

WINGSPAN



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Naval Air Station Corpus Christi, Texas

November 5, 2009



November 1-30



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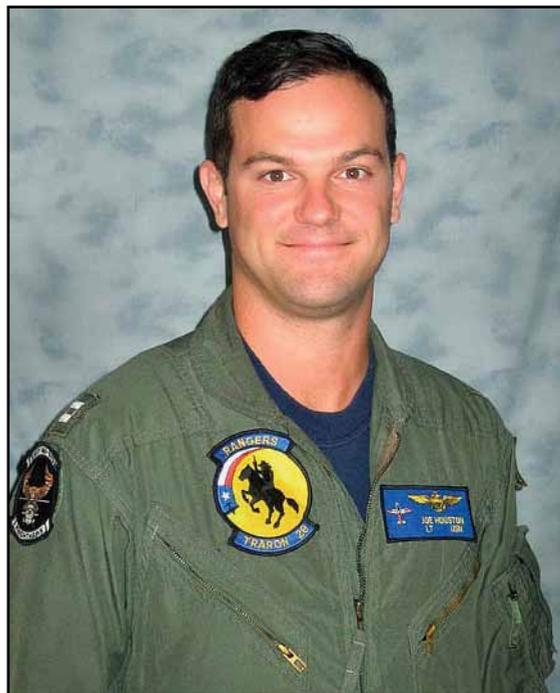


Blood for Troops
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Two instructor pilots lost T-34C dropped off radar Oct. 28; one body recovered



Lt. John Joseph Houston



Lt. Bret Travis Miller

A massive sea and land search was launched for VT-28 Instructor Pilots Lt. John Houston and Lt. Bret Miller after their aircraft disappeared from radar about 3:20 p.m. Oct. 28. As of press time, one pilot and their aircraft had not been found.

Photos courtesy Chief Naval Air Training

by Rod Hafemeister

Family and friends mourned two Navy Instructor Pilots from Training Squadron 28 after their T-34C Turbomotor went down in the Gulf of Mexico Oct. 28.

Lt. John Joseph Houston, 29, and Lt. Bret Travis Miller, 30, were on a routine training flight off the coast near Port Aransas when their aircraft disappeared from radar at 3:17 p.m.

On Friday, Oct. 30, Miller's body was recovered after being spotted in the water by the crew of a floating rig.

As of press time, the search was continuing for Houston and the aircraft.

Within minutes of losing contact with the aircraft, officials scrambled to begin a search for the aircraft, Capt. Dave Price, Commodore of Training Air Wing 4, said at an Oct. 30 press conference.

"Shortly thereafter, we turned the search over to the United States Coast Guard," Price said.

Pilots continued on page 8

Wind storm rips into Naval Air Station Corpus Christi

Story & photo by Rod Hafemeister

What started as a sunny day burst into a torrent of rain and wind Oct. 26 as a cold front rapidly moved into the Coastal Bend.

Strong winds – the National Weather Service said at least one gust hit 83 mph – knocked over trees, lifted roofs, broke windows and flipped and destroyed one recreational vehicle in the Shields RV Park.

Wind-driven rain leaked through many windows in older buildings and flooded the usual low areas; water and debris forced the closure of the Ocean Drive Gate to outbound traffic at the height of the afternoon rush hour.

More storm photos page 11



The remains of a recreational vehicle were loaded onto a flatbed trailer for removal after the RV was flipped and destroyed in an Oct. 26 storm/. A fast-moving cold front brought heavy rains and strong winds, with at least one gust measured at 83 mph.

Skipper's Column

by Capt. Randy Pierson



Pierson

The Oct. 26 windstorm associated with the cold front passing NASCC served as a significant test to us all, to include our aging infrastructure.

All available forecasts indicated we had a somewhat routine cold front passing the area,

with sustained winds into the 20 mph range and gusts into the 30's.

All conditions appeared normal, until the cold front arrived.

Immediately, the winds exceeded forecasts.

NASCC Departments and Tenant Commands sought to protect their people and equipment.

In the case of the training squadrons, all aircraft were recalled or diverted or held in place on the airfield.

NASCC emergency services, Public Works and Nueces Electrical Cooperative responded throughout the installation to ensure personnel safety and protection of equipment.

During the 40 key minutes of the storm, our winds hit gusts of 83 mph and we accumulated four inches of rain.

However, I don't feel we could have been more fortunate.

Even so, we experienced significant damage to the installation.

Riding out the storm

Key damage occurred to several hundred square feet of the Bachelors' Quarters roof, with ensuing water damage. An uninhabited MWR recreational vehicle flipped and became a total loss. Flooding occurred within multiple buildings, including the library and fitness center.

I am thankful for what didn't happen: We had no loss of life or injury, and no misfortune with our aircraft or CCAD production.

The flooding of buildings and roads will continue to be addressed through current and upcoming construction and improvement projects.

My goal is this level of storm will not affect the installation the same way in the future.

I personally thank you all who ensured the safety of our people, property and the continuation of our mission.

Wingspan

NAS Corpus Christi
*Exceeding Expectations Through
 Pride In Performance*

Commanding Officer
 Capt. R.F. Pierson

Public Affairs Officer
 Robert D. Torres
 Robert.Torres1@navy.mil

Editor
 Rod Hafemeister
 rodney.hafemeister@navy.mil

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Chaplain's Message

by Lt. j.g. Rob Fasnacht, Chaplain

The Protestant Chapel and the Our Lady Guadalupe Catholic Chapel held a combined service at the Bay Club on a recent Thursday night.

We sang, prayed, preached, and ate. Those seem to be the four main elements to most religious services.

The Bay Club was well decorated and the food was fabulous. The table settings were immaculate, and the fellowship was impeccable.

The theme for the evening was "Leading to Serve," and the homily was based on the example that Jesus set when he got down and washed the disciples' feet.

This was a pretty gross job when you think about the fact that the people walked everywhere, and the same paths the people took were also tread by the animals.

At that Last Supper, the food had already been served and the party was sitting around eating when Jesus got up from the table, took off his outer garment and began to wash the feet of those around him.

This man was their teacher and leader. He did not demand for his own feet to be washed; what he asked was for his disciples to follow his example.

The washing of the feet is an object lesson in serving those around us and teaching those same people to serve others.

As the Navy strives to become "A Global Force for Good," we must continue to strive to win the hearts and minds of those with whom we come in contact.

We cannot ignore the physical, spiritual, and emotional needs of those around us, especially those who are entrusted to us.

Chiefs are the backbone of the Navy.

They are the elite few who take care of junior sailors and train junior officers.

Without Chiefs and their mission to take care of their sailors, there is no way the Navy can be "A Global Force for Good."

But we cannot wait for Sailors to reach the ranks of E7 and above to train them on how to take care of the needs of the people they work with and live next to.

Leading to Serve

We must instill in everyone a desire to serve.

Jesus deliberately discussed what he did with his disciples.

He did this so that they could learn and ask questions about what he just did when he washed their feet.

As leaders, we must provide for our Sailors opportunities to serve.

However, the leaders must also be out modeling servitude; be out there painting the fences and houses, picking up the trash or helping out with an NROTC event.

"A Global Force for Good" can only be accomplished "over there" when we emphasize it right here.



Fasnacht

Editor's Corner

by Rod Hafemeister



Hafemeister

Twenty years ago this month, the world changed.

After weeks of civil unrest swept through most of the Eastern Bloc nations, the German Democratic Republic (East Germany) announced on Nov. 9, 1989, that its citizens could visit West Germany and West Berlin.

Within days, people in both the East and West were not only crossing the Berlin Wall

– they were chipping away at it.

Two years earlier, on June 12, 1987, President Ronald Reagan made one his most famous speeches.

Standing at the Brandenburg Gate, honoring the 750th anniversary of the founding of Berlin, Reagan issued a challenge to Soviet Premier Mikhail Gorbachev to open the Iron Curtain.

"General Secretary Gorbachev, if you seek peace, if you seek prosperity for the Soviet Union and Eastern Europe, if you seek liberalization, come here to this gate," Reagan said. "Mr. Gorbachev, open this gate."

"Mr. Gorbachev, tear down this wall!"

But in the end, it was the Soviet Union's former puppet regimes that tore it down. In August, 1989, Hungary opened its border with

'... tear down this wall!'

Austria – and more than 13,000 East German tourists escaped to the West.

Czechoslovakia was next to open its borders and the rush became unstoppable. East German leader Erich Honecker resigned Oct. 18. His successor couldn't manage uprising and authorized controlled crossings to the West.

But in a final bureaucratic failure, officials announced crossings could begin immediately, even though border officials had not been prepared. They were unable to stop the mass exodus.

The Wall, erected in 1961, fell.

On Oct. 3, 1990, East and West Germany formally reunited as a single nation. The Warsaw Pact and, ultimately the Soviet Union, fell apart soon after.

Worship Services

CATHOLIC WORSHIP SERVICE

Base Catholic Chapel
 Sunday Mass - 9:00 a.m.
 Daily Mass:
 Monday - Friday - 11:30 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

CMDCM (SW) Ken McGlothlin brings his experience to NASCC



NASCC's new Command Master Chief, Ken McGlothlin

Story and photo by Rod Hafemeister

Command Master Chief Ken McGlothlin likes to joke about his looks.

"I look mean," he said, stretching out the word. "But I'm really very approachable.

"My door is always open to anyone. I want to be a sounding board for anyone who needs some advice or wants someone to talk to."

McGlothlin took over as Command Master Chief for Naval Air Station Corpus Christi the week of Oct. 19.

He replaced the former CMC, Pat Flavin, who retired on Oct. 23. (Photos on Page 13.)

It's McGlothlin's third tour as a CMC.

He comes to NASCC from Naval Station Ingleside, where he had been Command Master Chief for Mine Countermeasures Squadron Two since June 2006.

While there, he oversaw the relocation of the command from Ingleside to new bases as part of the Base Realignment and Closure Commission's actions that include closing Ingleside next year

Prior to Ingleside, he served as CMC aboard USS Elrod (FFG 55) from July 2005 to May 2006.

A native of West Virginia, McGlothlin enlisted in September 1982 and, after basic, attended Engineman School.

His career has included several ships, shore duty and instructor positions.

Duty stations have included Scotland and Panama as well as Virginia and Texas.

He was selected for Master Chief Petty Officer in April 2004 and, from May to July 2005 attended the Senior Enlisted Academy and CMC Capstone Course prior to reporting to the Elrod.

He said his job as CMC is two-fold.

"I take care of the Sailors," he said. "I make sure they get what they need, make sure they have a way forward in their job and in their career.

"And I take care of the command – make sure the CO and the XO are hearing from the Sailors and the Sailors are hearing from them; maintain an open line of communication up and down the chain of command."

CMDCM (SW) McGlothlin's decorations include the Enlisted Surface Warfare Specialist, Navy Commendation Medal, Navy Achievement Medal, Navy Unit Commendation, Meritorious Unit Commendation, Battle "E" Award, Good Conduct Medal, National Defense Service Medal, Navy Expeditionary Medal, Sea Service Ribbon, Armed Forces Expeditionary Medal, Marksman Rifleman Medal, Sharpshooter Pistol Medal.

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Marine Corps Reserve kicks off 2009 Toys for Tots Campaign

Story and photo by Rod Hafemeister

The Marine Corps Reserve has kicked off its annual Toys for Tots campaign, collecting toys for needy children during the holidays.

Marines and their local partners collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to children in the community.

According to the Toys for Tots Foundation website, "The primary goal of Toys for Tots is to deliver, through a shiny new toy at Christmas, a message of hope to needy youngsters that will motivate them to grow into responsible, productive, patriotic citizens and community leaders."

Last year, the Reservists from the Marine Reserve Training Center at Naval Air Station Corpus Christi collected more than 50,000 toys and helped more than 18,000 families in the Coastal Bend area, said 1st Sgt. Krishtian Nielson, coordinator for the area campaign.

"This year, we're hoping to collect that much and more," Nielson said. "This year is worse for many families than last year."

Collection boxes are being placed at all the usual major stores, including HEB, CVS and Toys R Us, as well as many smaller stores and most area fire stations.

A collection box also is at the Naval Exchange aboard NASCC.

And this year, people can donate online, Nielson said.

"If they want to donate money, they can just click a mouse instead of trying to find a Marine who they can give a check," he said. "Cash donations help us buy toys for specific age groups of children who we sometimes don't receive appropriate toys for."

The Corpus Christi Toys for Tots website can be reached directly at <http://corpus-christi-tx.toysfortots.org/> or through the national Toys for Tots foundation website <http://www.toysfortots.org/> and using the "Select a State" option.

The web site contains a list of local drop-off sites and links to details about how to become a Toys for Tots sponsor and how to request toys.



Marine Corps Reservists and Corpus Christi Army Depot workers load the 109 bicycles and other toys collected by CCAD during the 2008 Toys for Tots campaign. The Marines are hoping for an even better collection this year, as the slumping economy has more families looking for help during the holidays.

Toys for Tots

<http://corpus-christi-tx.toysfortots.org/>

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WOMEN**

Armed Services Blood Drive a whopping success

Story and photo by Rod Hafemeister

They came, they drew first blood and they left in victory.

But those who bled also won, getting a T-shirt and the satisfaction of knowing that the true winners were the men and women serving in Iraq and Afghanistan, who would be getting more of the live-saving blood.

"We collected a total of 156 units – that was great!" said Tracy Parmer, blood donor recruiter for the Armed Services Blood Program's Lackland AFB Blood Donor Center.

"I was hoping for greatness in Corpus Christi and Corpus Christi Naval Air Station came out in full force and gave us that and more. Our troops in Iraq and Afghanistan will be better for it.

"Thank you!"

The Armed Services Blood Program is unique. It is the only program that specifically collects blood and blood products, such as plasma, for direct shipment to combat theaters in Iraq and Afghanistan.

Blood donated today may be saving the life of a wounded Soldier, Sailor, Airman or Marine within days.

"Having recently deployed and seen what blood collections can do for our troops, the support that Corpus Christi gave us was phenomenal," said 2nd Lt. Nicole Ferguson, staff laboratory officer at the Center.

The ASBP center at Fort Hood had visited NASCC in 2008, but the distance



A technician from the Lackland Blood Donor Center monitors the blood draw from a donor at the Armed Services Blood Program blood drive Oct. 23. The drive collected 156 units to be sent to Iraq and Afghanistan.

proved unworkable for regular visits.

The Lackland Center, which opened earlier this year, made its first visit to NASCC on Oct. 23, collecting only from 8 a.m. to noon so they could get the blood back to San Antonio for processing and shipment.

Donors started lining up by 7:30 a.m. and only stopped when the drive was ending.

It was such a success that the Lackland Center is planning to come back for two days, probably in late December, Parmer said.

"Corpus Christi showed outstanding support for the Lackland Blood Donor Center, enabling us to meet the mission," said Bob Purkhiser, the Center's technical director.

For more information visit the ASBP website: <http://www.militaryblood.dod.mil/default.aspx> or contact C. Tracy Parmer at DSN 554-8145 or by email: cheryl.parmer@lackland.af.mil.

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Captain is a 1½-year old brindle lab mix. He was found starving with GiGi at the Oso baseball fields. He is neutered, housebroken, and current on all shots. Captain is in the last phase of heartworm treatment and ready for his forever home! He loves kids, other dogs and cats. His foster mom describes him as laid back, mellow, and grateful for affection. He is a "low maintenance" little guy, requiring only love, food and shelter. In return, Captain will give you pure unconditional love. If you are looking for a lifetime companion, Captain is the boy for you!



Scout is a 2-year old black and white border collie mix. He is neutered, heartworm neg., housebroken, and current on all shots. Scout was rescued from the city pound hours before being put down. He currently lives in a foster home where he happily plays with other dogs and small children. Scout is timid when meeting new people but bonds quickly once he earns your trust. He loves to play with other dogs so a home with other pets would be ideal but not mandatory. Please give Scout the stable home he deserves!



GiGi is a 1-year old tan and black terrier mix. She is spayed, housebroken, kennel trained, heartworm negative and current on all shots. GiGi is good with other dogs and cats but has not been around children. She is an inquisitive, lovable, and snuggly lap dog. GiGi was found starving under the bleachers at the Oso baseball fields. She gets startled by loud noises and is fearful of men. She is overcoming her fears by working with a trainer. Please find it in your heart to give this beautiful girl a forever home. She deserves peace and stability.

Each dog will bring their own care package to help them get started in their forever home!

Support program helps new parents and parents-to-be — at home

Story and photo by Rod Hafemeister

You're young, you've only been married a year or so, you're still adjusting to how being in the military affects a couple.

And now you find out you're going to have a baby.

It's the happiest time of your life — and the scariest.

Ann Bates and Jane Ramsey want you to know that you are not alone.

Bates and Ramsey run the New Parent Support Program, including a Home Visitation Program available to expecting parents and parents with children up to 3 years old.

"We go to the home," Bates said. "If it's pregnancy, we help with childbirth preparation, all that kind of education.

"If she plans to breast feed, we're going to help educate her and prepare her, give her local resources, like the Navy Marine Corps Relief Visiting Nurses or local lactation consultants.

"We're going to work with that father to ease his burden — he's scared and nervous and he hasn't done this before.

"We're going to try to educate him about what his wife will be going through and some of the emotional changes that he will be having. How will he know when she's in labor and when does he need to go to the hospital — how can he help?"

Using dolls, Bates, a nurse, and Ramsey, a child development specialist, can show

expecting parents everything from how to diaper a newborn to how to mount a car seat to how to create a safe sleeping environment.

Using a special doll, they can graphically demonstrate the injuries a shaken baby receives; a strong lesson in maintaining control.

"We give them the tools to use to help calm a crying baby," Bates said. "We explain to them it's not their fault the baby is crying — and that sometimes it's best to put them in the crib and walk away."

The visitation program is adjusted to each family's needs, Ramsey said.

"We use a nurturing parent program," she said. "We try to help them learn to manage stress — including taking time for themselves."

Because the program can stay with a family from before birth up through 3 years old, "we're able to help them evolve as parents," Bates said.

The Department of Defense and the Navy require that every base offer some form of new parent education. With the pending closure of Naval Station Ingleside, the program has now moved to the Naval Air Station Corpus Christi Fleet and Family Support Center.

"The office was in Ingleside, but we served all three bases — about a 50-mile radius," Bates said. "And now we continue to serve the same population."

For information on the New Parent Support Program, call (361) 961-2368 or visit the Fleet & Family Support Center at the Naval Health Clinic Corpus Christi, 4th Deck, and ask for Ann Bates or Jane Ramsey.



Jane Ramsey (left) and Ann Bates hold some of the dolls they use to show expecting parents how to handle a newborn baby. Ramsey and Bates, who run the New Parent Support Program and its Home Visitation Program for area bases, recently moved their office from Naval Station Ingleside to the Fleet and Family Support Center at Naval Air Station Corpus Christi.

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Think breast cancer awareness pink year-round

Naval Health Clinic observes *Pinktober*

by Lt. Roxanne Rau, NHCCC Patient Administration Officer

Think Pink!

'Tis the season for fall leaves the scent of cinnamon apple crisp and bright pink ribbons.

With that in mind, Naval Health Clinic Corpus Christi (NHCCC) observed Breast Health Awareness Month Oct. 22 in the clinic's auditorium.

Lamar Graves, a breast cancer survivor, represented the local Corpus Christi American Cancer Society as guest speaker for the event.

A conspicuous pink pathway leading to the auditorium underscored the theme – *Pinktober* □ and the message, "Education with Celebration," resonated among the men as well as women participants.

Breast cancer is a malignant (cancer) tumor that starts from cells of the breast and is found mostly in women.

But men can get it, too.

Beyond the breathtaking and overwhelming archway of lights and roses, guests made their way past tabletop exhibits and they could read sobering statistics on pink and black wall placards.

The first three tables signified celebration for current survivors, togetherness in sisterhood, and loving memories of those who have passed before us.

According to the National Cancer Institute, there have been an estimated 192,370 female and 1,910 male new cases; and 40,170 female, and 440 male deaths from breast cancer in the United States in 2009.

Routine mammographic screening is an accepted standard for the early detection of breast cancer.

The results of eight randomized trials and of the National Cancer Institute-American Cancer Society Breast Cancer Detection Demonstration Projects established that mammographic screening can reduce mortality from breast cancer.

Early detection is the key in prevention and treating breast cancer.

The survival rate has increased dramatically through the years resulting from increases in awareness and prevention.

"Early detection is the key to saving lives," Graves said.

"Simply being a woman increases your risk for getting breast cancer."

Statistically one out of eight women is likely to develop breast cancer in her lifetime.

Every woman should know what her risk factors are and take an active personal

prevention role by performing monthly breast exams around the same time every month.

Risk factors within every woman's control are personal weight, physical activeness and alcohol consumption.

If you have a family history of breast cancer, consult your physician and make them aware of your risk factors beyond your power.

"NHCCC has implemented a self referral mammography program," said Lt. Cmdr. Alex Aubin, radiology officer at the clinic.

"Being proactive in your health care is encouraged. Individuals interested in this service simply need to consult their Primary Care Provider."

NHCCC's pink pathway was a reminder that celebrating "pink" is a year round endeavor.

"I thought it was wonderful how all the staff got together to show their support for Breast Health because it's a disease that doesn't only affect women, it affects men too," said Capt. Holly Bennett, senior nurse at NHCCC.

In-depth breast cancer information:

<http://www.cancer.gov/>

<http://www.cancer.org/docroot/home/index.asp?level=0>



Lamar Graves, a breast cancer survivor, represented the local Corpus Christi American Cancer Society as guest speaker during the Naval Health Clinic Corpus Christi Pinktober Breast Health Awareness celebration Oct. 22.

Photo by Bill W. Love, NHCCC PA

SWING INTO SCHOLARSHIPS

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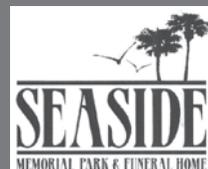
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For their courage, hard work and dedication to their country, we salute the men and women of our Armed Forces past and present. It is because of their sacrifice that America remains the land of the free, and we thank them for protecting our citizens and our country.

Wishing all of our veterans and those currently serving, a very happy Veterans Day.



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Pilots continued from page 1



(l. to r.) Capt. Bob Paulison, Commander Coast Guard Sector Corpus Christi, Capt. Dave Price, Commodore Training Air Wing 4, and Capt. Randy Pierson, Commanding Officer Naval Air Station Corpus Christi, brief the media on Oct. 30 about the search for the crew of a missing T-34C. Photo by Rod Hafemeister

"Their assets included a helicopter, a jet aircraft and two boats, one from Port Aransas and one from Port O'Conner."

In the first two days, searchers covered more than 3,900 square miles in more than 25 aircraft sorties by Coast Guard and U.S. Customs and Border Patrol aircraft.

On Friday, the Coast Guard dispatched the cutter Harry Claiborne from Galveston to assist in the search with its side-scanning sonar.

About that time, officials received a call from the crew of a floating rig that they had seen something in the water.

Coast Guard crews recovered Miller's body about 4:40 p.m. about 11 miles northeast of Port Aransas.

The recovery allowed crews to narrow their search area as they continued into the weekend.

The Coast Guard suspended the search-and-rescue mission at about 7 p.m. Sunday, Nov. 1.

Lt. Brett Dawson, Chief of Naval Air Training Public Affairs Officer, told the local media that the search had become a recovery mission.

"We have found pieces of the plane, but nothing that would indicate what went wrong," Dawson said. "It's under investigation."

On Monday, Nov. 2, the Harry Claiborne had mechanical problems and again the search was suspended.

Coast Guard officials were awaiting the arrival of a Navy ship as of press time so they could resume search efforts.

Coast Guard Ensign Scott Kimball said the cutter had been repaired and was on its

way to its homeport in Galveston. The ship was not expected to return, he added.

A Navy Salvage Dive Team had been assisting the crew of the Harry Claiborne and was expected to continue when the new ship arrived.

As the search continued, Navy officials provided support and comfort to the families of the pilots.

Little has been released about Miller, other than he left a pregnant wife and small child behind.

A native of East Troy, Wis., Miller was a graduate of the Naval Academy and commissioned in May 2001.

Miller came to VT-28 in March 2007. He had previously served with Patrol Squadron 16 (VP-16) based in Jacksonville, Fla., from December 2003 through February 2007.

Houston, a native of Houston, Texas, also was a Naval Academy graduate and was commissioned in May 2002.

He came to VT-28 in February 2009, after tours with Helicopter Combat Support Squadron 23 (HSC-23) and HSC-21 at Naval Air Station North Island, Calif., from May 2005 through February 2009.

Family friends told the Houston Chronicle that Houston was engaged to be married in January.

Officials have begun an investigation into the accident and, because of that, are releasing few details the flight before the crash.

"We'd like to thank the citizens of Corpus Christi and the surrounding communities for the amazing outpouring of heartfelt support during this very difficult and emotional time," Price said.

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MHS to answer H1N1 flu questions online



The Military Health System (MHS) will host a Web-based town hall on Nov. 10 from 3 to 4 p.m. EST to respond to questions about novel H1N1 influenza.

Military service members, their families, and health care providers and Department of Defense civilians may submit questions starting Nov. 2, using the comments box at www.health.mil/flu.

As many as possible of the questions submitted in advance, as well as questions asked throughout the live event, will be answered during the Web hall.

A transcript of all questions and answers will be posted to the site after the event.

"We want to keep service members and their families informed about the H1N1 flu and the Department of Defense's vaccination strategy," said Michael E. Kilpatrick, M.D., director of strategic communications for the Military Health System.

"We want to answer your questions directly, so please join us online on Nov. 10."

Subject matter experts from the Army, Navy and Air Force, the Office of the Deputy Assistant Secretary of Defense for Force Health Protection and Readiness, the Military Vaccine Agency, TRICARE Management Activity and the Centers for Disease Control and Prevention are scheduled to participate in the Web hall to provide accurate, up-to-date information about the H1N1 flu and vaccine.

Participants in the Web hall are asked to limit questions to H1N1 flu-related topics and to refrain from disclosing personal information, to protect their privacy.

When possible, service members should contact their chain of command to resolve issues.

Media are encouraged to submit queries to the MHS press office directly.

To participate in the Web hall, visit: www.health.mil/flu.

Connect with the MHS through its Social Media Hub at www.health.mil/connect.

America's Military Health System is a unique partnership of medical educators, medical researchers, and health care providers and their support personnel worldwide.

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Ask Dr. Garcia



Garcia

Q: My husband and I have been married for more than eight years. Today we are so different from each other. Can our differences affect our marriage?

A: There are at least three areas of difference that can affect the marriage relationship.

The first area of differences in marriage is **gender**.

If you've been married more than, say, two or three hours, you know that the gender differences between a man and a woman are significant.

Isn't it amazing how much we have in common with our partner *before* we walk down the aisle, and how quickly the differences arise after the honeymoon?

We used to like the same kinds of movies, the same music, even the same salad dressing!

And we used to think the slight differences we saw between us were "cute" or "charming."

However, almost every married couple will come to the day when they look at each other and wonder, *What did I ever think I had in common with this person?*

A big part of the problem is that we have married someone of the opposite sex.

A second area of differences in marriage is **personality temperament**.

All of us have different personality types that seem to be inborn in our makeup.

Any parent who has raised more than one child in the same home knows that no matter how similarly you parent your children, their personalities can differ from each other like day and night.

As you interact with your spouse, your personality will play a role in your communication, your issue-resolution skills – your entire relationship.

When you begin to understand your own personality, as well as the personality of your partner, you will begin to respect the benefit of your differences.

The last area of differences in marriage is **life experience**.

This stems from our environments. More specifically our upbringing, the circumstances in which we have found ourselves, the entire family system in which we grew up, our birth order, and so on.

The conditioning you have received from your environment is extensive – and all of these things have made you into the unique person that you are today.

Q: I've heard other couples talk about *Date Night*, however, I see them struggle with it time after time. Do you have any tips that can make date night successful in my marriage?

A: Here are some practical suggestions for Date Night.

Choose fun and enjoyable activities only!

This is not the time to work on a budget or try to deal with some other conflict between you. Everything else needs to be set aside in order to simply have fun together.

Date Night is for the two of you only.

This isn't "family time" with the kids, nor is it a night to double date with another couple. It's reconnection time for the two of you, and you alone.

Date Night should be a top priority every week.

There will always seem to be something more important to do, but unless you make it a top priority, it just won't happen. Determine to choose your marriage as a top priority.

Try to have your Date Night take place at the same time every week, if at all possible.

This is especially helpful for babysitting or other schedules and, quite frankly, to keep it from being forgotten.

Be as creative as possible.

Don't be afraid to try something new.

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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. You can also contact Dr. Garcia at (361) 814-4556.

Freak storm hits NASCC



The recreational vehicle overturned by the storm before it was loaded on the flatbed.



Bill Kronk from Public Works uses a wet vac to suck up water from an office in Bldg 2 after boarding up a window broken by the storm.



(above) One of the large trees uprooted from the rain-soaked ground by the heavy winds blocks the street behind Building 2.

(below) Workers spent the day after the storm cleaning up with chain saws.



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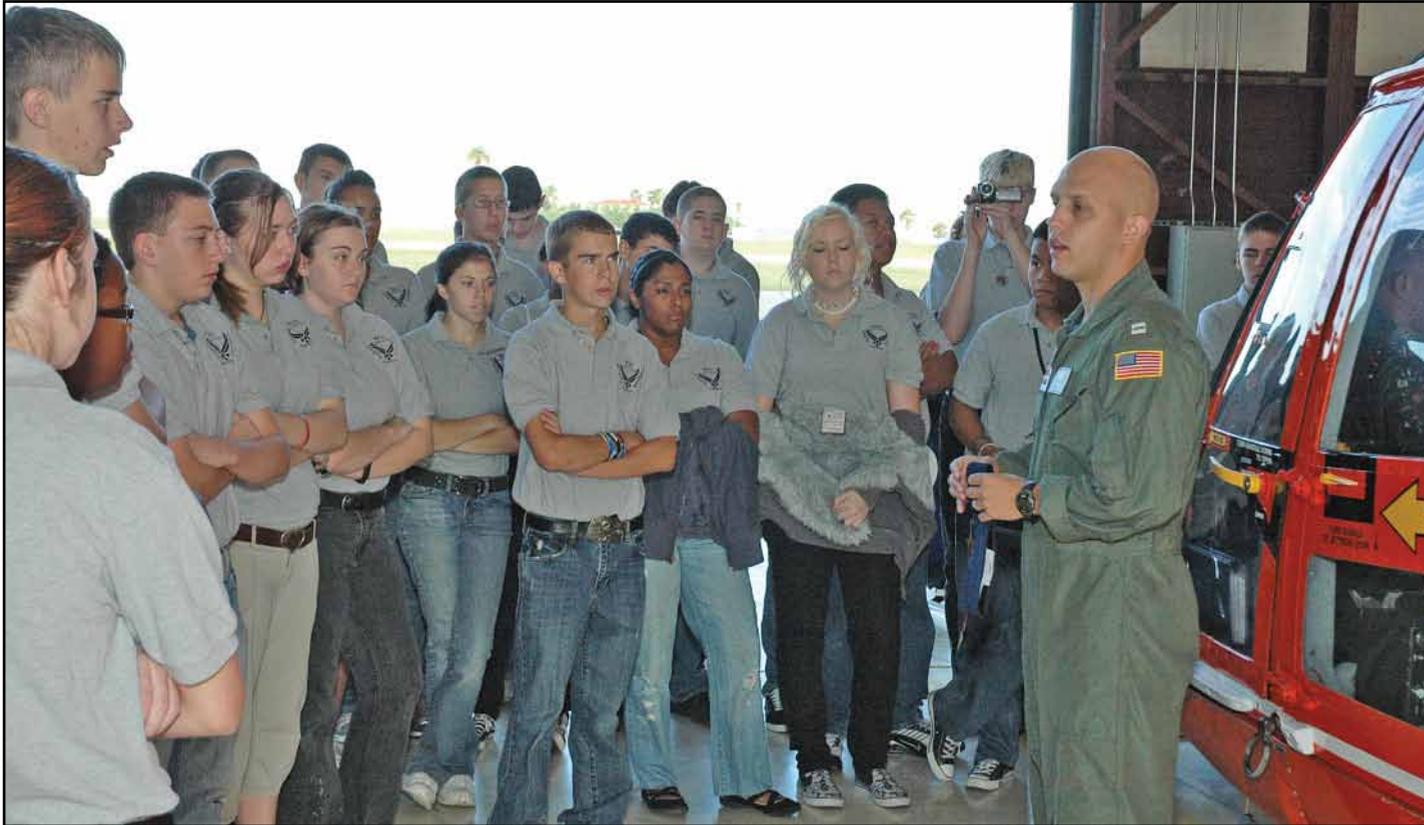
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Out and Around

Wylie, Texas, H.S. AFJROTC tour - Oct. 24



Coast Guard Lt. Brian Schmidt explains the HH-65C Dolphin helicopter to members of the Wylie High School Air Force Junior ROTC program. More than 100 cadets toured the Coast Guard hanger and the NASCC flightline and static display of aircraft on Oct. 24

Photo by Rod Hafemeister

Plane Spotters



British aviation photographers Nick Godfrey (above right & below) and Terry Pates visited NASCC Oct. 26 to photograph Navy training aircraft.



Photos by Rod Hafemeister

Spooktober 2009 at NASCC



Hundreds of ghosts, witches, monsters and superheroes descended on the Youth Activities Center Park for Spooktober 2009, MWR's free and family friendly Halloween party Oct. 31. The party included a pumpkin roll, mummy roll, tricycle relays costume contest, carnival games, pony rides and petting zoo, as well as free hotdogs, chips, soda, candy and treats.

Photo by Bob Torres

Farewell and Following Seas Command Master Chief Pat Flavin



When Command Master Chief Pat Flavin retired Oct. 23, Naval Air Station Corpus Christi's Commanding Officer, Capt. Randy Pierson, had a surprise for him. Flavin had been awarded a Bronze Star for his tour of duty in Iraq and. Although it was in his record, it had never been formally presented. Saying he needed to correct that, Pierson called Flavin's wife, Lynn, to the stage, where they pinned on the Bronze Star and presented Flavin with the Award Certificate.

(left, from r. to l.) Flavin, Pierson and Lynn Flavin.
(below left) Pierson also presented Certificates of Appreciation to Flavin's family.
(below right) Flavin presents his retirement flag to his father.

Photos by Rod Hafemeister



Navy League holds national convention in Corpus Christi

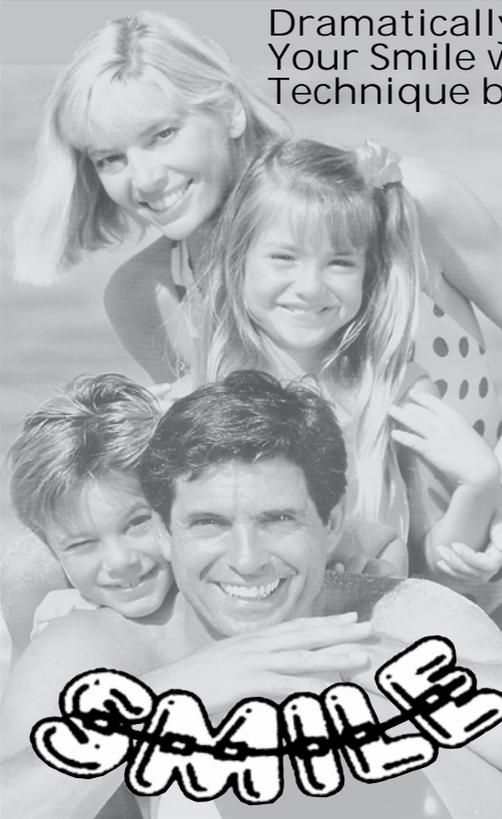


U.S. Coast Guard Rear Adm. Mary Landry presented a Meritorious Public Service Award to Navy League National Director Suzy Williams at the League's national convention.

Williams, a Lieutenant Commander in the Naval Sea Cadet Corps, also is the wife of Retired Navy Lt. Cmdr. W.L. 'Babe' Crouch, President of the Corpus Christi Council of the Navy League.

Photos by Bob Torres

More than 400 members and guests attended the National Convention of the Navy League at the Omni Bayfront, Oct. 26 through Nov. 1. The convention included a series of lectures and notable guest speakers including Joe Galloway (inset), noted local author of books including, "We were Soldiers Once," that became a movie starring Mel Gibson. His more current release is "We are Soldiers Still." At Saturday evening's dinner, local lawyer and the new Assistant Secretary of the Navy for Reserve Affairs, Juan Garcia, was the guest speaker.



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MAC John Schmitz retires



Chief Master at Arms John Schmitz was 'piped ashore' for the final time by his fellow Chiefs. Schmitz retired Oct. 2 in a ceremony at the Fouled Anchor.

Photo by Bob Torres



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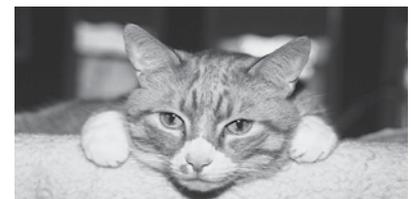
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Achievement Medal for Hamling



Aviation Maintenance Administrationman 2nd Class Michael Hamling (right) was presented the Navy and Marine Corps Achievement Medal on Oct. 6 by Naval Air Station Corpus Christi Executive Officer Cmdr. Bruce Lankford.

Photo by Bob Torres

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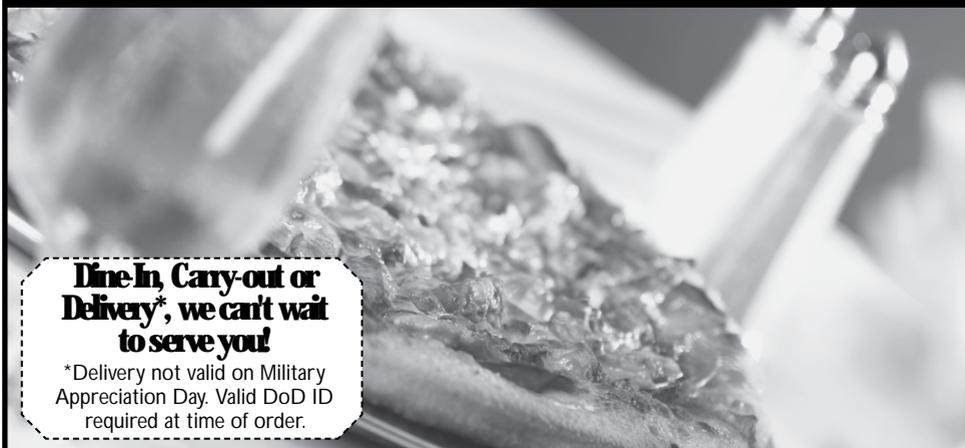
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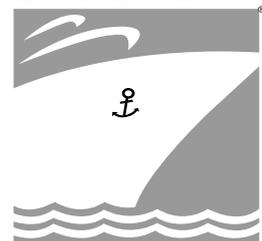
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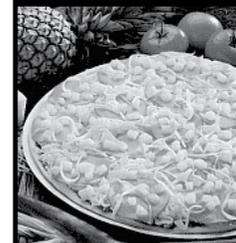
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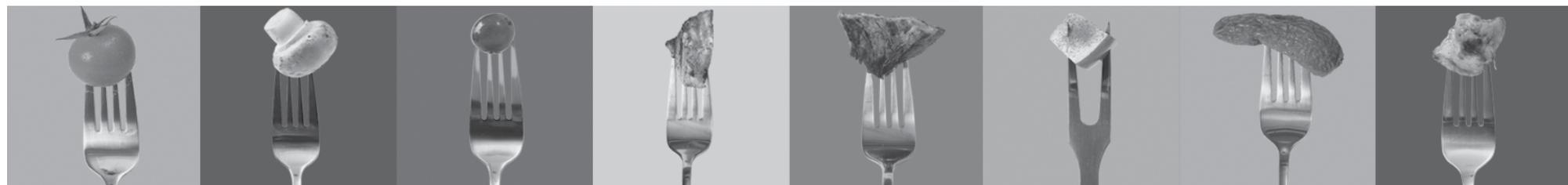
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BEST BITES DINING GUIDE

What's Happening

by Tina Konwerski

Friday, November 6. "Rock, Shuffle & Roll" - The Del Mar College Choirs proudly present this event at Mansion Royal, 8001 S.P.I.D (exit Ennis Joslin) 6:30 to 7:30 Dinner...7:30 pm to 10:30 pm "Let the Gaming Begin". Tickets \$25 and \$50 (includes dinner) for tickets call Del Mar College 698-1214.

The Rialto Theater Black Tie & Blue Jeans Anniversary Gala Saturday, November 7. Come celebrate the Anniversary of the TheRialto's Grand Opening in 1937! Reception begins at 6:30pm with Concert to follow at 7:30pm featuring Claude Bourbon. Featured Artist: Narice Hopp. Tickets: \$15.00

Saturday, November 7. Mothers Against Drunk Driving, Annual Seaside Remembrance Ceremony 5PM, Dinner 7PM, Holiday Inn SunSpree Resort, 15202 Windward Dr. Corpus Christi, RSVP (361) 949-8041 or (361) 814-4117. Additional information: Website:South.TX@madd.org.

RIALTO THEATER is looking for PERFORMERS: Christmas Comes But Once A Year...as do Kwanzaa, Chanukah and the winter solstice. The Rialto Theater, is having a variety extravaganza. Is there something you've wanted to sing, read dance or recite about the joys of the season? We have a place for you on stage. Call Jim Elder at 361-729-6388. The production will be open to the public on December 18/19, 2009.

Live On Stage at the Rialto Theater "Misery" by Stephen King Opens Nov. 20th Runs for 3 Weekends Fridays & Saturdays, 7:30 pm Sunday Matinee Dec. 6, 2 pm Tickets: \$12.00

In the Gallery "Artistic Magic" Works by Ed L. Boyd Free Admission. Gallery Hours: Mo - Sa, 11 am to 4 pm

Every Tuesday at 7 p.m. Acoustic Music Jam Musicians, singers and audience members invited. Free Admission. Rialto Theater 327 S. Commercial Street, Aransas Pass. Information: 361-758-0383 www.rialtotheater.org/calendar.

What's Happening con't on page 21

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Achievement Medal for Longoria



Hospital Corpsman 3rd Class (Fleet Marine Force) Danny Longoria (right) received the Navy and Marine Corps Achievement Medal for professional achievement in the superior performance of his duties while serving as a general duty corpsman for Family Practice Clinic and Education and Training Department, Naval Health Clinic Corpus Christi, from July 2007 to November 2009. Captain Ed Perez-Lugo, commanding officer Acting, made the presentation Oct. 22.

Photo by Bill Love, NHCCC PA

Honoring All Who Served

Join us this Veterans Day as we honor the men and women of the U.S. Military. Their courage, hard work and sacrifice are the backbone of our nation, protecting freedom, liberty, justice and all we hold dear. Thank you, veterans and active duty.



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Good Conduct Medal for Stepp



Hospital Corpsman 2nd Class Richard Stepp (right) received the Good Conduct Medal (fourth award) in recognition of faithful, zealous, and obedient naval service for service completed on Oct. 7, 2009. Captain Ed Perez-Lugo, commanding officer Acting, made the presentation Oct. 22.

Photo by Bill Love, NHCCC PA

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apple cider
- 2 cups orange juice
- 2 T. red cinnamon candies
- 1 1/2 t. whole allspice
- 1 T. plus 1 1/2 t. honey

Heat apple cider, orange juice, candies and allspice to boiling; reduce heat. Cover and simmer for 5 minutes. Remove allspice. Stir in honey. Serve warm.



Avoiding Unnecessary Residential Lease Fees

by Lt. Corey D. Bean, JAGC, USN

Imagine getting mail from your landlord about a month after moving out of your apartment.

Instead of a refund of your security deposit, it contains a bill for \$3552.01 and a notice that your account will be turned over to a collection agency if not settled in 30 days.

While a legal assistance attorney may be able to help (depending on the facts of the case), this situation was probably avoidable.

Fees for repairs, early termination, and other lease violations can add up quickly and seem disproportionate to any damage suffered by the landlord.

Here's my best advice for avoiding having to write a big check.

Read. The lease is an agreement between you and your landlord. When you sign it, you agree to it; it's presumed you read it.

Most apartment complexes and property management companies use standard forms with blanks filled in. Make sure all blanks are filled in and that the numbers match previous representations by the landlord.

An individual landlord/owner might not use a form lease. You still need to read the lease carefully and make sure you understand all terms, especially because some terms may be unconventional.

Negotiate. You can propose changes to any lease contract. The worst the landlord can do is refuse to change a term you do not like. If the terms are too onerous for you to accept, look elsewhere for housing.

Be sure that all of your negotiations are in good faith. Sneaking terms into a lease may give your landlord the option to void the contract, and will certainly sour your business relationship with your landlord.

Inspect. Before you accept the house or apartment, walk through it. What was promised must be delivered, and you do not need to accept anything less. For instance, if you were promised new appliances and there is an avocado green refrigerator from 1974 in the kitchen, you can refuse to accept the lease. Similarly, if the premises are filthy or infested, you do not have to accept.

Document. Take pictures of pre-existing damage in your house or apartment and note it on the move-in check list that your landlord should give you.

Refuse to sign a lease unless the landlord agrees to document pre-existing damage. Save the pictures, and the move in check list.

Comply. Pay rent on time to avoid late fees and comply with other terms in the lease. If you are going to change roommates, most leases require an addendum since you cannot sublease without the landlord's approval.

If you move out and at least one roommate stays behind, also make sure to get a lease addendum. Without the addendum you can and will be held liable for damages that may occur after you are no longer living on the premises.

Notify. Give advanced notice before your move-out date to avoid early termination fees or having to pay more rent than necessary.

Lease continued on page 21

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Lease continued from page 20

Although the Service Members' Civil Relief Act (SCRA) provides some protection for civilians or reservists receiving orders to active duty and for active duty personnel receiving PCS orders or orders to deploy for at least 90 days, delay in notifying your landlord may result in additional liability.

Notice under SCRA or Military Clause. The SCRA (and most military clauses in a residential lease) does not require that your landlord terminate your lease 30 days after being properly notified of your orders and move.

It requires that the lease be terminated 30 days after the next rental payment is due. Assume you gave notice on Oct. 2 after rent was due on Oct. 1. The next rental payment is due Nov. 1. Thirty days after Nov. 1 is Nov. 31, which will be the effective termination date of the lease (assuming the lease would not have terminated before then under its original terms).

Notice under Lease Termination Clause. Your lease termination clause may indicate that the lease will automatically renew unless notice of intent to terminate is given 30 or possibly 60 days prior to the end of the lease.

This means if your lease says 60 days notice is required and you give notice 45 days before the end of your lease, the landlord can hold you liable for an additional month of rent. Worse yet, if you move out prior to the end of the lease, the landlord can invoke early lease termination clauses for "liquidated damages" and any concessions or discounts given to you during the terms of your lease.

Let's say you rent a place for \$900 a month after a 10 percent discount. You move out with insufficient notice at 11.5 months of a 12 month lease. You could be hit with an extra month's rent under the automatic renewal clause (\$1,000 since the discount would not apply to the automatic renewal), liquidated damages (\$850—usually 85 percent of one month's rent) and charge back or the discount under early termination clauses (\$1,200).

That is \$2050 just for moving out two weeks early! While a liquidated damages clause may be dubious in a residential lease in most states, and one has to ask how a lease can automatically renew and terminate early at the same time, it is better to plan ahead and give proper notice than it is to contest the issue after the landlord already feels aggrieved.

Re-inspect. Do a walk through with your landlord after moving out. The landlord should give you the chance to fix any damage yourself before hiring a contractor to fix it and sending you the bill for more than if would have costs to fix it yourself. Also most landlords will charge disposal fees for items left in an apartment after the lease terminates such as \$200 to remove a sofa and \$25 to remove a bag of trash.

Following these steps during the lease is minimally cumbersome and may save substantial headaches and cash upon termination. Contact your local legal assistance office with any questions regarding your residential lease. This article is not intended to substitute for the personal advice of a licensed attorney.

WHAT'S HAPPENING

What's Happening continued from page 17

Second Annual Volunteers Recruitment Day on Thursday, November 12, from 10:00am – 2:00pm. KIII-TV Channel 3, 5002 S.P.I.D. The RSVP program engages persons 55 and older use their time, energy, and skills in volunteer service in Nueces County. This event is open to the public and is a means for recruiting senior and retired volunteers to assist in meeting the community needs. Interested persons will choose from over 50 non-profit organizations and healthcare agencies enrolled as RSVP Volunteer Stations. RSVP Volunteer Coordinators and Supervisors will be available to assist in determining where you would like to volunteer. RSVP Volunteers choose where they want to serve and how often serve. "It's Your Choice, and Your Time! Wherever you choose to serve, vital needs will be met that would otherwise be a costly burden to local agencies and to the community. Visit www.ccparkandrec.com.

Nov 21-22 Texas Outdoor Family Mustang State Park. No Experience Necessary! Have you wanted to take your family on a camping trip, but you didn't feel you knew everything you might need to know to have a successful camping experience? You will learn everything you need to create great memories enjoying the outdoors with your family, including: How to set up and break down camp (including your tent)

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Introductions to a wide range of outdoor activities (such as fishing, kayaking, wildlife watching) depending on the site location, facilities and the season of the year. You get all the help and advice you need from highly skilled outdoor specialists and trained volunteers! For questions About Texas Outdoor Family Workshops call, Monday through Friday 9:00 a.m. - 6:00 p.m. at (512) 389-8903 or email, tofsp@tpwd.state.tx.us.

TICKETS ON SALE NOW - Sparkling City Light Opera presents: Amahl and The Night Visitors by Gian-Carlo Menotti on November 14, at 7:30pm At the Performing Arts Center, Texas A&M University-Corpus Christi. Sparkling City Light Opera is a non-profit corporation that provides high quality, professional performances to preserve and promote the history and rich tradition of light opera and musical theater. www.SparklingCityLightOpera.com.fmi 361-356-6945.

1st Tuesday of EVERY month – BUNCO for charity benefiting the Ronald McDonald House of C.C. From 7:30-9 pm @ Stingers on Airline out on the patio. \$5 minimum donation requested.

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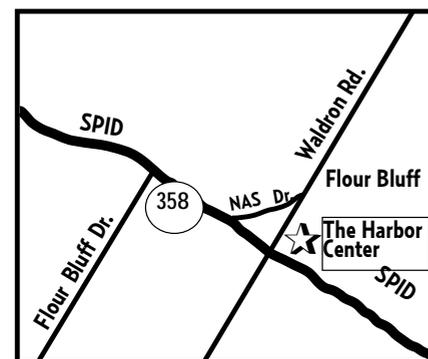
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You changed your clocks - did you change your batteries?

by NASCC Fire Chief John Morris

In today's fast-paced world, we often forget to stop and do the small things in life that matter most.

On Nov. 1 each year, we team up with Energizer and the International Association of Fire Chiefs (IAFC) on the Change Your Clock - Change Your Battery program to remind families of a simple task that could make the difference in surviving a home fire.

You changed your clocks - did you change the batteries in your smoke alarms?

Having a working smoke alarm doubles a families chances of escaping, thus surviving a home fire, but only if it works. Take action to prevent accidental deaths caused by home fires and carbon monoxide by changing the batteries in smoke alarms and CO detectors.

Serving as a reminder for 22 years, the Change Your Clock - Change Your Battery program now incorporates more than 6,200 fire departments nationwide to encourage families to use Daylight-Saving Time as a reminder to change the batteries in their smoke alarms when changing their clocks back to Standard Time.

"Unfortunately, changing the batteries in smoke alarms and carbon monoxide detectors is not always top of mind for families," said Chief Jeffrey D. Johnson, EFO, CFO, president of the International Association of Fire Chiefs.

"In fact, while 96 percent of American homes do have smoke alarms, the sad truth is that 19 percent of these do not work due to worn out or missing batteries. So, hundreds of fatalities occur every year from a simple over-sight. The habit of changing batteries during Daylight-Saving Time is an easy task that can be the difference between life and death."

Why this program is lifesaving:

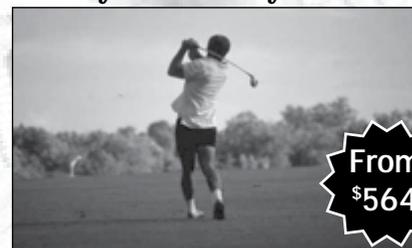
The National Fire Protection Association reports that a home fire death occurs somewhere in the nation approximately every three hours. In fact, home fires kill 540 children, 14 years old and under, each year.

Having a working smoke alarm can provide those crucial extra seconds to escape a burning home. Therefore, it is critical for families to adopt the life-saving habit of the Change Your Clock - Change Your Battery program to make sure they take this one simple step to help keep their families safe.

- If your smoke alarms are powered by your homes electrical system, consider installing battery powered smoke alarms as a backup in case of a power outage.
- Replace smoke alarms 10 years old.
- Test your smoke alarms monthly.
- Never disconnect your smoke alarm or remove the batteries.
- Install smoke alarms on every level of your home, especially in the hallway near each bedroom door.

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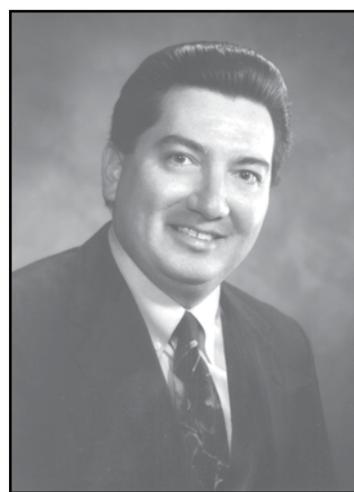
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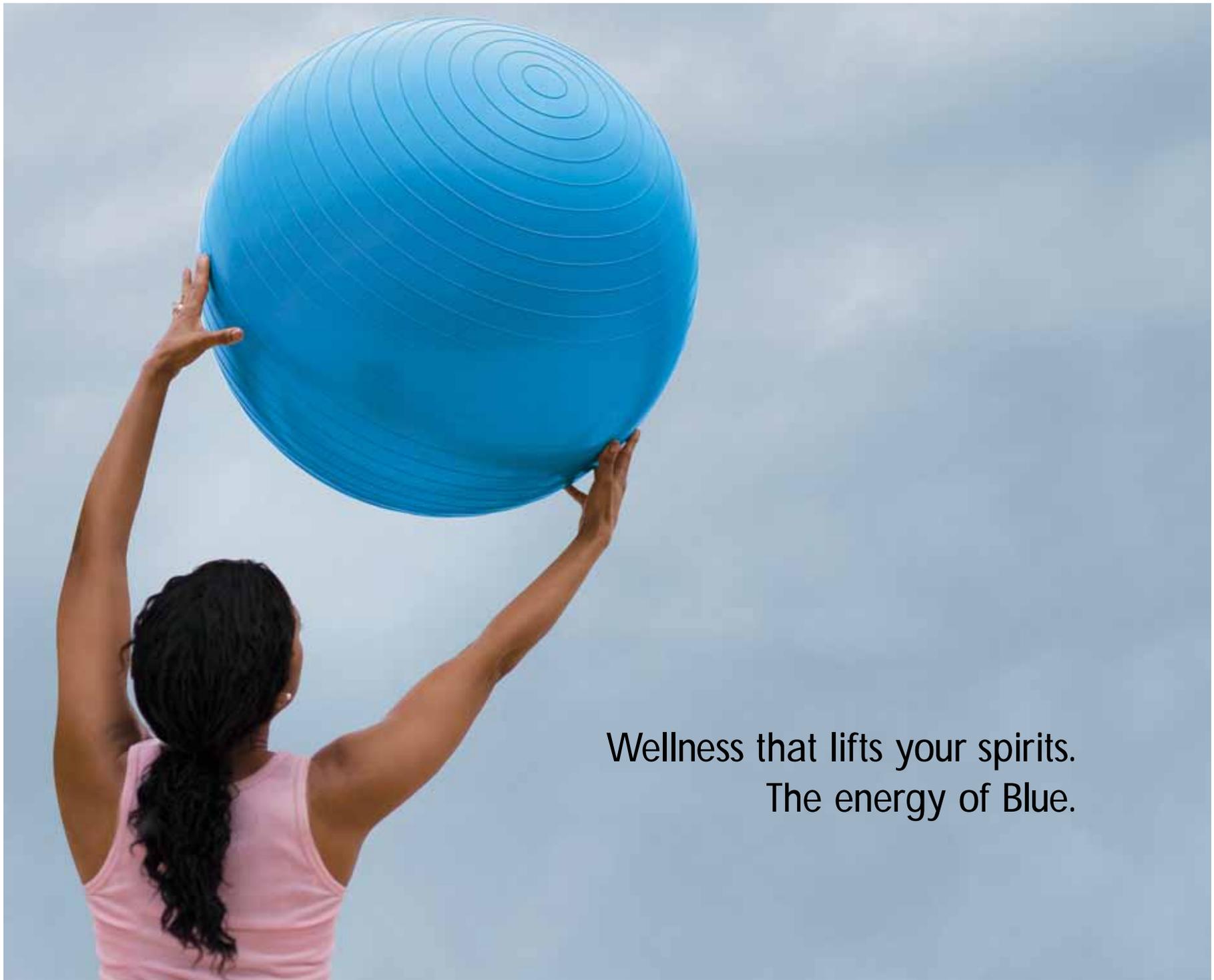
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