

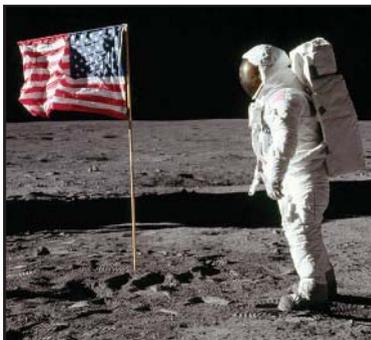
# WINGSPAN



Vol. 15, No. 15

Naval Air Station Corpus Christi, Texas

July 16, 2009



**“The Eagle has landed.”**

**July 20, 1969**

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**Home from  
Afghanistan**

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**Blackhawk Golf  
Tournament**

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**New CCAD Post Office**

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## 47<sup>th</sup> Annual Navy Regatta coming at you fast

by Bob Torres

Salt breeze hit my face as the sailboat I was racing on “tacked” in a new direction during the 45<sup>th</sup> Annual Navy Regatta. I was the guest on a tri-hull catamaran that had traversed a good portion of the Corpus Christi Bay, before heading home – to the Sunfish Beach breakwater area on the Naval Air Station.

We’d made what we thought was a good run, but other sailboats in our racing class, arrived before we did. That didn’t take away from the “fun” of racing, being caught in a squall of rain and the plain good feeling of meeting new friends on the sailboat I was on.

This year, August 1<sup>st</sup> and 2<sup>nd</sup>, will be the 47<sup>th</sup> Annual Navy Regatta, and boats and teams are being sought to make this another fun-in-the-sun event. Sailors from throughout the region, including Houston and Port Lavaca come down for the two-day racing event.

“We’ve put out a ‘Notice of Regatta,’ and are expecting more than 30 boats to compete and many more as cruisers,” said the Chairman of this year’s Regatta, Greg Turman.

The theme for the past three years has been “A Salute to our Heroes,” where our military are

honored as special guests to sail on virtually any sailboat in the regatta. Servicemembers are encouraged to join in, work as a crewman, or simply enjoy the sailing!

The event starts with sailboats and “cruiser” boats registering online at “regatta network, [www.regattanetwork.com/clubs/ccyc.html](http://www.regattanetwork.com/clubs/ccyc.html). There will also be registration at the Bay Yacht Club on Friday, July 31 at the L-Head marina.

Yachtsmen and sailors can gather there to “matchup” and make crew selections for the racing sailboats.

On Saturday morning, a Captain’s Brief is held at the downtown marina at 9:30 a.m., with the race starting at 11 a.m. Sailboats will begin their race according to the racing class they are assigned to.

Across the Corpus Christi Bay, tacking back and forth to catch the best winds, racing sails color the waters. Hours later they arrive within the breakwater near Sunfish beach where they relax, or play for the rest of the day.

A Titanic Cup race happens next as Navy sailors attempt to sail “anything that float” vessels within the breakwater. In the past, intrepid sailors have attempted the race

*Regatta continued on page 9*



**Creola, winner of the Best Overall Round Trip trophy in the 2008 Navy Regatta.**

*Photo by Rod Hafemeister*

## A decade of Fire Department-based EMS at NASCC



**Battalion Chief Robert Bethea (center) supervises an EMS training exercise.**

*Photo by Bob Torres*

from NASCC F&ES

This month marks the 10-year anniversary of a milestone for Naval Air Station Corpus Christi Fire and Emergency Services: their first recorded Emergency Medical Services call.

On July 21, 1999, barely a month after taking over EMS from the Naval Hospital Corpus Christi Emergency Department, the department provided its first EMS response,

The shift to fire-based EMS was driven by staff reductions at the hospital and its eventual termination of emergency services.

The fledgling fire-based EMS mission was coupled with Advanced

Life Support (ALS) transport by the City of Corpus Christi Fire Department.

Though this initial effort was limited by funds and experience, it served as the springboard to where we find ourselves today – on the verge of providing a full ALS service.

The first improvement came in May 2003, when the department added Dr. David Blanchard as the first EMS Medical Director, and upgraded to a Basic Life Support (BLS) first-response system. EMS patient protocols were established and basic life support equipment

*EMS continued on page 10*

# Skipper's Column

by Capt. Randy Pierson



Pierson

With great pleasure, I compose this one-year anniversary update.

Let me begin with my sincere appreciation for all the support and effort I have received my first year from not only Naval Air Station personnel and civilians but also from the tenant commanders and associated personnel.

What a ride the first year has been.

My impressions began with the severe weather of Hurricane Dolly, but more memorable, the "family-like" approach to doing business during duress.

The continued mission accomplishment was only due to the teamwork supported by Public Works, Public Safety, Naval Health Clinic, MWR, Commissary, and the Navy Exchange. This set the tone for my future enjoyment of NASCC Command.

With every passing day, I have become more resolute to make a difference; to seek more funding, more projects and more installation esteem.

So, for the last year, that has been my objective – to make a difference and teach those willing to listen that we need additional consideration for projects and funding.

To my pleasure that has happened. Over the last year, we have received unplanned funding for a half dozen "special projects" above and beyond our planned military construction.

In addition, we have been notified of several other planned projects that have been funded – totaling more than \$30 million.

How do my goals change into the future? Not much at all.

My priorities remain: 1) Tenant Mission Accomplishment; 2) Improved Base Appearance; 3) Best Possible Housing for our families; 4) My personal vigilance for additional sustainment monies (building and infrastructure upgrades).

I would like to forewarn all that, with more than \$70 million in approved projects slated to begin this calendar year, NASCC could become a little less convenient for some arriving to or departing the installation.

With funding and projects come the necessary increased construction footprint and additional security gate demands.

Rest assured, I will do all possible to provide easements in vehicle and personnel flows to and from the base that ensure our force protection but also address your convenience.

Thank you for a great first year!

# Looking back to learn, looking forward to succeed

## Chaplain's Message

## Joy

by Lt. Cmdr. Tim Gault, Chaplain

When I was in a foreign country, a fellow lined up a trip to go visit some really old buildings.

They are not used anymore for their original purpose; abandoned years ago by their original inhabitants, they are primarily visited by tourists.

But, they are revered by Westerners for their age and for their unique architectural appeal.

They are old and, by our standards, dirty but I suppose that is oddly part of their appeal.

Old stuff seems to have a feel of authenticity to it – and that authenticity conveys a feeling of stability and peacefulness, especially when we do not understand it.

Speaking of old stuff, it seems that there is not a whole lot that gets really old in our

American military lives. In addition to the stuff we buy that is made to be used or quickly broken, we also have frequent moves and the constant winnowing of what we will keep and what we will sell or give away.

Then, there are the constant changes in people – new unit members, new leaders, new neighbors, new doctors, new teachers, new kids and occasionally someone finds a new spouse (or maybe wants to find a new spouse!).

So what is someone supposed to do when everything seems so temporary? It seems that the latest research is indicating that quite a lot of today's young people have decided that their highest value is to be "happy."

There is quite a lot to be happy about. Most of us have relatively good health. We have productive jobs that are meaningful to

our nation. The public seems to appreciate our work.

And, our military leadership goes to great lengths to provide the highest possible quality of life to military members and our families as it asserts our value to the defense of the nation.

But, happiness is itself one of those things that does not last. In itself, it is a consumable.

Chaplain continued on page 19



Gault

## Editor's Corner 'One small step...' and step back

by Rod Hafemeister



Hafemeister

Forty years ago, on July 16, 1969, Neil Armstrong, Edwin "Buzz" Aldrin Jr. and Michael Collins lifted off from the Kennedy Space Center atop a giant Saturn V rocket, the biggest rocket NASA ever built.

Four days later, Armstrong and Aldrin became the first humans to land on the Moon.

The world watched the fuzzy black-and-white video as Armstrong stepped off the Lunar Module and onto the Moon.

"That's one small step for man, one giant leap for mankind."

Armstrong later admitted he goofed; it was supposed to be "... one small step for a man..." But most observers thought what he said was better.

Less than a decade after President John F. Kennedy had issued the challenge, the United States had put men on the Moon.

We had done it! We beat the Soviets! We demonstrated superior technology and ingenuity!

Talk turned to O'Neill colonies at Lagrangian Points, beaming clean power to Earth from Solar Power Satellites. Permanent colonies on the Moon and mining asteroids were topics of serious scientists, not just science fiction writers.

We had put men on the Moon – we could do anything!

Except – none of it happened.

Even as the crew of Apollo 11 was being celebrated, the budget knives were beginning to cut into the manned space program. Less than 14 months after the successful landing, NASA announced cutbacks to the program, including cancellation of two planned Apollo missions to the Moon.

The last mission, Apollo 17, returned to Earth on Dec. 19, 1972. A total of 12 men had walked on the Moon – and humans haven't been back since.

Budget cuts also hit Skylab, the first attempt at a space station. Elaborate plans for a manned space station fell apart.

The "space truck" that was just supposed to be how you got to space became the Big Project in itself: the Space Shuttle.

Editor continued on page 9

# Wingspan

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**Commanding Officer**

Capt. R.F. Pierson

**Public Affairs Officer**

Robert D. Torres

Robert.Torres1@navy.mil

**Editor**

Rod Hafemeister

rodneym.hafemeister@navy.mil

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# Ninth Annual Blackhawk Memorial Golf Tournament – August 3

by Rod Hafemeister

It's time to break out the golf clubs – and the checkbooks – for the Ninth Annual Blackhawk Memorial Golf Tournament.

The tournament, a four-man best-ball scramble, will be held Aug. 3 at Padre Isles Country Club, with proceeds going to the Navy Marine Corps Relief Society.

The tournament began as a memorial to four members of Helicopter Mine Countermeasures Squadron 15 who died when their MH-53E Sea Dragon helicopter crashed Aug. 10, 2000.

It has since expanded to also memorialize the three HM-15 Sailors who died in a Jan. 16, 2008 crash.

With HM-15 relocating to the East Coast later this year, it's also the last time the Blackhawks will be in Corpus Christi for the tournament.

But organizers say the tournament will continue in future years, because of the connections that remain in the area.

The tournament was started by Amy Bridges Jacobs, widow of the pilot in the 2000 crash, Lt. Shawn Jacobs.

"My husband was a big golfer," she said. "So it just seemed like a natural outgrowth of his golf to have a memorial tournament."

The tournament also is a major fundraiser for the NMCRS – in 2008, it raised \$15,000, bringing the eight-year total to more than \$75,000 for the Relief Society.

NMCRS is sponsored by the Navy but receives no government funds.

"My husband was prior enlisted, an EOD diver," Jacobs said. "So he was committed to helping other enlisted people out – and I was too."

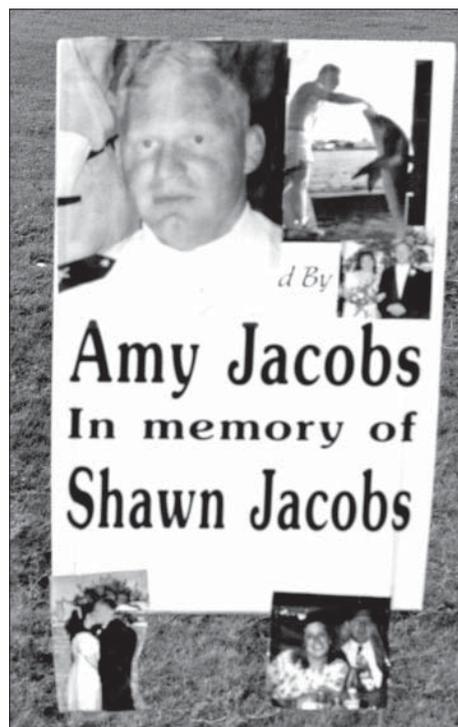
Besides offering financial counseling and financial assistance, the NMCRS has a Visiting Nurses program.

And its Visiting Nurse Combat Casualty Assistance Program provides advice and support to wounded service members and their families.

The Corpus Christi NMCRS office also sends visiting nurses to Brooke Army Medical Center in San Antonio on a biweekly basis to work with wounded service members and their families.

The entry fee is \$75 per player and includes cart rental, driving range and putting green practice, beverages and lunch.

Look for sign-up sheets at MWR and other facilities or call 361-992-2100 for more information.



The Blackhawk Memorial Golf Tournament was started by Amy Jacobs and her family as a memorial to her husband, Lt. Shawn Jacobs, and his fellow crew members who died in an August 2000 helicopter crash.

Photo by BobTorres

## In memory of...

The Blackhawk Memorial Golf Tournament is dedicated to the memories of HM-15 Sailors who have died in the line of duty.

*They were:*

**August 10, 2000**

**Lt. Shawn Jacobs  
Lt. Edward Fassnacht  
AD1 Jeffrey Paschal  
AD2 David Rutherford**

**January 16, 2008**

**Lt. Joshua Gross  
AW2 David Davison  
AW2 Alexander LeMarr**



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# Lt. Cmdr. Todd Becker retires; OIC of FRC Corpus Christi

by Bob Torres

Lieutenant Commander Todd D. Becker, Officer-in-Charge of Fleet Readiness Center Corpus Christi, retired on June 19 after 26 years and eight months of active duty.

A former enlisted Sailor, Becker rose all the way to Chief Petty Officer before accepting an officer's commission.

Becker began his career in June 1982, but was on delayed entry for several months, reporting to recruit training in Orlando, Fla., on Feb. 7, 1983.

As an enlisted Sailor, he attended Aviation Machinist Mate "A" School and then reported to his first duty station at Naval Air Station Oceana, attached to Aircraft Intermediate Maintenance Department (AIMD).

Here he was advanced to Third Class Petty Officer.

In May 1985, he accepted orders to Helicopter Combat Support Squadron SIX (HC-6) in Norfolk, Va., where he spent 11 years and earned his Enlisted Aviation Warfare Specialist, Enlisted Surface Warfare Specialist and served as Leading Petty Officer (LPO) in six detachments.

He was promoted to Second and First Class Petty Officer and was awarded Senior Sea Sailor of the Year in 1991.

He then advanced on to Chief Petty Officer. Becker was selected as a Limited Duty Officer on April 1, 1996.

During July 2005, Becker assumed duties as the Officer in Charge, Commander, Helicopter Sea Combat Wing Atlantic Fleet Readiness Center.

He was promoted to his present rank on Jan. 4, 2006.

His military awards include: the Navy and Marine Corps Commendation Medal (5 awards), Navy and Marine Corps Achievement Medal (4 awards) and numerous awards and individual medals.

Becker's retirement coincides with the scheduled closure of FRC Corpus Christi by the end of fiscal year 2009 and the relocation of its functions to the East Coast.

The FRC here supports HM-15, which is relocating to Norfolk, Va., as part of the 2005 Base Realignment and Closure Commission decisions.



Capt. Stephen W. Bartlett (l.), Commanding Officer of Fleet Readiness Center Mid-Atlantic, presents Lt. Cmdr. Todd Becker with the Meritorious Service Medal at Becker's June 19 retirement ceremony.

Photo by Richard Stewart

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Educating America's Patriots

## Lt. Cmdr. James Demott retires after 20 years of service

Story and photo by Lt. Bethany King, TW-4 PAO

A small, informal retirement luncheon/roast was held June 23 for Lt. Cmdr. James Demott at the NAS Corpus Christi Bay Club.

Attendees included Capt. Dave Price, Commodore of TW-4; Assistant Secretary of the Navy - Designate Juan Garcia; TW-4 staff and squadron personnel, and of course Demott's wife, Debbie, and son, Ross.

Price presented Demott with the Meritorious Service Medal for his outstanding 20 years of service.

Demott also received several gifts, including a signed TW-4 composite formation flight photo over the USS Lexington, and a copy of the Kansas Congressional Record where a tribute to him was entered.

Demott, a 1989 graduate of the United States Naval Academy, was designated a Naval Flight Officer in August 1991 and reported to Tactical Electronic Warfare Squadron 140, Whidbey Island, Wash., where he flew the EA-6B on worldwide missions.

In January 1997, after receiving an NFO-to-Pilot transition, he was designated a Naval Aviator.

Demott's flying tours included duty with Fleet Air Reconnaissance Squadron Four, Oklahoma City, Okla., from 1997 through 2000. While there, he qualified as an E-6A aircraft commander and deputy for Safety and Training.

In 2001-2002, he was assigned to Fleet Air Reconnaissance Squadron Three as an aircraft commander. In 2002, he transferred to Training Squadron 27 (VT-27), where he served as an Instructor Pilot, flying the T-34C Mentor. His leadership helped the squadron garner the prestigious Chief of Naval Operations Safety Award in 2004.

From 2005-2007, Demott was assigned overseas to Commander, U.S. Naval Forces, Korea, working Future Plans Operations.

In 2007, he was assigned as Aviation Safety Officer for Training Air Wing Four. He has logged over 3,000 flight hours in various naval aircraft.

Demott is continuing his aviation career with Doss Aviation in Pueblo, Colo., flying the Diamond DA20. Doss Aviation provides initial flight screening for the U.S. Air Force Academy cadets.



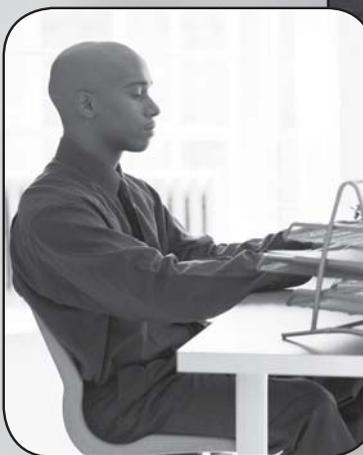
Capt. Dave Price (l.), Commodore Training Air Wing Four, presents Lt. Cmdr. James Demott with the Meritorious Service Medal at Demott's retirement luncheon. In the background is a photo of one of the 'alligators' Demott was constantly fighting.

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Photos courtesy of Department of Defense

## Mail Call! New CCAD mail facility opens on board NASCC



(above) Wielding the scissors to open a \$1.3 million Corpus Christi Army Depot Mail Facility on June 29 are (l-r) Kresten Cook, Director Engineering Services; Col. Joe Dunaway, Commander, CCAD; Connie Salas, Project Manager, and Capt. Randy Pierson, Commanding Officer, Naval Air Station Corpus Christi. (right) Salas explains the inner workings of the new CCAD Mail Facility.

Story and photos by Ed Mickley, CCAD PA

Corpus Christi Army Depot mail now travels through a new facility that opened its automatic doors June 29.

The \$1.3 million, space-saving facility, at 10221 Avenue E, will process all official correspondence, United Parcel Services, Federal Express and U.S. Mail packages originating from or destined for CCAD.

"This new facility signals another piece of the depot's growth," said CCAD Commander Col. Joe Dunaway. "It represents the long-standing cooperation between Naval Air Station and CCAD."

Nearly three times larger than the old facility, the new facility has ample room for separate receiving, sorting, and delivery storage.

It also includes off-street 18-wheeler delivery-vehicle parking and is built to

comply with the latest DOD antiterrorism-force protection requirements.

The building's ergonomic design incorporates performance-based ideas to provide better customer service and a safer and more comfortable workplace.

Self-service mail boxes, oversized package boxes and a secure lobby allow patrons to access their deliveries on all shifts, 24 hours a day.

The project was a design-build contract with a local small business firm, Elite General Contracting, LLC, handling the general contractor duties.

"This was a successful team project," said Connie Salas, Project Manager. "There are many individuals who came together to make this new facility a reality."

It was Elite's first combined Army-Navy project said owner Epatacio Elizondo.



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# Digital equipment, extended hours, self-referrals advance fight against breast cancer at NHCCC

Story and photo by Bill W. Love, NHCCC Public Affairs

Mammography screening at Naval Health Clinic Corpus Christi is now faster and easier, thanks to a new state-of-the-art digital mammogram machine introduced in March.

And the clinic's mammography staff is offering new, extended hours and accepting self-referred mammogram requests, boosting quality of care, comfort, and convenience.

"I am a firm believer in mammography," said Phyllis Cox, R.T. (R) (M), the Radiology Dept.'s primary mammography tech.

Cox has been in the breast-imaging field for 30 years.

She said she has seen women's lives saved because they took the time to schedule a simple, non-invasive test.

The new digital mammograms offer the best-detailed images clinicians have been able to achieve thus far, while also offering quicker exam times, less patient discomfort, and higher resolution images with the ability to look at the anatomy from multiple angles.

"Most women have no problem with a mammogram," Cox said. "Some women experience discomfort with the compression that is needed in order to get a clear picture. Others are nervous because they fear the results. But the vast majority of patients consider any discomfort from having a mammogram a small price to pay."

Apart from serving her patients, Cox considers mammography a very personal issue.

"I'm a patient. It's important to me to take care of myself and do all that I can to ensure a quality of life that I can enjoy and share with those I love for many years to come," she said.

"Regular screening mammography helps to ensure that happens. I have grandchildren I want to see grow up; and I plan to do just that."

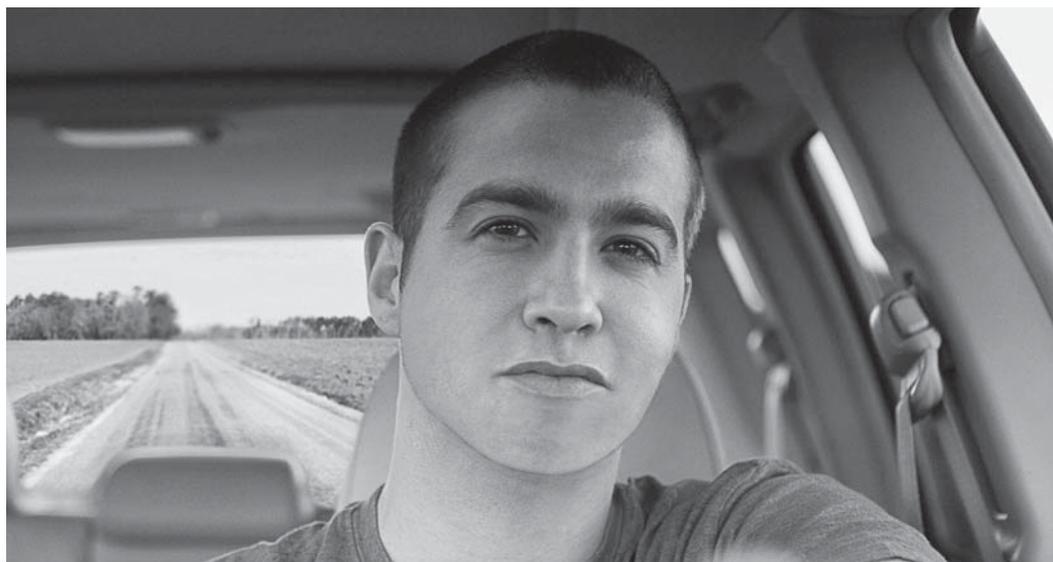
The clinic offers weekday appointments for annual mammograms until 5:30 p.m. Appointments also are available the first Saturday of each month between 9 a.m. and 3 p.m.

And the clinic now accepts self-referred mammogram requests for women enrolled at NHCCC or its Branch Health Clinics. Patients with no current breast complaints who are seeking a screening mammogram do not need an order from their provider for the annual mammogram.

"We are very fortunate to have this outstanding technology at Naval Health Clinic Corpus Christi," Cox said. "As we look back over the years at prior mammograms that were state of the art at the time, we can see how far we've advanced. It is incredible!"



Phyllis Cox, R.T. (R) (M), the primary mammography tech in the Radiology Department at NHCCC, assists a patient during her annual mammography exam using the state-of-the-art digital mammogram machine introduced in March. NHCCC has extended hours and now accepts self-referred mammogram requests. Visit or call NHCCC Radiology at 361-961-3466 for assistance.



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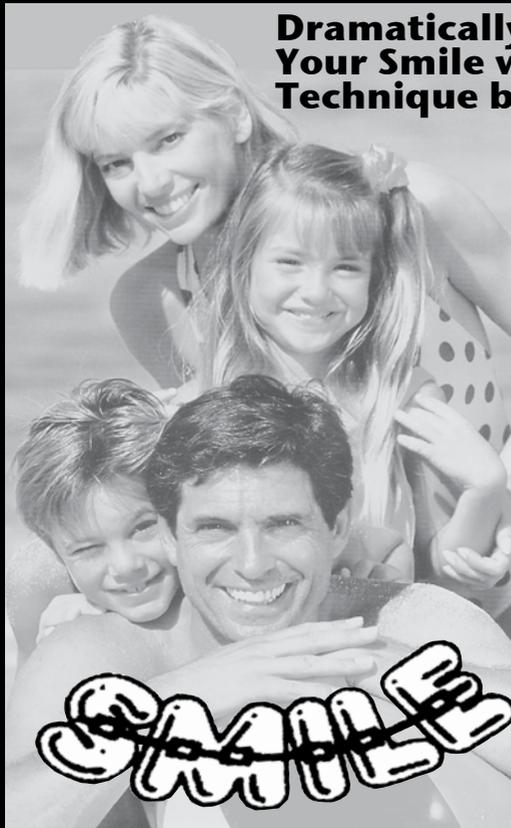


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**Regatta continued from page 1**

aboard bathtubs, inflated tubes, mattresses with shower curtains as sails and other assorted "boats."

Some have not survived the race and can still be found at the sandy bottom of Sunfish Beach.

There are some innovative "sailing" vessels that have won the event, some comprised of used aviation "drop tanks" rigged with a sail.

Sailors can use their imagination to build a boat, as long as no more than \$75 is spent to build it.

No boat can be made from an actual sailboat to compete in this event.

On Saturday night, participants can enjoy a luau at the Bay Club and winners of the day's event will receive the trophies from the Air Station Commanding Officer, Capt. Randy Pierson, and Race Chairman Greg Turman.

Dancing and entertainment goes on well into the night.

On Sunday, the Captain's Brief is at 10:30 a.m., with the Military Cup race beginning at noon.

Here is where active duty servicemembers take the helm of civilian sailboats and with proper "encouragement" race back to the downtown marina. The active duty "captain" receives the trophy for their respective sailboat class.

Tradition has it that the Air Station Commanding Officer gets dunked into the pool after the trophies are presented.

If you've never been on a racing sailboat, or a cruiser that tags along, sometimes with adult beverages and encouraging their selected teams towards the finish line, make plans to join in for a fun-filled day!

From past experiences, you will get at LEAST one good laugh during the event.

**Editor continued from page 2**

The "giant leap" wasn't – it turned out to be a tentative toe in the water, followed by a rapid retreat.

In retrospect, the problem was that the Moon Race was more about Cold War politics than about science and exploration. And once we had "done it" – beat the Russians who had originally beat US into space – people quickly lost interest.

There was a spike of interest when Apollo 13 had problems; astronauts fighting for their lives got people's attention.

But ask most people who were alive then to name all 12 Moon-walkers – or even the last man on the Moon – and they probably can't do it.

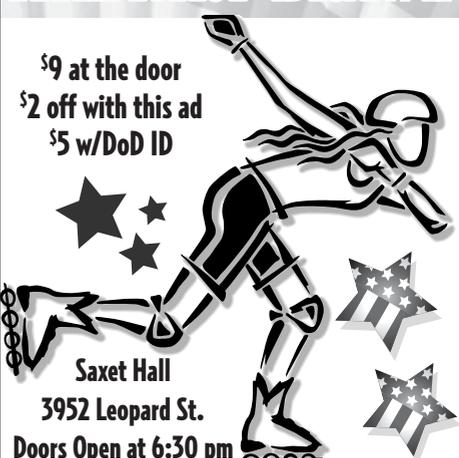
After four decades, NASA is again looking at ways to return to the Moon, although the real goal is to put men on Mars.

And debate rages about the best way to do it. Even Aldrin has recently weighed in, criticizing NASA's Constellation program and advocating going straight to Mars.

Me, I just keep thinking about asteroid impacts, dinosaur extinctions – and keeping all your eggs in one basket.

However we do it, it is long past time to get humanity's eggs out of this single basket called Earth.

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## EMS continued from page 1

was added to the tool kit of the NASCC firefighters.

Two department EMS coordinators divided responsibilities; Firefighter/EMT Mike Harbison, who had the sole responsibility for initial establishment of the EMS program, and Firefighter/Paramedic Robert Bethea, who was newly assigned to NAS Corpus Christi.

The EMS response was provided from one station on board NASCC and two stations located at Waldron and Cabiniss Fields.

Under Harbison and Bethea, the EMS program rapidly took off, resulting in improved service delivery and training.

In October 2005, the EMS program was aligned under one person – Bethea. He coordinated an initial EMT-Basic certification course through an outside agency that enabled the department to certify additional firefighters to the EMT-Basic level. He also shepherded creation of an in-house training program that, over a two-year period, added more than 20 new EMTs to the department.

Additionally, all new hires were required to be firefighter/EMT certified, increasing the total number of EMTs.

From its humble beginning, NASCC F&ES has grown to two EMT-Paramedics, two EMT-Intermediates, 46 EMT-Basics, and eight DOD First Responders providing service from four fire stations, with a fifth geographically distant station planned for 2012.

By the time the Navy transitioned the EMS response requirement from BUMED to CNIC F&ES program at CONUS shore activities in October 2007, the NASCC EMS program was well established.

In January, Bethea was promoted to Battalion Chief and installed as EMS System Manager to facilitate the changes and needs of the NASCC EMS program.

The goal is to improve and standardize a service delivery model that exceeds current local, state and federal standards.

Another major milestone was reached June 6, when the Commanding Officer signed a Memorandum of Understanding with Dr. Daniel M. Roberts, MD, FACEP, to serve as the NASCC F&ES EMS Medical Director.

Roberts is an EMS fellowship-trained emergency room physician with a long history in EMS and, currently, the Assistant Program Director - Emergency Medicine Residency Program for the Texas A&M School of Medicine.



**Roberts**

In its next step, the department has requested to implement an Advanced Life Support Engine Company and has begun initial coordination with a local community college to provide Paramedic training towards this goal.

Coupling the ALS Engine Company with a long-standing partnership with the City of Corpus Christi Fire Department, the department will be able to truly provide the envisioned “community standard” EMS aboard Naval Air Station Corpus Christi.

## NAS Sailor assists injured guard

by Bob Torres

ET3 Adrienne Campbell and her family were in the parking lot at the Texas State Aquarium for a family gathering on the Fourth of July when she received a phone call.

“Come inside – now. You’re needed. RUN!” said ET2 Dewayne Nix, from inside the aquarium.

Campbell ran in to find a security guard down

“The security guard was lying on his side, unresponsive,” she said. “I immediately made sure that someone had called 911 and then did Basic Lifesaving, checked the airways, breathing, and circulation.

“I went through the First Aid kit that someone provided, but there was nothing that I could use for this situation.”

The guard was bleeding, but not heavily, from a cut on his head where he hit the wall while falling. Campbell put an ice pack on it.

“We really appreciate her help,” said Ed Majors, chief executive officer for the Aquarium. “She showed up the same time that our paramedic got here.”

“He’d been lying on his side. When we turned him over, I realized that he had a firearm,” Campbell said. “I took the gun, he was still unresponsive. Another security guard saw me take the gun and took it from me. One of the guys grabbed an electrical blood pressure cuff, we checked his blood pressure and his pulse was good.”

Aquarium Director Tom Schmid said the guard had just come on shift and had a seizure – “a hypoglycemic episode.”

“The paramedic was just coming on board, and he and your Sailor worked together, until the ambulance arrived,” Schmid said.

At one point, the guard jumped up, screamed, and went back down, Campbell said.

They removed his soaking wet shirt and vest. As the ambulance was arriving, the guard again became combative.

“I just talked to him,” Campbell said. “Once he realized that we were there to help him, he relaxed and was willing to cooperate and let us help him out.”

Majors praised Campbell as “very attentive, very professional” – and offered her a family membership to the aquarium, only to learn she was transferring soon.

The Security officer was taken to Spohn Memorial hospital and has since been released.



**Campbell**

## Summer safety tips

from NASCC Fire & Emergency Services

### Barbecue safety

On decks or patios, leave sufficient space from siding and eaves.

- Always supervise a barbecue grill when in use.
- Keep children and pets far away from grills.
- With charcoal grills, only use charcoal starter fluids designed for barbecue grills. Do not add fluid after coals lit.
- With gas grills, ensure the hose connection is tight and check carefully for leaks. Applying soapy water to hoses will easily and safely reveal leaks.
- Always follow manufacturer's instructions and have the grill repaired by a professional, if necessary.

### Water Safety

Extra caution should be used when around water, for children and adults.

- Only swim in approved areas.
- Always supervise children near water at all times and ensure children learn to swim.
- Check the depth of the water with a lifeguard before jumping in.
- Always wear a U.S. Coast Guard-approved PFD (personal floatation device) when boating, jet-skiing, tubing or water-skiing. Air-filled swimming aids, like water wings or inner tubes, are not substitutes for approved PFDs. An adult should always supervise children using these devices.
- Extinguish all smoking materials and shut down motors, fans and heating devices before fueling a boat. In case of a spill, wipe up fuel immediately and check the bilge for fuel leakage and odors. After fueling and before starting the boat's motor, ventilate with the blower for at least four minutes.

### Scooter, bike and pedestrian safety

Scooters, bikes, in-line skates and skateboards are associated with numerous injuries yearly.

- Wear a comfortable, properly fitted helmet bearing the label of an independent testing lab. Ensure the helmet sits level on top of the head-not rocking in any direction-and always fasten the safety strap.
- Ensure that safety gear (wrist, elbow and kneepads) fits properly and does not interfere with the rider's movement, vision or hearing. Wrist pads are not recommended for scooter riders as they may affect their ability to maneuver.
- Ride scooters and bikes only on smooth, paved surfaces and only ride during daylight hours.
- Learn the proper hand signals and use them when you turn or stop.
- Come to a complete stop before entering driveways, paths or sidewalks, then look left, right and left again for bikes, cars or pedestrians heading your way.
- Teach crossing safety to children by example.

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# AROUND NASCC

## Welcome Home, Cmdr. Mike Ser



Cmdr. Mike Ser, NASCC's Public Works Officer, returned on July 3 from a seven-month Individual Augmentee deployment to Afghanistan. (above) He is welcomed home at Corpus Christi International Airport by wife Jenny, daughter Juliana and son Jason. (above right) A Patriot Guard Riders honor guard salutes Ser and (bottom left) Ser adds his signature to the Patriot Guard's 'Welcome Home' flag.

Photos by Rod Hafemeister



## Marine Corps JROTC cadets raise Flag

Cadets from the Alvin, Texas, High School Marine Corps Junior ROTC program on July 1 took on the flag-raising duties at Naval Air Station Corpus Christi. The morning ceremony concluded a two-day visit that included a tour of various organizations on the base.

Photo by Rod Hafemeister

# AWARDS AND ACHIEVEMENTS

## Winging — June 26



Photo by Hugh Lieck Event Photography

Winging officials, from left: Lt. j.g. Robert Fasnacht, Chaplain; Leon Loeb, Corpus Christi Chamber of Commerce; Cmdr. Mark Morin, USCG Representative, Sector Corpus Christi Coast Guard; Maj. Marc Costain, USMC, Assistant Operations Officer TW-4; Cmdr. Dennis R. Crews, CO VT-31; Lt. Col. Robert K. Blagg, USAF, CO VT-35; Cmdr. Brian A. Hoyt, CO VT-28.

Wingees, in alphabetical order: ; 1<sup>st</sup> Lt. Robert James Ano, USAF; Lt. j.g. Taylor Christian Barrow; Ensign Eugenio Basile, Italian Navy; 1<sup>st</sup> Lt. Michael Coston Cerise, USAF; 1<sup>st</sup> Lt. Laura Elizabeth Crowe, USMC; 1<sup>st</sup> Lt. Troy Eldon Egbert, USAF; 2<sup>nd</sup> Lt. Edwin Marks Fattmann Jr., USAF; 2<sup>nd</sup> Lt. Jonathan Andrew Fernandez, USAF; Lt. j.g. Isaiah Douglas Gammache; 1<sup>st</sup> Lt. Robert Ira Garrett IV, USAF; 2<sup>nd</sup> Lt. Andrew Michael Kline, USAF; 1<sup>st</sup> Lt. Valerie Michelle Knight, USAF; Lt. j.g. Grant Andrew Mestnik; Lt. j.g. Jacob James Mosqueda; 1<sup>st</sup> Lt. Kyle Campbell Rehrig, USMC; Lt. j.g. Bradley J. Roby; Ensign Marco Rosa Italian Navy; 1<sup>st</sup> Lt. Christopher Don Scott Jr., USAF; 1<sup>st</sup> Lt. Heather Diane Smith, USAF; Lt. j.g. Danielle Ann Still; Lt. j.g. David Curtis Thompson USCG.

## Civilian Awards - June 26



Naval Air Station Corpus Christi held a Civilian Awards ceremony June 26, recognizing length of government service and other achievements. Pictured are Commanding Officer Capt. Randy Pierson, Executive Officer Cmdr. Bruce Lankford and Command Master Chief Pat Flavin with awardees, in alphabetical order: Jose Acosta, Ronald Ballmer, Patti

Barclay, Nancy Deviney, Daria Fakh, Sean Feenaghty, Roy Gonzalez, Rodney Hafemeister, Celestino Herrera Jr., Tomasita Hinojosa, Ricardo Mercado, Carole Pilgrim, Gilbert Rojas, Carolyn Scheible, Ricardo Speller, Otis Terrell Jr., Robert Torres, Thomas Tracy, Robert Viafranco, Victor Villarreal.

Photo by NASCC PA

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## Keep storm drains clean to keep bays clean

from NASCC Environmental

Naval Air Station Corpus Christi (NASCC) has bodies of water on three sides – Corpus Christi Bay, Oso Bay, and the Laguna Madre.

When rainwater flows over our roads, driveways and parking lots, it goes into storm drains, taking along dirt, debris, chemicals and other pollutants directly into these surrounding waters.

The Environmental Protection Agency (EPA) and the Texas Commission on Environmental Quality (TCEQ) have authorized NASCC to discharge stormwater runoff to the Bay, provided that we sample and analyze the outflow to ensure that the pollutants are always under control.



We all have to do our part to keep our stormwater clean and to comply with the law.

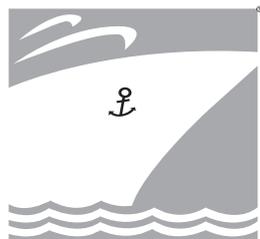
Here are 10 simple things you can do to help prevent storm water pollution:

1. Never dump anything into storm drains.
2. Sweep up driveways and sidewalks, and clean out gutters.
3. Compost or mulch your yard waste.
4. Use fertilizers and pesticides sparingly; the less toxic, the better.
5. Check your vehicle for leaks; recycle your motor oil.
6. Use drip pans or other protective devices when necessary.
7. Take your car to the carwash instead of washing it in the driveway.
8. Keep outdoor work areas clean and orderly.
9. Pick up after your pet.
10. Volunteer for NASCC's annual Earth Day Base Cleanup.

### You have the power!

It's up to each and every one of us to conserve wherever and whenever we can. It's easy! Turn off lights when not needed. Install motion detectors for lighting systems. Conserve water usage. Drive a little slower. Form a car pool. Buy Energy Star rated products. When it's not in use, cut the juice. It's our environment and our power. So use it wisely!

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# NHCC offers school physicals

Children enrolled at the Naval Health Clinic Corpus Christi Primary Care Clinic are eligible for school physicals on Mondays and Wednesdays beginning July 22 through Sept. 2.

Appointments are available 8 a.m. to 4 p.m. by calling (361) 961-6000 or 1-877 Navy-Med (877) 268-9633.

Parents, please bring current immunization card, medical records, and school physical forms for updates during this appointment. The school physical forms are particularly important because the clinic does not stock them.

TRICARE does not cover Sports physicals. For information about obtaining a sports physical, please contact the school that your child will be attending.

You may also contact the Doctor's Center for fees and dates that sports physicals are offered at any one of three convenient locations in Corpus Christi: 4637 S.P.I.D., (361) 852-6824; 5536 Saratoga, (361) 992-0227; and 11559 Leopard, (361) 241-1116, or online at: [www.doctors-center.com](http://www.doctors-center.com).

Your child's health care is a top priority and we will do everything possible to make your visit with us as comfortable as possible.

## Motorcycle safety tips for riding in the heat

### The Facts:

- Hot weather drains your energy, so you will become fatigued more quickly
- Exposed skin will cause you to dehydrate more quickly than covered skin
- Fast moving air that is hotter than your body temperature will not cool you down
- Heat cramps, heat exhaustion, and even heat stroke are real possibilities and can be life threatening
- When a rider overheats, they start to lose both the mental AND physical skills they need to identify and deal with hazards

### The Strategies:

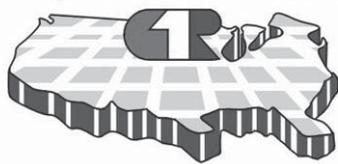
- Take breaks frequently so you (and your passenger) can cool off in the shade or in an air conditioned room – and drink plenty of fluids
- Wear riding gear that covers your skin to reduce dehydration
- Consider wetting down your shirt under your riding jacket – this can work like a “swamp cooler” and keep you more comfortable.

### Other Suggestions:

- Hydrate the night before you ride.
- Wear a camelback filled with ice and water.
- Buy a mesh jacket with body armor.
- Pack / bring frozen water or sports drinks.

from Dan Miller, NASCC Motorcycle Safety Instructor

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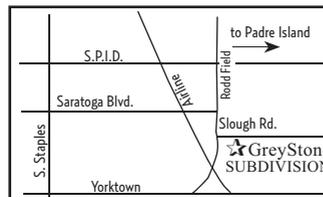
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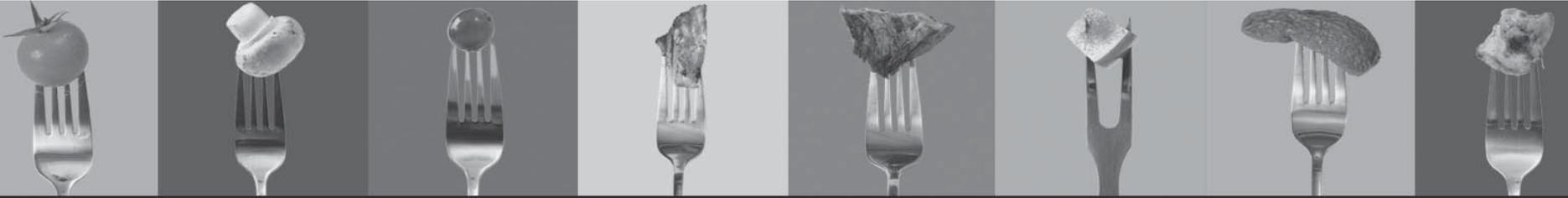
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### BEST BITES DINING GUIDE

Advertising Deadline:  
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Publication Date: Thursday, 7/30/09



### "Pure as the Driven Snow or The Working Girl's Secret" Champagne Opening July 17, 2009 at 7:30 p.m.

Standing from left - Jordan Hamilton, Heather Marie Cox, Cindy Savoy, Teddi Giggy, Alan Gardner-Atkinson, Carole Savage, Gene Giggy, Kay Wise-Denty, Savannah Clouse, Pam Jamison, Taylor Hendrix. Sitting from left: Karen Froeschner, Marsha Hendrix.

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### Corpus Christi Municipal Band. FREE SUMMER 2009 CONCERT SCHEDULE:

(at Cole Park Amphitheater – bring lawn chair or blanket) July 19 "A Sampling of Good Jazz" For more information call 361-826-3410.

**Friday, July 24, 2009,** from 7 pm-11 pm The Muscular Dystrophy Association of CC and Pouring Pleasure Café will be teaming up to host a "Friends & Family" night with proceeds benefiting local MDA client families. 15% of sales donated to the local MDA chapter. Five local bands will perform live music. For information contact Danielle Paiz, 361-985-1758 or at dpaiz@mdausa.org.

**Saturday, July 18th, 10 to 11 a.m.** Ribbon Cutting and walking Tour "Voyage: A Journey Through our Solar System", at the SUN at Peoples Street T-Head. Celebrate the 40th anniversary of humankind's first steps on another world by Apollo 11 Astronauts. Dress comfortably and bring your own shade - like the sun, it will be hot, hot, hot!

Astrophysicist Dr. Jeff Goldstein will lead Family Science Night at Flour Bluff H.S. Auditorium. An out of this world presentation! The Astronomical Society will have a telescope display and star viewing in the parking lot. Bring your kids and grandkids and help Voyage lift off! Both events are free, fun and open to the public!

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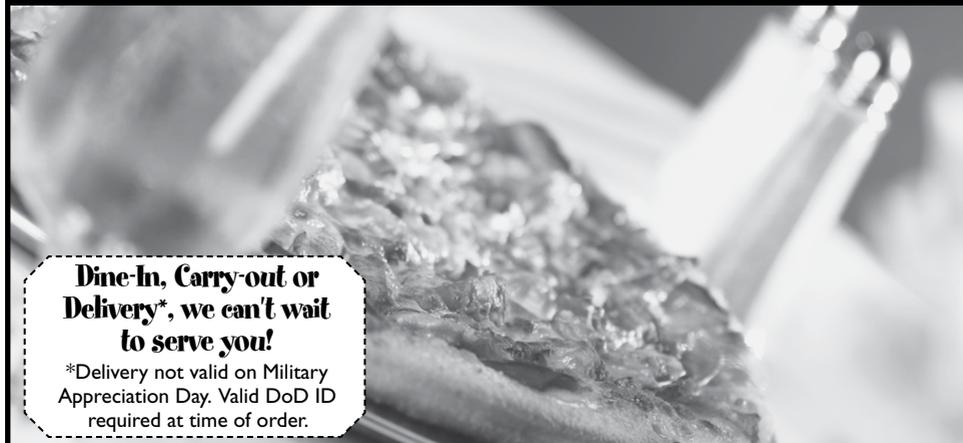
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## Ask Dr. Garcia



Garcia

**Q:** What are some of the signs that the person I'm considering marrying is potentially a problem person?

**A:** Here is a list of danger signals. If any of the following exist, exercise caution before you commit yourself to marriage.

Encourage your partner to do something about the problems and to get professional help if needed.

If your partner is not cooperative in getting help or trying to make changes, remember that you can't change someone yourself.

If you try, chances are the problem will get worse.

• **Has a substance abuse problem.**

This can involve alcohol and/or other drugs.

• **Shows evidence of severe personality traits.**

Examples include mental illness, extreme criticism of you and others, excessive jealousy and possessiveness; deep-seated insecurity; unstable temperament; very rigid, inflexible, or compulsive thinking and behavior, a cold, insensitive personality, and negativism toward life in general.

• **Has important character flaws.**

This person may be dishonest, unfaithful, distrustful, immoral, abusive, arrogant, or condescending.

• **Has serious problems relating to his or her family.**

People who are not able to get along with their family, or whose family of origin is troubled, have more difficulty in creating harmonious family relationships themselves.

• **Can't get along with other people.**

This person may lack social skills or be a loner with no friends.

• **Has an unstable job history.**

This individual may be unable to hold a job and be irresponsible in job and task performance.

**Q:** Are their different types of marital couples that exist?

**A:** In a study published in the *Journal of Marital and Family Therapy*, researchers identified seven types of couples.

One type of couple was the **devitalized couple**. These couples are typified by pervasive unhappiness with all relationship issues. A couple may have had a meaningful marriage at one time, but the marriage has declined in satisfaction over the years.

Then there are the **financially focused couples**. These couples demonstrate overall dissatisfaction with the marriage, with exception in the area of money management. The partners seem to devote themselves to their careers rather than to the relationship.

Next, there are the **conflicted couples**. Here, couples have fallen into a pattern of nearly constant fighting and arguing. Nagging, attacking, bickering, and arguing have become a way of life, and yet these partners stay married for a lifetime.

With **traditional couples**, internal relationship issues, such as communication, conflict resolution, and sexuality, are a source of distress, but religious life and interaction with the extended family provide personal resources. These partners are not as critical of each other's personality as conflicted couples and they show considerably less distress with the marriage than do other types of couples noted thus far.

**Balanced couples** express satisfaction with both external and internal couple issues despite some specific areas of difficulty. Partners may have some disagreements in specific areas, but overall they experience a strong and positive relationship.

**Harmonious couples** are well adjusted in their intimate relationship but demonstrate less satisfaction with some external aspects (e.g., financial) of marital life.

Lastly, **vitalized couples** are characterized by a high degree of satisfaction with all aspects of the marriage. The partners get along very well with each other, they resolve difficulties, and they are satisfied with their relationship.

Ruben G. Garcia, Ph.D., LMFT is a Licensed Marriage and Family Therapist and co-founder of The Healing Institute. Submit your questions to Dr. Garcia via email at [troubadour55@hotmail.com](mailto:troubadour55@hotmail.com). You can also contact Dr. Garcia at (361) 814-4556.

**Chaplain continued from page 2**

We experience it as a product of some other experience. It could be a direct interaction with someone else or it could be the moment of knowing something that makes us feel happy.

So, "happiness" is less like those ancient buildings and more like the cheap stuff I might buy at Walmart: I get it, enjoy it and then it becomes a memory.

There is something better than happiness in life. It is something more like those old buildings. It is made of the stuff that lasts throughout the ages and circumstances.

It is called "joy."

St. Paul talked a lot about "joy." He described Jesus "who for the joy that was set before Him endured the cross..."

The promise of future reward and, yes, the gladness he would know in the future for having endured the personal sacrifice strengthened him in his suffering.

Joy is more like those old buildings. It has the character that endures even when we would not. It is a testament to something far greater than the moment and it is something we can readily use in our daily work.

More than being old, joy brings stability and peace in a life filled with turbulence.

Joy in our work is to remember our oath of enlistment or our commission to perform this job and to realize how our job impacts the lives of others.

We will naturally feel good about having done our job well. But we will also know that having done it positively impacts the lives of many others, including our own families.

Joy in life is more than the mission. It is something available through the truth of God.

Like the old buildings, joy will continue to have its effectiveness in our lives as we inhabit it.

Left alone, it will not disappear. It will still be there waiting to be taken up again, revitalized and experienced anew.

If you lost your joy somewhere along the way, I encourage you to rediscover it and allow it to strengthen you in your daily living.

*Editor's note: Yes, Chaplain Gault's rank is incorrect in his photo. He was promoted on July 12 - and needs a new photo. Congratulations, Lt. Cmdr. Gault!*

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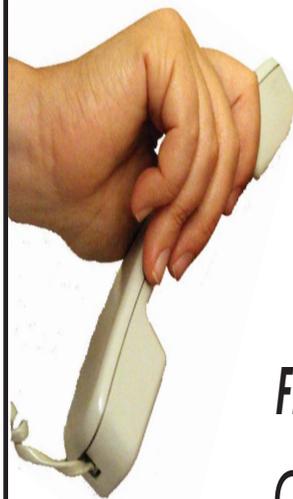
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## Sailors of the Quarter for Naval Health Clinic Corpus Christi



Naval Health Clinic Corpus Christi on July 10 recognized its Sailors of the Quarter for the Third Quarter of fiscal year 2009. (from left) Hospital Corpsman First Class (FMF/SW) Shannon Bia, Senior Sailor of the Quarter; Hospital Corpsman Second Class (SW) Brian Bratcher, Junior Sailor of the Quarter; Hospitalman Matthew Keydeniers, Bluejacket. Photo by Bill Love, NHCCC PA



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Continued on page 22

# Cmdr. David Mullarkey retires



Cmdr. David D. Mullarkey (right), outgoing director of health care operations at Naval Health Clinic Corpus Christi, receives a kiss from his wife, Maureen, at his June 30 retirement ceremony. Mullarkey began his 32-year Naval career as an enlisted hospital Corpsman. Rear Adm. Alton L. Stocks, (left) U.S. Fleet Forces Command Surgeon, and former Commanding Officer, Naval Hospital Corpus Christi, was the guest speaker.

Photo by Bill Love, NHCCC PA

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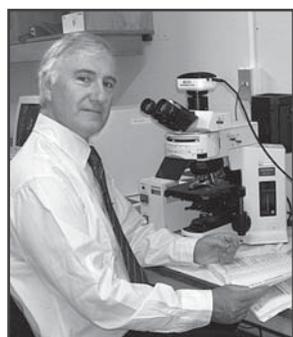
To readers who reach for a trusted heating pad, a few aspirin, or a dab of muscle and joint cream to cope with daily pain, here's some comforting news.

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*Dr. Juan Hancke, the man who discovered the pain-killing miracle*

The doctor concentrated his natural extract into a patented compound called Paractin™, publishing his findings in the prestigious *British Journal of Pharmacology*.

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While designed for sore muscles and joints, customers say it works wonders on back, leg and shoulder pain.

## Good-bye to Back Pain

Maryland's Jerry S. suffered with arthritis of the spine. After just two days on Hydraflexin, he was able to walk, bend and move around.

"I am no longer a prisoner of my pain," says Jerry.

Indiana's Jeanne W. dealt with severe back pain with periodic epidural spinal injections.

"I would need three injections to cope, then the pain would come back. Then, I'd go back for more."

She began taking HydraFlexin four years ago, shortly after the first of three scheduled injections.

That was September '06. Jeanne never went back for the other two injections. She says, "I've been about 80% free of pain since!"

HydraFlexin contains a powerful 'joint-cushioning' substance, a unique, biofermented form of hyaluronic acid that replenishes joints' "shock-absorbing" ability.

*Consumer Health Digest* has voted HydraFlexin as one of the 'Top Ten Natural Pain Relievers.' Doctors like it, too.

Dr. J. Hughes, Maryland, recommends HydraFlexin to his patients, and takes it himself. "It reduced my muscle

pain by 80 percent," he smiles.

## Total Relief

Ruth A., age 78, could hardly walk because of pain in her left knee. "Hydraflexin took away my pain and the stiffness."



*Seeks out pain and inflammation like a "heat-seeking missile."*

Iowa's Ruth S. suffered from severe knee pain that affected her sleep. "As long as I take two HydraFlexin capsules a day, I am pain-free!"

## Try HydraFlexin Risk-Free

HydraFlexin is guaranteed to relieve muscle and joint pain, and restore youthful joint flexibility in 90 days or your money-back. Also, the first 500 customers receive a FREE BONUS GIFT, a 30-day supply of the multivitamin, Total Daily Advantage (a \$29.95 val.) plus two free reports, *Understanding Your Pain* and *Turn Back the Clock* (a \$39.90 value). Supplies are limited. Call now!

**Call Toll-Free!**  
**1-877-599-5567**

This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the FDA. A testimonial reflects one person's experiences. Actual results may differ. We encourage you to share your experiences with us.

## St. Leo University Commencement



Members of the Saint Leo University graduating class of 2009 at the June 26 Commencement Ceremony at the Navy College Center Auditorium at Naval Station Ingleside. The University awarded more than 75 degrees, including Master of Business Administration, Master of Science in Criminal Justice, Bachelor of Arts and Bachelor of Science in various fields. A private, liberal arts institution, Saint Leo has branches at 17 locations in seven states, primarily on military installations and community college campuses. Capt. Leland 'B.T.' D. Taylor, Commanding Officer of Naval Station Ingleside, was the commencement speaker.

Photo by MC3 Maria Garza

## CLASSIFIED

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**FOR SALE:** 1996 Ford Ranger with camper shell \$2,500 obo – 4 cyl, standard shift – 115K miles – one owner – good tires – well maintained. Call 361-774-4162.

## ANNOUNCEMENTS



July 19/20/22, 2009 Auditions for "Steel Magnolias" by Robert Harling.

Sunday, July 19 at 4 p.m. -- Monday/Wednesday, July 20/22 at 7 p.m. Rialto Theater, 327 S. Commercial, Aransas Pass. Performance dates are September 10 - 27, 2009. For more information: 361-758-0383.

Open Mic Friday Nights @ Stingers Coffee 8 pm-12 am Gulfway Shopping Center located at Airline and McArdle – outside on the patio. All musicians welcome. Sign up today at Stringers on Airline.



**Wingspan on line at**  
<http://www.cnic.navy.mil/corpuschristi>  
**Scroll down to the Wingspan Logo**

# Fraternal group donates to USO



Frances McDonald (l.) and Dianne Raska (r.) presented a \$200 donation to Nancy Allen, Executive Director of the USO of South Texas on July 1. The donation is from the Corpus Christi Lodge of Slovanska Podporujici Jednota Statu Texas, or Slavonic Benevolent Order of the State of Texas, a fraternal benefit society founded by Czechoslovakian pioneers in 1897. McDonald is Lodge President and Raska is Lodge Secretary.

Photo by Rod Hafemeister

## CLASSIFIED

### ANNOUNCEMENTS

**1st Annual Barbecue Cook-off**  
**Knights of Columbus**  
 Council 14776 - Sinton TX  
 Benefiting Knights of Columbus charities  
 Friday - Saturday, August 21st and 22nd  
**ENTRY FEE: \$100**  
 for 1, 2, or all three meats  
 (Brisket, Chicken and Pork Ribs)  
 Prize money: 1st place  
 each category - \$250  
 2nd place each category - \$150  
 3rd place each category - \$100  
 For more information contact:  
 Chad Koether - 361-562-2359

**SECOND SATURDAY OF EACH MONTH** –  
 The United States Submarine Veterans, Inc.,  
 meets at 11 a.m. at the Silverado Smoke-  
 house on Weber. Contact: SubVetBoddy@  
 gmail.com or 361-876-0042.

**LAST SATURDAY OF EACH MONTH** - Par-  
 kinson monthly support group meets at the  
 YWCA. This group is for caregivers, patients,  
 friends, and/or families. Reservations are not  
 required, but if anyone needs further informa-  
 tion, we can be contacted at 949-7719.

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