

Wingspan

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Naval Air Station Corpus Christi, Texas

Thursday • December 9, 2004

Navy Exchange Home for the Holidays as Christmas approaches

Store extends hours for last minute Santas, elves

Story by JO2 Jeffrey Fretland

If you're still not certain what to purchase for that hard to please person on your Christmas gift list, or you've run out of ideas for presents, don't despair. Look no further than the NAS Navy Exchange to solve all your holiday shopping needs. The store recently expanded its hours Nov. 26 so it could comfortably accommodate the onslaught of shoppers from now until Christmas, according to NEX Store Manager Jeff Dougall.

"This is the busiest retail time of year for everyone," explained Dougall. "We expand our hours so our customers have the best opportunities to look for that special gift. If we don't always have something in stock, we'll do our best to order and have that

item on the shelves, or cater to a customer's request and special order whenever we can."

Currently the most popular items for sale include electronic games, most notably Game Boy and Spirit Advanced programs. DVD Recorders, George Forman grills and one-carat diamond jewelry are retailing well, Dougall indicated.

"During the holidays, we have twice the number of patrons here," said Dougall. "On a normal weekday, we may see close to 500 shoppers here. During Christmas and New Year's, we'll easily see 1,000, and the closer it gets to Christmas, sometimes 1,500 or more in a single day. 28,000 people use our

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Shoppers peruse through the trees, ornaments and gift tins at the NAS Navy Exchange. The exchange has lengthened its shopping hours to accommodate the Santas and elves searching for the right Christmas gifts. Watch for specials coming soon. (Photo by Bob Torres)



Naval Air Station Command Master Chief Mike Cisneros addresses Chief petty officers and their "Right hand" Sailors during a quarterly luncheon Nov. 22. (Photo by Bob Torres)

Who's your right hand?

Under a program implemented by NAS Command Master Chief Miguel (Mike) Cisneros, sailors selected as "My Right Hand," are now recognized quarterly.

"When I became a Chief Petty Officer, I realized how important the Leading Petty Officer was," said Cisneros. "He was the right-hand man. In other words that person ran everything in my absence. Maintenance schedules, liberty, repair problems, he did everything while I did other things in the command."

Cisneros feels it is a good idea to recognize

sailors for their good work.

"When I got here, I asked Chiefs throughout the Base if they felt their sailors were being adequately recognized," he continued. "The answer was - no. So I resolved that other than awards like 'Sailor of the Quarter,' or 'Petty Officer of the Quarter,' that Chief Petty Officers could recognize those individuals on which they rely on a daily basis."

"It's been an immediate success," said Cisneros. "Chief Petty Officers now recognize those sailors that are their 'right-hands'

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Town Hall Meetings address Navy Healthcare Transfer to Network Providers Nearly 2,500 Affected Beginning Dec. 15

A limited open season from Dec. 15, 2004 through Jan. 28, 2005 will give approximately 2,500 beneficiaries currently enrolled to the Naval Hospital Corpus Christi (NHCC) and its Branch Medical Clinics (BMC's) an opportunity to transfer their Prime enrollment to a Network provider.

The enrollment plan resulted after the implementation of the next generation of TRICARE contracts last month which shifted the financial responsibility for all enrolled patients' health care -- both in the direct care system and in the private sector -- to Military Treatment Facility (MTF) commanders through an improved process called Revised Financing.

This enhanced business practice method requires close monitoring and management of TRICARE Prime enrollment levels and specialty care referrals so that MTF commanders will remain good stewards of entrusted resources.

Staff at NHCC and BMC Ingleside and Kingsville will continue to provide available pharmacy services. The TRICARE Service

Center will assist beneficiaries with their enrollment transfer.

Three Town Hall meetings are scheduled for all beneficiaries to discuss these important developments with staff from Humana TRICARE Service Center, the Naval Hospital and the BMCs: Naval Station Ingleside, Dec. 8 at 1 p.m. in Building 101; Naval Air Station Kingsville, Dec. 13 at 1 p.m. in The Club, and at Naval Air Station Auditorium at 4 p.m.

According to Ray Greenwood, South Market Director for Humana Military Health Services, there are sufficient primary care providers in the enrollment area to serve beneficiaries' needs.

Some of the questions to be addressed include enrollment of beneficiaries at each of the three sites, present patient visit costs, advantages of transferring to a Prime Network provider, and criteria used to determine which beneficiaries will transfer to the new system.



Wingspan

From the Skipper

Bad decisions make for bad consequences

By Capt. Paula Hinger



Hinger

Although I am significantly relieved and overjoyed that this was a great Thanksgiving holiday for NAS Corpus Christi in that everyone returned safely, I have to admit that this moment of elation was short lived. A quick review of the on-base DUI statistics for this calendar year (55) gave me more than a moment of pause. As the majority that work for me already know, I will not stop the full court press on this issue until the violations stop.

Imagine yourself writing a letter to the family of someone whom you have killed or seriously injured as a result of a bad decision "under the influence". The letter begins like this: "To the family of John Smith, I sincerely regret that in my endeavor to be

'fun and social' I have changed your dreams and hopes for the rest of your lives. I am so sorry that his son will never have a dad to play ball with and his wife will suffer his loss both financially and emotionally. You see I was drinking (or doing drugs) and then I got behind the wheel of my car and unfortunately John was on the highway with me. The memory will live with me for the rest of my life. I wish I could go back to that night. I didn't believe it would ever happen to me."

Since Jan. 1, 2004 there have been more than 55 incidents of "Driving Under the Influence (DUI)" on the base alone. This does not reflect the number of Public Intoxications, local DUIs, underage drinking and incidents involving alcohol that have been reported regionally. I HATE the thought of anyone losing their life, especially needlessly or unnecessarily. I am scared that we will not reach someone in time to stop them. I am delighted that we stopped 55 people from making the worst mistake of their life. Were these the result of increased surveillance? No! People who drink can neither control their actions, such as weaving or driving way too slow or too fast, nor cover the over-

whelming odor that rolls out the window at the guard shack.

For those who may value money more than life let's talk "legal". When an individual is lawfully stopped for operating a motor vehicle on the installation and the police officer has a reasonable suspicion that the person was driving "under the influence," of alcohol or drugs, a Field Sobriety Test will be conducted on the individual. The only good news to this part of the story is that the person stopped has been prevented from making the biggest mistake of their life and you were spared the "big money" consequences of being caught off base. The bad news is a lot longer and includes revocation of base driving privileges for one year and being charged with a UCMJ violation. Each individual will be offered a chemical test for his or her blood-alcohol level, or the use of a breathalyzer to test for alcohol or drugs. If you refuse it, you will be advised that your driving privileges will automatically be suspended for one year. If you comply with the chemical testing, it will be administered at the Security Building for the Breathalyzer, or the Medical Clinic for blood work.

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Chaplain's Corner

Thanksgiving should be all year around

By Chaplain Jaime Moreno



Moreno

"Oh come, let us sing to the Lord! ... Let us come before His presence with thanksgiving ..." Psalm 95:1-2

When the American colonies were first settled, newcomers suffered many hardships. They spent much time in fasting and prayer, asking the

Lord to help them in their distress.

According to Tom Olson in "Now" magazine, on one occasion when the New England settlers were discussing their hardships, one person suggested that they set aside a special day for fasting and prayer. Another man stood up and said they had been dwelling too much on their problems. It was time, he emphasized, to focus on their blessings.

This man pointed out that the Colony was making good progress. The harvests were more abundant. Streams were full of fish, and the forest provided plenty of game. But more important than that, he reminded them that they now had what they had been seeking when they had left their homeland - liberty. He recommended that instead of a day of fasting they have a day of thanksgiving!

Many nations do not set aside an annual holiday known as Thanksgiving Day, as we do in the United States. But I encourage you; wherever you are reading this, to join with us with praise to God for His many blessings, let's make this a great day for thanksgiving, throughout the entire year!

*For the year of peace and plenty,
And for blessings without end,
Let the voices of the people
In thanksgiving praises blend.*

Rhoderick

If we pause to think, we will have cause to thank.

Healthwatch

I scream, you scream

By Lt. Nate Rutting

Down a slurpee too fast or eat anything cold on a hot day and you might just end up with "brain freeze." About 30 percent of the population is susceptible to these painful headaches- the rest seem immune to it. The term "brain freeze" is the same thing as "ice cream headache." The culprit of brain freeze is not actually cold, but heat. Here's the scoop.

The roof of your mouth, called the palate, has nerves in it that sense cold temperatures. When you eat something cold, these nerves send signals to the blood vessels in the brain and cause them to dilate. This response is a protective reflex that tries to keep your

brain from getting too cold by supplying it with more warming blood. Particularly cold substances, like ice cream or slushies, can cause these nerves to overreact. The result is over-dilation of blood vessels in the brain and an impressive headache.

Brain freeze, though uncomfortable, is only temporary, lasting from 30 seconds to no more than five minutes. It does not pose any known serious health risks. Interestingly, it is more common in the summer and has not been reproducible in the winter.

If you want to help prevent brain freeze, try to keep cold substances from touching the roof of your mouth where the sensitive nerves lie. Your upper teeth can also serve as a type of cold-conducting device. Let cold sub-

stances first warm up in the front of the mouth and give time for the palate to re-warm itself by not consuming cold substances too quickly. To help alleviate a brain freeze in progress, eat or drink something warm or simply stick your tongue to the roof of your mouth. Your tongue can act as a warming agent. When consuming cold substances, take care and more importantly, take your time. Your brain will thank you!



Rutting

December 9, 2004

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Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

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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



Lisa Scheerer
Sexual Assault Victim Intervention Coordinator,
Naval Hospital Corpus Christi

Born and raised in Radcliffe, Iowa, Scheerer has been on board NASCC and working at her position for one and one-half years.

"I thoroughly enjoy my job because it provides me the opportunity to meet so many people and discuss sexual assault prevention with them," said

Scheerer.

For her ultimate career goal, Scheerer would like to work as the Secretary of Health and Human Services.

Scheerer's hobbies include reading and painting pottery.

Scheerer is married.



AT2 (AW/NAC) David Waller
Personal Financial Management Coordinator, NAS Fleet and Family Support Center

A native of Orange, Texas, Waller has been in the Navy for six years, and on board NASCC for 18 months. His prior duty station was VQ-2 in Rota, Spain.

"My favorite aspect of my job is the one-on-one personal involvement with military people of all ranks," explained Waller. "I enjoy helping people solve their problems.

The job flexibility also allows me time to complete my short and long term personal goals."

Waller's hobbies include running, reading, being involved as a youth mentor in the Drug Education for Youth (DEFY) program, and attending college.

Waller is married with no children.

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by introducing them to the assembled group, telling what they do on a daily basis, and buying them lunch as a show of appreciation. Sailors hear what their peers are doing, and in turn this shows the different responsibilities found throughout the command by our young sailors. Each quarter now, there are smiles,

as sailors are recognized for their achievements. It gives me an opportunity to meet some of the young sailors that I might have said 'Hello' to, but didn't know what they did. Now, each quarter, I find out who some of the hard-chargers are. It makes it easier to put a face to names I see on paperwork."



Right Hand quarterly luncheon personnel include, from left to right: ATC Humberto Lucero, ABH2 Jesse Rodriguez, MA1 Ed Henson, CSCS Ray Meledez, ABHC Craig Bokop, CSCM Orlando Ibarra, MAC Brian Clements, AO2 Joshua Moore, AOC Matt Dillon, AC2 Travis O'Connor, CMC Miguel Cisneros, MS1 Ricardo Betancourt, MAC Laurie Arden, MA1 Michael Brown, EN1 Sean Davidson, AC2 Chris McPeek, MAC Annette Torres, ET2 Heath Britt, NCC Terri Green, ENC Ben Mourer, ACSA Tonya Osgood, FC2 Dustin Parker, AC1 Adam Dougherty, ETC Kirk Hurst, AC1 Jason Bottino, ACC Heidi Brown and ACC Chris Cordova. (Photo by Bob Torres)

From the Skipper continued from page 2

The individual can be released to their command (an E-7 or above) followed by an incident report for disciplinary action. It doesn't stop there. If the individual's Blood Alcohol Content (B.A.C.) as an adult was .08 or higher, it is Texas law that the individual was driving under the influence of alcohol or drugs. If the indicator is lower, then other factors at the time of the incident are taken into account. For instance if the individual failed the Field Sobriety Test, or was belligerent, lacked visual safe-driving skills or was making dangerous actions towards the law enforcement officer, he or she can STILL be arrested for driving under the influence. The State of Texas is notified of the results for their records and processing. The chain of events and cost continues to grow as your insurance is also affected to the tune of as much as 300 percent!

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facilities on an annual basis."

Several special events are occurring in the main store throughout the holiday season, notably the Mystery Gift Giveaway (winners must be present to claim their prize) on Dec. 10, 13, 21 and 29, free gift wrapping every Wednesday until Christmas, and Customer Appreciation Day Dec. 22. Refreshments, giveaways and in-store specials are available during Appreciation Day. The little ones can enjoy the Kids Make a Card program from 11 a.m. to 2 p.m. Sat., December 18.

It's a great way to thank our customers

For the rest of us for whom fear of getting caught is a motivator OR we are smart enough to know better, remember we have a responsibility to be on the look out for our not-so-wise shipmates. It is all about taking care of one another, being part of the team. Don't let them become a statistic. The drunk driver is a loaded weapon. Are you willing to gamble that they will be lucky today?

If you find yourself in a situation where you are stranded and have been drinking, call my Duty Officer at 961-2383. We will get you home. There is no UCMJ consequence for good judgment. If someone can get you to the gate, Security will make sure you get home. Be smart, save a life, save your career, save money or just give me the best Christmas present I can imagine-everyone comes back to work healthy, happy and well rested, ready to start a New Year!

for being so loyal," said Dougall. "We have the major sales fliers every week, and a scratch-off promotion we recently started where folks can obtain five to 50 percent off their purchases."

The Navy Exchange is open from 9 a.m. to 8 p.m. Monday to Saturday, and Sundays 10 a.m. to 6 p.m. until Dec. 24, when it closes at 6 p.m. The NEX will be closed Christmas Day, but resumes regular hours of 10 a.m. to 5 p.m. Dec. 26, and 9 a.m. to 7 p.m. weekdays. For more information, contact the Navy Exchange at 961-2166/2167.

Navigator will run in Phoenix – for Leukemia victims

Story and photos by Bob Torres

Her nose was running, eye puffy and she was just getting over a cold. But Lieutenant Beth Thurman was running – because it's what she does. The weather was hot and humid so in an effort to not get sicker, Thurman went indoors for an endurance workout on the elliptical trainer, at least one hour's worth.

"I've been running since I was about 13," informed the Navigator assigned to CNATRA. "It's something that I've always done. I'm planning on running a half-marathon in Phoenix during January for the Leukemia Society. I need help with sponsorship. I need to raise \$3,700 to be able to do this."

The Leukemia Society has been doing this since 1988. A father ran in the New York Marathon in memory of his daughter. It grew from there, and every year the Society now sponsors races all over the country and some outside the country. The Leukemia Society pays for the airfare and hotel for sponsored runners like Thurman, with the remainder of the money going directly to patient services.

"I wanted to do it when I was in Hawaii, and run the Honolulu Marathon," said the trim, blonde power-pack from Rochester, N.Y. "But I was on deployment for both the Honolulu cycles. I had contacted them (The Leukemia Society) before I moved here, and the South Texas Chapter sponsors runs in Austin, Honolulu and Phoenix."

"The person I sponsor in Corpus Christi is Merideth Garcia," explained Thurman. "She's a 13-year-old girl and she's been in remission since last year. She sends us e-mails as to how she's doing. I didn't realize how many people this touches until I started fund-raising for it."

During a recent training cycle, Thurman convinced her Naval Aviator husband, Patrick to join her. "He's not a runner, but he's my biggest supporter," said Thurman. "He supports what I'm doing and if I need anything – he's there."

P.J. Chang's Restaurant is the sponsor for the "Rock-n-Roll Marathon," in Phoenix on January 9, 2005. "They will have bands every two or three miles to help spur runners on," informed Thurman. "And then there will be a big concert on Sunday



Lieutenant Beth Thurman gets a "high-five" from husband Patrick as she prepares for her Leukemia Society run in January.

night after the event."

"I know that people have many things to sponsor," said Thurman. "And \$3,700 dollars is a lot of money, I have a long way to go. Everyone has been supportive. It didn't seem too bad in the beginning (fund raising), but now that we're in the holidays, there are so many charities that people are obligated to, that it's hard to get money. I know people who have told me, 'I had a friend that died from leukemia two years ago, or my dad died from it.' I feel it's something worthwhile for me to do. It's been a good experience, but I always need money!"

If anyone would like to help support Thurman, there is an Internet site that can explain more. It is: www.active.com/donate/tntswt/BTHURMA. All donations are welcome.



Lt. Beth Thurman, office of the Chief of Naval Air Training, proudly displays the Team Texas Leukemia-Lymphoma T-Shirt she is wearing when she participates in the Leukemia Society Marathon in Phoenix next month.

December Calendar of Events

- **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.
- **The NAS Youth Activities Center and The Total Fitness Center** at NS Ingleside are sponsoring the annual 2005 Basketball League. All youth ages four to 15 are highly encouraged to sign up for the upcoming season! The entry fee is \$45, and includes complete uniform and team medal at closing ceremony. **Registration deadline is December 17.** Registration forms can be picked up at the NASCC Youth Activities Center and the Total Fitness Center at NS Ingleside. Volunteer coaches are needed for all age groups. For more information, contact the NASCC Youth Center at 961-2355, or the NS Ingleside Total Fitness Center at 776-4601.
- **Motorcycle Safety Classes:** The next motorcycle safety courses are scheduled for **December 11-12 2004, and January 8-9, 2005** aboard NAS Corpus Christi. The course is mandatory to acquire a permanent DOD decal for motorcycle. Seating is limited. For enrollment, call Petty Officer Ramirez, NAS Safety, 961-3673/2489 or e-mail: Ramirez.Robert@navy.mil.
- **The Fleet and Family Support Center,** NAS Corpus Christi, has begun a 10 set series of workshops, to be rotated every 10 weeks, which commenced October 14, at the NAS Family Housing Office, from 7 p.m. to 8 p.m. The workshops are designed to ease the stressors (children, financial, emotional, etc.) and difficulties affecting the military family lifestyle. For registration and additional information, please contact Cristoval Perales, Relocation Program Manager for NAS Corpus Christi's Fleet & Family Support Center, at 961-2372.
- **The NAS Navy Exchange** is extending its hours for the Christmas holiday season. Beginning Nov. 26, the store will open for its "Early Bird" specials sale at 6 a.m. Specials will run hourly, with the store closing at 8 p.m. From Nov. 26 to Dec. 23, **The main store will be open Monday to Saturday from 9 a.m. to 8 p.m. and on Sundays from 10 a.m. to 6 p.m. Christmas Eve hours (Dec. 24) will be from 9 a.m. to 5 p.m. The store will be closed Christmas Day. Regular hours resume Dec. 26.**

Air Operations Department flying high with new promotions



Air Operations Division sailors stand proudly with their new "frocked" ratings. From left to right; Cmdr. Clark Sanders, AC3 Nicholas Strenke, AC3 Jason Barnes, AC3 Ronnie Endsley and Lt j.g. Joe Heuser. (Photo by Bob Torres)

NAS Christmas Eve Worship Services

Catholic Mass will be celebrated at 5 p.m., December 24.
Protestant Candlelight service at 6:30 p.m.



Angel Tree Program- The NAS Corpus Christi Chapel Community has teamed up with the Lorenzo-Shaw Elementary School to sponsor part of the school's Angel Tree. The tree is designed to give needy children a gift for Christmas. The chapels have taken 85 Angels to distribute and if you wish to be a part of this blessing, please call Chaplain Allan Snyder at 961-5011.

229th Marine Corps Birthday big success

by Sergeant James A. Wylie
Photo by Larry Doonan



Marine Air Training Support Group-22, Charlie Company, 1st Battalion 23 Marines, and many area Marines, and friends of the Corps gathered to celebrate the birthday of the Marine Corps on Nov. 20, 2004. The event, held on Saturday at the Omni Bayfront Hotel, celebrates the history and accomplishments the Marine Corps have demonstrated throughout the years since inception.

"I really enjoyed the Ball this year. The fellowship was rich, the food was excellent, and the speech was engaging and appropriately short," says the Site Commander for Company "C", Maj. Larry McFall.

Sgt Raul Alonso, administration clerk for Company "C" also said, "All of the Marines I spoke to had a great time – the atmosphere was superb. We appreciated MATSG-22 inviting and sharing our birthday with us."

Marines are a "Band of Brothers" with a rich history and tradition that spans more than two centuries. It is these traditions that help bind the Corps into the successful war-fighting machine of today.

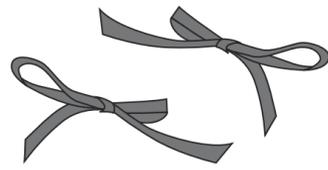
Learning from the most experienced



NAS Fire Department Captain Curtis Hefner demonstrates fire hose-holding tips to Valerie Garza, a visiting student from a Corpus Christi school. More than 40 students visited the Air Station on Nov. 16, where they trained on simulators, viewed a Security K-9 demonstration, and some were able to suit-up and learn firefighting techniques. (Photo by Bob Torres)

CCAD Observed Red Ribbon Week

by Juandalynn Givhan - CCAD Wellness Center



This year marks the 18th anniversary of the first Red Ribbon Week Celebration that was observed Oct. 23-31. There are many associated prevention activities targeted at primary and secondary schools in an effort to prevent initial alcohol and drug use. And there is much to be said about alcohol and drug use among adults. This abuse, is a contributing factor to dysfunctional families and has a considerable negative impact on communities and workplaces.

The national cost paid for health care – days away from work, and lost production due to alcohol and drug abuse is estimated at \$70 billion.

Today in the United States, 71 percent of all drug users over the age of 18 are employed either full- or part-time. This is more than 10 million workers.

Studies reveal that employees, who are substance abusers, have a tremendous effect on the workplace. They are more likely to have extended absences from work, show up late, and be involved in a workplace accident consequently filing a workers' compensation claim.

Substance abusers in the workplace significantly increase health care costs, disability insurance costs, raise absenteeism rates, cause accidents, and are responsible for decreased productivity, product quality and employee morale.

In fiscal year 2004, the CCAD Army Substance Abuse Program (ASAP) identified 25 people who tested positive for alcohol or other illegal drug use. Five of the positives came from people seeking employment at CCAD. They were not offered a job. Of the 20 employees who tested positive, 13 are no longer employed by CCAD. The remaining seven are currently enrolled in a rehabilitation program and have continued as productive employees.

Red Ribbon Week presented a chance to be visible and vocalize a desire to support a drug-free community. However, every day presents each of us an opportunity to do our part individually and collectively.

If you, or someone you know, has, or may have an alcohol or drug problem, contact the Wellness Center for services and identification of resources – or visit a local treatment provider for assistance. Take an active stand. Report impaired personnel to your chain of command, the Wellness Center or CCAD Security. Be part of the solution, not the problem.

MWR News and Events

By Mel Erebia, NAS MWR Office

Auto Skills Center

Winterize your car today! Stop by the Auto Skills Center and let the knowledgeable staff take care of it for you. The staff will give your car a coolant flush. The fees for this must-do service range from \$25 to \$28. For more information, contact the Auto Skills Center at 961-3470.

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 the Bay Club.

Specials Events for December:

Dec. 17: Winging designation ceremony is scheduled in the main ballroom at 3:30 p.m.

Dec. 18: Member's Appreciation Night with a free meal for Bay Club members only from 5 p.m. to 9 p.m. in the main dining room with a traditional Christmas Dinner of turkey, dressing and all the trimmings. Cost for non-members is \$10.95, children ages three to 10 \$4.75, and children under three eat free. Please call in advance if you plan to attend so that we can plan accordingly.

Note: The Shrimp A Peel and Mongolian Barbecue will not be offered during December.

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 Bay Club and The Recreation Center are available. For more information call The Bay Club today.

Reminders: The Corpus Christi Bay Club will be close after lunch Dec. 22 and remain closed during the holidays. It will resume regular operational hours January 3, 2005. 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.

Seventh Annual Basketball Shoot Out: Are you ready to participate in some exciting B-ball? It's time to start gearing up for the upcoming basketball shootout! This exciting event will take place on Saturday, Dec. 11.

Rules for Both Basketball 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.

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 to Thursday evenings.

Holiday Hours: The gym will be closed on Christmas Day. **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: The fees are \$20 for DoD/NAF employees working on base, \$30 for other government employees and Navy League members, \$10 unlimited group exercise for retired military and all dependants, a \$6 guest fee per day charge, and locker fees from \$3 for women to \$5 for men per month. In addition, Navy League and other government employee family memberships are \$45. 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.

Towel Coins: You may purchase a towel coin for one dollar. This coin may be traded for a towel when you arrive. When you bring the towel back to the 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.

Holiday Hours: Operating hours will be from Noon until 6 p.m. Christmas Day, Dec. 25. 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.

Ice skating: The Gonzalez Liberty Center will be going on a Holiday Ice Skating trip to the Memorial Coliseum. Cost is \$4, so sign up before Dec. 7.

Holiday Hours: The center will be open from Noon to 8 p.m. December 24 and 25. There will be plenty of free holiday snacks and drinks available. Stop by the GLC for more details.

Where do you want to go?—The GLC would like to hear your suggestions as far as trips, events or activities that you would like to see take place. Stop by the GLC and put your request in the suggestion box, and if your trip or event is selected, you attend for free (one per trip).

Upcoming Event: The Gonzalez Liberty Center is planning a day trip to **Progresso, Mexico** on December 11. Call the Liberty Center for more information concerning price and travel arrangements.

For more information, contact the Gonzalez Liberty Center at 961-6405. 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 fun around. There is something for everyone, including food, music, sports, and a whole lot more. It'll now has new season passes to SeaWorld and Fiesta Texas in San Antonio.

Rayz Games: ITT will be carrying discounted tickets this year to the Rayz hockey games. Tickets are \$10 if purchased at the ITT office. The WWE has agreed to take \$5 off the \$18 and \$25 seats for military personnel showing their ID cards. This discount is available only at the American Bank Center box office.

Corpus Christi Live: ITT will be carrying tickets for the Corpus Christi Live. This awesome group has five musicals scheduled for this year. The tickets are \$40, and can be purchased through the ITT office.

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

Dec. 26: Dallas Cowboys vs. Washington Redskins

ITT has available tickets for San Antonio Spurs home games.

December 3: SA Spurs vs. Detroit

January 14, 2005: SA Spurs vs. Dallas

February 26: SA Spurs vs. Memphis

March 27: SA Spurs vs. Houston

Tickets range from \$22 to \$51 per person for each of the games.

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. The ITT office is located on the west side of Building 39.

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. It's \$12 all you can bowl. Dollar Bowling is available all day Sunday and on Monday from 5 p.m. to 10 p.m. Unit parties are available.

Holiday Hours: The LHL will close at 6 p.m. on December 24 and Dec. 31. The bowling alley is closed Christmas Day. For more information, call 961-3805.

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MAKEUP NOW From the latest on-trend colors to the classics, I can help you create a look for every occasion and every new outfit in your wardrobe. Call today for your complimentary color make-over.

Christine H. Young
Independent Sales Director
361-884-6203 Cell: 361-779-7119

Animal Lovers - We Need YOUR Help! New Animal Rescue/Shelter needs your help. Do you have 2 hours every now and then? Come play with the animals, or help feed them. Our purpose is to help lost stray, abandoned dogs live until we can find their home or a home for them. Please call Dawn at 548-0379 to let her know how YOU can help. The shelter is located at 8306 SPID (by Oso Bay).

FOR RENT:

Flour Bluff duplex: 2/1.5 \$750 mo.
Island Condo:
2/2 waterfront \$1150 mo.
Furnished condo:
1 bdrm waterfront \$695 mo.
Anchor Resort: Furnished \$675 mo.
Call Tim Voorkamp at 960-0055.

FREE CLASSIFIEDS

WOW—WHAT A SALE!

King's Crossing moving sale!
Furniture, art, lamps, exercise equipment, appliances, vacuum, wine fridge, antiques. Call Tina for info and appointment. 533-0644. (1/2)

INDEPENDENT AREA DIRECTOR/CLUB DIRECTOR for newcomers club. Positions available in your area. Duties include gathering club sponsors, greeting newcomers, promoting club attendance, and advising club. Sales experience, people personality important. Part-time, flexible hours. Fax resume and a handwritten paragraph about why you would like to do this type of work. Commission. 361 643 7482 (1/2).

FOR LEASE 3-2-2, 1,613 sq.ft, large Mstr w/ walk in closet 2 full baths, Lvng Rm w/cathedral ceiling, washer/dryer, refrigerator. \$1,100 mo. Call 857-8457.

Jet boat: 1999 Seadoo Challenger 1800. 220 hp with low hours, trailer with new tires & rims, bimini top, boat cover, ski rope and two life jackets. \$9500.00. Call 643-4027.

AWARDS AND ACHIEVEMENTS

NAS welcomes newly frocked petty officers



NASCC Commanding Officer Capt. Paula Hinger promotes AZ3 (AW) Paul Gordon to the rank of Petty Officer Second Class during an awards and frocking ceremony held Wed., Nov. 24 at the Gulf Stream Recreation Center on board NAS. Gordon was one of 59 Sailors who were promoted or received awards. (Photo by Bob Torres)



Capt. Hinger promotes MASN Jose Sanchez, NAS Security Department to the rank of Petty Officer Third Class. (Photo by Bob Torres)

Advanced to Culinary Specialist Second Class



CS3(AW) Trina Johnson (right) is promoted to Second Class Petty Officer by NASCC Commanding Officer Capt. Paula Hinger Nov. 24 at the Gulf Stream Recreation Center. (Photo by Bob Torres)

Hernandez recognized for outstanding service



EN1 Jose Hernandez, (right) of NAS Quality of Life Department, is congratulated after receiving a Navy and Marine Corps Achievement Medal from NAS Executive Officer Cmdr. Milton Stubbs (left). Hernandez was cited for outstanding military service during his tour of duty at Naval Air Station Corpus Christi. Hernandez was recognized during a ceremony held in the conference room at Building 1281 Fri., Nov. 19. (Photo by JO2 Jeffrey Fretland)

Johnson re-ups for another hitch



CS3 (AW) Trina Johnson, (right) Quality of Life Department, receives the oath of reenlistment from NAS Executive Officer Milton Stubbs during a ceremony in the conference room of Building 1281 Fri., Nov. 19. Johnson reenlisted for two more years. (Photo by JO2 Jeffrey Fretland)



Leonard extends length of service



CS1 (SW/AW) John Leonard, (right), Quality of Life Department, receives his certificate of reenlistment from Marine Corps CWO3 Robert Hunt. Leonard also reenlisted for two more years. (Photo by JO2 Jeffrey Fretland)



First Place Champs



Capt. Paula Hinger, Commanding Officer, NAS Corpus Christi presents the trophy for the 2004 Captain's Cup to Helicopter Mine Countermeasures Squadron (HM-15's) Commanding Officer, Cmdr. Andrew Buduo III. The "Blackhawks" surpassed other base tenant commands with a score of 1,420 points. In second place was, VT-31 with 1,330 and in third place during the annual competition, was CCAD with 1,170. (Photo by Lt j.g. Carlos Reyes)

HM-15 advancements recognized



The HM-15 "Frockies" for 2004 are presented along with the Commanding Officer, Cmdr. Andrew Buduo III, Executive Officer, Cmdr. George Parisi, and CMC Jon Port, during the promotion ceremony, Nov. 24. (Photo by Lt j.g. Carlos Reyes)