

WINGSPAN



Vol. 16, No. 2

Naval Air Station Corpus Christi, Texas

January 28, 2010



Groundhog Day - Feb. 2



**NMCRS Birthday -
Jan. 23**

106 Years of Helping
Page 6



**More JROTC Drill
Meet photos**

Page 10



**Rikki Brown named
NHCCC Command
Senior Chief**

Page 3

Humanitarian assistance to Haiti *NHCCC, Customs and NASCC supporting relief efforts*

by Bill Love, NHCCC PAO, and Bob Torres, NASCC PAO

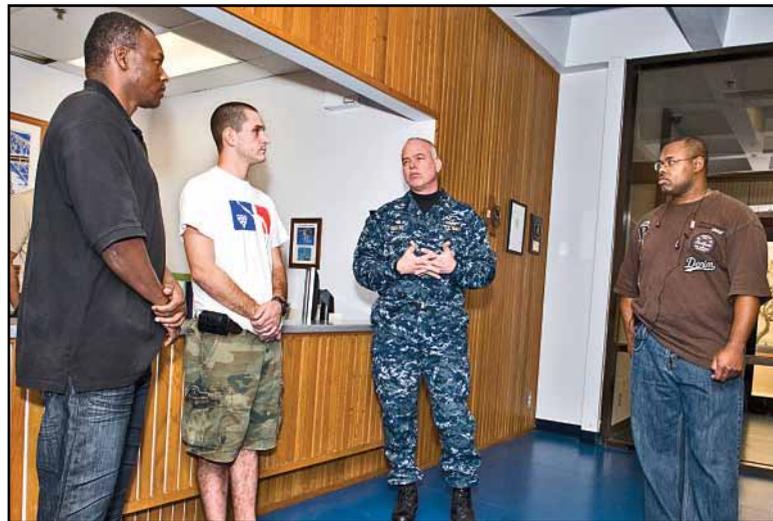
When a devastating earthquake struck Haiti Jan. 12, the U.S. government swung into action with humanitarian relief.

And although other military bases are closer and have more support available, Naval Air Station Corpus Christi has played a role too.

As of Jan. 22, Naval Health Clinic Corpus Christi has deployed six Sailors to assist with Humanitarian Assistance/Disaster Response (HA/DR) missions, while NASCC has deployed an air traffic controller to assist with controlling the air bridge of people and supplies.

And within hours of the 7.0 earthquake, U.S. Customs and Border Protection officials aboard NASCC were scrambling aircraft to assist.

"We re-tasked an AEW (Airborne Early Warning P-3 Orion) asset that was on deployment and



(Left to right) HM2 LeMarc Harris, HM3 Craig Cooley, Capt. Randy Kelley, Commanding Officer at Naval Health Clinic Corpus Christi, and HM1 William Watts on Jan. 19 as Kelley provides a last-minute briefing to NHCCC Navy Corpsmen deploying to USNS Comfort. Not pictured but also deploying that day were HM1 George Porter and HM1 Jason Brobeson.

Photo by Bill Love, NHCCC

diverted it to Haiti," said Bill Raymond, Deputy Director, P-3 Operations Center, Customs and Border Protection onboard NAS Corpus Christi. "It logged 9.7 hours of flight time on Jan 13.

"One of the things we heard was that aircraft were 'stacked in holding' all over Haiti, waiting to land. Initially, there was no ATC or radar at the airport. We provided aircraft advisories until those services were restored.

"Our people (8-man crew) monitored the tower and ground frequencies and assisted various units with traffic advisories at and near the (Port au Prince) airport. They also helped the US Coast Guard get to the airport from USCG cutters off the coast. Our team offered 'in-flight advisories' and communications relays to USCG helos."

A P-3 "Long Range Tracker" was also sent to Haiti conducting

Haiti continued on Page 8

Cadets shine at 10th Annual Coastal Bend Drill Meet

Story & photo by Rod Hafemeister

Junior ROTC Cadets from 19 schools descended on Naval Air Station Corpus Christi Jan. 16 for the 10th Annual Coastal Bend Drill Meet.

What began as a practice meet has grown into one of eight drill meets Texas high schools can use to qualify for the annual state competition said Meet Director Cmdr. (ret.) Bill Huguen.

Competition includes Inspection, Color Guard Drill, and two forms of Armed and Unarmed Drill, Basic and Exhibition. Basic includes a prescribed series of drill movements; teams create their own routines for the Exhibition drill.

Perennial favorites Flour Bluff High School and Aransas Pass High School took first and second, respectively. But both had qualified for state competition at previous meets, so state qualification went to Tomball H.S. and John Marshall H.S. in San Antonio.



Navy JROTC Cadets throw rifles to each other as part of the Armed Drill Exhibition competition during the 10th Annual Coastal Bend Drill Meet Jan. 16, held aboard NASCC.

Skipper's Column Is there any food around here?

by Capt. Randy Pierson



Pierson

I want to give all of you an update to our on base dining situation.

As you know we suspended indefinitely Bay Club food operations this month.

I have also passed on to you – numerous times – that the former GameOn Sub-

Pub will be opening again soon.

Regrettably we are months behind our initial vision for opening that venue.

I want to explain why.

My first objective for the new, yet to be named, Sub-Pub is that it be a quality food and relaxation venue.

I will not open it until all of the pieces are in place: trained staff, new equipment, free Wi-Fi, building structure, and décor.

As it turns out, nearly each of the aforementioned concerns has been a significant challenge.

We have received all new equipment: pizza oven, Starbucks Espresso Machines, ice cream service, coolers, and a dishwashing machine.

This decision on our part to invest in quality equipment has overloaded the existing electrical capability.

We are working overtime to correct our electrical deficiencies.

The structure was a concern, especially plumbing and woodworking in the patio area.

The patio is now complete, yet we are still working through the antiquated plumbing for a long-term fix.

All said, I am more comfortable that our opening will be within the next month or so.

Mo, the manager, and MWR share my commitment to bring back a quality full-time food venue on the installation that will offer great pizza, Panini sandwiches, pastries, premium ice cream, Starbucks beverages, and the opportunity to relax with numerous beers on tap.

I promise you, this venue will be the pride of Naval Air Station Corpus Christi – a pride you will see when you walk in not only at our Grand Opening but every day after.

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Chaplain's Message Center for the Intrepid

by Lt. j.g. Rob Fasnacht, Chaplain

Last week I had the privilege of touring the Center for the Intrepid, a state-of-the-art rehabilitation facility located at Brooke Army Medical Center (BAMC) in San Antonio.

This center exists because of the need of our service members and through the generosity of civilians.

It houses some of the most advanced equipment and technology to rehabilitate burn patients and service members who now use prosthetic limbs.

The rehabilitation goes far beyond simply learning to walk on the new leg or legs then being sent back to the streets.

The facility provides extensive, extreme-sport driven rehabilitation to teach new skills, confidence, and outlook.

The Center for the Intrepid boasts of features such as a gait clinic to help people with prosthetic legs make the adjustments needed to their apparatus so that they can function and walk as naturally as possible.

It also features a wave pool to teach patients how to surf, which helps them master

balance as well as give them a new skill.

Patients can rock climb on the treadmill or the 21-foot tower, take long-distance bicycle rides, or swim in a six-lane pool in the natatorium.

A covered, outdoor basketball court provides patients with a weather-safe environment to relearn old skills or to learn new ones.

Patients can even practice their combat skills using a Firearms Training Simulator.

Ultimately, the Center for the Intrepid is a two-part monument. The first shows the military taking care of the service members who are returning from war zones.

Through the rehabilitation center, the military is teaching wounded service members how to use their new body parts in apartments, vehicles, playgrounds, and even back to the war zones.

In addition, the physical rehab also treats conditions such as PTSD and helps prepare the service members to function in society in a mentally healthy way.

The second part of this monument proves what great success can happen when civilians and military join hands and tackle projects together.

Each community brings different resources, vision and passion. As this project came together, each community could have a sense of ownership into the process, providing motivation and a lifelong desire to see it succeed.

However, the purpose of this great facility was not to create a successful business venture, but to help our service members who are returning with life-altering injuries find success and achieve victory in their own lives.

In that, it succeeds very well.



Fasnacht

Editor's Corner Another loss; time for Summer

by Rod Hafemeister



Hafemeister

Well, it's all over but the final event and the surrounding sideshow.

Super Bowl XLIV (44, for the Roman numerically challenged) will feature the Indianapolis Colts and the New Orleans

Lombardi Era – so I tend to bleed Green & Gold during football season (and even have been known to wear yellow wedge-shaped foam on my head at times).

And the Packers, despite the odds, made it to the playoffs.

Of course, they fell to the Arizona Cardinals – but that was okay.

I lived in the St. Louis area when Kurt Warner had that amazing season and took the Rams all the way to Super Bowl victory.

And I'm still a huge Warner fan – so I couldn't really lose that first round of the playoffs.

And of course, there was the possibility of two geezer quarterbacks, Warner and Brett Favre, facing each other for the NFC Championship. Saints spoiled that.

But regardless of the nasty divorce with the Pack, I still can enjoy Favre, so that was okay, too. Maybe if Favre got another Super Bowl ring, he'd actually retire and mean it.

Then came Sunday – and Favre did that *other* thing he's so well known for: threw an interception at a critical point. And the Vikings' defense, so tough in the fourth quarter, collapsed in overtime.

I'll probably watch the Super Bowl; heck, The Who is doing the halftime show!

But I don't really have a dog in the fight; for me, football season is over. (I have little interest in the sideshow of the Pro Bowl.)

But there's light on the horizon: Pitchers and catchers report to Spring Training on Feb. 17 and full-squads report Feb. 22.

Baseball's Opening Day is April 4!

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Naval Health Clinic Corpus Christi has new Command Senior Chief

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

Senior Chief Hospital Corpsman (FMF) Rikki L. Brown on Jan. 7 officially became the Command Senior Chief (CSC) at Naval Health Clinic Corpus Christi when Commanding Officer Capt. Randy Kelley pinned her CSC badge.

"It was very unexpected, and was a great surprise," Brown said about the presentation that took place on the quarterdeck in front of her peers.

Kelley expressed his gratitude to Brown, who currently mentors more than 225 Sailors.

Brown has served as the command's top enlisted leader since Dec. 11, when Command Master Chief Clarence Hodges retired.

The Command Senior Chief designation makes it official.

Brown will serve as CSC until a new Command Master Chief arrives at NHCCC, scheduled for March.

Brown stressed three top priorities for the staff to focus on:

"The Mentor Program – every Sailor needs to be looking out for one another," she said. "The mentor program is a great avenue for us to be proactive, not reactive."

Brown's second priority is Career Development Boards (CDBs).

"CDBs are required for all Sailors upon reporting aboard, after six months aboard, at

12 months aboard, and at 12-month intervals thereafter," she said.

"Official guidance is contained in OPNAVINST 1040.11B. When the information is recorded in (the Career Information Management System), it becomes part of a permanent record that can follow the Sailor throughout their career.

"It is a great tool to guide our Sailors."

Lastly, Brown stressed the importance of the Ombudsman Program.

"Ombudsmen form a vital communication link between command leadership and Navy families," she said.

"We are still deploying Sailors every month. Our families serve just as our Sailors do. Our Ombudsman is a critical support link to our Navy family."

(right) Naval Health Clinic Corpus Christi Commanding Officer Capt. Randy Kelley pins the Command Senior Chief Badge on Senior Chief Hospital Corpsman (FMF) Rikki L. Brown's in a Jan. 7 ceremony on the clinic's quarterdeck. Brown will serve as senior enlisted advisor to the commander until a new Command Master Chief arrives in March.



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Career Program grads celebrate five years with CCAD

by Brigitte Rodriguez and Daphne Martin, Corpus Christi Army Depot Public Affairs

Ten Corpus Christi Army Depot employees who began their careers in partnership with a local college program were recognized recently for five years of determination and success.

The recipients graduated from the Student Career Experience Program, a two-year plan that enables students to get an education and secure a solid career working 32 hours per week or more at CCAD in a related field while continuing study toward a certificate or degree.

Recognized were: Adam Alaniz, Dalexis Cavaness, Tara Diamond, Jahna Fulton, Brad Hoover, Vicki Kaatz, Travis Lindley, Aurelio Marroquin, Candice Santos, and Arlene Jimenez Viramontez.

"I would not have had a chance working for the Department of Defense as a civilian employee had it not been for the program," Viramontez said.

Viramontez currently works for the office of Maintenance Operations under the direction of Dennis Williamson, CCAD Assistant Deputy Commander for Maintenance Operations, and also enjoys instructing the next generation of SCEP students at Del Mar College.

"When I heard about the SCEP program, I saw it as a great opportunity to not only educate myself, but head down the path to a great career," Diamond said.

Certifications include Logistics and

Supply Chain Management and Welding Applied Technology.



Mike Juarez, a former contractor, is second semester attendee in the Student Career Experience Program at CCAD and works as a production coordinator labeling new parts just received in the Hydraulics Holding area.

Photo by Ed Mickley, CCAD Public Affairs

A student also can get an Associates Degree in Applied Science in Production and Logistics Management, Electroplating, Composite/structural Repair, or Nondestructive Testing.

Under the program, students start at the WG-04 or GS-02/03/04 grade level. As they

progress and complete the program, they convert to WG-07 or GS-05/07/09 grade level as a permanent full-time employee.

Lenora Keas, Chairperson of the Department of Business Administration at Del Mar College, said, "Interest in the SCEP Program in Logistics and Supply Chain Management has been very strong."

Kaatz, was working as a contractor at CCAD and attending Del Mar College when she heard about the program.

She's received certification in Production Management Logistics and an Associates Degree in Business Logistics. She currently works in the Logistics Modernization Program (LMP) Division

traveling to future LMP sites offering expertise in their preparation to implement LMP.

"The program has continued to grow each semester," Keas said. "This spring semester, we will have more than 50 students who have declared this as their major and many more students who are taking courses

in the program."

"Do it. It's a great experience," Alaniz said. "It's a good way to open up doors, make connections, build rapport, and learn from some very talented and knowledgeable people."

"It is through partnerships such as this that we provide opportunities for students to learn the skills and knowledge necessary to be successful in their careers," Keas said. "At the same time we, as a college, are given the opportunity to provide the support to employers such as CCAD."

Keas explained that the integration of on-the-job training with formal college education under the SCEP Program has proven to be the most effective method of developing employees.

"Critical job-related skills are necessary to the success of the workforce and this program provides those skills," she said. "We see the value of the SCEP Program as an excellent example of how industry and education can work together to serve the community,"

The benefits aren't too bad either. In addition to the education and career, students earn sick and annual leave, and are offered health and life insurance options, similar to regular full-time employees.

For more information on the SCEP program available at Del Mar College, contact Karen Hooten at (361) 698-1970.



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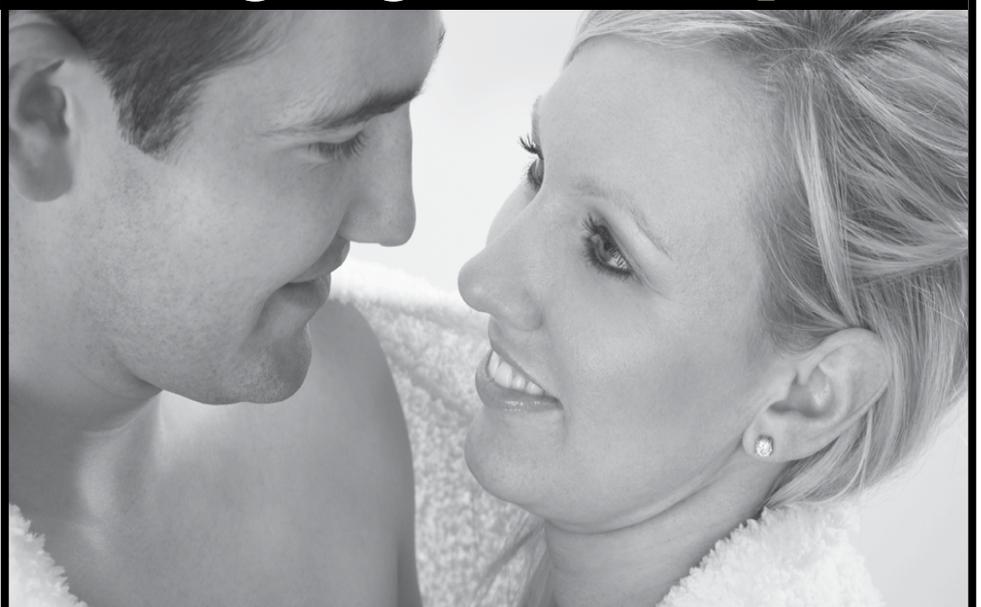
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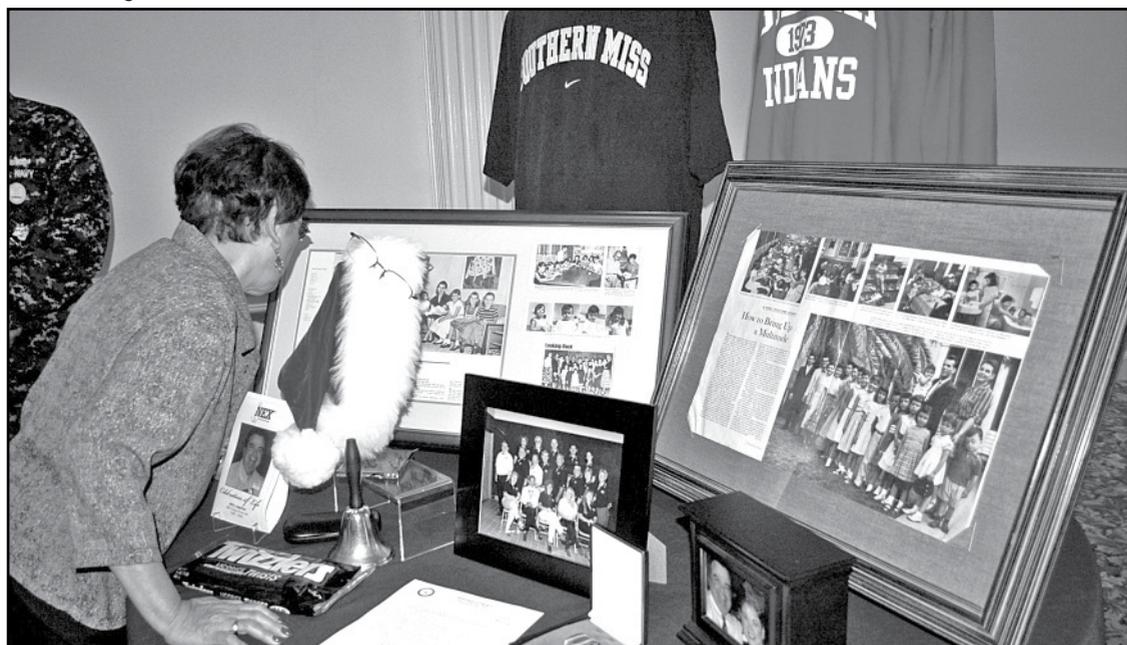
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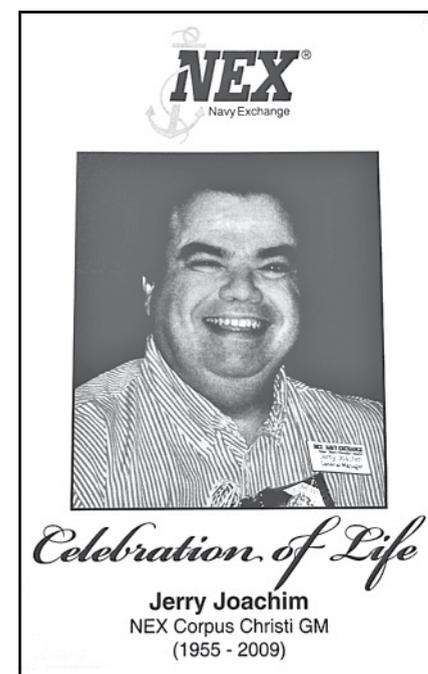
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Jerry Joachim Memorial Service – Jan. 21



(left) A display of important elements of Jerry Joachim's, including his treasured Santa Claus hat. (above) Many NEX workers wore red t-shirts expressing their feelings for Jerry. (right) Cover of the Celebration of Life booklet.



Photos by Bob Torres

Almost 250 family, friends and NEX employees gathered at the Bay Club, Jan. 21 for a "Celebration of Life" honoring Jerry Joachim. Jerry, who died suddenly on Dec. 31, had been General Manager for the NEX since March 2007.

It came out that Jerry sometimes would sign a document, "17 of 20." For many who didn't know, Jerry would explain it signified that he was the 17th of 20 Joachim children raised in Biloxi, Miss.

During the evening, friends and associates pointed out Jerry's wry humor and wonderfully positive attitude. Things that would cause other people to "spin out" did not faze Jerry. There were tears shed, laughter and smiles as

cherished memories, poems, photos were shared by friends and family. Deacon Ron Martinez acted as Emcee in presenting the speakers with the program also including a June 11, 1958 video of, "I Have a Secret," television show which featured the Joachim family. Jerry, as a 3-year-old, was shared with the audience.

When NASCC Commanding Officer, Capt. Randy Pierson, spoke of Jerry, it was evident that Jerry's death affected him deeply – as it did everyone present.

Jerry Joachim, 17 of 20, will be missed – but never forgotten.



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NMCRS Visiting Nurses help Marine return from injuries

by Rod Hafemeister

For 106 years, the Navy-Marine Corps Relief Society has been working to help Sailors and Marines and their families.

NMCRS celebrated its 106th birthday on Jan. 23 – it was founded in 1904, by 19 volunteers with \$9,000, the Navy's share of gate receipts from the 1903 Army-Navy football game.

Since then, it has grown to a worldwide organization with 3,600 volunteers.

During 2009, NMCRS provided \$47.4 million in financial relief in response to 91,374 cries for help – the most clients and the greatest amount of assistance since 1994.

That means that one out of every five Sailors and Marines on active duty sought help from NMCRS during the past 12 months.

Although the Society is most known for its financial assistance, there is another, quieter aspect that has profound effects on injured Sailors and Marines: the Combat Casualty Assistance (CCA) Visiting Nurses Program.

Late last year, Retired Adm. Steve Abbot, President and CEO of NMCRS, highlighted the Coastal Bend NMCRS Visiting Nurses Program.

"Cpl. Ronny Porta, USMC, was 23 when his Humvee was hit by a bomb in Iraq (in May 2007)," Abbot wrote.

"He sustained burns over 75 percent of his body, lost his right arm at the shoulder,

and lost his thumb and middle finger on his left hand, leaving him with no opposable digits."

Porta was evacuated to Brook Army Medical Center, the military's premier burn treatment and rehabilitation center.

Enter Visiting Nurses Sue Waddingham and Theresa Goodwin and local NMCRS Director Tambi Parker.

"Ronny's family lived out of state; we were able to coordinate and help with living expenses while they were in San Antonio until benefits kicked in," Parker said. "We acted as intermediaries, provided referrals and resources for him and his family.

"Ronny's family is one which we touched in virtually every aspect."

As of late 2009, NMCRS had provided \$29,000 in grants to assist Porta and his family. And to date, he's undergone 70 surgeries, with more scheduled.

Waddingham, the wife of NAS Kingsville Commanding Officer Capt. Phil Waddingham, calls Porta "a truly amazing individual."

"Although he still has many surgeries and challenges ahead, he has told us on several occasions that he would do it all again for the country he loves, the United States of America," she said.

"His family has been by his side every step of the way, enduring separation and sacrifice as they manage a business in Maryland and being with Ronnie in Texas, and as Ronnie's



Marine Cpl. Ronnie Porta, severely injured in 2007 by a bomb in Iraq, is presented with a new laptop computer by NMCRS Visiting Nurses Theresa Goodwin (l.) and Sue Waddingham. The laptop was provided by Soldiers' Angels, a private non-profit that works with NMCRS to facilitate delivery of specialized computer equipment, PDA's, and other electronic aids to wounded warriors.

Photo courtesy NMCRS

younger sister finished high school and started college, all since his injury.

"The Portas and others like them are all

heroes in our eyes, so very deserving of our care and support, and we feel very honored to be able to provide it."

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National Teen Dating Violence Awareness & Prevention Week - Feb. 1-6

from NASCC Fleet & Family Support Center

Each year, the first week in February is designated National Teen Dating Violence Awareness and Prevention Week.

The week is dedicated to educating the public about dating violence among teens. It is difficult to say how common dating violence is among teens because different studies and surveys ask about it in different ways and get very different results.

Some studies only ask about physical abuse, while others include questions about psychological and emotional abuse and sexual violence. Some ask about dating violence over the lifetime, while others only ask about the current relationship or the past year.

Past estimates of physical and sexual dating violence among high school students typically range from 10 percent to 25 percent, and estimates for college students range from 20 to 30 percent.

One recent national survey found that about one in 10 female high school students and about one in 11 male students said they had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past year.

What is Teen Dating Violence?

Dating violence (or relationship abuse) is a pattern of over-controlling behavior against a girlfriend or boyfriend. Dating violence can take many forms, including mental/emotional abuse, physical abuse, and sexual abuse. It can occur in both casual dating situations and serious, long-term relationships.

Dating abuse can have serious consequences. The effects range from missing a few classes to attempting suicide. Abuse also affects future relationships. All consequences make compelling reasons to prevent abuse before it starts, or to speak out against it.

How is teen dating violence different from adult domestic violence? There are several things that make teenage dating violence different from adult domestic violence. Usually, when a teen is abused, she becomes isolated from her peers because of the controlling behavior of her abusive partner.

The isolation teens face in abusive dating situations often makes it hard to:

- develop new and mature relationships with peers of both sexes.
- feel emotionally independent.
- develop personal values and beliefs.
- stay focused on school and get good grades.

Teen dating violence can also cause problems in the long run:

- Depression
- Suicide attempts
- Eating disorders
- Drug and alcohol abuse
- Medical problems
- Inability to succeed in school or at work later in life

Are you a victim of dating violence?

If you answer yes to two or more of the

following questions, you are probably in an abusive relationship, or your relationship is likely to become abusive.

Abuse isn't just hitting. It's yelling, threatening, name-calling, saying things like, "I'll kill myself if you leave me," obsessive phone calling, and extreme possessiveness. **Are you going out with someone who:**

- is jealous and possessive, won't let you have friends, checks up on you, won't accept breaking up?
- tries to control you by being bossy, giving orders, making all the decisions, not taking your opinions seriously?
- puts you down in front of friends, tells you that you would be nothing without him?
- scares you?
- makes you worry about his reactions to things you say or do?
- threatens you?
- uses or owns guns or other weapons?
- is violent?
- has a history of fighting, loses temper quickly, brags about mistreating others?
- grabs, pushes, shoves, or hits you?
- pressures you for sex or is forceful or scary about sex?
- gets too serious about the relationship too fast?
- abuses alcohol or other drugs and pressures you to take them?
- has a history of failed relationships,



and blames the other person for all the problems?

- makes your family and friends uneasy and concerned for your safety?
- makes you feel like you need to apologize to yourself or others for your boyfriend's behavior when he treats you badly?

You can't always prevent yourself from interacting with people who turn abusive but you can take precautions to protect yourself. Go on double-dates when you're first dating someone. Always make sure your friends or family knows where you're at and who you're with if you two go out alone. If your date acts controlling, assert yourself. Be clear and communicate your needs, desires, and—more importantly—your boundaries.

If you're in a potentially abusive relationship, call the National Teen Dating Abuse hotline (1-866-331-9474) and speak to someone. It's completely free and anonymous.

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Haiti continued from page 1

"damage reconnaissance missions" over the capitol (Port au Prince), flying for 9.2 hours on Jan. 14.

Their video images were forwarded to Washington, DC, to give visual evidence and locations of the devastation.

The initial AEW aircraft repositioned to Coast Guard Air Station Borinquen, Puerto Rico, to support the Haiti operation and logged 9.9 hours on the Jan. 14 mission.

They also assisted with 'in-flight advisories' for multiple C-130 aircraft that were transporting equipment and medical supplies from Guantanamo Bay, Cuba, Homestead Air Force Base, Fla., and Puerto Rico.

Late on Jan. 14, the Corpus Christ-based units were pulled off the operation as the Customs and Border Protection P-3 Operations Center from Jacksonville, Fla., took over.

But CBP remained ready to provide additional assistance as necessary.

As the relief effort evolved, NHCCC and NASCC were tasked to provide support.

On Jan. 22, AC2 Jose Silva departed NASCC Air Ops enroute to Guantanamo Bay, Cuba, where he will be helping control air relief missions.

Five Sailors from NHCCC deployed to augment the crew aboard the U.S. Navy hospital ship, USNS Comfort (T-AH 20), which arrived off the coast of Port-au-Prince on Jan. 20 and began receiving injured patients from the local hospitals and international medical facilities currently in Haiti.

Personnel Specialist 2nd Class Chris Ervin departed Jan. 15 and, on Jan. 19, Hospital Corpsmen 1st Class William Watts and George Porter, Hospital Corpsman 2nd Class LeMarc Harris, Hospital Corpsman 3rd Class Craig Cooley departed for deployment on the Comfort.

Hospital Corpsman 1st Class Jason Brobesong also deployed Jan. 19, heading to Guantanamo Bay.

The Comfort departed from its homeport in Baltimore on Jan. 16 as part of an overall sea-based force that, as of Jan. 20, included 8,500 Sailors, 11 ships and 42 aircraft as part of Operation Unified Response.

The overall crew of 850 included a medical team comprised of 550 medical and non-medical support staff, including Navy doctors, nurses, corpsmen, technicians and support staff ready to provide a host of medical services including primary care, trauma care, pediatric care, orthopedic care and more.

The embarked medical support team will be augmented by 350 additional team members, including the Corpsmen from NHCCC.

Donate to Haiti Relief

The Navy is encouraging members of the community, community organizations, and local businesses to visit <http://www.usaid.gov/helphaiti/> on how they can donate money or items in support of Haiti earthquake relief. This web site provides links and detailed information on what are acceptable donations and how to make them.

Ask Dr. Garcia



Garcia

Q: How can my husband and I overcome sibling rivalry in our children?

A: Often sibling rivalry is understood as a hostile competition between brothers and sisters, though it does not have to be hostile at all.

In its best form, it can become a friendly rivalry that challenges the best of all siblings involved.

Here are some things you can do that may help to lessen or eliminate sibling rivalry:

Love your children and don't show favoritism. Sibling favoritism offends and infects the heart of a child and leads to feelings of inferiority, anger, resentment, and even bitterness.

Don't compare. Most siblings are already very sensitive to the competitive aspects of their relationships with brothers and sisters. You can comment on your children's gifts and uniqueness apart from their siblings.

Counter jealous feelings. Often jealousy is at the heart of sibling rivalry. This can be overcome by helping the child verbalize his or her feelings, providing equal attention, and showing your children the privileges that come with age.

Q: I sometimes feel as though my husband and I are not together in many of the decisions we make. What are we doing (or not doing)

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.

Motorcycle Safety Classes expanding

With new sea-side barriers in place and other improvements under way, the Motorcycle Safety Foundation has given the 'green light' to resume Basic Rider Classes at Naval Air Station Corpus Christi.

Motorcycle Safety Instructor Dan Miller said the first BRC class is scheduled for Feb. 22-23, with more to follow.

Miller also has a Military Sport Bike Rider Course (MSRC) scheduled for Feb. 15.

Miller also offers the Experienced Rider Course and has recently acquired a Honda Safe Motorcyclist Awareness and Recognition Trainer (SMART), a computerized motorcycle training system.

that is becoming a distraction in our partnership?

A: You hit the hammer right on the nail when you mentioned the word *partnership*.

John Gottman of the University of Washington has conducted hundreds of hours of research on marriage and divorce.

In one study, he took 130 newly married couples and tracked their relationship for six years. At the end of that period, he followed up with a very detailed study of their relationships.

He noted the couples that were happy and those that weren't. Then he identified the most significant common denominator for every happy couple.

It was simply "shared control of the relationship."

That's it. Just a sense of shared control!

Make sure that you do *everything* as partners, with neither of you dominating the other. Everything in your marriage has to be an equal partnership.

You will never find peace in your marriage until you are equal partners — until you decide that you're going to discuss everything and you're not going to make a decision unless you make it together.

When John Gottman did his study on shared control in relationships, he found that the ability to influence your spouse creates shared control; but refusal to receive influence creates division and, ultimately, a lack of satisfaction in the marriage.

Both you and your husband must be willing to be influenced. Not dominated, influenced.



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The Military Spouse Career Initiative is designed to advance military spouses into portable careers by providing them with education and training in high-growth, high-demand occupations. Career Advancement Accounts are flexible education funding accounts with money that can be used to pay expenses directly related to post-secondary educa-

tion and training, including tuition, fees, books, equipment, etc. The Department of Labor (DOL) and the Department of Defense (DOD) are pushing this initiative in eight states.

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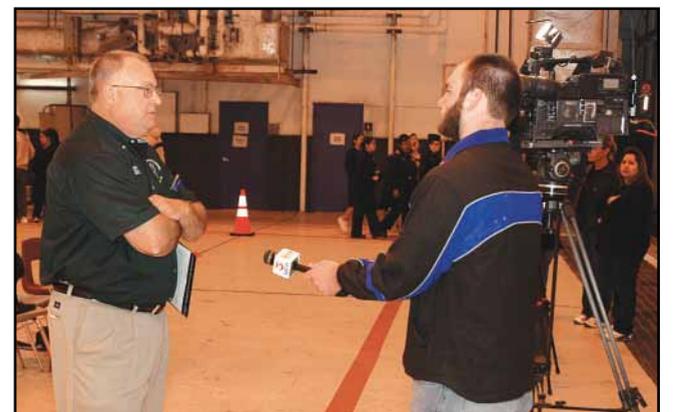
JROTC DRILL MEET - JAN. 16



Teams from 19 high schools competed in the 10th Annual Coastal Bend Drill Meet, (above) Drill teams practiced in the cold and damp before suiting up for the actual competition in the hanger. (middle left) Armed Drill includes a variety of movements, while Color Guard (middle right) emphasizes precision and flag control. (bottom left) While most teams were Navy JROTC, a Marine

Corps JROTC unit from Laredo also entered. Here, they are marching out to the Inspection station. (lower right) Retired Cmdr. Bill Hughen, Senior Instructor at Richard King H.S. and Drill Meet Director, is interviewed by local TV and (bottom right) students from rivals Flour Bluff and Aransas Pass High Schools watch their teams compete.

Photos by Rod Hafemeister and Bob Torres



AWARDS AND ACHIEVEMENTS

Winging — January 8



Photo by Hugh Lieck Event Photography

Winging officials, left to right: Lt. j.g. Robert Fasnacht, Chaplain; Cmdr. Kevin McGee, Executive Officer, VT-35; Cmdr. Patrick Foley, Senior Coast Guard Representative, TW-4; Cmdr. William Hearther, USN, Commanding Officer, VT-31; Lt. Col. Robert Blagg, USAF, Commanding Officer, VT-35; Capt. Dave Price, Commodore, TW-4.

Wingees, in alphabetical order: Ensign Daniel Robert Arsenault; Ensign Luca Barbara, Italian Coast Guard; 2nd Lt. Ross Michael Biechler, USAF; Ensign Schuyler Nathaniel Boone; Chief Warrant Officer 2 Travis Edward Bourne; Lt. j.g. Michael Paul Bradley; Lt. j.g. Robert Jerome Brown, USCG; 2nd Lt. Brian Andrew Conforti, USAF; Lt. j.g. Casey Shawn Corpe, USCG; 1st Lt. Christopher Edmond Curry, USAF; Ensign Nicholas James Dischner; Ensign Jason Edward Dodge; Lt. j.g. Thomas Michael Garcia, USCG; Ensign Drew Daniel Gaston; Ensign Joshua Allen Glass; Maj. Paul Clyde Hudson, USMC; Lt. j.g. John Ryan O'Neill; Ensign Christopher Lee Powell; Ensign Andrew Thomas Radcliffe; 1st Lt. David Roest, Royal Danish Air Force; Lt. j.g. Evan Andrew Scott; Lt. j.g. James Habersham Swiggart; Lt. j.g. James Brian Warden; Ensign Laura Gina Zimmerman.

NASCC Skipper presents Aviation Warfare pin to HM-15 Sailor



Capt. Randy Pierson, Commanding Officer of Naval Air Station Corpus Christi, got the opportunity to present the Enlisted Aviation Warfare specialist badge to AM3 (AW) Nicholas Deters on Jan. 11. Deters was one of a small number Helicopter Mine Countermeasures Squadron 15 (HM-15) Sailors who did not move with the squadron to the East Coast last fall. He was attached to NASCC pending PCS orders. (left) Pierson pins on the AW badge and (right) presents Deters with his award certificate.

Photo by Bob Torres





BEST BITES DINING GUIDE



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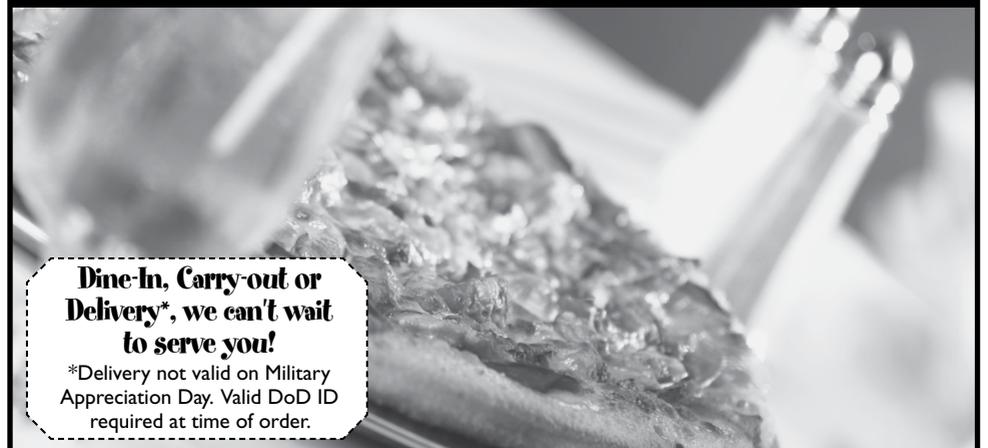
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| 7 cups water | 1/2 teaspoon salt |
| 1 medium green bell pepper, coarsely chopped | 1 tablespoon vinegar, (or lemon juice) |
| 1 1/2 cups chopped onions | 6 cup(s) rice, cooked in unsalted water |
| 1 tablespoon olive oil | 4 ounce(s) pimento, sliced and drained |
| 2 bay leaf | 1 lemon, cut into wedges |



Preparation: Pick through beans to remove bad ones. Soak beans overnight in cold water. Drain and rinse. In large soup pot or Dutch oven, stir together beans, water, green pepper, onion, oil, bay leaves, garlic, and salt. Cover and boil for one hour. Reduce heat and simmer, covered, for three to four hours or until beans are very tender. Stir occasionally and add water if needed. Remove and mash about 1/3 of beans. Return to pot. Stir and heat through. When ready to serve, remove bay leaves and stir in vinegar or lemon juice. Serve over rice. Garnish with sliced pimento and lemon wedges.

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BEST BITES DINING GUIDE

What's Happening

by Tina Konwerski

MARK YOUR CALENDAR: 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.

Come to Padre Island on January 30 for the Second Annual Surf-N-Turf 5K and 10K run and 2 mile walk. The chip-timed race starts at 8:00am at Briscoe King Pavilion. It will feature door prizes, music and awards. The cost is \$25 from January 21 to race day. Participants can pick up their packets and bid on silent auction items on January 29 from 12-7pm. The event is hosted by Padre Island Baptist Church to benefit their youth missions program. Visit www.leaguelineup.com/pibcfitnessministry for entry forms, silent auction information and more.

Every Tuesday at 7:00 p.m. "Rialto Rhythms" — Music from the Heart, BYOB, BYO Guitar, Rehearse & Come on up on Stage !!! FREE. The Rialto Theater is a non-profit organization fostering education in the arts via visual arts, music and live theater productions in a historic 1937 movie theater. Located at 327 S. Commercial Street, Aransas Pass. www.rialtotheater.org.

Open Mic Friday Nights @ Stingers Coffee 8pm-12am!! Open Mic night at Stingers Coffee in the Gulfway shopping center located at Airline and McArdle - outside on the patio! All musicians welcome, Sign up today @ Stingers on Airline!

February 12-15, 2010 — Blanco SP — Great Backyard Bird Count — This is an opportunity for citizens to become scientists by helping the National Audubon Society and the park track bird species. Each day there will be guided bird hikes where you will have a chance to record your species sightings and have them entered into the Audubon database by park staff. On Saturday in addition to the bird hikes there will be classes on how to attract birds to your backyard, how to observe them and children's activities. Bird hikes daily 8 a.m., 10 a.m. and noon. Saturday programs 8 a.m. -2 p.m. For a detailed daily schedule, call (830) 833-4333. Other bird counts will be going on across Texas and the nation this weekend as the Audubon Society gets its annual picture of how our feathered friends are doing.

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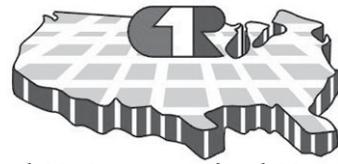
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IC1 Raymond Storme re-ups



IC1 Raymond Storme (left) is congratulated by Lt. Jon Walkwitz after Storme reenlisted in the Navy Reserve for two more years on Jan. 9 at the Naval Operational Support Center aboard NAS Corpus Christi.

Photo by MC2 Maria Garza



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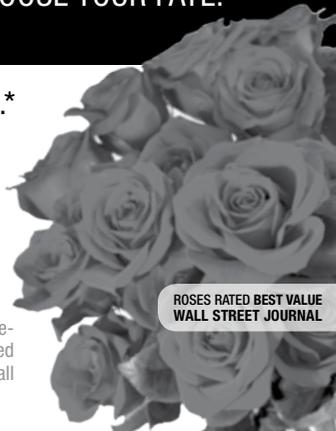
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Lt. Jon Walkwitz pinned a Navy and Marine Corps Achievement Medal on ET1 Mark Garza during ceremonies at the Naval Operational Support Center on Jan. 9.

Photo by MC2 Maria Garza

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Rescue animals are strays or were rescued from an abusive situation. The shelters are full and there is nowhere else to turn. This is when fostering is needed. For the Love of Strays rescue group provides the vet care, food, flea and tick medicine and I provide the shelter, the love and the training. It is a win-win situation for me, my dogs and the foster dog. My dogs have a friend to play and train with, the foster dog is sheltered and loved and, as for me and my son, we get a sense of satisfaction and love that is indescribable. We just feel good doing it. Don't get me wrong. Not all foster dogs come potty trained with perfect behavior, but my son and I work with the dogs to bring them back to health, give them security and love, and socialize them to make them "adoptable." The dogs just seem to know you are trying to help them. Rescued dogs are the most loving, sincere, and appreciative dogs.

People say "I can't foster; I'd become too attached." Does it break my heart when they leave me? Of course! And really, I wouldn't have it any other way. To quote a fellow foster home friend, "They take a piece of your heart with them, but that's also a good thing, because your heart doesn't get smaller as a result, it gets bigger. With every foster dog you place, you learn more and can do more to help the next dog on its way to the forever home it deserves." **Please Volunteer Today!**

Ready for Forever Homes...



This is Freedom, rescued from a life on a chain! She is a beautiful black lab, approximately 1 year old. Very friendly, has a lot of energy. Now that she is free from her chain, she is so ready to run and play! She has a clean bill of health and will be spayed in just a few days. She must have a very secure yard and will be an inside dog - no more chains!



Star is a female beagle mix, almost 1 year old. She is very sweet, loves to play and run with other dogs and children. Must have a very secure back yard as she loves to explore. Like all our dogs, she will only be adopted as an inside dog.



Liberty is going to start a whole new life, we rescued her from living on a chain, just days before her puppies were due. She is responding to the love and attention she is getting and craved for so long. Liberty has special needs at this time that will require donations. First she will mother her puppies until they are weaned and adopted or placed in foster homes. Then, Liberty will receive heartworm treatment, which is life-saving but very expensive. Your donation will help us give her a wonderful second chance she deserves.



This sweet boy staggered up to a feed store, he was so neglected he could barely hold himself up. The caring people there called us to pick him up. After receiving care at the vet clinic he is now getting lots of tender loving care at his wonderful foster home. Noah is heartworm positive and donations are needed to get him back to health. Please donate for his care.

For the Love of Strays depends on loving foster homes to help dogs like Noah, please consider fostering.



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Vet Clinic gets new veterinarian; new 'wellness' procedures

by Sgt. Tim Hair

The Veterinary Treatment Facility aboard NAS Corpus Christi is pleased to announce the arrival of Capt. Frank DeCecco, DVM.

DeCecco comes to us from Fort Sam Houston and will be our permanently assigned veterinarian.

As many of you know, we have had a significant gap between veterinarians, which has affected our ability to see your pets. Now that we have a veterinarian assigned, we will begin scheduling appointments for pets in February.

Unfortunately, appointments will still be limited as we are enacting new policies and procedures (see below).

We are anticipating returning to a full schedule in March, to include going to our clinic at NAS Kingsville once per month.

Your patience and understanding during this long transition period has been greatly appreciated by the staff of our Veterinary Treatment Facility, and we are looking forward to serving you in the very near future.



Keeping your pet healthy

Effective Jan. 1, routine veterinary services like basic de-worming, micro-chipping, fecal floatation and vaccinations are now grouped into "Wellness Packages."

"A Wellness Package will provide comprehensive preventive medical care that is tailored to your pet's specific needs and stage of life," said Maj. Rebecca Evans, Chief of VETCOM's Future Operations.

Col. David S. Rolfe, Commander of the Veterinary Command (VETCOM), explained that the veterinary profession is shifting from vaccination-driven appointments towards wellness-driven appointments.

The intent is to emphasize routine wellness examinations and interaction with a veterinary health care professional instead of vaccinations as the reason for a visit to the veterinary clinic.

"VETCOM will embrace this effort to provide the best care to our patients and support to our clients through comprehensive disease prevention, early diagnosis of any problems and appropriate treatment," Rolfe said.

Standardization of these services parallels the veterinary profession's move toward wellness, promotes public health, and provides consistency in veterinary care.

There will be a restructuring in the fee schedule, but the goal continues to be high quality care at the lowest cost.

Fees will be the same for all clients and at all military veterinary treatment facilities.

You can take comfort in knowing that the DOD Veterinary Service is doing everything they can to keep your Family and your pets healthy for a lifetime.

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