

# WINGSPAN



Vol. 16, No. 4

Naval Air Station Corpus Christi, Texas

February 25, 2010

## Fire Chief introduces PAO to 'Heroes on the Water'

Story and photos by Bob Torres

*The fishing line jerked and I watched as the fisherman concentrated on a possible fish on the hook. He was in "skinny" water, meaning he was in water that could be only inches from the bottom of his kayak. On this day, Saturday, Feb. 6, the tug on his line was not a keeper – it was a rock on the bottom that he'd snagged as he slowly retrieved his lure. As one of 11 "Heroes on the Water" who shared a Saturday morning near Aransas Pass, it was part of his "therapy."*

As the Public Affairs Officer, I sometimes get involved in things that really get my attention.

On a recent Saturday morning, I was invited by our Fire Chief, John Morris, and Heroes on the Water National Director, Jim Dolan (from Dallas), to join some of our veterans for a fishing trip near Aransas Pass on kayaks.

Heroes on the Water is a program to help injured service members in their physical and

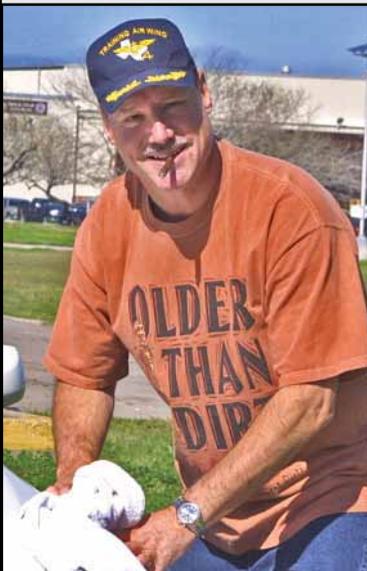
*Heroes continued on page 7*



A veteran fishing near Aransas Pass on Feb. 6. The trip was part of the Heroes on the Water program, which helps injured service members in their physical and mental recovery by introducing them to the therapeutic qualities of fishing from kayaks.



**Battle of Iwo Jima**  
Feb. 19 – March 26,  
1945



**TW-4 Commodore**  
tries his hand at the  
car wash

Page 3



**NAS Kingsville**  
March 27-28

Page 8

## Welcome Home – and 'Thanks' for the 'Welcome Home'

Story & photo by Rod Hafemeister

Several times each year, Corpus Christi International Airport is "invaded" by a group of motorcyclists.

They are the Patriot Guard Riders of South Texas, and their mission is to give each military member returning from an overseas tour a heartfelt "Welcome Home."

On Feb. 17, they go to do it twice – then got a surprise themselves.

First to arrive that day was MA3 Eugene Marsteller and his Military Working dog, Les, returning from an eight-month Individual Augmentee tour in Iraq.

After he was greeted by CO Capt. Randy Pierson and other leaders and friends, Marsteller received the now-standard salute from the Riders as he passed through the rank of flags. Then he added his signature to their pennant.

Less than an hour later, Lt. Cmdr. Steve Foley received the same treatment, plus a greeting from Rear Adm. William G. Sizemore II, Chief of Naval Air Training.

Foley, an Instructor Pilot with VT-31, spent 15 months in Iraq flying special operations, SAR, and training missions with the fledgling Iraqi Air Force as Director of Operations for the Training and Advisory Mission to the Iraqi Air Force.

Then the Riders got their own surprise, as VT-31 CO Cmdr. William Hearther presented them with a Letter of Appreciation "in recognition of continued support of all troops."

"I remember what it meant to me to be greeted when I returned from overseas," Hearther said. "And I want you to know how much we all appreciate what you do."



**Lt. Cmdr. Steve Foley (left) is greeted by Rear Adm. William G. Sizemore II upon Foley's return from an 18 month Individual Augmentee tour in Iraq. More photos on page 10.**

# Skipper's Column

by Capt. Randy Pierson



Pierson

This past week I had the pleasure, along with my fellow Commanders, to attend the Military Member of the Quarter/Military Member of the Year Award Luncheon.

The NASCC hosted ceremony has grown in popularity within the fenceline and

externally through sponsors. Tailored to E-6 and below Sailors, Coast Guardsman,

Marines, and Airman, the recognition has proven effective in rewarding command high achievers.

The awardees have been thoroughly screened and selected by their respective commands in a very competitive environment. Specifically in the case of NASCC and the Naval Health Clinic, more than 400 enlisted personnel compete for the combined four slots.

Clearly, the immediate intrinsic value of winning is the gifts from the sponsors. Through our mainstay sponsors, we are able to provide a timely and meaningful "thank you" to our military members.

At this past event, awardees received certificates from the Navy League, USO, Fleet Reserve Association and Embry-Riddle

## Recognizing our best

Aeronautical University World Wide, which also gave \$100 assistance towards books and materials required for enrollment.

Beyond the cash award is the positive official documentation for advancement.

Factoring all-time retention highs within the Services, the importance of breaking out amongst your peers could not be more critical.

Additionally, recognizing the performance and sacrifices of our enlisted personnel comes at a key time where they are faced with lengthened deployment cycles and increasing individual augmentees requirements.

Taking the few hours necessary and coming together for a recognition luncheon is a small effort with great reward for all involved.

## Chaplain's Message

by Father John Mc Kenzie, Chaplain

Eugenio Maria Giuseppe Giovanni Pacelli, born March 2, 1876, became Pope Pius XII on March 2, 1939, as Europe was going up in flames.

Over the years, I have heard many well-intentioned but misinformed people criticize Pope Pius XII for not doing anything to save the Jews during the Holocaust.

There are facts to consider which will show that Pope Pius did a lot to save the Jews.

First, Pope Pius was very limited on what he could do. Nazi Germany was well-armed; the Vatican was not. Making an appeal on Vatican Radio for people to rise up against the Nazis was not an option. The media was censored in Nazi-occupied Europe.

The same could be said about anything published. Listening to Vatican Radio where the Nazis were in control was against the law. Anyone caught listening to Vatican Radio could be deported to the concentration camps.

It is true that there was a concordat between the Vatican and Nazi Germany. That only bought time for the Church. Hitler hated Pope Pius and actually wanted him arrested and imprisoned in Luxembourg. Hitler had no

plans for churches in the new Germany.

Had Pope Pius publicly spoke out against the Nazis, Hitler would have had a license to confiscate all church property in Nazi-occupied Europe.

Second, Pope Pius secretly ordered all churches and religious houses in Nazi-occupied Europe to take in Jews. Convents, monasteries, seminaries, and churches were hiding places for Jews.

Thousands of lives were saved as a result. In fact, 80 percent of the Jews in Italy were saved. The Vatican itself took in many Jews, including the Chief Rabbi of Rome when the Nazis occupied Italy.

The pope's order had to be carried out with couriers personally carrying the pope's directives because any mail or phone calls from the Vatican to bishops and religious superiors in Nazi-occupied Europe was certain to be intercepted by the Gestapo.

Third, because the Vatican is a country unto itself, it has its own diplomatic corps. Vatican diplomats issued thousand of safe-conduct passes to Jews which enabled them to freely leave Germany or any other countries under its control. Thousand of Jewish lives were saved as a result.

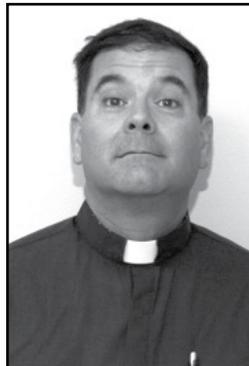
## Pope Pius XII and the Holocaust

Also, many Vatican diplomats took in Jews into Vatican consulates and even their homes. Again, more lives were saved.

On a sad note, many European Jews who paid with their life savings to get passage to the US or other countries in the this hemisphere were refused entry once they arrived.

Only a small percentage of European Jews who made it to the US were taken in. Most ended up going back to Europe and then to the death camps. Many, many Jewish lives could have been saved if they had been allowed entry.

Pope Pius did what he could to save Jewish lives. In fact, under his leadership, 600,000 Jews were saved from the concentration camps. These are historical facts which critics should consider before criticizing Pope Pius.



Mc Kenzie

## Editor's Corner Got too much stuff? Recycle it!

by Rod Hafemeister



Hafemeister

Every couple of months or so, on my way to work in the morning, I find a box or a bag (or three or four) near the front door with a note: "For Tambi."

For those of you who don't know, Tambi Parker runs the area Navy-Marine

Corps Relief Society office.

And while you may be familiar with their financial assistance, they also have a way to save money – a Thrift Shop.

With kids growing like weeds, we tend to have a fair amount of kids' clothes that are in good condition but no longer fit anyone. So it's off to the Thrift Shop with them.

You don't know what they have until you go and look, but you can often find some really nice clothes and other items at ridiculously low prices. And they offer great deals on uniform items.

But Tambi tells me that donations are way down of late. Part of the problem was the big windstorm last year destroyed their drop box.

The Seabees built them a new one, but people seem to have gotten out of the practice of dropping things off.

So if you have some excess clothing, books, sporting good, uniforms, whatever – consider taking them over to the Thrift Shop.

You can clean out your closets and help you fellow servicemen and women at the same time.

The Thrift Shop is open Monday, Tuesday and Thursday, from 9 a.m. to 1 p.m. or you can call 961-3482 for more information.

And the drop box is always available, right outside the NMCRS offices on the end of E Street next to the Auto Skills Center.

## Wingspan

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Pride In Performance"

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Sunday Bible Study - 8:45 a.m.

### JEWISH WORSHIP SERVICE

\*Temple Beth El (4402 Saratoga Blvd.)  
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### ISLAMIC WORSHIP SERVICE

Islamic Society of South Texas  
(7341 McArdle Rd.)  
Jumah Service - 1:30 p.m.  
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call 992-8550

# Commodore Price pays off on CFC promise – washes cars

Story & photos by Lt. Sheila Baber, TW-4 PAO

Capt. Dave Price, Commodore of Training Air Wing Four, and Skippers and XO's from other TW-4 squadrons participated in a Combined Federal Campaign (CFC) Fundraiser car wash in the Wing parking lot on the sunny afternoon of Feb. 5.

Numerous previous attempts to hold the carwash had been foiled due to weather.

When the 2009 CFC campaign kicked off last fall, Price addressed students and staff at the quarterly Safety Stand-down about the importance of the CFC.

As extra incentive, he volunteered all the front offices to wash the cars of anyone who earned an Eagle award for their donations.

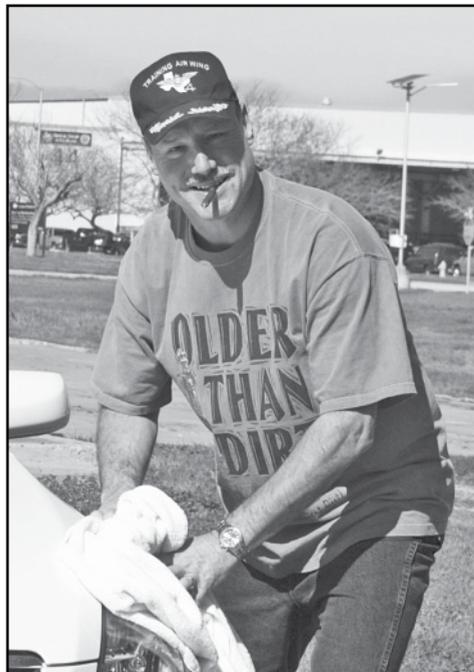
Eagle awards are only given to active duty personnel who donate \$1008 and civilians who donate \$1040.

Throughout the Wing, eighteen personnel – who wish to remain anonymous – contributed generously enough to be deemed Eagle givers.

“I don’t think the other Skippers were very happy when they found out I volunteered them to wash cars,” Price said.

In addition to the car wash, special parking spots were designated for Eagle givers in front of each squadron and Training Air Wing Four.

“It was really cool that they did this,” said one of the car wash recipients. “They did a great job.”



**Training Air Wing Four Commodore Capt. Dave Price and squadron COs washed the cars of the wing’s Eagle donors to the 2009 Combined Federal Campaign on Feb. 5. Price, above, and with Skippers of the four wing squadrons (right).**

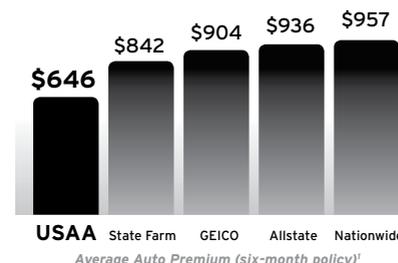


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# Fire & Emergency Services: Training to the NMETS

Story & photo by Fire Chief John Morris

Sometime ago, Navy Fire & Emergency Services began measuring readiness through the use of the Navy Mission Essential Task (NMET) list.

NAS Corpus Christi F&ES reached an important training and operational milestone regarding the "Provide Technical Rescue Services NMET" as our fourth on-site "Rescue Technician One" course wrapped up the week of Feb. 8, resulting in 75 percent of our 56 operations personnel being certified at the Rescue Technician One level.

The final segment was the 48-hour Vehicle and Machinery Rescue course, with 13 firefighters from NAS Corpus Christi and four firefighters from NAS Kingsville completing extensive classroom training and challenging field exercises that culminated in two days of final theory and practical testing in vehicle and machinery rescue practices.

This certification, combined with the previous 64-hour Rope Rescue Technician certification course taught in September 2009, will result in DoD Rescue Technician One certification for the nine NASCC personnel who attended both courses. If sufficient interest exists, we may host one final 112 hour Rescue Tech One course later this fiscal year to further improve rescue training capability.

NASCC has utilized the Bucks County Community College Department of Public Safety Training & Certification as our primary advanced skills training provider. By doing

so, we have ensured a consistent instructional curriculum through this ongoing training process, now in its third year.

This training focuses on team work, critical thinking, situational awareness and problem solving to achieve success in the challenging scenarios – all of which are important skills to develop regardless of type or complexity of an emergency.

NASCC personnel completed more than 7,000 total man-hours of advanced training hosted at NAS Corpus Christi over the last three years, resulting in 55 NASCC personnel being certified as DoD Confined Space Rescue Technicians, 42 as DoD Rescue Technician One's and 3 as Rescue Technician Two's.

Coordination between the three South Texas bases has ensured that personnel who worked at NS Ingleside, which will close in April, had the envisioned level of training so that, as they have transferred to other bases, they had this valuable advanced certification.

This was the first class since 2008 that did not have Ingleside personnel in attendance, serving as a reminder that most of those personnel have been successfully placed ahead of the base closure date.

Plans are in the works to construct needed props to support Rescue Technician Two training beginning in late 2010; adding a rubble pile for collapse rescue training as well as an "engineered" trench rescue prop.



Emergency personnel practice vehicle rescue techniques during the Rescue Technician One course held the week of Feb. 8

The NASCC F&ES Training Ground has been officially designated in the Master Plan for NASCC, opening the door to envisioned growth, and signaling critical support of the facility by base leadership.

The NASCC F&ES Training Ground currently has a 3.5 story live fire training tower, confined space trainer, multiple hazmat

props, and the Mobile Aircraft Fire Training Device, all on land dedicated to training.

Watch for further updates as the training ground continues to grow to meet the all-hazards training requirements of the Fire Service and the overall public safety community.

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## First-termers: Plan your career at CONSEP workshop - March 9-12

by Fleet & Family Support Center

"Look to yourself today or you may not find yourself tomorrow." Benjamin Franklin.

As a corollary, Franklin adds that, "Those who fail to plan, plan to fail."

Both propositions imply we should take a critical look at where we are at now and, just as importantly, where we plan to be tomorrow and in the future.

The Navy's Career Options and Navy Skills Evaluation Program (CONSEP) workshop is designed to help sailors understand and analyze their present status and to help them plan a Navy career that will be mutually beneficial to the service and to themselves and their families.

NAS Corpus Christi's Fleet and Family Support Center (FFSC) will conduct a First-Term Career Options and Navy Skills Evaluation Program (CONSEP) workshop March 9-12.

The workshop will be held on the third deck conference room of the Naval Health Clinic.

The First-Term CONSEP Workshop is designed for enlisted Sailors on their first term of active duty with 18-24 months remaining on their current contract.

In the future, the FFSC will also be offering CONSEP for Mid-Termers designed for enlisted Sailors who have between 6-12

years of active duty with 18-24 months remaining on their current contract.

CONSEP, a four-day curriculum, is a quality of life initiative launched by the Fleet and Family Support Division of the Navy Personnel Command.

**The workshop is exclusive to enlisted Navy service members, who must be nominated to the CONSEP workshop by their respective commands.**

**There is a maximum of 25 participants who will be allowed to attend and, therefore, early registration is encouraged.**

The CONSEP workshop is unique to the Navy and represents a relatively new approach to delivering career development and career change strategies.

The workshop's primary goal is to assist Sailors in making educated career and life decisions in order to remain competitive throughout the Navy as well as upon completion of their Navy careers.

CONSEP was developed as a result of a military lifecycle education and training initiative that was recommended in a 1999 Congressional Commission on Service members and Veterans' Transition Assistance Report to Congress.

CONSEP has been designed to help Sailors identify their individual skills and talents, develop long-term professional and



personal goals, plan for personal financial stability, research related civilian skills or qualifications, establish effective long-term career planning objectives, and emphasize the values of continuing a Navy career.

This "full bodied" workshop introduces a partnership between the Navy Transition Assistance Management Program, Command Career Counselors, Financial Educators, and

Navy College Offices.

The Navy is the first military service to launch such an initiative. Navy efforts have been applauded by the Office of the Assistant Secretary of Defense and may become a training model for the entire DoD.

To register or for more information, call the FFSC at 961-2372 (DSN 861) or by email to [tito.perez@navy.mil](mailto:tito.perez@navy.mil).

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# TW-4 reviving two old traditions: Blessing of the Wings (all services) and Breaking of the Wings (Air Force)

Story and photos by Lt. Sheila Baber, TW-4 PAO

It has been a few years since Training Air Wing Four and Naval Air Station Corpus Christi last held a "Blessing of the Wings" at Our Lady of Guadalupe Chapel.

The ceremony is believed to have begun on NASCC in the 1950s, but had stopped some years ago.

After a long hiatus, on Feb. 12, students once again laid their wings before Father John Mc Kenzie to receive a blessing to protect them from harm as they pilot their aircraft into perilous skies.

Hereafter, each Winging will be preceded by this short ceremony (10-15 minutes) at the base chapel at noon after daily Mass. The about-to-be-winged, along with family and friends, are encouraged to attend regardless of religious affiliation.

Those wishing to participate are asked to bring an extra set of wings to be blessed and hung upon a special tapestry which adorns the chapel's interior, to be kept in the thoughts and prayers of churchgoers for generations to come.

Training Air Wing Four also wants to spread awareness about the Air Force tradition of "Breaking of the Wings," which takes place immediately following the winging ceremony at the Bay Club.

According to this tradition (originally

established by the Army Air Corps), an Airman should never wear his or her first set of wings.

To bring good fortune in one's flying career, his first wings should be broken into two parts; one half is kept by the pilot, the other is given to someone significant.

To preserve the good luck, the two halves

should only be brought together again after the pilot has passed away, whereupon his reunited wings promise a successful flight through eternity.

One of the senior Air Force representatives will bring bolt cutters and students wishing to participate are asked to bring an extra set of wings to be cut.

(below) Father John Mc Kenzie presents new pilots with their blessed wings on (right) Ensign Natalie Marie Manese pins a set of wings to the tapestry.



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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

education 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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**Heroes continued from page 1**

mental recovery by introducing them to the therapeutic qualities of fishing from kayaks.

I got there, and there were 11 kayakers already in the water. My intent was to take photos and write about this adventure. I began my lead with an observation I made as I kayaked by these fishermen.

And then I went to a site on the Internet, TexasKayakFisherman.com. What these fishermen wrote, and I've only pulled some of their quotes, tells the story better than I can.

My plan had been to do telephonic interviews with Dolan and Morris, but I hope you'll indulge me – and let our Heroes tell this story. You will not get specific names, because some of our veterans prefer anonymity; please allow their "kayaker names" for the story.

"The theme of the day was 'leave no fisherman behind,' a play Dean made on the soldier's creed," said Jay 61, who posted his story on Feb. 9. "There were enough folks on the water to ensure this would not happen.

"As Rick (Redfish529) and I paddled out into the flats with our two soldiers, it dawned on us that the simple things we take for granted such as how to use a rudder or even how to paddle correctly needed to be addressed before we could tackle the fishing side of things. Robert and Harold were both eager to learn and excited to try something new. They picked up on our instructions quickly and we were off to fish.

"Fishing started off slow in the morning, lots of fish seen but no takers," he continued. "The lull gave us a chance to talk and get to know each other. Robert was from Louisiana

and Harold lived in Dallas. Both enjoyed fishing but neither had ever fished in saltwater. Robert liked to target grinnel and catfish back home and Harold enjoyed throwing arties (artificial lures) at bass.

"As we paddled along a sandbar, I saw Steven (CCRed) in the distance. (Several folks paddled out to locate fish to help improve our chances of putting the soldiers on fish.) We decided to paddle over to him and get a report. Same story...lots of uninterested fish.

"As the four of us sat pondering our next move, Steven tells Robert and Harold to cast out into a small gut that ran along the sand bar. 'There will be fish in there.' Robert cast out a DOA shrimp and reeled it in slowly. Second or third cast and it was – fish on!

"Everyone came alive as we watched him bring it in like a seasoned pro. He was stoked!

"I snapped some shots of him bringing it in and finished with the shot of him holding his red with Steven's new boga. Harold didn't catch anything on Saturday but it wasn't for lack of effort.

Sunday was a new day for both of them as they both caught several fish.

"I didn't get to witness it," he continued. "But I'm told that Harold was catching 'dink' trout and you would have thought he was hooked into a tarpon with all the hootin' and hollerin' going on. Suffice it to say they enjoyed their time on the water.

"As Rick and I were packing up to leave, Robert pulled Rick aside and asked if he could get some copies of the pictures we took.



**Texas Kayak Fishermen and Heroes on the water fishing near Aransas Pass.**

"He sheepishly told Rick that he wanted to send the pictures to his mother as it had been a long time since she had seen him smile. I present to you 'Lt. Robert' and his first red. If any of you folks have pics of Harold and his catch, please post them up.

"I bunked in the same room as Robert," related Kayak Kid.

"And he and I exchanged about an hour's worth of war stories during the first night. He was very serious, reflective, and rather morose.

"I don't know what you guys did to him during the next day's fishing," continued Kayak Kid, "but he returned to the house Saturday night with a s---eatin' grin plastered onto his face.

"His entire demeanor was more upbeat and relaxed. Instead of talking about the fire fights, the fear of hidden bombs, and the gut-wrenching grief when he lost one of his men, he was telling me about how he caught

that monster red fish, and how he couldn't wait to get onto the water the next day. We talked fishin' the entire evening, and the grin stayed put.

"I drove back to Houston Sunday morning with a s---eatin' grin on my face during the entire trip. I'm never sure who gets the most from these HOW events; those of us privileged to 'guide' or the heroes who attend."

A later message on the site mentioned another fishing event.

"We are working on taking some soldiers out in the Austin area soon, Roo. I'll be sure to get in touch," wrote Jay61.

"Hey Jay61 let me know when an Austin event is scheduled and count me in. I volunteered for a HOW outing on the Guadalupe a few weeks back.

"It's a great feeling and all those Smiles, not to mention all those trout, will keep me attending these events whenever possible.

"THANKS VETS!"

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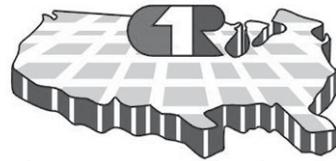
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**NAS Kingsville Air Show adds concert**

from NAS Kingsville Public Affairs  
The Navy's Blue Angels will headline the 2010 Wings Over South Texas Air Show at Naval Air Station Kingsville March 27-28.

And NAS Kingsville officials recently announced they have added another attraction: Grammy-nominated Emerson Drive will headline a free concert on March 27, beginning at 5:30 p.m. on the air station's flight line. Emerson Drive has been a part of the country music scene since 2001.

"More acts will continue to be added to the line-up as the show nears," said Capt. Phil Waddingham, NAS Kingsville commanding officer.

"But we're thrilled to add a free concert to the line-up of events that we will offer the community with this year's air show. We are working to make this the 'best ever' air show in South Texas."

For updates on the 2010 show, including performers and static displays, show times, and other information, visit the air show's official web site at <http://www.wingsoversouthtexas.org/wost>.

**Volunteers needed for Air Show**

The Morale, Welfare and Recreation (MWR) Department aboard Naval Air Station Kingsville is looking for volunteers to assist with the 2010 "Wings Over South Texas" air show.

This will be one of the largest air shows in the South Texas region.

MWR is seeking 250 volunteers to work the food and merchandise booths on Saturday, March 27, and Sunday, March 28, for this year's show. Each volunteer group will be paid the same percentage of the profits that are made from the air show, regardless of the type of booth that you work, minus cash and inventory shortages from sales.

Food vouchers will be supplied to each volunteer per day and will only be valid for food purchase. It may not be used for merchandise or beer purchase. A cup will also be supplied, so unlimited soft drinks will be available.

Volunteers must be 18 years of age or older to work at any booth. They must be 21 years of age or older to work at the alcohol booths. No alcohol may be consumed during the shifts. Beer servers must comply with all Texas and Navy requirements.

All food booth staff must have a valid Texas Food Handler's Sanitation Card and they must meet all Texas and Navy requirements.

MWR will be offering this class to volunteers on board NAS Kingsville. MWR will also provide parking passes. MWR is currently accepting applications from volunteers. If interested, contact Delia Martinez at (361) 516-6449 or by email at [delia.martinez@navy.mil](mailto:delia.martinez@navy.mil). Applications will be accepted through March 15.



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# Ask Dr. Garcia



**Garcia**

**Q:** I've recently found out my wife of almost two years had significantly more sexual partners during her single days than I was led to believe.

I'm having trouble dealing with this news. She is a loving and devoted wife. I realize the past cannot be changed, but I seem to dwell on this topic in my mind. Any advice?

**A:** Some people believe that the way to avoid issues in marriage is to find a potential mate who has no issues, no hurts and no problems.

Sorry to burst any bubble that you may have, but such a mate doesn't exist.

There is no such thing as a whole, healthy husband and/or wife who has not been the focus of some redemptive activity by their partner.

Every individual person in the marriage has to be redeemed.

Every whole, healthy husband and/or wife is one who has been redeemed by a good husband and/or wife.

If you are not willing to engage in redemptive behavior within your marriage, your marriage will never work.

I truly believe that marriage is a union between two forgivers.

What you must realize is that a redemptive spirit is not required because the relationship is bad or wrong. It is required because all meaningful relationships hurt.

There is no such thing as a

meaningful, close relationship that isn't going to hurt.

If you want your partner to be your closest friend, it is going to hurt.

As much as you desire otherwise, if you want to stay married and have an intimate relationship, you have to acknowledge and deal properly with the pain that couples in a marriage cause each other.

**Q:** How can my husband and I become a "team" when it comes to parenting?

**A:** As members of a parenting team, you will need to develop your own game plan.

As you parent, you will need to have a variety of options to choose from. Discuss these with your spouse and agree upon the basic set of "plays," or interventions, that make up your parenting game plan.

If there is a particular suggestion or style of parenting that one of you is not comfortable with, take additional time to discuss it.

You will not agree on every specific way you choose to raise your children. If the differences are minor, you may be able to work out a compromise or trade-off.

However, if the differences are more extreme and have an emotional component for either one of you, then you may be better off deciding not to include that particular intervention in your playbook.

For example, if your spouse (or you) is strongly opposed to physical punishment because of how he was disciplined as a child, regardless of how you feel about this, you should be willing to not use this form of punishment and work to find alternatives.

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

## Small Business Administration to conduct free seminar on SBA Government Contracting Opportunities and Certification Programs

The U.S. Small Business Administration (SBA) will conduct a FREE seminar Friday, Feb. 26, to explain the SBA Government Contracting Opportunities and Certification Programs to help position a small business for contracting opportunities throughout the Federal Government.

The seminar will also provide information on various loan programs and updates resulting from the American

Recovery and Reinvestment Act.

The seminar is from 9 a.m. to 10:30 a.m. at the SBA Office, 3649 Leopard Street, Suite 411, Corpus Christi, TX 78408.

Registration begins at 8:45 am.

Seating is limited & seminar is subject to change.

Please call Elizabeth Soliz at 361-879-0017, Ext 18 for reservations.

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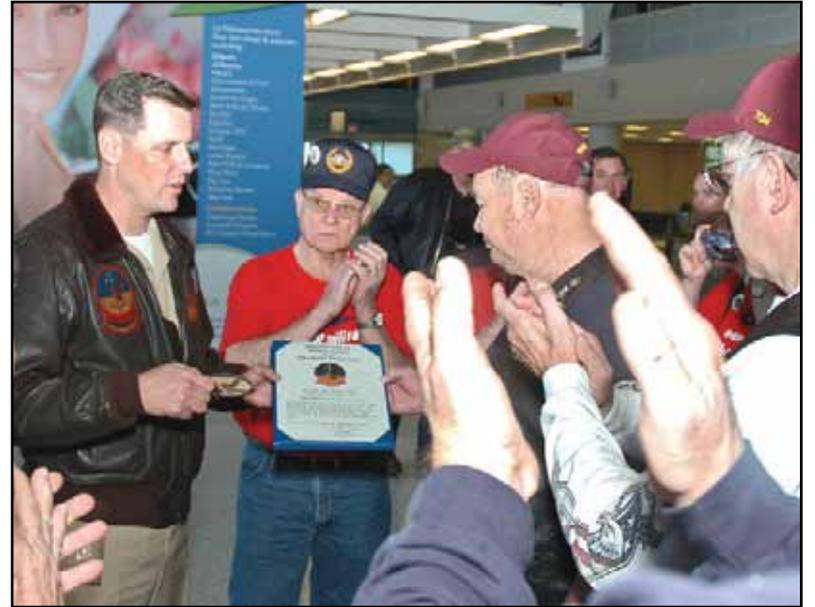
# WELCOMING HOME

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(left) MA3 Eugene Marstaller and his Military Working Dog, Les, visit with Patriot Guard Riders on Feb. 17 after returning from an eight-month Individual Augmentee tour in Iraq. (right) VT-31 Commanding Officer Cmdr. William Hearther presents members of the Patriot Guard with a Letter of Appreciation for their continuing efforts to 'Welcome Home' military members returning from overseas tours. (below) Patriot Guard Riders pose with military members including Hearther, Rear Adm. William G. Sizemore, Chief of Naval Air Training, and NASCC Commanding Officer Capt. Randy Pierson at the Corpus Christi International Airport.

Photos by Rod Hafemeister



## Service Members of the Quarter - Service Members of the Year



Honorees and sponsors at the Feb. 18 Military Member of the Year/Member of the Quarter Awards Luncheon. Awardees included: Naval Air Station Corpus Christi - Junior Sailor of the Quarter BM3(SW/AW) Dustin Palmertree; Naval Health Clinic Corpus Christi Senior Sailor of the Quarter HM1(FMF) Sergio S. Flores, Junior Sailor of the Quarter HM2(AW) James M. Swanson, Blue Jacket of the Quarter HN Trammel A. Comfort; Navy Operational Support Center Senior Sailor of the Quarter MM1 Roberto J. Serna, Reserve Sailor of the Quarter HM2 Phillip Fitch; United States Coast Guard Sector Corpus Christi Senior Military of the Quarter AMT1 Richard Hiscox, Senior Military of the Quarter DC1 Christopher Woodward, Petty Officer of the Quarter SK2 Jonathan Barrett, Junior Military of the Quarter SN Ethan Eley; COMOMAG Sailor of the Quarter LS2(AW) Amenda S. Duplechan; TRAWING 4 Member of the Quarter Staff Sgt. Eric A. Sanchez. Naval Air Station Corpus Christi Senior Sailor of the Year EN1(SW/AW/SCW) Carol A. Winkler, Junior Sailor of the Year MA3 Matthew Snyder; Naval Health Clinic Corpus Christi Senior Sailor of the Year PS1(AW) Bennett E. Schornak, Junior Sailor of the Year HM2(FMF) Jacob L. Welch, Blue Jacket of the Year HN Matthew J. Keydeniers; Branch Health Clinic Ingleside Senior Sailor of the Year HM1 Maria Paralles, Junior Sailor of the Year HM3(FMF) Brad Taylor, Blue Jacket Of Year HM3 Trammell Comfort; COMOMAG Sailor of the Year MN1 (SW/IUSS) Kirk N. Myers.

Photo by Rod Hafemeister

# AWARDS AND ACHIEVEMENTS

## Winging — February 12



Photo by Hugh Lieck Event Photography

Winging officials, from left: Lt. j.g. Robert Fasnacht, Chaplain; Kresten Cook, Corpus Christi Chamber of Commerce; Cmdr. Patrick Foley, Senior Coast Guard Officer, TW-4; Lt. Col. Robert Blagg, USAF, Commanding Officer, VT-35; Cmdr. William Hearther, Commanding Officer, VT-31; Capt. Dave Price, Commodore, TW-4; Col. Mark C. Vlahos, Assistant Director of Operations, 19th Air Force, Randolph Air Force Base.

Wingees, in alphabetical order: Ensign John Thomas Canny II; 2<sup>nd</sup> Lt. Jeffrey Michael Coe, USAF; 2<sup>nd</sup> Lt. Matthew Phillip Crowley, USAF; Lt. j.g. Daniel John DeAngelo, USCG; Ensign Erick Walter Graf; Capt. Jay Kent Hansen, USAF; Ensign Andrew Nils Horvath; Ensign Clayton Eugene Hunt; 1<sup>st</sup> Lt. Jared Michael Jones, USAF; Ensign Christopher Eric Jordan; Ensign Natalie Marie Manese-Meehan; 2<sup>nd</sup> Lt. Barbara Anne Michalek, USAF; Lt. j.g. Boyd Joseph Pritchard; Lt. j.g. Eleonora Renieri, Italian Navy; Lt. j.g. Callan David Robbins, USCG; Ensign James Patrick Shannon; 1<sup>st</sup> Lt. Tyler Christian Streit, USAF; 2<sup>nd</sup> Lt. Trevor Alan Sutherland, USAF; 2<sup>nd</sup> Lt. Grant Thomas Webber, USAF; 2<sup>nd</sup> Lt. Mitchell Ray Wills, USAF.

## NASCC Awards - Feb. 9

Awardees at the Feb. 9 Naval Air Station Corpus Christi monthly award ceremony with Commanding Officer Capt. Randy Pierson. From left: MA2 James Farris, AE2 Thurgood Lane, Pierson, MA2 Andrew Smith and MA3 Rebekah English. Farris, Lane and Smith received Navy and Marine Corps Achievement Medals and English received a letter of commendation.

Photo by Bob Torres



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M  
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K



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**Gaines TW-4 Civilian of the Year**



Commodore Capt. Dave Price on Feb. 11 presents Geneva Gaines with a certificate naming her one of two Training Air Wing Four Civilians of the Year for 2009. Gaines has worked in civil service for 12 years. She transferred to TW-4 in April 2007 and currently works in the finance department.

Photo by Cmdr. Tim Dry, TW-4



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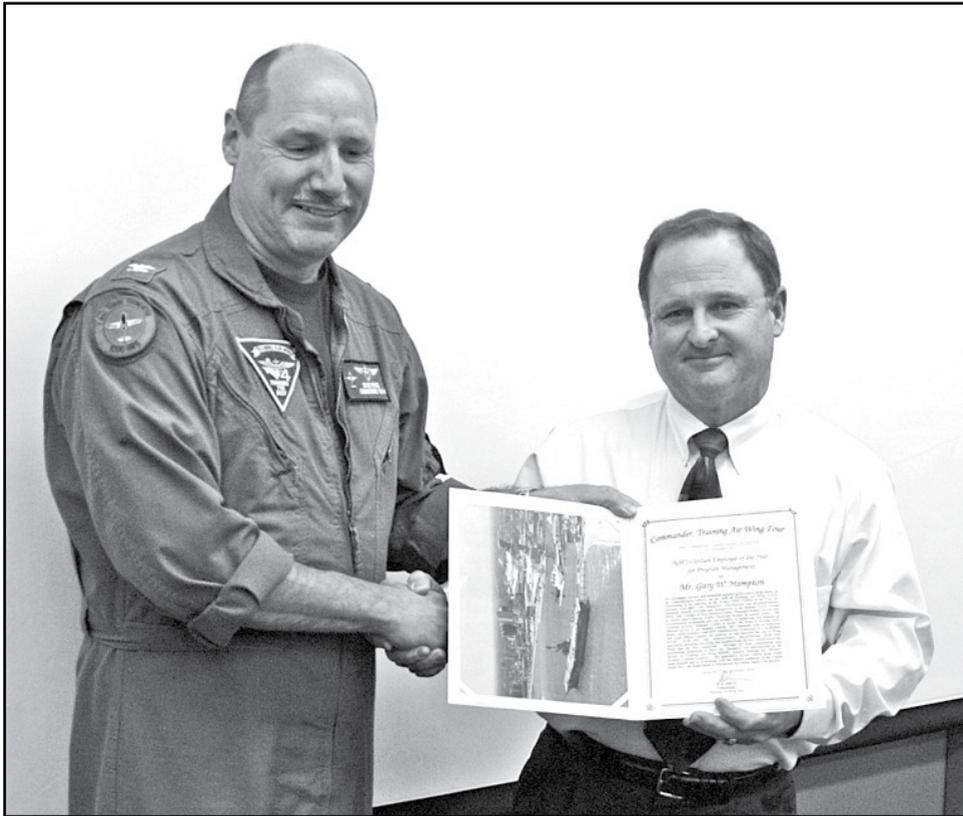
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# Hampton TW-4 Civilian of the Year



Commodore Capt. Dave Price on Feb. 11 presents Gary Hampton with a certificate naming him one of two Training Air Wing Four Civilians of the Year for 2009. Hampton has served at the Wing for three years as the Administrative Officer following his retirement from active service as a Navy commander in 2007.

Photo by Cmdr. Tim Dry, TW-4

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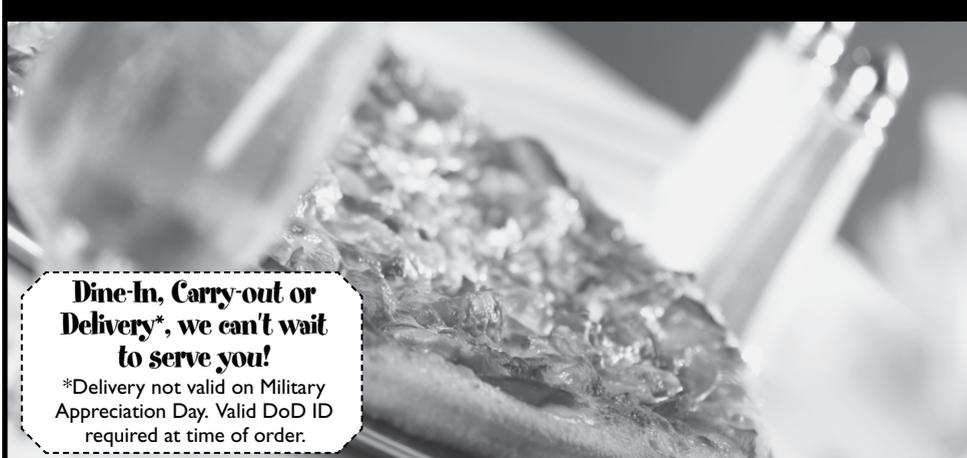
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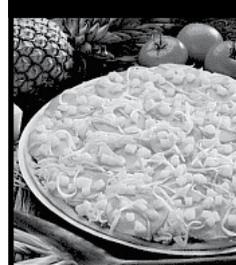
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1 cups zucchini, sliced	1 teaspoon basil, fresh, minced
1/2 cup red bell pepper, diced	1 teaspoon oregano, fresh, minced
1 cup chopped spinach	1 pepper, black ground
1 cup cottage low-fat cheese	2 cups marinara sauce, low-fat, low-sodium
1/2 cup low-fat ricotta cheese	9 pasta, lasagna noodles, uncooked

To prepare vegetables, steam carrots over boiling water for 2 minutes. Add zucchini and steam 2 more minutes. Add red pepper and steam 2 more minutes. Add spinach and steam 1 more minute. Remove vegetables from the heat. Combine all remaining ingredients except the marinara sauce and lasagna noodles. To assemble the lasagna, place a little sauce on the bottom of a casserole dish. Place 3 noodles on top of the sauce. Add a layer of vegetables and cover with a layer of the cheese mixture. Add some sauce. Repeat. Add the last layer of noodles and top with some sauce. Refrigerate overnight. The next day, preheat the oven to 350 degrees. Bake the lasagna for 40 minutes until bubbly. Let stand 10 minutes prior to serving. Cut into squares and serve. (If you prefer to bake the lasagna immediately, cook the pasta before layering it.)



# BEST BITES DINING GUIDE

## What's Happening

by Tina Konwerski

**The Children's Advocacy Center of the Coastal Bend needs YOUR help!** Please act now! We are looking to local organizations and agencies for sponsorship and donations for our Silent Auction. The benefit will be held April 1st at Katz 21. Our efforts are to ensure that the Children in this community are not continually traumatized or inadvertently re-victimized by the Agencies trying to help them. All proceeds will go directly the benefit the Center and to help provide all services FREE of charge to child victims and their non-offending family members. Please call Lindsey Hutton, 361-855-9058

**Saturday, February 27, 2010 11 - 2 pm, 1st Annual Veterans Resource Fair,** Del Mar College Economic Development Center, 3209 S. Staples Street @ Kostoryz Road. In attendance will be the Texas Veterans Commission, Texas Veterans Land Board and the VA Texas Valley Coastal Bend Health Care System- CC Outpatient Clinic who will be providing FREE HINI and Flu Seasonal Vaccinations for Enrolled Veterans along with much more!

**Continuing through Thursday, March 25 CELEBRATION OF QUILTS 2010** is on display in the West Gallery of the John E. Conner Museum, Kingsville. The museum is open from 8 a.m. to 5 p.m. Monday through Friday and from 10 a.m. to 4 p.m. Saturdays. For more information, call 361-593-2810.

**March 13, 2010, 11 am to 1 pm.**  
Boy Scout Venture Crew 220  
Carne Guisada Fundraiser.  
St. Bartholomew's Parish Hall. 622 Airline Rd., C.C.,  
Donation: \$5.00. fmi: 361-947-1320.

**Children's Bargain Basement Sale** for all the things your child needs. First United Methodist Church GYM, 900 S Shoreline, March 5, 12-8pm and March 6, 7:30-3pm. Spend a little, save a lot. Proceeds benefit Vacation Bible School June 21-25, 2010.

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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!**

## Heartworm Sponsors NEEDED



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. Please consider donating for his care.



*For the Love of Strays depends on donations to care for dogs like Noah, Liberty and Sara. Please consider donating.*



Liberty will 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 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 give her a wonderful second chance she deserves.



### Heartworm and Vet Care Donations gratefully accepted at P. O. Box 8122, Corpus Christi, TX 78468

Sara was found on the side of the highway and may have been hit by a vehicle or used to hunt hog which would explain some of her scars. She is very thin and perhaps lost or abandoned. Sara is timid but submissive to letting vet staff care for her. She is getting much love and attention and learning that life can be very sweet.

*"Thanks to you...Sara  
now has a Forever Home"*



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## Commendation Medal for Meer



Senior Chief Mineman (SW) Christopher Meer (L) received the Navy and Marine Corps Commendation Medal from NASCC Commanding Officer Capt. Randy Pierson on Feb. 9. Meer, who recently transferred from Naval Station Ingleside, was recognized for his service as Course Manager at the Mine Warfare Training Center from January 2005 through November 2009.

Photo by Bob Torres

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# SH2 Kolp re-ups for sea duty



Ship's Serviceman 2nd Class (SW) Heather G. Kolp, signs her reenlistment papers Feb. 16. An equipment manager in Materials Management at Naval Health Clinic Corpus Christi, Kolp reenlisted for four years today with follow-on orders to the San Diego-based USS New Orleans (LPD 18). "Personally, I am very excited to be going back to sea duty," she said. Photo by Bill Love, NHCCC

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Molina Vietnam Veterans – If you served in the military from early 1960 to mid 1970, or know of a family member or friend who served, PLEASE contact one of the following Molina Vietnam Vets: Ralph Alvarado 850-9613 email rafalva@sbcglobal.net – Victor Trevino – 739-9702 – Jesse Perez 688-6066 for information regarding a "Welcome Home Vietnam Veterans" Ceremony taking place at the Molina Veterans Park on Saturday, March 27th at 1:00 p.m. The public is invited to honor Family & Friends who proudly served our country.

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- 6:30 p.m. Chinese New Year Buffet
- 7:30 p.m. Chinese Music & Dance Performances
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6. Be aware that however you treat me, I will never forget it.
7. Before you hit me, before you strike me, remember that I could hurt you, and yet, I choose not to bite you.
8. Before you scold me for being lazy or uncooperative, ask yourself if something might be bothering me. Perhaps I'm not getting the right food, I have been in the sun too long, or my heart might be getting old or weak.
9. Please take care of me when I grow old. You too, will grow old.
10. On the ultimate difficult journey, go with me please. Never say you can't bear to watch. Don't make me face this alone. Everything is easier for me if you are there, because I love you so.

Take a moment today to thank God for your pets. Enjoy and take good care of them.

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