 17 by helping neutralize a simulated Homeland Security threat at the intersection of State Highway 188 and County Road 136, 23 miles north of Corpus Christi.

HM1 (FMF) Randy Rincones, HM2s Robert Browning, Julio Hernandez, Osvaldo Diaz, and HM3 (FMF) Gary Mota along with Lt. Cmdr. Chester Chapman, NHCC Emergency Preparedness Officer, united with San Patricio, Aransas and Refugio Counties' emergency crews to test the effectiveness of their response during a multi-faceted catastrophe that involved a hijacked school bus colliding with a commercial vehicle hauling a hazardous material, suspected explosive devices and adolescent fatalities.

The full-scale tri-county disaster exercise expanded awareness of hazards and risks associated with unexpected terrorist activities, and helped to improve emergency services to residents of a three county area got off to a realistic start after officials of the 2004 Coastal Plain Local Emergency Planning Committee (LEPC) gave it the green flag. This year was the first time that San Patricio County based LEPC broadened its training opportunities to the community by incorporating emergency crews from two adjoining counties, Aransas and Refugio.

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**HM1 (FMF) Randy Rincones, Naval Hospital Corpus Christi, performs triage on Rockport Middle School student Kayla Northup, 14, during a simulated Homeland Security emergency.**

Wingspan

## From the Skipper

### Fire Prevention is everyone's concern

By Capt. Paula Hinger



Hinger

October is National Fire Prevention Month and the National Fire Protection Association theme is "Test Your Smoke Detectors." You may ask why such a fuss is made about smoke detectors. Aren't they those cheap little plastic things that

go up on a ceiling and they don't do anything except make a loud shrill noise when you are cooking or showering? So what exactly is a smoke detector? Why does steam from my shower set it off?

To begin with, there are two main types of smoke detectors. One is photoelectric and the other is an ionization detector. The photoelectric works with a low power laser beam, just like the light in the door of a store entrance. When your leg blocks the laser light in the door a bell rings. In a fire

the smoke will block off the laser light and the detector activates sending that shrill alarm. This smoke detector works well with a smoldering fire, such as a mattress fire. Ionization smoke detectors use a chamber to detect smoke. They have 1/5000<sup>th</sup> of a gram of radiation material called Americium-241. A small electric current runs in the chamber and when smoke enters that chamber the electric current drops and the horn in the detector goes off. Well, consider these facts:

- When you are asleep you can't smell smoke- if anything smoke will put you into a deeper sleep.
- 90% of people that perish in a fire look like they are asleep. The only difference is they have soot on their faces because of smoke and hot gas inhalation.
- Most people die in the first five minutes of a fire, and not by flames but by smoke.
- In a fire the floor is 90 degrees, head level is 600 degrees, and ceiling level it is 800 degrees, and it only takes 150 degrees to kill you or make you unconscious.
- In one minute a fire grows three times it's size, in four minutes 11 times, and in six minutes 50 times its original size.

## Chaplain's Corner

### Do the Right Thing

By Chaplain Robert Christian

Mark Twain had the right idea on doing the right thing—"Always do right. This will gratify some people, and astonish the rest." Whether it is telling the truth or simply going out of your way to help others, let one of your guiding life principles be "Do the right thing." I began to learn this lesson when I was 18 and a senior in high school. The crucial details are as follows: (1) A girlfriend (yes, a girl is almost always involved) of two years had to work on Friday night and asked me to pick her up at 10 p.m. from her job and then bring her home and simply drop her off because she has a band event the next day. (2) My best friend, Randy, has a girlfriend also in band and she cannot go out either. (3) It was Friday night and my friend Randy and I had nothing to do until 10 p.m. (4) We were stupid. These are the crucial details that setup the story.

Allow me to bring you back to that fateful evening when Randy and I let the time slip away while we had fun. The time was now 10 p.m. and I had two options formed in my 18 year old mind: a) take Randy home and arrive late to pick up girlfriend and then spend evening explaining why I was late, or b) put Randy in the trunk, drop off the girlfriend, and continue an evening of fun with Randy. Option "b" seemed to have the most merit, so off we went. Let us fast forward to my girlfriend's house where she has changed her mind in the driveway and has asked me to come in the house. (Remember that Randy is in the trunk.) Where was Mark Twain when you needed him? I quickly formed a lame excuse as to why I had to run home and then return as quickly as possible. Two blocks away I stopped the car to let Randy out only to find that the car would not start once we were inside.

Well, not to worry. Randy's girlfriend lived only a few blocks away and she could bring him home. That settled, I went back

So armed with this data most of you will just go on and forget what you have read. You will leave your loved ones at home sleeping safely in their beds. This time take a long hard look at them. Would you like to take the gamble out of leaving them behind? Then go straight to the nearest retailer that sells smoke detectors and pick up a couple of them.

It just takes two screws to put it up and a nine-volt battery to run it, and the best part of the whole deal is they are cheap. Make no mistake about it. They are worth their weight in gold if you have a fire. Don't put it off any more. The life you save could be that of a beloved family member. I promise you will never regret it. Our firefighters will appreciate it too, because if your family is trapped in that fire our guys are going to get them out no matter what.

Would you like to meet some of these dedicated men and women? Come by the fire station and bring the kids for a tour. See the men and equipment that protects our base. To set up a tour call the non-emergency line at 961-3492/3491. They will be glad to see you, so come and visit.

to my girlfriend for battery cables. Let me spare you the brutal details and simply let you know that my alibi began to unravel and the rest of the evening was the fight of the century.

You and I face similar struggles every day as we are confronted with choices to make. Doing the right thing might be inconvenient or might put us at risk at being misunderstood or might even be detrimental to a career. The Scriptures teach us that what is done in secret will ultimately become known and that the truth will actually set us free. Do what is right and let the chips fall where they fall. Allow me one more detail from that evening—Randy went to his girlfriend's house only to find another guy already there. Our choices will impact others, so make sure you have the peace of knowing that you did the right thing.



Christian

## Healthwatch

### Care for your hair and you'll be a winner



Ruttig

By Lt. Nate Ruttig

Is stress causing your hair to fall out? Maybe. Hair loss could be a sign of a more serious problem. Alopecia, the medical term for hair loss, occurs in both men and women and can begin at any age. Lu-

pus, fungal infections, tumors, diabetes and thyroid disease all can cause hair loss. Stress from a major illness or surgery- especially one that involves general anesthesia, may cause hair loss months afterwards. If you wear pigtails, cornrows, or use tight hair rollers, the pull on your hair can cause "traction alopecia." Hair will grow back if the traction on your hair is removed before scarring develops. Also, hot oil treatments, hot combs/hairdryers, and chemicals used in permanents can cause swelling of the hair follicle-the root of the hair leading to scarring and hair loss. Women that give birth can expect to lose some of their hair due to

hormonal changes. This loss is temporary. The most common type of hair loss, male-pattern baldness, is really not hair loss at all. In reality, the hair regresses from a "terminal" hair, one that is long and thick, to a "vellus" hair- one that is thin, short and hardly visible. Over half of the male population will experience hair loss by age 50 in the form of receding hairline and/or top of the head. Can hair loss be treated?

Perhaps, depending on the cause. In general, hair loss is best treated early. Over the counter Minoxidil (Rogaine), a topical medication, will help preserve the hair that you

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## Wingspan

NAS Corpus Christi  
"Exceeding Expectations Through Pride In Performance"

### Commanding Officer

Capt. Paula Hinger

### Public Affairs Officer

Robert Torres

### 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 - 9:45 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.

# Station Spotlight



**Damage Controlman Second Class  
Andrea Bird NAS Quarterdeck Office**

A native of Tucson, Ariz., Bird has been in the Navy for three years, and reported aboard NASCC in January 2003. She works as the Assistant Leading Petty Officer at the NAS Quarterdeck.

"I get to experience various situations, which can be anything from anti-terrorism force protection to destructive weather," explained Bird. "This gives me the experience and training to become a more well rounded leader."

Bird's previous commands include

USS Cormorant (MHC-57), and Damage Control "A" School.

Bird's future career goals include acquiring Petty Officer First Class rank and make Chief Petty Officer.

Bird's hobbies include playing basketball, training her Doberman dog, and working on her car.

Bird is married with three kids, sons Aric, six and Kindred, three, and three-month-old daughter Reese.



**Sharon Scott, Librarian  
Books and More/NAS Library**

Born and raised in the Panhandle community of Earth, Texas, northwest of Lubbock, Scott has worked on board NASCC in the civil service for fifteen years. She has been gainfully employed as a librarian for the past 39 years.

"I love the people here, and hearing all the various war stories," said Scott. "That's the best part of working for the military. Libraries provide a life time of learning for everyone."

Scott provides many services at the

NAS library, including computer internet access, videos, xerox copying and computer software products.

Scott's future plans include retiring in the next five years, and traveling around the country.

"There's a lot of the United States I have not seen yet," explained Scott.

Scott's hobbies include reading and playing computer games.

Scott is single with two Miniature Schnauzer dogs, Frieda and Nancy.

## Emergency care versus urgent care health needs Education is key to making informed decisions

By Hospital Corpsman First Class Joshua Morgan  
NHCC Health Care Operation

Is it an emergency or not? This seems to be the question that is asked late at night, during a holiday, or anytime the clinics are not open. What can you do to ensure that you or your family receives the quality healthcare that you deserve? TRICARE and Military Treatment Facilities (MTF's) like Naval Hospital Corpus Christi (NHCC) were established to meet the needs of beneficiaries 24 hours a day, 365 days a year. TRICARE has established systems and standards to provide access to care in a timely fashion based on your medical needs.

Emergency care is necessary when there is a sudden or unexpected medical condition, or the worsening of a condition, which poses a threat to life, limb or sight, and requires immediate treatment; or a sudden, extremely painful condition which requires immediate treatment to alleviate suffering. Emergency care is covered for medical, maternity, or psychiatric emergencies that would lead a "prudent layperson" (someone with average knowledge of health and medicine) to believe that a serious medical condition might exist, or the absence of medical attention would result in a threat to life, limb or sight or be a danger to self or others.

Examples of conditions that should receive urgent treatment are: sprains, deep cuts, earaches, sore throats, high fevers, or fevers not responding to treatment. They are generally not life threatening, but may progress to a more serious condition or can be an early sign of a more serious underlying condition.

You can seek urgent care at various locations, including your Primary Care Manager's (PCM) office and urgent care centers. If you are a TRICARE Prime enrollee and you need information on Urgent Care Centers or health-care related advice, you may call the Naval Hospital Corpus Christi quarterdeck at (361) 961-2688 or Health Care Finders (HCF) at (800) 406-2832.

Please be aware of the Point of Service option under the TRICARE program. This can result in out-of-pocket expenses if an ER visit does not truly warrant use of an Emergency Room. This can be very costly and makes the beneficiary responsible for a large amount of the bill. Whether you are TRICARE Prime, Extra, or Standard you may ask for advice from your TRICARE Service Center, PCM, HCF, or triage nurse.

When you seek Urgent Care or Emergency Care, you or a family member must contact your PCM within 24 hours of care. This ensures that you will receive appropriate ongoing care. You deserve the best medical care available. With extensive wait times and high Emergency Room costs, ER visits are not always the best or quickest option. Extended and weekend hours are available at the Naval Hospital Corpus Christi for acute care needs. The best way to ensure you and your family received the most appropriate healthcare is for you to know what resources are available and how to make the best choice.

## Operational Risk Management and you

By BMI (SW/AW) Mark Kennedy

Operational Readiness Management (ORM) is a decision making tool used to increase operational effectiveness by anticipating hazards and reducing the potential for loss, thereby increasing the probability of a successful mission. The purpose of ORM is to minimize risks to acceptable levels. It follows a five-step sequence, and should be used by everyone from the front line workers to top-level supervisors:

1. Identify Hazards
2. Assess Hazards
3. Make Risk Decisions
4. Implement controls
5. Supervise

ORM is an effective tool for maintaining readiness and ensuring the success of the

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already have and may promote some modest re-growth. Minoxidil is used twice a day and it may be up to 6 months before results are seen. Separate formulations for men and women exist. This is because the body metabolizes the drug different in women than in men. Once Minoxidil is stopped, all hair that has been preserved will be lost. Finasteride (Propecia), is an oral medication that can be used only in men. The side-effect profile of finasteride, despite common rumors, is very similar to that of placebo. If you are on a flight-status, you can still take finasteride, with a waiver, if your physician decides that this is an appropriate treatment. Minoxidil

commands mission.

The goal of ORM is to manage risk so the mission can be accomplished with the minimum amount of loss. The benefits of applying the ORM process will be a reduction in mishaps; lower injury and property damage costs, a more effective use of resources, improved training effectiveness, and improved readiness.

The ORM University is available on line 24 hrs. per day at [www2.cnapp.navy.mil](http://www2.cnapp.navy.mil). It is required that all military and government civilian employees complete the applicable courses. For any questions about which course you should do, please contact the ORM Program Manager at 961-3686 or 961-4470.

use is not acceptable for those on a flight-status, at any time, due to possible effects on blood pressure. There are many treatment options available for hair loss not discussed here, and hair loss may be a sign of a more serious medical condition. For more information, please consult your healthcare provider.

## October Calendar of Events

- Only a few weeks until the 2004 General Election for the President of the United States, 34 U.S. Senators, and 435 U.S. House of Representatives. You and your family members are encouraged to ensure you are all registered to vote in your state of residence and to request a Federal Absentee Ballot for the general Election if necessary. Every vote counts! There are a number of ways in which to vote. In Texas, if you are registered at the Department of Motor Vehicles you are also registered to vote at the same time. If not, there is a postage-paid Texas voter registration card that can be acquired at the NAS Post Office or through the NASCC Voting Assistance Officer (Lt. Heather Barackman, at 961-4960/4961, or contact her by e-mail at [heathercoats@navy.mil](mailto:heathercoats@navy.mil).) You can also check out the following websites for voter registration: <http://www.fvap.gov/pubs/online/fpca.pdf>, <http://www.fvap.gov/pubs/vag/vagchapter3.html>, or <http://www.tvap.gov/pups/vag/vagchapter3.html>.
- **October 23:** The Sparkling City Chorus of Sweet Adelines International is presenting its 31<sup>st</sup> annual show, *Sparkling City on Parade*, at 7:30 p.m. in the Gregory-Portland High School Auditorium, 4600 Wildcat Drive in Portland. Show tunes and patriotic songs will be featured. Tickets are available at a pre-concert price of ten dollars by calling (361)-368-5098, from chorus members, or from the chorus website: [www.sweetadelines.net](http://www.sweetadelines.net). Tickets will be \$12 at the door, and anyone 16 years old or younger is admitted free.
- **The month of October** has been designated "*Czech Heritage Month*" by the 76<sup>th</sup> Texas Legislature. Several festivals celebrating and recognizing the important contributions of Czech culture to Texas are being celebrated throughout the Corpus Christi and Gulf Coastal Bend area. For more information on upcoming events celebrating Czech heritage, contact Jerry Elzner at (361)-991-1746, or the Corpus Christi Chamber of Commerce Visitor's Center at (361)-561-2000.
- **Oct. 1 to Dec. 15:** The annual Combined Federal Campaign is now underway. This annual fund raising drive allows nearly four million employees to donate to thousands of local and non-profit organizations. Donors may designate which charities receive their money by filling out pledge cards. Contributions may be made by cash, check or payroll deduction. The CFC Website is at [www.opm.gov/cfc](http://www.opm.gov/cfc).
- **St. Patrick Elementary School Annual Halloween Carnival**, 3340 S. Alameda. Friday, October 22nd, from 5:30 p.m. to 10:30 p.m. Come and enjoy Spooktacular Family Entertainment.

## FREE CLASSIFIEDS

**St. Paul the Apostle Catholic Church** at 2233 Waldron Road in Flour Bluff will hold a HUGE Garage Sale on Saturday, October 23, 2004 from 8:00 a.m. to 6 p.m. in the Parish Hall. Items for sale will include washers, dryers, refrigerators, microwave, lawn mower, furniture, tools, jewelry, toys, crafts and clothing. Please call Pam Wondolowski at 937-3785 or Ewa Grzelecki at 991-4605 for more information.

**FOR SALE '02 Kawasaki VN750**, 25K miles, blk/sil, OEM extras, Kuryakyn grips/pegs, garage kept & loved, records avail., avg. 40-45 mpg. \$4,500 OBO. Jesse Meerscheidt 361-548-0311

## NAS Pensacola, Florida and Gulf Coast hurricane victims require assistance

By JO2 Jeffrey Fretland

The Navy-Marine Corps Relief Society responds to the needs of active duty and retired Sailors, Marines and their families 24/7. Mother Nature's wrath, particularly as exhibited by hurricanes Francis and Ivan, resulted in significant damage in Florida and along the Gulf Coast.

Although the office in Pensacola, Florida, suffered water damage, the Society's staff is responding to the needs of hurricane victims at a temporary office at NAS Pensacola Corry Station. Sailors and Marines in the immediate area should visit the Emergency Center in Building 501 at Corry Station. If you need assistance and are not near Corry Station, you may seek help from any of the Navy, Air Force, Army, or Coast Guard military aid society offices or visit the closest office of the American Red Cross. If you need advice on seeking emergency assistance, please call 1-800-654-8364.

If you would like to make a contribution that helps Navy and Marine Corps hurricane victims, please make your check payable to NMCRS or Navy-Marine Corps Relief Society. In the memo section of the check (lower left corner) please write "Hurricane Relief." Mail your contribution to:

• **Navy-Marine Corps Relief Society**  
4015 Wilson Blvd., Second Floor  
Arlington, Va. 22203

In the next few days, you will be able to make a credit card contribution that will support hurricane victims. At the Society's main menu, click on "Make a Gift" and follow the prompts to "Hurricane Relief."

Thank you for your consideration and support.

## Career Counselor's Corner CONSEP Program identifies Sailor career progression

By NCC (SW) Terri Green



A new partnership approach to delivering career development and career change strategies was unveiled to Sailors in Fiscal Year 2002. The Career Options and Navy Skills Evaluation Program (CONSEP) is a military lifecycle education and training initiative recommended in a 1999 Congressional Commission on Service members and Veterans' Transition Assistance Report to Congress. CONSEP has been designed to assist Sailors identify their individual skills and talents, develop long-term professional and personal goals, plan for personal financial stability, research related civilian skills or qualifications, establish effective long-term career planning objectives, and emphasize the values of continuing a Navy career.

Fleet Sailors and Command Career Counselors are praising this new approach to career development. This "full bodied" workshop introduces a partnership between the Navy Transition Assistance Management Program, Command Career Counselors, Financial Educators, and Navy College Offices.

CONSEP, a four-day curriculum, is the newest quality of life initiative launched by the Fleet and Family Support Division of the Navy Personnel Command. This exciting new approach to transition education has been designed to assist Sailors in making educated career and life decisions in order to remain competitive throughout the Navy as well as upon completion of their Navy careers. The Navy is the first military service to launch such an initiative. Navy efforts have been applauded by the Office of the Assistant Secretary of Defense and may become a training model for the entire Department of Defense. Participants were extremely enthusiastic and were quick to label this workshop as one of the most rewarding experiences they have ever participated in. The schedule for NASCC is as follows:

**First Term Workshop Schedule**

**Jan. 17-20, 2005**

**Aug. 8-11, 2005**

**Mid-Career Workshops Schedule**

**Nov. 8-11, 2004**

**April 11-14, 2005**

For more information call your Department Career Counselor or CONSEP Coordinator at 961-2861/62. You can also email them at: [carole.pilgrim@navy.mil](mailto:carole.pilgrim@navy.mil) or [tito.perez@navy.mil](mailto:tito.perez@navy.mil).

## Federal Employees Compensation Act provides many entitlements

By Elva Hernandez

The FECA provides medical care and compensation benefits to Federal employees for disability due to personal injury or disease sustained while in the performance of duty. It also provides for payment of benefits to dependents if a work-related injury or disease causes an employee's death.

Benefits provided under the FECA constitute the sole remedy against the United States for work-related injury or death. A Federal employee or surviving dependent is not entitled to sue the United States or recover damages for such injury or death under any other statutes.

Any person who makes a false statement, concealment of fact, misrepresentation, or any other act of fraud with respect to a claim under the FECA, or who knowingly accepts compensation to which there is no entitlement, is subject to criminal prosecution and may be punished by a fine of not more than \$10,000 or imprisonment for not more than five years, or both. Any person charged with the responsibility of making reports in connection with any injury who willfully fails, neglects or refuses to do so, knowingly files a false report, induces compels, or directs an injured employee to forego filing a claim, or willfully retains any notice, report, or document required in connection with any injury, is subject to a fine of not more than \$500 or imprisonment for not more than 1 year or both.

The two types of injuries that can be incurred include the following:

- 1). Traumatic Injury: A wound or other condition of the body caused by external force including stress and strain. The injury must be identifiable by time and place of occurrence and member of the body affected. It must be caused by a specific event or incident or series of events or incidents within a single day or work shift.

- 2). Occupational Illness or Disease: A condition produced in the work environment over a period longer than one workday or shift. It may result from systemic infection, repeated stress or strain, exposure to toxins, poisons, or fumes, or other continuing conditions of the work environment.

Medical care includes first aid treatment and if necessary, hospital care. Payment will also be made to duly qualified physicians, dentists, podiatrists, optometrists, and chiropractors. Prescription drugs used to treat the injury will also be covered.

In the case of a traumatic injury the employee's regular pay will continue provided the physician certifies the employee is disabled for work. This is known as Continuation of Pay (COP). COP will begin the 1<sup>st</sup> day after the injury not to exceed 45 calendar days.

Compensation is payable after the 45 days of COP have been exhausted.

Compensation may not be paid while the employee is in a sick or annual leave status. However, if the employee runs out of sick and/or annual leave and enters into a LWOP status compensation will begin when the pay loss exceeds 14 days.

Compensation will also be paid should the employee lose all or part of his wages due to the injury. This is known as Loss of Wage Earning Capacity. If the employee loses part of his wages due to reassignment, the OWCP will make up the difference. If the employee is removed from service and placed on OWCP's rolls, OWCP will pay the employee 66 2/3 percent of salary lost if there are no dependents or 75 percent of salary lost if the employee has dependents.

A Scheduled Award is a form of compensation paid to the employee who has suffered the permanent loss, or loss of use of certain member or function of the body.

An employee who elected to use sick and/or annual leave to avoid the interruption of income may arrange to buy back the used leave and have it reaccredited to his leave account.

Death benefits are paid to the widow/widower equal to 45 percent of the employee's salary until death or remarriage before age 55. The total amount allowed per family is 75 percent of the employee's salary. Children will be entitled to compensation until age 18, or if incapable of self-support until death, marriage, or if a full-time student until age 23. In addition a sum not to exceed \$800 may be paid for funeral expenses.

The FECA program is administered by the Department of Labor with the Office of Worker's Compensation Programs (OWCP) having full jurisdiction for the processing of claims and authorizing payments.

The Commanding Officer is responsible for the proper implementation of FECA.

The Human Resources Office, Navy Region South, is responsible for the overall administration of the FECA at activities it services.

Employees are responsible for immediately notifying supervisors of a job-related injury, no matter how small, and for properly completing and filing claim forms in a timely manner.

Supervisors are responsible for ensuring injured employees are treated at the nearest medical facility and for providing the initial claim forms.

Questions regarding the FECA program may be addressed to Elva Hernandez, Human Resource Specialist, Navy Region South, Human Resources Office, Kingsville, at extension (361) 516-6101 or DSN 876-6101.

## Happy Birthday Shipmates!

By FLTCM(SW/AW) "Buck" Heffernan



On October 13, our Navy celebrated its 229th birthday. As I look back over our history, it's clear to me we have some incredible accomplishments. Our Navy has grown into the most dominant sea service in the world and as we prepare for yet another birthday, I'd like to offer my opinion of why our Navy continues to be respected. While many may suggest we are a capable Navy because of the sophisticated equipment we have, I firmly believe our biggest advantage is our people. Without dedicated Sailors, our Navy would not move forward.

Our Navy today is challenged by war and budget cuts, but I believe our best days are still in front of us. All across the fleet I am confronted by Sailors who are meeting our challenges head on and see a bright future. That, to me, means we are a proud service. At the root of our pride are our core values. Each of us posses a common set of principles that guide us in our actions. Without common values, we would not accomplish common goals.

As we celebrate our Navy's birthday, I challenge everyone to read our core values again and recommit yourselves to upholding each of them.

**HONOR:** I will bear true faith and allegiance. Accordingly, we will: conduct ourselves in the highest ethical manner in all relationships with peers, superiors and subordinate. Be honest and truthful in our dealings with each other, and with those outside the Navy. Be willing to make honest recommendations and accept those of junior personnel. Encourage new ideas and deliver the bad news, even when it is unpopular; Abide by an uncompromising code of integrity, taking responsibility for our actions and keeping our word. Fulfill or exceed our legal and ethical responsibilities in our public and personal lives twenty-four hours a day. Illegal or improper behavior or even the appearance of such behavior will not be tolerated. We are accountable for our professional and personal behavior. We will be mindful of the privilege to serve our fellow Americans.

*Little relieves Salazar continued from page 1*

directed two winter detachments rotating instructors and students to Roswell, N.M., and Las Cruces, N.M. Salazar helped develop and implement programs to meet new aviation training requirements. He directed the first transition of an advanced squadron to the Multi-Service Pilot Training System (MPTS) and developed the MV-22 Tilt-rotor Training Syllabus.

Demonstrating his abilities as a goodwill ambassador, Salazar has been involved with many community affairs. Salazar provided guidance and leadership that resulted in his subordinate commands achieving numerous

**COURAGE:** I will support and defend the Constitution of the United States. Accordingly, we will have: courage to meet the demands of our profession and the mission when it is hazardous, demanding, or otherwise difficult. Make decisions in the best interest of the navy and the nation, without regard to personal consequences. Meet these challenges while adhering to a higher standard of personal conduct and decency. Be loyal to our nation, ensuring the resources entrusted to us are used in an honest, careful, and efficient way. Courage is the value that gives us the moral and mental strength to do what is right, even in the face of personal or professional adversity.

**COMMITMENT:** I will obey the orders ...; accordingly, we will: demand respect up and down the chain of command. Care for the safety, professional, personal and spiritual well being of our people. Show respect toward all people without regard to race, religion, or gender. Treat each individual with human dignity. Be committed to positive change and constant improvement. Exhibit the highest degree of moral character, technical excellence, quality and competence in what we have been trained to do. The day-to-day duty of every Navy man and woman is to work together as a team to improve the quality of our work, our people and ourselves.

As you read these, a little self-reflection should help you realize how many of these things you uphold and how many you could use a little improvement on. Trust me, none of us are perfect. We all slip from time to time, but I find reading our values keeps the target in sight. If we all strive to uphold these values, we, as a service, will continue to lead the world's sea services.

I can think of no better time to revisit how we serve then on our Navy's birthday. Shipmates, all across the fleet we are able to witness incredible accomplishments by our Navy men and women. Please do what you can to help celebrate our birthday this year and be proud of what you do. Serving your country is a privilege and you have every right to hold your head high and know that you are respected for being a Sailor. Happy Birthday, Shipmates!

awards for training excellence and safety. Most noteworthy is VT-27, recipient of the VADM Goldwaithe Training Excellence Award, as the best training squadron in the NATRACOM for CY 2001.

During the change of command ceremonies Salazar was awarded the Legion of Merit for his service as Commodore, Training Air Wing 4.

After two years of distinguished service Capt. Salazar departed for the Pentagon to assume duties as the N6/7 Programming and Budgeting Director.

## MWR News and Events

By Mel Erebia, NAS MWR Office

### Aquatics

The Oasis Pool is open for lap swim until November 1, weather permitting. The hours of operation are as follows:

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

4 p.m. to 6 p.m.

**Saturday:** 10 a.m. to 1 p.m.

**Sunday and Monday:** Closed

**For more information, please contact Earl Olsen at the Oasis Pool, 961-4357.**

### Corpus Christi Bay Club

The Corpus Christi Bay Club has a month full of delicious special just for you. Stop by and enjoy some tasty dishes and good company at your Club.

### Specials for October:

**Oct 15:** Chateaubriand Flambe for Two \$29.95

**Oct 16:** Surf and Turf \$13.95

**Oct 23:** Flaming Kabobs \$12.95

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 \$1.00 per person is added for non-members. Salad, ice tea or coffee is included with all the meals. Reservations are required for the specials in order to serve you better.

### Special Events for October:

**Oct 22:** Winging Designation Ceremony will be held in the main ballroom at 3:30 p.m.

**Oct 29:** Mongolian BBQ

**Holiday Parties:** The holidays are right around the corner. Start planning your party, but let the Corpus Christi Bay Club take care of your catering needs. Deliveries for home and office on base and full catering at The Club and The Recreation Center are available. For more information call The Club today. **For more information, please call the Corpus Christi Bay Club at 961-2541.**

### E-Street Gym

The E-Street Gym has some great leagues gearing up. Take a look at what is coming up this month and mark your calendars for the following events.

**Units Sports Day:** Units Sports Day will be held on Thursday evening (half-day) October 14th and all day Friday, October 15th. Registration ended on September 17, 2004 and the Sports Day Schedules have already been distributed. Events will be taking place in various locations throughout the base. If you are not participating in one of the events, we invite you to come out and cheer your team on.

**Captain's Cup Basketball League:** Register at the E-Street Gym before October 29, 2004. A mandatory coach's meeting will be held at the gym on November 3, 2004 at 1630.

**Over 35 Basketball League:** Register at the E-Street Gym before October 29, 2004. A mandatory coach's meeting will be held at the E-Street Gym on November 3, 2004 at 1700. Players must be 35 years of age or older before December 31, 2004.

**Rules for Both Leagues:** Both leagues are unit competition. Teams must be comprised of players from the same unit. Players from other units placed on your team roster will not be considered. Players from units that do not have a team in the league MUST sign up on the player pool list. The athletic director will place players from the list on teams that need players to complete the team. Captain's Cup League games will be played on Monday and Wednesday evenings. Over 35 league games will be played on Tuesday and Thursday evenings.

**Autumn 5K Run:** Register at Fitness Express before October 21, 2004. The race will be held on Saturday, October 23 at 7:30 a.m. Check in time is 7 a.m. For additional information call the Fitness Express Center at 961-3164.

**League Fees:** DoD Civilian and Contractors will pay an entry fee. DoD Civilian employees are eligible for sponsorship through CMWRA (when funds are available). For more information, call 961-3476.

**Captain's Cup Sports Program:** All Captain's Cup sports are unit competition. Participants must compete with their unit. Military, military dependents 18 years of age and older, DoD/NAF employees and full time NASCC contractors are eligible to participate in the sports program. DoD/NAF civilian employees and full time NASCC contractors will be assessed a league fee. Women are encouraged to participate in all sports. Please register on time. Registration packages are available at the E-Street Gym on month before the registration deadline. Coaches meetings are **mandatory**. Awards are given to first and second place winners in each sport. Sports are played Monday-Thursday evenings.

**For more information, call the E-Street Gym at 961-2401.**

### Fitness Express

**Cardiovascular Machines:** Treadmills, upright and recumbent bikes, stair climbers, rowing machines, and elliptical orbiters are available to increase your physical fitness. We even have an upper body machine on which you can maintain and strengthen your endurance if you sustained a leg injury.

**Other Fees:** Monthly membership fees include unlimited group exercise. The fees are \$15 for DoD/NAF employees working on base, \$25 for other government employees and Navy League members, \$5 unlimited group exercise for retired military and all dependants, a \$3 guest fee per day charge, and locker fees from \$3 for women to \$5 for men per month. There is no fitness center fee charge for active military, retired or reserve military members and dependants. Daily lockers are available free of charge. Bring a lock to secure your locker.

**Personal training:** Our certified fitness trainers give you a workout to get you started on a weightlifting program, refresh an existing training program or supercharge the intensity of the old program. The sessions are free of charge, and fitness assessments are also free.

**Taekwondo Classes:** These are available for children ages three to 16 on Tuesday and Thursday nights at 5:30 p.m. The cost for these classes is \$35 per month.

**Towel Coins:** You may purchase a towel coin for one dollar. Coin may be traded for a towel when you arrive. When you bring the towel back to front counter, your coin will be returned.

**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. **Operating Hours: Monday through Friday:** 5:30 a.m. to 8 p.m. **Saturday:** 10 a.m. to 6 p.m. **Sunday:** Noon to 6 p.m. **For more information, please call the Fitness Express at 961-3164.**

### Gonzalez Liberty Center

The Gonzalez Liberty Center is here to meet your recreation needs. There are many fun activities planned for the upcoming months, along with ongoing activities at the GLC to fill your month with non-stop excitement. Are you ready for some football? Well, your friends at the Gonzalez Liberty Center are! Come see your favorite team play on the big screens

each Monday night and enjoy the games and some FREE popcorn (upon request). Mark your calendars for the following games.

**Oct 18: Bucs vs. Rams**

**Oct 25: Broncos vs. Bengals**

**The Gonzalez Liberty Center will also be hosting the following events this month:**

**Oct 27:** Navy Day - Observed since 1922.

**Oct 31:** All Day Horror Picture Show - The GLC will be open from Noon to 10 p.m. on Halloween Day. Come in and watch all your favorite thrillers. Snacks and drinks will be available all day long and we will have a glow in the dark eight-ball tournament under the black lights. If you have any ideas that you would like us to do for this Halloween night, drop by the GLC and put your suggestions in the suggestion box. **For more information, contact the Gonzalez Liberty Center at 961-6405.**

### Gulf Winds Golf Course

October should bring cooler temperatures so come out and enjoy a round of golf with your friends at the Gulf Winds Golf Course. Twilight golf starts at 3 p.m. and you just can't beat the price! For active duty or retired military, the cost is only \$7 and \$8 for DoD Civilians and guests. The "Blitz" plays every Saturday, Sunday and Holidays at 7:30 a.m. and on Fridays at 11 a.m. All you need is an established handicap to play. Bring your own foursome or play as a single, we'll pair you up.

### Tournament Schedule for the October

**Oct 22:** Flour Bluff High School Class Reunion Scramble: 8 a.m.

**Oct 23:** Gulf Winds Golf Association monthly tournament: 8 a.m.

For tee time reservations or more information, call the Pro-Shop at 961-3250.

### 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.

**ITT also has tickets to the following Dallas Cowboys' games:**

**Nov. 25: Dallas Cowboys vs. Chicago Bears**

**Dec. 26: Dallas Cowboys vs. Washington Redskins**

**ITT has available tickets for San Antonio Spurs home games.**

**December 3: San Antonio Spurs vs. Detroit**

**January 14, 2005: San Antonio Spurs vs. Dallas**

**February 26: San Antonio Spurs vs. Memphis**

**March 27: San Antonio Spurs vs. Houston**

Tickets are \$40 per person for each of the games.

ITT also has tickets available for the following concert at the Concrete Street Amphitheater. **October 19: Alter Bridge-** \$23.50 General Admission with no reserve seating, and doors open at 6:30 p.m.

The new 2005 Entertainment books are in and can be purchased for \$20 per book. They contain a variety of entertainment and restaurant options in Corpus Christi for you and your family to enjoy. **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.**

### Lighthouse Lanes Bowling Center

The Lighthouse Lanes Bowling center had held their ribbon cutting ceremony of the NEW enlisted club on September 13, 2004. Come check it out and join your friends for Monday Night Football and FREE PIZZA in the club at 8:00 p.m. If football is not for you, the Lighthouse Lanes has a special that is "right up your alley".

**Rock and Bowl:** Friday and Saturday from 9 p.m. to 12 a.m. \$10.00 all you can bowl.

**Monday Night Special:** During the month of October you can enjoy \$1.00 games.

**Halloween Special:** Dress up in a costume on Halloween and bowl for \$1.00. **Reminders:** The LHL Bowling Center will be closed for open bowling from noon to 5 p.m. on October 15th. The facility will be used for Sports Day.

**For more information, please call 961-3805.**

### Outdoor Recreation Center (ORAC)

ORAC is ready for fall and wants to get you ready too! Take advantage of all the classes that ORAC is offering. Some of the classes offered at the ORAC Marina include:

**Sailing and Motor Boat Classes**

**Scuba Classes**

**Windsurfing Classes**

**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. The hours of operation 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 ORAC staff at 961-1293.**

### Pizza Sub Pub

The Pizza Sub Pub is offering these specials: Lunch delivery is available between 11 a.m. and 1 p.m. with a \$10 minimum purchase. Lunch cards are also available. Have it stamped every time you purchase a lunch between 11 a.m. and 1 p.m. (must be \$3.95 minimum or more). After purchasing seven lunches, your eighth one is free. The Pizza Sub Pub menu includes pasta dishes, salads, sub sandwiches, pizza, and beverages. **To call in your order, please dial 961-2249.**

**Naval Hospital continued from page 1**

Jane Ward, LEPC Drill Committee Chairperson, expressed her confidence in NHCC ongoing disaster training initiatives by articulating the importance of having qualified observers at each step of the drill.

“The U.S. Navy trains its people well so their expertise was invaluable to our first responders,” she emphasized. “Our Local Emergency Planning Committee is proud and honored that our military has a strong presence in our communities and is willing to actively share in our need to practice emergency procedures.”

Besides preparing “wounds” during the moulage segment on each of the 18 school-aged “victim” role players, the five NHCC corpsmen also served with Chapman as on-scene EMS triage and transport first responders, a crucial job that requires a great deal of immediacy and medical skills coupled with common sense.

“Assessing the situation to ensure whether or not the area is safe and contained – that is, no hazardous material – is very important,” stated Rincones. “You want to make sure that when you go in you are able to treat casualties, and not become one yourself.”

Rincones and the other NHCC teammates also observed Aransas Pass North Bay Hospital’s staff mass casualty response using the Hospital Emergency Incident Command System (HEICS) management system after the victims had been transported there from the drill site. HEICS provides an “All Hazards” approach for responding to and recovering from disasters and is the same system that NHCC has adopted.

“The team concepts made the evaluation very easy because we are now speaking the same lan-

guage and understand their roles, responsibilities, and their Standard Operating Procedures,” explained Chapman.

Approximately 20 community emergency departments from fire; rescue, Hazmat, Law Enforcement, SWAT Teams and medical services honed their skills and helped build confidence during the exercise that lasted for nearly four hours.

NHCC staff practice regularly scheduled drills every quarter, some announced, some complete surprises. The last drill Aug. 5 involved an on-base bus accident. Hospital staff have been better prepared to negotiate simulated emergencies since experts from the Navy Medicine Office of Homeland Security and nationally prominent civilian leaders in emergency preparedness visited January 12-14, 2004 to conduct the Disaster Preparedness, Vulnerability Analysis, Training and Exercise Program (DVATEX). Ironing out communication issues has been paramount since then and improved communications equipment, (NEXTEL phones) have enhanced the effort.

“We are also improving the tracking of patients as they are treated and moved through the medical system. The adoption of the HEICS program has greatly aided in the management of that endeavor,” explained Chapman, who expressed satisfaction over the program’s positive results through civilian and military cooperation.

All that remains are more scenarios and constant practice.

“Now is the time to make mistakes,” said Rincones. “Drills help you to recognize where you need to improve. When you don’t practice you get rusty.”

# AROUND THE STATION

## NAS Tennant Command receives safety award

By Lt. j.g. Carlos Reyes, HM-15 Public Affairs



Helicopter Mine Countermeasures Squadron 15 (HM-15's) Commanding Officer, Cmdr. Andrew Buduo III, (center) along with AMI (AW) Kevin Newton, (right) were recently presented the National "Buckle Up, America!" award from Mrs. Sherry McLeroy (left) from the Texas Department Of Transportation.

Mrs. McLeroy serves as the District Legislative Liaison and the Texas Traffic Safety Representative for Corpus Christi. The National "Buckle Up, America!" Award

Program was established to increase safety belt usage rates through random checks, observation and training.

HM-15 is one of two organizations in the Corpus Christi area to be awarded the "Buckle Up, America!" Award. HM-15 initially received the award for a greater than 90 percent seatbelt usage rate. Since then, HM-15 has already improved on that record with recent checks above 98 percent participation, according to the last seatbelt spot check. HM-15 will continue seatbelt checks on a monthly basis and reapply quarterly to the program.

## NASCC kicks off new safety awards program

By Cmdr. Robert Smith, NASCC Safety Officer



Naval Air Station Corpus Christi (NASCC) kicked off its new Safety Pro Awards Program by presenting AC1 Aaron Ortiz, of the Air Operations Department, with the first NAS Corpus Christi Safety Pro Award. Petty Officer Ortiz earned this prestigious award by taking timely and decisive action that resulted in the removal of several personnel from the rooftop of Hangar 58 during Thunderstorm I conditions on the July 7, 2004. AC1 Ortiz's actions were particularly noteworthy because just six days later, at Naval Air Station Jacksonville, a sailor was tragically killed after being strike by lightning. Petty Officer Ortiz's prompt and effective actions may have very well prevented a similar occurrence at NASCC.

The NASCC Commanding Officer, Capt. Paula Hinger, wants to continue giving special recognition to the many deserving military and civilian personnel on base who promote safety awareness and

mishap prevention. All Safety Pro Award recipients receive a NAS Corpus Christi Letter of Appreciation, a high quality coffee mug, and an award certificate suitable for framing. Additionally, military personnel attached directly to NAS Corpus Christi receive a 24-hour Special Liberty. Military personnel assigned to NASCC tenant or area commands will have a 24-hour Special Liberty recommendation sent to their respective commands. All personnel who live and work on base are eligible to receive a NAS Corpus Christi Safety Pro Award.

All nominations should be forwarded to the NAS Corpus Christi Safety Department, 961-3673/4470. Written nominations are preferred but a simple phone call is all that is really necessary to start the review process. Please contact the NAS Corpus Christi Safety Department at 961-2489/3673 if you think someone deserves special recognition as a Safety Pro.

# AWARDS AND ACHIEVEMENTS

## Aviators soar across the heavens



Photo by Ensign David Van Kampen

The following individuals received their "wings" designating them as aviators, during a "winging" commencement ceremony held at the Corpus Christi Bay on board NASCC Oct. 1. In alphabetical order: Lt. j.g. Eric Andrews, USN; 2nd Lt. Adam Asleson, USAF; 1st Lt. Deon Beckford, USAF; 1st Lt. Jamie Campbell, USMC; 2nd Lt. John Cantu, USAF; Ensign Michael Colyar, USN; Ensign James Hall, USN; Ensign Christopher Harrison, USN; Ensign Christopher Huebner, USN; Lt. j.g. Donald Isom; USCG; 1st Lt. Kirk Johnston, USAF; 2nd Lt. Allison Mahrer-Hardwick, USAF; Ensign Jesse Orebaugh, USN; 2nd Lt. Kevin Paul, USAF; 1st Lt. Mark Roberson, USMC; Lt. j.g. James Sammon, USN; 1st Lt. Michael Scott, USMC; Ensign Richard Shapiro, USN; 2nd Lt. Nicholas Siesser, USAF; 2nd Lt. Benjamin Smith, USAF; 2nd Lt. Christopher Stewart, USAF; Ensign James Trotter; Ensign Matthew Underwood, USN, and 1st Lt. Michael Valenti, USMC.

## Air Ops Awards Quarters

Photo by JO2 Jeffrey Fretland



AC2 (AW) Kristen Walker, NAS Air Operations Dept., is awarded a Navy Marine Corps Achievement Medal for exceptional service from NASCC Commanding Officer Capt. Paula Hinger during an awards ceremony held Sep. 23 at Hangar 58 on board NAS. Twelve Sailors were recognized for their outstanding naval service contributions.

## Marines advanced to new ranks



Photo by Sgt. James Wylie

Marine Staff Sgt. Eloy Rohrman (left) and Staff Sgt. Rudy Altamirano (right), I and I Staff Charlie Co. 1st Battalion, 23rd Marines were each promoted to the rank of Gunnery Sgt. during ceremonies held Oct. 1 at the Armed Forces Reserve Center on board NAS. Lt. Col. Charles Hall (center), Commanding Officer, Charlie Co. 1st Battalion, 23rd Marines presented the promotions.

## Rocha hits 20 year milestone



Diana Rocha, (left) NAS Administration Dept secretary, receives a commemorative plaque from Administration Department Supervisor Jose Acosta (right) citing her accomplishments for 20 years of faithful service aboard NASCC. A total of 14 civilian employees received Length of Service citations for 10, 20 and 30 years of service.

Photo by JO2 Jeffrey Fretland



# AWARDS AND ACHIEVEMENTS

## Combined Bachelor Quarters Awards presented

NASCC Commanding Officer Capt. Paula Hinger presented the following individuals with their respective awards during a ceremony held Sep. 24 in the conference room of the Bachelor Officer Quarters, Building 1281 on board NAS. Photos by JO2 Jeffrey Fretland.



Visiting Quarters Manager Jim Rickerts (right) receives a Certified Hospitality Award from Capt. Hinger (left). Rickerts was one of seven individuals to achieve the certification from the Educational Institute of the American Hotel and Lodging Association.



CS3 Kevin Stamps (right) receives his Coast Guard Battle E Award and MUC/SOS ribbons from Capt. Hinger (left). Stamps received his awards during a Coast Guard drug operation interdiction. Stamps was also awarded a second Navy Achievement Medal for outstanding service.



Miss Melanie Peters (right) is presented a Certified Hospitality Award from Capt. Hinger (left). A total of 19 military and civilian personnel received awards and certificates, including Letters of Appreciation, Maintenance and Concierge Certifications.

## Hills reenlists for another hitch

Photo by JO2 Jeffrey Fretland



STS1(AW) Randy Hills receives his certificate of reenlistment from NAS Legal Services Officer and X-Division Department Head Lt. Cmdr. Ralph Bowers during a ceremony held Oct. 1 at the NAS Detention Facility. Hills reenlisted for another five years.

## Reenlisting for six more years

Photo by JO2 Jeffrey Fretland



NAS Executive Officer Cmdr. Milton Stubbs (left) presents a certificate of reenlistment to AC2 Travis O'Connor (right) during a ceremony held Oct. 5 at the NAS Quarterdeck. O'Connor works as Officer of the Day in the NAS Headquarters building. He also performed stints with the NAS Auxiliary Security Force and at the Truax Field Air Control Tower.