

# Wingspan

Vol. 10, No. 28 Naval Air Station Corpus Christi, Texas Thursday • December 23, 2004

## Merry Christmas and Happy New Year! Saint Nick helps celebrate Christmas at NAS



Santa Claus, (reindeer in tow), arrived to Naval Air Station Dec. 12 to lead the annual Christmas parade around the base. Sponsored by the NAS, Nueces County and Flour Bluff Fire Departments, the jolly old soul traveled in grand style, passing out candy and goodies to children and adults alike. (Photo by JO2 Jeffrey Fretland)

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*Happy Holidays from the staff of The Wingspan and NAS Public Affairs*

**NAS Christmas Eve Worship Services**  
Catholic Mass will be celebrated at 5 p.m., December 24.  
Protestant Candlelight service at 6:30 p.m.



### From the Skipper

**Share holiday spirit and keep safe this season**  
By Capt. Paula Hinger



With the holidays rapidly approaching, there is a constant flurry of activity for people shopping, attending social functions and planning vacations. During this time of celebration and joy,

let me take a few moments to highlight some very important concerns often overlooked during this festive time of the year. First of all, the holiday season is not always a happy occasion for many of our shipmates and their families. Being away from home and family or having your spouse deployed, especially for the first time, can lead to severe depression and sadness. Do not be afraid to

intervene if you suspect or detect someone may be seriously contemplating committing suicide or showing signs of stress. Above all, if suicide is a concern do not leave that individual alone for any length of time. Be a caring, compassionate shipmate and assist the individual friend or family member by providing support, being a good listener and seeking counseling through the chain of command, the NAS Religious Ministries Department and Naval Hospital Corpus Christi. Don't wait until it is too late. If you know of Sailors who will be on base and/or alone for the holidays, invite and welcome them into your homes or if you know you won't be here, make certain your shipmates have a place to go. This simple act of kindness creates a much-needed buffer for alleviating loneliness during the holidays. If you are seriously considering commuting home or visiting relatives for the holidays, plan ahead accordingly, better known as ORM (Operational Risk Management). Use the survey at [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil)

then click on: Ashore safety, Ashore checklists, Motor Vehicle, and then select the applicable checklists and surveys. Some of the highlights are as follows: Have a concrete schedule, and make all necessary travel arrangements well in advance. Keep extra cash along in case of emergencies. If you are driving, arrange a compatible schedule for driving and rest time. Do not attempt to drive while fatigued, especially between the late night hours of midnight to 5 a.m. Allow frequent rest breaks, and get plenty of sleep. Be certain you wear your seat belts, start with a full gas tank and make sure your vehicle is operating satisfactorily. NEVER DRINK ALCOHOLIC BEVERAGES AND DRIVE. Watch out for inclement weather, as well. Do not make a serious attempt at travel if severe weather, blizzards or thunderstorms are forecast. Don't risk being caught and marooned somewhere. Watch the weather forecasts carefully, and if conditions appear

From the Skipper continued on page 4

### Chaplain's Corner

**The Peace Mentor for the Universe**  
By Chaplain Robert Christian

Peace comes and goes. Last week I was driving along Saratoga Blvd. with my family and my world was at peace. I was maintaining the proper speed and distance from the cars in front of me when I noticed a pallet in the road in my lane. It had a bag of concrete on top. Because of my speed and distance, I easily avoided the pallet and motored around the obstacle. With my two Boy Scout sons in the vehicle I seized upon the opportunity to do a good deed. We turned around and immediately noticed the cloud of dust

where other vehicles were hitting the pallet. I pulled into a parking lot, and along with my sons retrieved the pallet while the next wave of cars was a safe distance away. At this point, I was still at peace with the world until one of the cars in the next wave began blowing its horn at us. I could not believe what I was hearing. We were saving people a lot of money and heartache and here was someone blowing their horn for us to get out of the road. Let's just say I was not at peace anymore. When the Christ Child was born, He came as the Prince of Peace. Contemporary expressions would be that He came as the "Mentor of Peace" or the "Guru of Peace". Recently, as I watched fights break out at a professional basketball game and a

college football game, I was reminded of how quickly we lose grasp of personal peace. We have a lot on our plate as we strive to keep up with the pace of life and the expectations of others. Deployments, financial stress, marital difficulty, child discipline, work, stress-the list goes on and on. There are many approaches to restoring personal peace. Some try self-help tapes and videos while others try physical exercise. May I suggest another approach for your "Finding Peace Tool Bag?" The Prince of Peace has come to restore peace in our hearts. Give Him a chance to mentor.



Christian

### Healthwatch

**Exercise with care for the Physical Readiness Test**  
By Lt. Nate Ruttig

Exercise is great for the body and mind, but it can also be dangerous. At least seven deaths this year involving Sailors and Marines occurred either during or immediately after exercise. Five of these deaths happened during a PRT/PFT exercise. The other two occurred during field exercises/ company hikes. It may be impossible to prevent all deaths related to the PRT/PFT, but there are some things that you can do to make your exercise regimen safer. Three of the five active duty members that died during the PRT/PFT exercises had pre-existing medical conditions. At least one of those members had a known condi-

tion but failed to report it. Accurate completion of the risk factor questionnaire is a crucial step in ensuring your safety during the PRT/PFT. Another crucial step in exercise safety is developing a fitness level. In other words: get and remain fit. Most deaths from exercise arise from personnel exerting their hearts beyond their fitness levels during the PRT/PFT. Exercise at least three times per week for at least 20-30 minutes, three months in advance of the PRT/PFT and include 5-10 minute warm-up and cool-down periods. Exercise to your age-adjusted target heart rate: 220 - age, multiplied by 0.6 for beginners, 0.7 for fit individuals, or 0.85 for very fit individuals. Before beginning any exercise program, work with your healthcare provider and know the warning signs of cardiac or other physical stress. Shortness of breath or trouble breath-

ing, irregular or extremely rapid heartbeat, chest/neck/arm pain or discomfort, light-headedness, nausea/vomiting, collapse and inadequate perspiration are all serious signs that your body is in distress. Other good tips include wearing appropriate clothing for exertion level and environment and drinking plenty of water before and after exercise. If you have experienced any of the above symptoms while exercising or have any medical conditions, questions or concerns regarding your health and exercise, please seek guidance from your healthcare provider.



Ruttig

### Wingspan

NAS Corpus Christi  
"Exceeding Expectations Through Pride In Performance"

**Commanding Officer**  
Capt. Paula Hinger

**Public Affairs Officer**  
Robert D. 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

### Rocky Clifton Barber, NAS Navy Exchange Barbershop

Originally from Winston-Salem, N.C., Clifton has been on board NASCC and working at his current occupation since 1996, when he moved to Corpus Christi after retiring from the Navy as a Petty Officer First Class at Norfolk, Va. He was stationed aboard USS Nashville (LPD 13), USS Hermitage (LSD 34) and USS Mt. Whitney (LPD 22).

"I enjoy talking to all the military folks," said Clifton. "That is the most rewarding thing about working here."

Clifton's future goals include planning for civilian retirement, and spending more time with his family.

Clifton's hobbies include reading



and working out at the gym

Married for ten years, Clifton has two sons, James, 25 and Jonathen, 5.



### MA1 (SW) Michael Brown Watch Commander, NAS Security Department

A native of Beaumont in far southeast Texas, Brown has been in the Navy for five years. He has been stationed on board NASCC for one year and nine months.

Brown's prior duty station was the USS Antietam (CG 54).

"The best part of my job is that I get to supervise many different types of people," said Brown. "I learn so much from so many of them. I enjoy the job security that comes from being in the military."

Brown's future goals include Officer Candidate's School, the United States Marshall's Service, or working towards becoming the Master Chief Petty Officer of the Navy.

In his spare time, Brown enjoys sailing,



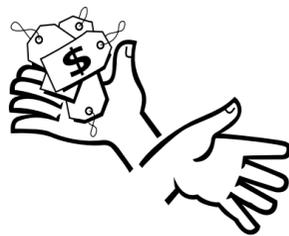
golfing, watching movies, and spending time with his family.

Brown is married to MM3 Jennifer Brown, and they have one daughter, Hailey, four months.



## New course designed to ease financial stresses, burdens Class to promote fiscal management, prudent budgeting

By JO2 Jeffrey Fretland



A new thirteen-week course designed to educate military members and spouses the proper techniques for staying out of debt and managing their personal finances begins next month. The "Financial Peace University" course, sponsored by the NAS Religious Ministries Department (RMD), convenes Jan. 20 at 5 p.m. in the NAS Base Chapels Fellowship Hall and runs for 13 weeks. The class is designed to highlight practical one-on-one approaches to eradicating debt,

according to Chaplain (Lt.) Robert Christian, RMD Division Officer.

"This course is unique because it emphasizes time proven goals for the financial future," explained Christian. "The biggest asset is that the course how to implement and monitor budget cash flow planning so families can better monitor their assets, and achieve an inner peace at the same time."

The class consists of videotape sessions taught by syndicated radio talk show host Dave Ramsey. Class topics cover everything from alternatives to filing for bankruptcy to handling real estate mortgages. The program is also available online.

"This class is very similar to a support group," said Coast Guard Maj. Todd Campbell, course facilitator. "It provides the opportunity for military families to locate resources to help them get past financial constraints. I'm 100 percent behind this course. We have many military members and families here on base experiencing financial problems. We just want to educate them on what to do to achieve better financial satisfaction by making financial planning a life long goal."

Registration for the course runs through Jan. 4. The cost is \$91 for the course kit, and must be paid at the time of registration. For more information, contact Christian at the NAS Religious Ministries Department, located on the fourth deck of Naval Hospital Corpus Christi, at 961-3751.

## MOAA Scholarship Season in full swing



The Military Officers Association of America (MOAA) officially began its 2005 Base/Post Scholarship program Nov. 1. The organization offers individual grants of \$1,000 to 50 dependents of active duty personnel worldwide.

To be eligible, students must be 24 years of age or younger, working on a first undergraduate degree, and a dependent child of an active duty service person-enlisted, warrant officer, or officer-in the United States Army, Navy, Air Force, Marines, Coast Guard, Public Health Service, or National Oceanic and Atmospheric Administration. This also includes Reservists and National Guardsmen.

Grant recipients are randomly selected

from among applicants within each of the seven services. No grade point average, SAT scores or essays are needed for the application process. MOAA membership is also not a requirement.

An online application is available on the MOAA website at <http://www.moaa.org>. Click on "Educational Aid" on the left side of the opening page, and then follow the simple instructions for the multipurpose scholarship application. The deadline for submission is noon Eastern Standard Time March 1, 2005.

Semi-finalists will be notified by e-mail and the self-check program on the website by mid-March. Scholarship recipients will be notified in May.

MOAA is the nation's largest association for military officers and their families, with more than 372,000 members.

## NAS Base police to have higher profile during holidays Security Department on lookout for DWI's, thefts

Story and photo by JO2 Jeffrey Fretland



NAS Assistant Security Department Officer AOCs (AW/SW) Tony Pineda monitors the situation as MA3 Efrain Herrera motions traffic through the NAS south gate entrance. Security perimeters recently tightened as base police offers prepare to monitor military and civilian personnel commuting on and off base during the long holiday season. (Photo by JO2 Jeffrey Fretland)

If you've noticed a more heightened police activity on board NAS lately, don't be alarmed. There will be a significantly higher proportion of security personnel patrolling the Naval Air Station during the holiday season, monitoring both gates and base roads for intoxicated drivers and protecting government quarters from break-ins, according to AOCs (SW/AW) Tony Pineda, NAS Assistant Security Officer.

"We'll be doing substantially more to help protect the military and civilian personnel stay safe," explained Pineda. "Our security staff will provide escorts if someone's been drinking, and will pick them up if they appear intoxicated or feel they've had too much to drink, providing it's within a reasonable distance. Individuals can always call a cab, too, although this can get pretty expensive. We will still pick them up at the south gate and bring them home, no questions asked."

Pineda added this is in part to a Navy-wide Right Spirit active campaign response to curbing vehicle deaths due to alcohol, illicit drugs and driving during the holidays. Expect DUI/DWI checks at the south and northwest gates to be especially thorough, and increased personnel levels manning the gates.

"The CCAD police, and local and state

police will also be out in full force," said Pineda. "We are working closely with all state and federal agencies to make certain we keep drunken drivers off the roads."

In addition, various methods of crime prevention are being instigated, notably bicycle and vehicle patrols through the base housing areas.

If anyone is going away for the holiday season, they can fill out a housing leave courtesy check form," said Assistant Security Operations Officer MA1 Jeff Lanaville. "Base security will conduct frequent rounds of the residence to check and make certain there are no broken windows or busted locks on doors."

There is plenty Sailors, Marines, civilian personnel and their families can do to help improve and maintain base security. "Always stay vigilant," said Lanaville. "Report any suspicious activities, keep your vehicle and house locked up securely, and place all valuables in the trunk of your car, not in the front seat. Be a designated driver, and take the keys away from someone who's had too much."

For more information, contact the NAS Security Department at 961-2375/2282.

Captain's Corner continued from page 2

risky, please don't venture out. Wear plenty of warm but light-layered clothing if heading up north, and drink plenty of fluids to avoid dehydration. If you know you will be late returning, notify the NAS Quarterdeck at 961-2383 so appropriate arrangements may be made.

Above all, use good old-fashioned *common sense* (ORM by another name). Enjoy the wonders of this holiday season, but do so in a safe manner. We want you back in one piece. I wish all of you a well-deserved holiday season and Best Wishes for a prosperous, exciting New Year!

## Career Counselor's Corner Bibliographies huge asset for advancement exams

By NCC(SW) Terri Green



The time to start studying for the Navy March Advancement Exam is now, and if you've waited until now to dust off the books for the January CPO exam, you're a little behind the power curve!

Each person has his or her own way of studying, whether it be group sessions, or individually. No particular way is right or wrong, just what works for you. The important thing is that you are studying!

What do I study? This is the most commonly asked question by our junior sailors. There are so many manuals, instructions, and publications. Where should you begin? The answer to that question is a few mouse clicks away.

Prior to each exam cycle, bibliographies are released for each and every rate, and they tell you exactly what to study, pretty much chapter and verse.

Where do I find my bibliography, you ask? There are two ways to locate them, the first being Navy Knowledge Online (NKO). Everyone should have access to NKO by now, and if not, log on and create an account. By following these steps, you will find the bibliography for your particular rate. After logging into NKO, perform the following functions:

1. Under "Resources" on the left side of the screen, click on "career".
2. Several topics will appear, however the one that you want to open is "Navy Advancement Center".
3. You will be taken to the CNET Advancement Homepage. Under "downloads", you will click on "Bibliography for Advancement (BIBS)".
4. A screen will prompt you to enter your last name, SSN, year, month and day of birth.
5. You are now logged on to CNET, and should be able to access the BIBS.

The other, which is a little less complicated, is to go directly to: [www.advancement.cnet.navy.mil](http://www.advancement.cnet.navy.mil). There you will log on by entering the log in information listed above.

Once you have printed out your Bibliography, a lot of the manuals listed can be found the same way you accessed your BIBS. Rate specific Training Manuals, as well as Military Requirements courses are also located there.

So now that you know how to find your BIBS, download them, and START STUDYING!!

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### 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. (2/2)

**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 handwritten paragraph about why you would like to do this type of work. Commission. 361-643-7482 (2/2).

**BOAT FOR SALE:** 2000 Bayliner Ceirra Express 2432. New engine and bottomcoat. New dual-axle aluminum trailer. Parked on base used-car lot. See it there. Too many details to list. \$21,900. Serious inquiries only. **Treadmill:** Pro-Form Crosswalk. Purchased in 2000-like new. \$150.00. Call Major EJ Vicknair, cell-361-774-4529.

**OCCASIONAL CHILD CARE NEEDED:** before/ after school; evening/overnight. Must have reliable transportation. 334-3288.

**DODGE RAM 1500** v8, 5.2 liter engine, quad cab, auto, a/c, cruise, am/fm/cassette, tube running boards, tonneau cover., excellent condition. call CJ @ 361-993-9254.

**FOR SALE:** British military issue Vietnam-era battle rifle. FN-L1A1 semi-automatic, 7.62 millimeter with 2 twenty round magazines, \$650. Call Ernie 334-7409.

**1995 Honda Shadow Spirit.** 1100cc. Very clean, always garaged. \$4000.00 firm. Call Jay (361) 993-4548 leave message.

## 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 specials just for you. Stop by and enjoy some tasty dishes and good company at the Bay Club.

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

**Reminders: The Corpus Christi Bay Club will be closed 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.

**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 open Dec. 24 from 10 a.m. to 6 p.m., and will be closed on Christmas Day. It will be open on New Year's Eve from 10 a.m. to 6 p.m. and New Year's Day from 1 p.m. to 8 p.m. 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.

Group Fitness Classes are now available. The Fitness Center can help to shed all those extra unwanted "holiday pounds." New classes being offered include Cycling, ABS, Step, Fit and Light, Cardio Sculpting, Stretch and Pilates, Pump it Up Program, yoga, and kick boxing. Contact the Fitness Center for days and times.

**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. **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. If you will be joining us for the holidays, stop by the GLC for more details. You can contact the GLC at 961-3768.

**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).

**Paintball: The Liberty Program has set up a paintball shop equipped with all your needs. We have all the paintball and safety equipment available for rent, plus a CO2 recharge center. Come and visit the friendly staff at the Nemesis Paintball Shop, located inside the GLC.**

**The entire staff at the Gonzalez Liberty Center wishes everyone a safe and happy holiday season. 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. ITT 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.**

**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 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.

**Dollar Bowling: Enjoy \$1 games all day Sunday and Monday from 5 p.m. to 10 p.m. Open bowling is \$2.25 per game.**

**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.**

## New veterinarian brings expertise to base clinic

**NAS facility offers medical, support services for small animals**

Story and photo by JO2 Jeffrey Fretland



**Army Spec. Steven Allen (right), NAS Veterinary Clinic, steadies and comforts eight-year old Mira, a Belgian Melinois, as Army Capt. (Dr.) Erin Graves (left) administers heartworm vaccine into Mira's right hip muscle. Allen shaved Mira's hip in preparation for the procedure, and Graves performed a standard heartworm inoculation as part of the dog's shot series. Mira is a United States Border Patrol dog owned by Special Agent Marcos Garcia, who is stationed at Naval Air Station Kingsville's Regional Border Patrol Detachment. Garcia brought Mira in for a check up.**

When it comes to sick and injured critters, the veterinarian's healing touch often makes the difference between life and death. NAS Corpus Christi recently welcomed Army Capt. (Dr.) Erin Graves to the NAS (United States Army) Veterinary Clinic. She replaces Army Capt. Rachel Moulton, who departed NAS March 1. During the interim seven months, Reservists from Fort Sam Houston in San Antonio filled in, providing treatment for various types of animal cases.

"The Army just didn't have the active-duty personnel at the time, so we had the Reservists coming in to cover the patient load," explained Graves.

A native of Illinois, Graves graduated with a doctoral degree in Veterinary Medicine from the University of Illinois at Urbana-Champaign. She loves the Texas Gulf Coast weather, but admits it requires some time to acclimate to it.

"I'm just more accustomed to colder weather and snow this time of year," laughed Graves.

The NAS facility is limited to caring for dogs and cats. No exotic animals are treated. The clinic treats military and U.S. Border Patrol working dogs, and all other government-related animals. Occasionally, feral strays captured by base security are brought in for rabies testing.

Graves and her staff of nine journey to NAS Kingsville and Naval Station Ingleside monthly to man the small veterinary facilities there. In addition, veterinary technicians work closely with the Naval Hospital Corpus Christi Preventative Medicine Department to monitor food safety at the NASCC and NASK commissaries, and the base galley at Naval Station Ingleside.

pointments, and have one less thing to worry about."

"Pets need to have their shots updated annually," added Graves. "The state of Texas requires it, and we strongly recommend testing for heartworms, too."

There is a minimal charge for medicines and testing.

"One advantage of the base clinic is that it's significantly less costly than our civilian counterparts out in town," said Graves.

The NAS Veterinary Facility is open from 8 a.m. to 4 p.m. Monday to Friday. It is closed the last day of every month for inventory, and occasionally closes for training purposes. The clinic is located in Building H-110 on Skyway Road, across from Naval Hospital Corpus Christi. For more information or to make appointments, contact the clinic at 961-3952.

## Holiday safety for pets crucial to their survival

By Army Capt. Amy L. Sanders and Army Maj. Todd M. Thomas

As the holiday season approaches, it's time to think about safety... animal safety. Many things we enjoy during Thanksgiving and Christmas can be hazardous for our pets. This article will address these threats and ways to prevent them.

First and foremost on the list is food. We enjoy lots of rich, fatty foods, but our pets don't need these things. Your veterinary treatment facility staff realizes that most pet owners think their pets enjoy the taste of many of these foods, but these items are still potentially harmful. Feeding things like ham, turkey and sweets are common causes of gastrointestinal upsets, vomiting, diarrhea, and even pancreatitis, which can be very serious. Even the juices from cooking these foods can have enough fat to cause problems. Food with bone fragments is even more dangerous. Eating chocolate causes a completely different type of problem. All forms of chocolate contain enough caffeine and other similar compounds to cause hyper-excitement, seizures and ultimately death. Of the different types of chocolate available, baker's chocolate, which is frequently used for holiday baking, is the most toxic.

In general, pets are much healthier when they have a consistent diet limited to pet food. It is also important to keep holiday treats and candies out of your pet's reach. Consider what you've placed on your coffee table and how accessible it is to your dog or cat. Additionally, remember gifts under your tree that may be food items and may be very tempting to curious pets.

A similar way animals are exposed to seasonal danger is from plants. Some holiday ornamental plants can cause illness in your pet if it eats either the leaves or the stems. Poinsettias and mistletoe are two highly poisonous plants. Pine sap from a Christmas tree mixed with water makes a poisonous drink for your pet. Also, many of the artificial fragrances may be potentially irritating or harmful, especially for birds.

Another common problem comes from the ribbons and strings associated with wrapping presents. The wrappers for some meat items are also in this group. Animals will see these items as toys and start to chew on them. Eventually they may

swallow the string or wrapper and begin to become sick and start to vomit; many times this is because an intestinal obstruction has occurred. This can be life-threatening situation that may need emergency surgery to remove the foreign material. Keeping these types of items away from pets is a simple way to protect them. Pick up ornament hooks and ornaments that may have fallen on the floor. If a pet picks these up, injuries the insides of its mouth can occur, and even more damage can be done if your pet ingests an object. Additionally, if your cat is tempted to play with the ornaments on your tree, decorate the bottom third of the tree with non-breakable, plastic or wooden ornaments, or decorate only the top two-thirds of your tree. You may feel your tree looks funny, but at least you won't be spending the holidays at an emergency veterinary clinic.

Animals are also attracted to Christmas lights, and will chew or pull on the cords. Electrocutation or burns to the face and mouth can result when a pet bites an electric cord. Lights need to be hung out of reach of pets, and animals should not be left unattended around strands of lights, Christmas trees, or other shiny attractive objects. This is not only a danger to the pet, but to the family as well if the electric cords become frayed or the Christmas tree falls. On that same note, secure your Christmas tree to a wall or ceiling hook with sturdy fishing line. This will help prevent the tree from toppling over should your pet decide to jump on it to get to a tempting ornament, or should a large, wagging tail hit it.

As you're shopping, visiting friends and relatives, and preparing for visitors to your home, be sure to keep your pet's exercise and feeding schedule regulated. Remember the importance of daily walks for your dog and playtime for your cat, cleaning the litter box, as well as grooming your pet.

Carelessness or lack of concern could ruin the holiday season by resulting in serious illness, injury or death. Remember that our pets can't protect themselves by deciding what is safe and what isn't. As owners, we must be aware of these risks in order to prevent mishaps. For more information or if your pet experiences any of these problems, call the Fort Sam Houston Veterinary Treatment Facility at (210) 295-4260, or the Naval Air Station Corpus Christi Veterinary Clinic at (361) 961-3952.

# Sharing the Spirit of the Holiday Season Around The Station

## Cozying up to the "big guy"



Anyssa Dailey sits on Santa's lap during the Naval Hospital's tree-lighting and family extravaganza, Dec. 9. Families and children watched as Santa landed from a CCAD helicopter, walked to the front of the Hospital and had assistance "from a child who's father was serving in Iraq" in lighting the outdoor Christmas lights. Then family and friends went to a "special" reception area, where Santa listened to whether or not children had been good this year, and what they wished for. It was a big night for children - and Santa. (Photo by Bob Torres)

## Testing your agility



Alexandra Lerna (left) prepares to drop a potato into a cup during the "Potato Pass" contest as NAS Navy Exchange employee Stella Richison (right) monitors her progress. The game was part of the fun as children and parents enjoyed the annual "Breakfast and Visit with Santa" held at the NAS McDonald's Restaurant and Navy Exchange Dec. 4. (Photo by JO2 Jeffrey Fretland)

## Starring with Santa Claus



AT2 Ryan Santos (to the right of Santa) his wife Rita (far left) and children Rollo (in front of Santa) and Rachel (in Mom Rita's arms) enjoy having a photo and video (taken by NEX employees) with Santa and his cohorts Barbie (Dianna Rocian, to the left of Santa) and Holiday Barbie (Bree Wilbert, to Ryan's right) during the Breakfast and Visit with Santa program at the NAS Navy Exchange Dec. 4. (Photo by JO2 Jeffrey Fretland)

## Awaiting the Christ Child



The Nativity figures of Mary, Joseph and the shepherds appear to wait patiently for the birth of Jesus Christ. Located between the NAS Catholic and Protestant Chapels, the Nativity scene features an empty manger which will be filled when the statue of Baby Jesus is placed there Christmas Eve, symbolic of his arrival into the world. (Photo by JO2 Jeffrey Fretland)

## Landing the big one



R.J. Martinez (left) of Corpus Christi proudly displays the fishing line and bait kit he retrieved from the "fishing pond" as Navy Exchange Toyland Store Manager Lynn Godfrey assists him with the pole. The game was one of several contests kids participated in during the Breakfast and Visit with Santa program Dec. 4 at the NAS Navy Exchange. (Photo by JO2 Jeffrey Fretland)

## O Christmas Tree



Ensclosed in a winter wonderland of sparkling lights, the NAS Community Christmas tree shimmers on the front lawn of the Wings Auditorium Theatre, a tranquil scene on a brisk December night. (Photo by JO2 Jeffrey Fretland)

## Navy Lodge opens for business



The new NAS Navy Lodge opened for business Mon., Dec. 6 and welcomed its first guest, Ensign John Corn. The first and second floors are operating, and the third floor is under construction. Each of the 52 rooms has several amenities, including 27 inch flat screen TV/DVD sets, ironing boards, coffeemakers, microwaves, and refrigerators, in addition to dishes and silverware for meal preparation. The Navy Lodge will have an official grand opening in February. (Photo by JO2 Jeffrey Fretland)

## Remembering Pearl Harbor tragedy 63 years later



Members of the Corpus Christi Chapter of the Pearl Harbor Survivors Association and their families observe a moment of silence at 9:55 a.m. Corpus Christi time (7:55 a.m. Hawaii time) Tuesday Dec. 7 when the Japanese first began their bombing raids on Naval Station Pearl Harbor and other military installations on the island of Oahu. A total of 2,403 military personnel and civilians died in the attacks on Sunday, Dec. 7, 1941. (Photo by JO2 Jeffrey Fretland)



Grieving for lost comrades— Pearl Harbor survivor Leo Vrana of Corpus Christi clutches a blue teddy bear presented to him and the ten other members of the Pearl Harbor Survivor's Association by students from West Oso High School, given to honor the local survivors and those killed on Dec. 7. Vrana was aboard the USS California (BB 44) at Pearl Harbor the morning of the Japanese attacks. (The ship sank after several torpedo and aerial bomb hits, and 98 crew members were killed). The annual Pearl Harbor Day Commemoration was held at Sherrill Park, named for the first military member from Corpus Christi killed at Pearl Harbor. (Photo by JO2 Jeffrey Fretland)

# AWARDS AND ACHIEVEMENTS

## Student pilots receive aviator wings



The following individuals received their "wings" designating them as aviators during ceremonies held recently at the Corpus Christi Bay Club. In alphabetical order: Ensign Michael Bender, USN; 2nd Lt. Michael Blejski, USMC; Ensign Matthew Buyske, USN; 2nd Lt. Benjamin Craycraft, USAF; Ensign Jess Hill, USN; Capt. Jason Jaegar, USAF; Lt. Lori Kensel, USN; 2nd Lt. Justin Kershaw, USAF; Ensign Justin Kilmer, USN; 2nd Lt. Nathan Kitzke, USAF; 2nd Lt. Brian Kriss, USAF; 2nd Lt. Kristi McElmurry, USAF; Ensign Michael McLean, USN; 2nd Lt. David Miller, USAF; 2nd Lt. Ryan Miller, USAF; Lt. j.g. Mark Orlando, USCG; Lt. Kevin Plylar, USCG; 2nd Lt. Daniel Rees, USAF; Ensign Kevin Riley, USN; 2nd Lt. Timothy Saxton, USAF; 2nd Lt. Eric Volk, USAF; Ensign William Warren, USN, and 2nd Lt. David Warren, USAF.

## Mourer receives recognition



ENC(SW) Bernard Mourer, NASCC Training Department (right) is presented the Navy and Marine Corps Achievement Medal by NAS Staff Judge Advocate and Executive Division Department Head Lt. Cmdr. Ralph Bowers (left) during an awards ceremony held Dec. 3 at the NAS Detention Facility. (Photo by JO2 Jeffrey Fretland)

## NAS witnesses reenlistments



AC1 (AW) Keytavi Ware, NAS Air Operations Department, (right) receives a certificate of reenlistment from Lt. j.g. Joe Heuser, NAS Air Traffic Control Facility Officer, (left) during ceremonies held Dec. 2 at the Corpus Christi Bay Club. (Photo by JO2 Jeffrey Fretland)



OS2(SW) Jerry Green, NAS Security Department, (left) is presented his certificate of reenlistment by Lt. j.g. Rolando Ayala, NAS Security Officer (right) during ceremonies held at the Gulf Winds Golf Course Dec. 10. Green reenlisted for six more years. (Photo by JO2 Jeffrey Fretland)

## Bishop receives supply wings



Lt. Craig Bishop, NAS Supply Officer, is awarded his Aviation Supply Wings designation from Fleet and Industrial Supply Command (FISC) Commanding Officer Cmdr. Tom Sharp during an awards ceremony in the FISC conference room on board NASCC.

## NHCC awards presented

Congratulations to the following Naval Hospital Corpus Christi military and civilian personnel who received awards from Commanding Officer Capt. Alton Stocks during ceremonies held Dec. 10:

- HM2 Jeffrey Cook Navy and Marine Corps Achievement Medal (Second Award)
- HM2 (FMF) Greg Lassiter Navy and Marine Corps Achievement Medal (Third Award)
- QMC (SW) Maurice Fails Good Conduct Medal (Fifth Award)
- HM3 (FMF/SW) Brandon Pearson (Junior Sailor of the Quarter)
- Frances Alvarez (Letter of Commendation Supervisor of the Quarter)
- Marie Palmiter (Letter of Commendation Red Cross Volunteer of Quarter)
- Dale Yerger (Certificate of Appreciation)
- Lt. Henrietta Welbon-Escobar (Certificate of Appreciation)

## New Veterinary Clinic NCOIC promoted



Army Captain Erin Graves, NAS Veterinary Clinic Services Officer (left) and First Sgt. Villarreal (right) pin the rank awarded to Staff Sgt. David Yeager (center) during a ceremony at the NAS Veterinary Treatment Facility. Sgt. Jaeger is replacing Sgt. Brian Hoefling