

WINGSPAN



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Naval Air Station Corpus Christi, Texas

March 11, 2010

Holly Petraeus gives financial advice to NASCC Sailors

Wife of Gen. David Petraeus heads BBB military outreach program

Story & photos by Bob Torres

Holly Petraeus, wife of Gen. David H. Petraeus, paid a visit to the Naval Air Station Corpus Christi on Feb. 23 on a dual mission.

Her primary mission was to conduct a financial planning workshop in her position as the Director of the Council of Better Business Bureaus Military Line, which provides consumer education and advocacy for service members and their families.

Secondly, she wanted to see what the Naval Air Station had to offer.

Petraeus was accompanied by: Military Advisor, Sergeant Major Rose Matthews; Carrie Hurt, the BBB Texas CEO/President; Allen Bligh the BBB Corpus Christi Executive Director; Robyn Householder, the BBB Education Foundation Executive Director; BBB Public

Petraeus continued on page 9



Spring Forward!
Daylight Savings
Time begins 2 a.m.
March 14



2009 Flight Surgeon
of the Year

Page 4



NAS Kingsville Air
Show

Page 5



COMOMAG
Change of Command

Page 3



Holly Petraeus uses a "money hammer" to get her point across to EO2 Mardi Ros during the Thrift Savings Plan workshop given Feb. 23.

NAS Corpus Christi Civilians of the Year for 2009



Naval Air Station Corpus Christi recognized its top civilian employees for 2009 as part of its March 4 awards ceremony. (above left) CO Capt. Randy Pierson presents the Civilian of the Year award to Lead Firefighter Keith Young, who is joined by wife Patricia and daughters Lauren and Amanda.



(above right) Pierson presents the Senior Civilian of the Year award to Program Analyst Diana Zavala, joined by Business Manager Ron Martinez. Young and Zavala also each receive \$2,000. Story on page 10 and more awards photos on page 13 and on pages 18-21.

Photos by Rod Hafemeister

Skipper's Column 'It takes All Hands...'

by Capt. Randy Pierson



Pierson

Marines giving more, it's about more Sailors and Marines giving."

I wanted to draw your attention to our Navywide 2010 Navy-Marine Corps Relief Society (NMCRS) fund drive.

The drive will run through April 16 and this year's theme is: "IT TAKES ALL HANDS: It's not about Sailors and

Donations are accepted in the form of payroll deductions (allotments), checks or cash. Contributions can be spread over a 12-month period, minimizing the donor's personal financial impact.

One hundred percent (100 percent) of your donations go back to helping our fellow service members and their families.

NMCRS provides assistance to Sailors, Marines, and their families (both active duty and retired).

These loans and grants provide financial relief during unforeseen emergencies.

Additionally, NMCRS has been a critical supporter of our wounded warriors and their families after they return home.

Routinely, wounded warriors require extensive rehabilitation, gaining critical

financial and visiting nurse support from NMCRS.

Last year, our local NMCRS distributed \$436,000 in loans and grants to 600 military families in South Texas. World-wide the society distributed over \$47 million in financial assistance to 91,000 clients.

This is a 10-year record with the highest number of clients and most financial assistance given – one out of every seven Sailors and/or Marines received assistance from NMCRS.

I ask you to consider supporting the NMCRS fund-drive. It is a great program that is essential to many of our service member's success during life-changing times.

For more information, please contact the NASCC Representative, Chief Lonnie Mount at 961-961-2223.

Chaplain's Message Ever increasing good traits

by Lt. j.g. Rob Fasnacht, Chaplain

As I preach through the book of Second Peter, I am struck by a couple verses in the first chapter.

2 Peter 1: 5 – 8 reads, "For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ."

This is quite the list of character traits, yet it is not an exhaustive list. It is also not a list that is placed in linear order. Each one of these characteristics can be added and increased at anytime in one's life.

You may not want to be effective and productive for Jesus, but this list is not strictly Christian. There is nothing religious about

adding knowledge and self-control to your life – but by doing so you will be a better person.

The word that really strikes me is "increasing." Each one of us is to be increasing in these areas in our lives if we want to be effective and productive in just about anything.

To be exceptional Sailors and Marines, we must find new ways to show brotherly kindness and love to our shipmates. We must increase in perseverance to withstand deployments, war zones, and cutbacks.

To be effective husbands and wives, we must steadily increase in our knowledge of our mate and continue to show goodness and love to the other person, all in increasing measure.

Practical examples of this passage can go on and on in religious or completely secular environments.

Do you want to be more productive at

work? Add more knowledge about your product line, customer base, and job description; increasingly persevere through the slow periods.

We are never to have the attitude of knowing it all. We must continue to be teachable and humble in all areas of life.

Even as technical experts in certain fields, we must strive to move to the right and increase in our already established good character.

Some days we will make progress by leaps and bounds in these areas, other days it will be a slow crawl.

But the important thing is to be ever increasing in good traits.



Fasnacht

Editor's Corner DoD wants to protect your ID

by Rod Hafemeister



Hafemeister

Until 1969, the military services issued distinct service numbers to each incoming recruit.

But beginning in 1969, the Department of Defense began to replace service numbers

The Pentagon has decided it needs to do a better job of "watching your six."

Virtually anyone in uniform today has known only one "service number" – their Social Security number.

That wasn't always the case.

with Social Security numbers.

By the time I enlisted in January 1974, the process was essentially complete – the only service number I ever had was my Social Security number.

Social Security numbers specifically are not supposed to be used for ID, but in the '60s and '70s that largely became ignored, both by government agencies and civilian businesses.

That became easier because the IRS now required a Social Security number to claim dependent children on your taxes, so everyone was getting one.

Of course, back then, identity theft was not a serious issue. Heck, in those days you still could create a new ID just by getting a birth certificate of someone who died in infancy – you didn't need to steal it from a

living person.

But federal and state privacy acts and other actions gradually tightened up on access to birth certificates and other personal information. And the Social Security number became the key to creating a new ID.

In the 1990s, someone even snagged the ID of retired Gen. John Shalikashvili, former Chairman of the Joint Chiefs.

Now, DoD is working to reduce its use of Social Security numbers with a proposed rule published in the March 3 Federal Register.

The idea is to review all uses and use something else where possible.

It's not a return to service numbers, but it's a start.

The proposed rule is open for comment until May 3 and is online at: <http://edocket.access.gpo.gov/2010/2010-4290.htm>.

Wingspan

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COMOMAG changes command; prepares to leave NASCC

Story and photos by Rod Hafemeister

Mobile Mine Assembly Group on Feb. 26 held what is expected to be its last change of command ceremony aboard Naval Air Station Corpus Christi.

Cmdr. John B. Vliet passed the command to his former Executive Officer, Lt. Cmdr. David A. Lauffenburger.

Vliet had been Commanding Officer since August 2008, and oversaw the downsizing of COMOMAG as it becomes part of Navy Munitions Command.

COMOMAG's move to the West Coast and incorporation as part of Munitions Command, scheduled for this summer, will be one of the last actions required under the 2005 Base Realignment and Closure Commission decisions to consolidate Navy Mine Warfare with Anti-Submarine and related commands.

Already, COMOMAG has shrunk from more than 100 enlisted Sailors at NASCC, plus multiple detachments, a few years ago to less than two dozen here now.

Guest speaker Capt. Edward Quinn, Commander, Navy Munitions Command, talked about the satisfaction of command and the pain of giving it up in language that likely resonated with the small group of COMOMAG Sailors still waiting to move.

"Does it hurt to let go? Absolutely," Quinn said. "Because if you have done it right, the command is your family – and you're leaving.

"But like with any family, as it grows and it changes, the love doesn't change, but where you are and how you are must change."

He went on to complement COMOMAG for their expertise.

"When the Navy looks for mine expertise, they look to COMOMAG," Quinn said.

"As COMOMAG becomes increasingly integrated with NMC writ-large, it is a bigger, better outfit that COMOMAG is part of – but the expertise still resides with the mine experts – not with me, a ship driver..."

"This change today that Cmdr. Vliet has helped make happen is one of the greatest accomplishments of his distinguished military career."

Quinn then presented Vliet with the Meritorious Service Award for his accomplishments as Commander, Mobile Mine Assembly Group.

Before relinquishing command, Vliet thanked all the members of the command for their support and their professionalism.

"The accomplishments of Mobile Mine Assembly Group have been the crew's," Vliet said.

"The crew has performed flawlessly. So you know – I love this crew. This crew has a place in my heart.

"The most important part about this crew is the team effort, the team effort of the Mobile Mine Assembly Group."

Whether they find themselves as minemen



Lt. Cmdr. David A. Lauffenburger (right) reads his orders to assume command of Mobile Mine Assembly Group while outgoing Commanding Officer Cmdr. John B. Vliet looks on during the COMOMAG change of command Feb. 26.

or munitions specialists, Vliet encouraged his crew to maintain their professionalism and "make it happen."

Vliet also thanked the leadership of NASCC and the support the base has giving

COMOMAG.

Then Vliet read his orders relinquishing command, Lauffenburger read his orders assuming command, and the command was changed.

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Love of flight leads from humble roots to 2009 Flight Surgeon of the Year

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

Years ago, a young boy from the lower Ninth Ward of New Orleans watched the Navy's Blue Angels and fell in love with the concept of flight.

Years later, he not only flies – he was honored as the top flight surgeon for 2009 for all of Naval Air Training Command

Lt. (Dr.) Yorel Hickerson, VT-27's flight surgeon, was selected from among all the flight surgeons in five Air Training Wings, including 17 squadrons and the Blue Angels.

Hickerson first saw the Blue Angels at an air show in Belle Chase, La. He became earnestly interested in military service during his time at St. Augustine High School in New Orleans, where honor and discipline were traits to be valued above all else.

Just two days prior to enlisting in the Marine Corps, he learned that he had been awarded a full academic scholarship from the Jackie Robinson Foundation.

The scholarship paved the way for him to attend Xavier University of Louisiana, which has a strong pre-medicine program.

After graduating with a Bachelor's degree in Biology, Hickerson was commissioned as a Naval Officer, and attended USUHS (Uniformed Services University of the Health Sciences) in Bethesda, Md., where he earned his medical degree.

He spent his first summer of med school at NAS Keflavik, Iceland where he worked

with a flight surgeon who provided care for P-3 and visiting fighter jet squadrons.

"I was set on becoming a flight surgeon ever since," he said.

Hickerson reported to Naval Health Clinic Corpus Christi as VT-27's flight surgeon in April 2008.

Since then, he dramatically improved readiness from 33 percent to more than 95 percent. He has passionately worked to improve base-wide health by spreading awareness about the negative impacts of tobacco use as well emphasizing the importance of having a fit heart and healthy cholesterol levels.

Squadron and Wing leaders say that Hickerson has gone above and beyond the call of duty on numerous occasions to train his corpsmen, and that his leadership as Training Air Wing Four's Senior Flight Surgeon is second to none.

"He is the best flight surgeon I've ever served with," said Capt. Dave Price, Commodore of Training Air Wing Four. "And I don't say things like that without conviction."

He's also praised by his peers.

"He is not only a friend I can count on, but also a leader who motivates me to do my best," said Lt. (Dr.) Amber DeChambeau, VT-31's flight surgeon.

So what does Hickerson think is the best part of being a flight surgeon?



Lt. (Dr.) Yorel Hickerson, Naval Air Training Command Flight Surgeon of the Year for 2009.

"I love to fly," he said. "I'd fly every day if I could."

Unfortunately, this isn't possible – flight hours can be difficult to squeeze in while caring for all the pilots and aviation support staff on the base.

"Medicine can sometimes be a 24-hour-a-day job," he said.

Hickerson also is a devoted husband and father who plans to 'Stay Navy' and eventually retire from the Navy.

After flight surgery, he hopes to specialize in anesthesiology or emergency medicine.

Asked where he sees himself in 20 years, he laughed and said, "Not sure. Maybe I'll go back home and be Mayor."



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NAS Kingsville hosts 'Wings Over South Texas Air Show' March 27-28

From NAS Kingsville PAO

Naval Air Station Kingsville has added another feature to the 2010 Wings Over South Texas Air Show: Grammy-nominated Emerson Drive will headline a FREE concert Saturday evening, 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. The band's first two singles, "I Should Be Sleeping" and "Fall Into Me," peaked in the Top 5 on the Billboard charts and quickly became fan favorites.

Their career-changing song, "Moments," gave the band their first number one single in the U.S.

Emerson Drive has been honored with awards or nominations from the Academy of Country Music, Country Music Association, Canadian Country Music Association, CMT, Dove Awards, Grammy Awards, Inspirational Country Music Association, Juno Awards, Music Row Magazine and Campus Activities Magazine.

They have toured with Toby Keith, Shania Twain and Big & Rich among other artists.

The Navy's Blue Angels will headline the 2010 Wings Over South Texas Air Show, which will include such aeronautical performers as the 2008 World Aerobatic Champion and AirShowBuzz 2008 "Person of the Year" Rob Holland, the Commemorative Air Force's Tora!, Tora!, Tora!, and Corpus Christi native Paul Fiala.

"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."

And Friday morning, March 26, school children from throughout South Texas are being invited to a special "Meet The Performers" event at Texas A&M University-Kingsville's Javelina Stadium.

This event will be held from 9-11 a.m., with the Blue Angels hosting middle and high school-aged children scheduled from 9-10 a.m. and civilian performers hosting elementary school children from 10-11 a.m.

This event is hosted by Texas A&M University-Kingsville and the NAS Kingsville MWR School Liaison office.

NAS Kingsville gates will open to the public at 10 a.m. both days of the Air Show.

Military and Civilian static aircraft displays, as well as a massive fun-packed KidZone, will be open all day!

Food and beverages will also be available for purchase throughout the day.

Air Show aerobatics and jet teams will be performing from 11 a.m. to 4 p.m. Saturday and 11 a.m. to 5 p.m. Sunday.

Each air show will end with Blue Angels' performance.

Remember, all vehicles entering the air station for the air show and concert are subject to search.

To keep possibly dangerous items outside the flight line, ALL bags will be briefly inspected as you come through flight line entry points and all individuals are subject to search.

The following items are not permitted on to the flight line and may be confiscated: ice chests or coolers, large bags (bags larger than a small purse or fanny pack), duffle bags, briefcases, large camera bags; backpacks; all

weapons (regardless of permit) including: firearms, knives (including pocket knives and multi-tools), walking sticks (except for handicap use) and all other items that the security force deems dangerous; alcoholic beverages; pets (other than service animals); glass containers; and bicycles, roller skates, roller blades or skateboards.

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 www.wingsoversouthtexas.org/wost.



Country music group Emerson Drive will be performing a free concert after the March 27 air show at NAS Kingsville

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Corpus Christi Clinic sets safety bar higher, wins Best Safety Program Award FY09 in region

Story & photo by Bill W. Love, NHCCC PAO



W. Ray Holland, Navy Medicine East Regional Safety and Occupational Health Manager, (left) presents the FY 2009 Best Safety Program in the Region award to Capt. Randy Kelley, CO of Naval Health Clinic Corpus Christi.

Naval Health Clinic Corpus Christi (NHCCC) set the safety bar a few notches higher Feb. 25 by winning Navy Medicine East's (NME) Fiscal Year 2009 Best Safety Program in the Region award.

Commander, Navy Medicine East, Rear Admiral William R. Kiser, applauded NHCCC in his letter that accompanied the award.

"This national recognition of superior safety performance is the result of outstanding efforts of personnel at all command levels," Kiser wrote.

"It provides confirmation of exemplary performance of a comprehensive and effective safety and health management system, with mishap rates that are well below their industry peers' average.

"NHCCC has orchestrated an optimal safety culture that maximizes its mishap prevention efforts both on and off duty."

NME is one of four Echelon 3 (Flag level) commands implemented by Navy Medicine as a realignment effort in August 2005 to better direct its collective shore-based assets to maintain readiness and deliver the highest quality care in the most cost effective manner.

Subordinate commands under NME include all Navy Medical Treatment Facilities on the East Coast, Gulf Coast, Great Lakes and in Europe.

Kiser's representative, W. Ray Holland, Regional Safety and Occupational Health Manager, presented the award to Capt. Randy Kelley, NHCCC Commanding Officer.

"Congratulations on your hard work in being recognized for safety excellence," Kelley said to the assembled staff. "Safety is critical for our patients and staff alike. Providing ample access to safe, high quality patient and family centered care is the essence of what we are all about."

Less than nine months ago, the command achieved a safety milestone by becoming the first Department of Defense (DOD) Military Treatment Facility to be officially recognized by the U.S. Department of Labor Occupational Safety and Health Administration (OSHA) as a Voluntary Protection Program (VPP) Star site for promoting effective worksite-based safety and health.

Ricky G. Foust, the command's Safety and Occupational Health Manager, said that lots of hard work, time and dedication by the staff and the Safety Department, Industrial Hygiene Department and the Occupational Health Department set the standard for the command's success.

"Achievement in safety of this magnitude," concluded Kiser, "reflects great credit upon all NHCC personnel, NME, BUMED, Navy, and DOD."



Capt. Randy Kelley, NHCCC CO, displays the command's latest safety award.

'Rescue Men' tells story of little known Black heroes

by Rod Hafemeister

A little-known part of the history of the U.S. Coast Guard – a part that includes some of the earliest Black officers in any U.S. uniformed service – may be coming to your television screen soon.

About 100 people got a preview during two showings March 2 and 3 in the Wings Auditorium – and gave it a universal “thumbs up.”

“Rescue Men” is a documentary about the Pea Island Surfmens, a crew of former slaves who, in the late 19th Century, made a name for themselves as some of the most professional and heroic members of the Life-Saving Service.

The documentary web site describes it as follows:

“On the night of Oct. 11, 1896 in hurricane force winds, one crew known as the Pea Island Surfmens accomplished the impossible. Led by Keeper Richard Etheridge, this historic all black crew etched themselves into history rescuing stranded sailors whose ships had succumbed to the harsh Atlantic. ‘Rescue Men’ is the story of the men that manned the Pea Island Lifesaving Station on the Outer Banks of North Carolina.

“Due to the heroics and accomplishments of these brave men and others like them in the U.S. Life-Saving Service, we now have what is called ‘The United States Coast Guard.’”

The film is based on the book, “Fire on the Beach” by David Wright and David Zoby. The two men also wrote the script for the film and served as co-producers.

Wright, who presented the film, said Zoby initially stumbled across a photo of an all-Black rescue crew with a Black commander. Curiosity led the pair into years of research, uncovering the history of both the Pea Island crew and the Life-Saving Service.

The Life-Saving Service merged with the Revenue Cutter Service in 1915 to become the Coast Guard.

Formed in 1871 and focused on the Carolina Outer Banks, the Life-Saving Service was plagued with cronyism and incompetence.

After several very public disasters, leaders in Washington reorganized it and took a daring step: They named former slave and former Union Army sergeant Richard Etheridge commander of the Pea Island Station 17. Since no White man would serve under him, he recruited a crew of the best Black watermen he could find.

“He trained them hard and demanded they perform – and they did,” Wright said.

Descendants of the initial Pea Island crew continued to serve in the Life-Saving Service and, later, the Coast Guard – including at the Pea Island station until it was closed in 1947 – and some appear in the film.

“We still have another edit to do, but we’re hoping to get it on the History Channel,” Wright said.

For more information, see the film web site at: www.rescuemenfilm.com and the book web site at: www.fireonbeach.com.

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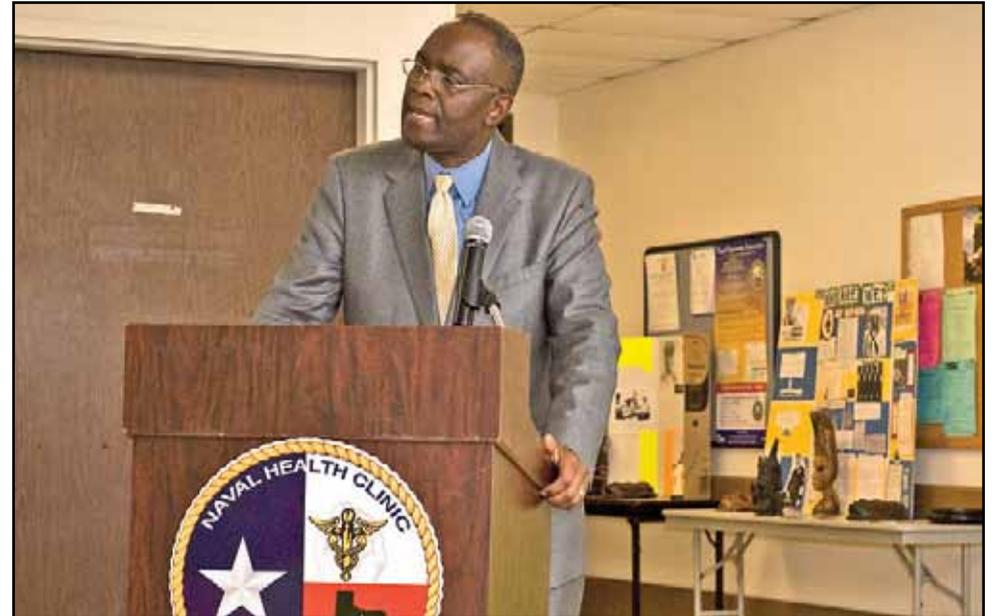
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NHCCC observes African American/Black History Month

Story and photos by Bill W. Love, NHCCC PAO



Corpus Christi Christian Fellowship Pastor Don G. Leavell, keynote speaker at NHCCC observance of African American Black History Month 2010.

Naval Health Clinic Corpus Christi staff spotlighted diversity Feb. 25 during their annual observance of African American Black History Month.

This year's theme was "The History of Black Economic Empowerment."

Capt. Randy Kelley, commanding officer, began the celebration of African Americans' successes and opportunities in the United States Navy with welcoming remarks in the Crew's Lounge.

Then Lt. Cmdr. Tiffany Scott, acting executive officer, introduced the keynote speaker, Corpus Christi Christian Fellowship Pastor Don G. Leavell.

Leavell, an articulate community leader, accentuated leadership. He spoke about how a good leader practices proactive, deliberate, and visionary methods instead waiting for problems to surface.

His use of family related examples helped engage the audience more readily, particularly as he underscored the importance of resolving challenges.

"We tend to find fault instead of solutions," he said, adding how the obvious can become a hindrance. "A good leader looks for solutions and a visionary looks beyond impediments."

Religious Program Specialist 3rd Class Belinda Blue and Hospital Corpsman 3rd Class Cordaro Jones performed "Drums of My Fathers," and Hospital Corpsman 3rd Class Joshua Richardson sang "Black National Anthem."

Before the Benediction followed by the Potluck Lunch, Hospital Corpsman 2nd Class Adria Miles read NAVADMIN 029/10, the instruction on "Observance of African American/Black History Month 2010."



RP3 Belinda Blue and HC3 Cordaro Jones perform "Drums of My Fathers."

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Petraeus continued from page 1

Relations Manager Marissa Gabrysch, and trainers Carol Stuart and Jen Rowley.

After a windshield tour of NASCC, the group met with approximately 40 Sailors for a financial workshop at Saint Joseph's Hall.

The 90-minute workshop, developed under a grant from the Financial Industry Regulatory Authority (FINRA), was taught in an interactive manner that encouraged class participation.

The course covered the basic knowledge every servicemember should have when considering retirement:

- How much to have in emergency savings before you start investing for retirement;
- What young people who invest for retirement have going for them;
- The different types of retirement savings accounts available to military personnel;
- The hidden costs of borrowing from your retirement account;
- Things to consider before retirement, so a military member is not unpleasantly surprised later.

The class was appropriate for military personnel of all ages, not just those within a few years of retirement.

Attendees received a Summary of the Thrift Savings Plan Booklet and a Thrift Savings Plan Fund Information Sheet to take home.

"It was good information put out for the junior Sailors," said AO2 Chris Polson. "I thought that Mrs. Petraeus would have more input. I was fortunate because I'd read about this.

"It's information that sailors don't hear enough or frequently enough. I knew a lot of that material, but the re-emphasis of diversifying and investing was good.

"What I came away with, was that the best thing for a retirement is time-sensitive. The sooner you begin saving, the better off you'll be. But they also emphasized that it's never too late to begin saving.

"It's better to begin late than never."

Holly Petraeus discusses retirement planning with Sailors

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**TAKE THE FIRST STEP - ATTEND AN INFORMATION SESSION:**

Thursday, March 25th, 6:30 p.m. - The Omni Corpus Christi - Bay Front Tower - 900 North Shoreline Blvd., Corpus Christi, TX 78401 Register at: texasexecutivemba.info

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Ask Dr. Garcia



Garcia

Q: My husband works long hours at his job. How can my husband and I overcome the hurdle of not spending enough enjoyable time together as a couple and as a family?

A: In today's society, the boundaries between the home and work are being blurred.

In his book, *The time bind: When work becomes home and home becomes work*, sociologist Arlie Hochschild observed that work becomes more like home and home becomes more like work.

Caught in the time bind; the more time we work, the more stressful home life becomes.

The more stressful home life becomes, the more we want to escape back to work.

Hochschild argues (and I agree) that we must challenge the economic and social system that invites or demands long hours at work, and focus our efforts on investing less time in the job and more time in one's couple and family relationships.

You can counter these trends by *purposefully* setting time aside for yourself and also time to be with your significant others.

Some people couples I've worked with in the past have found their alone time is to have 15 minutes with coffee in the morning; others look for time alone at the end of the day, going for an hour-long walk or exercising at the local gym.

For you as a couple, it is important that you purposefully find time to reconnect after a hectic day, even though on some days it might be for only 10 to 15 minutes together.

As a family, you will also need time to be with each other.

Although it is often hard to find time, you need to purposefully take time to set up regular rituals, eating together as often as possible, and not allowing the world to steal your time together.

Q: My husband and I are such independent people that our marriage seems to be one of "I do my thing and you do your thing." How can this attitude be a long-term problem for us and our family?

A: In the 1970s, one cultural theme in American society was "doing your own thing."

Young people were dubbed "the Me Generation." This over-focus on self was problematic for relationships.

"Doing your own thing" can lead to a disengaged relationship, in which there is little emotional closeness.

A disengaged couple or family typically has very little emotional closeness.

There is so much separateness that each person is mainly focused on himself or herself and not on each other.

As a result, they have difficulty developing and maintaining intimacy with others.

Most couples with marital problems have low levels of emotional connection, as do families with problem children.

Emotional closeness is the glue that helps couples and families stay connected even during difficult times.

When emotional closeness is missing, individuals care more about themselves and there is little commitment and few resources to help the couple or family thrive.

Successful couples tend to be those who have figured out how to balance effectively between "I" and "we."

Partners maintain both their own individuality and their intimacy as a couple.

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.

NMCRS Budget for Baby Class – April 27

Navy Marine Corps Relief Society is offering its Budget for Baby class from 10 a.m. to noon, April 27, at NAS Corpus Christi St. Joseph Hall, Bldg. 333 on Lexington Drive.

Come explore topics related to the financial aspects of your new addition.

Every eligible parent (one per family,

enlisted and officer) will receive a "Baby's 1st Seabag". The layette is valued at \$100 and includes a homemade baby blanket.

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NASCC Civilians of the Year 2009

Naval Air Station Corpus Christi recognized two civilian employees as Civilian of the Year for 2009 on March 4.

Military Manpower Program Analyst Diana Zavala was recognized as Senior Civilian of the Year both for her primary job and collateral duties.

"During 2009 Ms. Zavala sustained a high level of performance in carrying out her duties, and went beyond those expectations by successfully performing collateral duties she inherited, specifically, the coordinator for the NASCC Defense Readiness Reporting System (DRRS-N) and Assistant Drug Free Work Place Coordinator (ADPC)," the nomination stated.

Zavala also was recognized for her support of deployed service members, assistance to other departments, and efforts as Combined Federal Campaign key worker.

Lead Firefighter (Captain) Keith Young was recognized as Civilian of the Year.

"He exhibits a level of professionalism that is contagious among his subordinates and peers, and results in others emulating his personal 'code-of-conduct,'" the nomination stated.

During 2009, Young responded to 123 emergencies and held two collateral duties: Self Contained Breathing Apparatus and Hazardous Materials Response.

Energy savings ideas for your home

by Rex White, Resource Efficiency Manager

1. Replace all incandescent light bulbs with lower wattage Compact Fluorescents (CFL).

2. Install light fixtures with dusk-to-dawn photocell features for outside lighting also using CFL's.

3. Ensure your gaskets on refrigerators and freezers are in good shape and not leaking. Replace them if necessary.

4. Check for gasket/weatherstrip leakage around your doors and windows.

5. Replace your shower head with a 1.5GPM (gallons per minute) or 1.75 GPM low flow fixture. Standard fixtures use about 3 to 4 GPM.

6. Install facet aerators on all facets in your home to save on water. They go down to as little as 0.5 GPM. Current ones use much more!

7. Should you change out your toilet be sure to install a low flow model. They can go down to 1 GPM and will save about 60 percent of the water you currently use, per flush.

8. There are also some great rebates available for changing out your old appliances to new high efficiency ones. Visit www.seco.cpa.state.tx.us/arra/rebate/ for more information.

You can lower your over all energy bills significantly by making energy efficient choices when you by any new appliance or electric consuming device. Also visit the government's Energy Star site, www.energy-star.gov, for even more great information.

What's Happening

by Tina Konwerski

Tuesday, March 16th at 6:00 p.m. Retirement Seminar, FREE dinner included. Presented by State Farm, Joely DelVecchio Agency. At the State Farm Agency Field Office, 5350 S. Staples St., Suite 320. fmi 361-906-AUTO (2886).

"Adventure Camping Program" Coming to Texas State Parks This Spring. The increasingly popular Texas Outdoor Family program is branching out to deliver adventurous programs for families who are looking for something more than an introductory how-to camping experience. Four Texas state parks will host Texas Outdoor Family Adventure workshops. This spring, designed to familiarize families with the outdoors and teach them how to tent camp, cook outdoors and get the most out of their outdoor experience. These events will occur in larger, more remote sites. Texas Outdoor Family campouts dates are March 25-28 at Big Bend Ranch, April 17-18 at Palo Duro Canyon, April 24-25 at Lost Maples State Natural Area and May 15-16 at Colorado Bend State Park. fmi: www.tpwd.state.tx.us/learning/bof.

March 26-28, 2010 – "Chalk it up for the Arts." 2010 Corpus Christi Festival of the Arts at the Art Center of Corpus Christi. Featuring artists and cultural individuals that provide an exciting array of talent. Contemporary and folk dance, poetry, independent film/cinema, ballet, theatre, musical entertainment, stunning visual exhibits, sand sculpturing and an art-ful KidZone. Plus Italian Street Painting, on site food vendors, artisans, craftsmen, workshops and lecture detonations. Fmi visit www.ccfestivalarts.org.

Molina Vietnam Veterans – If you served in the military from the early 1960's to the mid 1970's, or you 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 which will take place at the Molina Veterans Park on Saturday, March 27, 2010 at 1:00 p.m. The public is invited to honor Family & Friends who proudly served our country.

Sparkling City Light Opera presents Gallantry by Douglas Moore. Douglas Moore's Gallantry is a delightfully whimsical "soap opera" complete with commercial interruptions. Join us at the Corpus Christi Town Club on Thursday, April 8, 2010, 6:30 pm light hors d'oeuvres & cash bar, 7:00 pm opera, dessert & champagne following the show with guest artists. Tickets: \$45 (Limited Seating) Visit our website for more information: www.SparklingCityLightOpera.com.

New to Corpus Christi – WANT TO MEET SOME PEOPLE ... Join the fun 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.

Continued on page 15 - Dining Section



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AROUND THE BASE

Holly Petraeus visits, promotes financial planning



During her Feb. 23 visit, Holly Petraeus toured Naval Air Station Corpus Christi as well as conducting a financial planning class for Sailors. (above left) The Stingrays of the Child Development Center sing for Petraeus during her stop there. (above right) Senior Chief Patricia Keeler explains the operations of the Air Traffic Control tower to Petraeus and her aide. (bottom left) Sailors hold up \$5 bills they won by knowing the correct answers to financial questions.

Photos by Bob Torres

Takin' out the trash — fire



On the afternoon of March 3, emergency personnel received a report of a 'moving fire' on Naval Air Station Corpus Christi. A truck picking up trash had also picked up something smoldering – and it set the trash on fire. The truck was stopped

just outside the Flour Bluff Gate as it left the base. Firefighters had the driver dump the load and pull away, then attacked the fire, leaving a soggy, smelly mess to clean-up – but no injuries and no property damaged.

Photos by Bob Torres

AWARDS and ACHIEVEMENTS

Winging — February 26



Photo by Hugh Lieck Event Photography

Winging officials, from left: Lt. j.g. Robert Fasnacht, Chaplain; Lynnwood Cain, Corpus Christi Chamber of Commerce; Cmdr. William Hearther, Commanding Officer, VT-31; Lt. Col. Robert Blagg, USAF, Commanding Officer, VT-35; Capt. Robert Paulison, Commanding Officer, Coast Guard Sector Corpus Christi; Capt. Dave Price, Commodore, TW-4; Rear Adm. William G. Sizemore II, Chief of Naval Air Training.

Wingees, in alphabetical order: Ensign Derrick Robert Bruce; 2nd Lt. Matthew Henry Buchholtz, USAF; Lt. Aaron John Chandler; 2nd Lt. Catherine R. Chappell, USAF; Ensign Gregory Daniel Ewing; Ensign Ever Mauricio Garay; Ensign Michael Edward Glynn; Ensign Cory Michael Hilgart; Lt. j.g. Harry Bruce Jeffries V, USCG; 2nd Lt. Bryce Lawrence Johnson, USAF; Lt. j.g. Lauren Marie Power, USCG; Ensign John William Vine.

NASCC Military & Civilian Awards — March 4



Photo by Rod Hafemeister

Naval Air Station Corpus Christi held a joint military and civilian awards ceremony March 4. Pictured awardees include: Junior Sailor of the Year for 2009 MA3 Matthew Snyder; Sailor of the Quarter, 4th Quarter 2009 AC2 Stephanie Lollis; Junior Sailor of the Quarter, 4th Quarter 2009 BM3 Dustin Palmertree; Navy and Marine Corps Achievement Medals, MA2 Michael McIlrath and AC2 Dimera Witherspoon; Good Conduct Medal AD2 Islaam Elamin, BM3 Max J. Graevell, BM2 Roy Salas and EN3 Damon Savage. Civilian awardees included Senior Civilian of the Year for 2009 Diana Zavala (also Senior Civilian of the 4th Quarter); Civilian of the Year for 2009 Keith Young (also Civilian of the 4th Quarter); 10-year Service Guillermo Trevino and Jeffrey J. Wesbrooks; 15-Year Service Walter L. Clark and Keith A. Young; 20-Year Service Jose D. Flores and Ronald L. Vickers; 25-Year Service Felix M. Hernandez; and 30-Year Service Judy A. Martin.



BEST BITES DINING GUIDE

APRIL 10, 2010



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Please visit www.sparklingcityhumanegala.com for more information or call Cheryl at 361-855-7387.

An Evening Fundraiser For The Animals!

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7:00 – 11:00 p.m.
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20's Costume
Venue: Seated Meal,
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Competition, Silent
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Healthy Crispy Oven Fried Chicken

1/2 cup milk, low fat (1%), or buttermilk	2 teaspoon crushed red pepper
1 teaspoon poultry seasoning	1 teaspoon ground ginger
1 cup cereal, Cornflakes, crumbled	4 skinless chicken drumsticks
1 1/2 tablespoon onion powder	4 skinless chicken, breasts
1 1/2 tablespoon garlic powder	1 dash paprika
2 teaspoon black pepper	1 teaspoon vegetable oil



Preheat oven to 350 degrees F. Add half teaspoon of poultry seasoning to milk. Combine all other spices with cornflake crumbs and place in plastic bag. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs. Refrigerate for one hour. Remove from refrigerator and sprinkle lightly with paprika for color. Evenly space chicken on greased baking pan. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30 to 40 minutes or until meat can be easily pulled away from bone with fork. Drumsticks may require less baking time than breasts. (Do not turn chicken during baking.) Crumbs will form crispy "skin."

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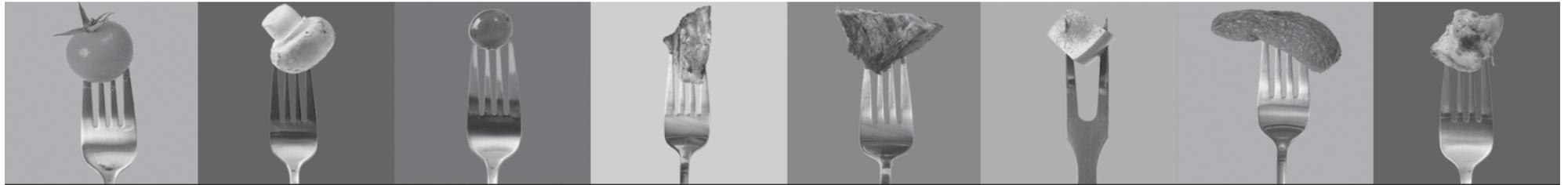
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BEST BITES DINING GUIDE

What's Happening

continued from page 11

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.

Corpus Christi Parks & Recreation Department 2010 Beach Parking Permits are available now. Permits are required on most areas of the gulf beaches which are posted on-site. The permits need to be displayed on the vehicle windshields. Permits are sold year-round at the following locations: Academy, Stripes, City of Corpus Christi (Central Cashiering), City of Port Aransas, H-E-B (stores 4, 5, 6, 7, 12, 13, Aransas Pass and Flour Bluff), Corpus Christi Convention and Visitors Bureau, Nueces County Padre Bali Park Headquarters, and Texas Star. The cost for the permit is \$12.

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! SECOND SATURDAY OF EACH MONTH

The United States Submarine Veterans, Inc., meets at 11 a.m. at the Silverado Smokehouse on Weber. Contact: SubVetBoddy@gmail.com or 361-876-0042.

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

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IRS Form 8332: New rules about releasing or revoking a claim of exemption for a minor child

by Cmdr. Kevin Whitmore, Legal Service Office Southeast.

One of the more complicated – and often contentious – aspects of a divorce involves which parent gets to claim the children as income tax exemptions.

Divorced or separated parents sometimes quarreled over who can claim the child or children on their tax returns.

This was especially true if the issue was not clearly spelled out in a divorce decree or separation agreement.

The Internal Revenue Service has attempted to eliminate confusion with new rules concerning “Release/Revocation of Release of Claim for Exemption for Child by Custodial Parent.”

The new rule states simply that the custodial parent (defined as the parent who the child lives with for at least 183 days out of the corresponding tax year) has the right to take the tax exemption for the child.

However, there is no requirement that the custodial parent exercise that right.

The non-custodial parent can take the exemption and the IRS will allow it so long as the custodial parent does not attempt to take the exemption as well.

statement which contains the same information required by the form.

The custodial parent agrees in writing to allow the non-custodial parent to claim the child for the current year or for future years.

When the non-custodial parent files his or her tax return, he or she must attach the IRS Form 8332 to the tax return.

If you think it is unfair that non-custodial parents whose 2009 divorce decrees awarded them the right to take the child exemption now have to go hat-in-hand to the ex-spouse for a signature on IRS Form 8332, especially when the non-custodial parent may have counted on taking the child exemption when child support obligations were calculated, you are not alone.

But, be aware of the rule.

Once the custodial parent give the release to the non-custodial parents, it remains in effect until the custodial parent revokes the release in writing, also using IRS Form 8332 or a similar statement.

In other words, the custodial parent must complete the same IRS Form 8332 and provide a copy to the non-custodial parent.

“The custodial parent agrees in writing to allow the non-custodial parent to claim the child for the current year or for future years.

“When the non-custodial parent files his or her tax return, he or she must attach the IRS Form 8332 to the tax return.”

When both parents attempt to take the exemption, the IRS needs to decide who is entitled to take it.

In past years, a divorce decree could transfer the right to take the exemption to a non-custodial parent.

However, divorce decrees written in 2009 (and presumably after) do not transfer this right.

The new IRS requirement nullifies any clause in a 2009 decree granting the non-custodial parent the right to claim the exemption for the child.

For those who settled their divorces on or before New Year's Eve 2008, their divorce decrees are grandfathered, and the new IRS rule does not take what the judge gave.

But for any divorce in 2009 and later, the custodial parent must now officially give permission to the non-custodial parent to take the exemptions and notify the IRS

Notification can be made by completing IRS Form 8332, Release/Revocation of Release of Claim to Exemption for Child by Custodial Parent or by signing a similar

The custodial parent must attach the revocation, IRS Form 8332, to his or her tax return.

However, here's the catch. The revocation will be effective no earlier than the tax year following the year in which you provided the non-custodial parent with a copy of the revocation.

For example, if you give the revocation, IRS Form 8332, to the non-custodial parent in 2009, the earliest tax year the revocation can be effective is 2010.

It appears not to matter whether you give the revocation to the non-custodial parent in January 2010 hoping to file and to claim the child on your tax return due by April 2010, but you must wait until the following year to claim the child on your tax return.

The bottom-line: if this matter still confuses you, please consult a tax professional or call the IRS. Nevertheless, the IRS Form 8332 requires custodial and non-custodial parents to deal with each other in writing when it comes to who claims the child or children on their tax returns.

Legal assistance attorneys are available to help at NAS Corpus Christi at (361) 961-3765. This article is not intended to substitute for the personal advice of a licensed attorney.

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Sailors now can verify medical readiness online

by Lt. Cmdr. James R. Hagen, NAVMISSA

Navy Medicine Information Systems Support Activity (NAVMISSA) in San Antonio has developed an on-line program allows Sailors for the first time to monitor their Individual Medical Readiness (IMR) status online.

Sailors can review their IMR medical and dental data from the Medical Readiness Reporting System (MRRS) via BUPERS Online (BOL). The IMR status determines if a Sailor is medically eligible to deploy.

"This additional application within BOL allows Sailors to ensure that all of their IMR requirements are current and see what their current IMR status is," said Elaine A. Shorkey, a NAVMISSA external liaison and project lead.

Maintaining accurate IMR status through MRRS is a high priority within Navy Medicine and directly supports Navy Medicine's goal of a fit and healthy force.

"The ability for individuals to monitor their IMR status will help to promote a healthy naval force and ensure our warfighters are medically prepared to meet their mission," said Capt. Tina L. Ortiz, NAVMISSA commanding officer. "It's every Sailor's responsibility to maintain their individual medical readiness. This tool empowers them to keep track of their IMR status and update it as necessary."

The new application displays information in an easy-to-follow format resembling a report card. Sailors can see their physical health assessments, laboratory results, dental readiness, and any medical conditions that may prohibit or limit deployment and post-deployment health assessments. It also shows when immunizations should be administered and when upcoming assessments should be completed.

A Sailor's overall IMR status is assessed into one of four categories: fully medically ready, partially medically ready, not medically ready and medical readiness indeterminate.

A fully ready status means the Sailor is current in all medical categories, is not considered at risk of a dental emergency and is deployable worldwide. A partially ready status means the Sailor lacks one or more immunization, laboratory results or medical equipment such as a gas mask insert.

Not medically ready means the Sailor has a chronic or prolonged deployment-limiting condition and cannot deploy. This status includes Sailors who are hospitalized or convalescing from serious illness or injury, or they fall into a dental class three – considered to be at an increased risk to experience a dental emergency.

The last category, medical readiness indeterminate, applies to Sailors whose health status cannot be determined because of missing information such as lost medical records or an overdue assessment.

Sailors can view their medical readiness status on <https://www.bol.navy.mil> by clicking on the IMR Status link under the BOL Application Menu.



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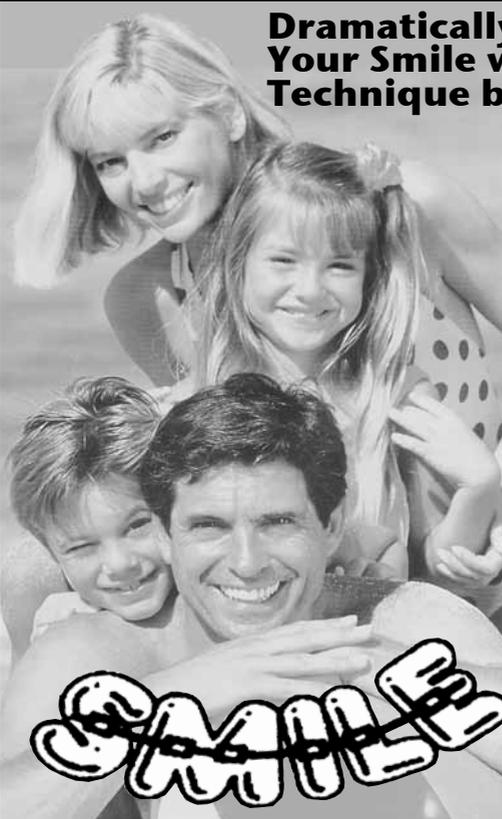
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Judy Martin — 30 years service



NASCC Commanding Officer Capt. Randy Pierson presents Judy A. Martin with a certificate recognizing her 30 years of federal service during a March 4 awards ceremony.

Photo by Rod Hafemeister



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NASCC Commanding Officer Capt. Randy Pierson presents Information Systems Technology Chief Petty Officer Regina White with her Certificate of Reenlistment while her son, Dantone, stands by. White reenlisted March 2 and will soon be transferring to Guam with her family. Photo by Rod Hafemeister

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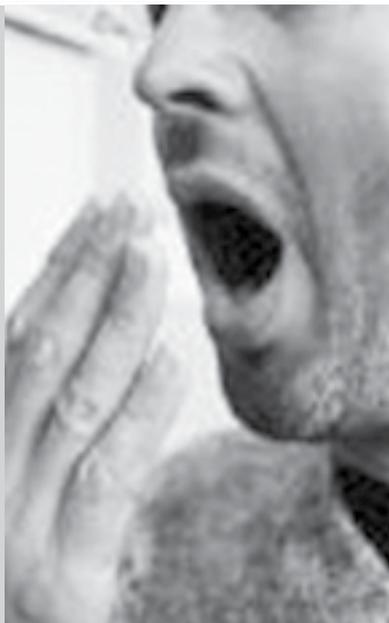
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PW Employee of the Month - Jan.



Public works Officer Cmdr. Mike Ser presents Bill Kronk with the Public Works Employee of the Month for January award.

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PW Employee of the Month - Feb.



Public works Officer Cmdr. Mike Ser presents Charlie Potts with the Public Works Employee of the Month for February award.

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Expanded commissary shipments help Navy Exchange support Haiti relief efforts

by Kevin L. Robinson, DeCA public affairs

FORT LEE, Va. – The Defense Commissary Agency sent extra shipments of grocery-related supplies to the Naval Exchange Service Command's NEXMART store at Naval Station Guantanamo Bay, Cuba.

The shipments expanded that store's ability to support an influx of military personnel supporting Operation Unified Response, the U.S. military's relief effort in Haiti.

"As the Department of Defense engages in this herculean humanitarian relief effort in Haiti, we stand prepared to support our troops as needed," said DeCA Director and CEO Philip E. Sakowitz Jr. "We already have an existing supply agreement with the Navy Exchange in Cuba, so we were ready to help."

The commissary agency's supply agreement with NEXCOM means that the NEXMART in Cuba is normally supplied perishable and nonperishable goods via a commercial distributor. NEXCOM needed to increase these shipments to accommodate the addition of U.S. military personnel to Guantanamo Bay to support the Haiti relief effort, said Randy Eller, who is overseeing the operation as chief of the grocery division in DeCA's operations directorate.

From January to February, DeCA arranged for 13 additional containers of products in three shipments to be added to the regular NEXMART supply shipment. Ordinarily, NEXCOM receives an average of 27 containers of commissary products per month, including various cases of soup, tuna, salmon, oysters, vegetables, beans, corned beef, canned sausages, cereal, powdered milk, coffee, juice, sports drinks and personal hygiene products. A container weighs about 40,000 to 45,000 pounds.

"We are very involved in supporting NEXCOM operations in Gitmo," Eller said. "This is strictly the military resale side of the house for service members – not Haiti relief. However, some of our commissaries are receiving requests for water from the units deploying to Haiti."

In the opening days of the relief mission, GITMO became home to more than 100 service members assigned the joint logistics hub set up to help manage the personnel, food and equipment involved in Operation Unified Response.

Supporting military activities during emergency operations is nothing new to DeCA. During a crisis operation, the commissary agency is authorized by DoD to support local military commanders with commissary products as needed.

"Our mission to provide the commissary benefit includes supporting the U.S. military whenever and wherever we are called to do so," Sakowitz said. "We are proud to help them as they help the Haitian people recover from this disaster."

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March 2010 ISSUE



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FOR MORE INFORMATION -
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Candy is a full blooded rottweiler. She is full-grown and approximately 3 years old. Limping when we found her, x-rays revealed 10 pins placed in her pelvis and both legs due to a prior injury (possibly hit by a car.) Some of her fractures did not heal properly and never will. Candy must be placed in a home where she is able to live inside and take it easy. She is also healing from a collar embedded in her neck. On the bright side, Candy remains a loving and happy girl. She still likes to run and play in the backyard. Her foster mom named her Candy because she is so sweet! If you think you can provide Candy with the forever home she needs, please call.



Roxy was found wandering outside of the city limits and is believed to be a Shiba Inu. She is 1 1/2 years old, spayed, current on shots, and on heartworm prevention. Roxy is crate trained but must have a backyard to run and play since she is very active! Roxy has been living in a foster home and is nicely socialized. Her foster parents can answer any questions you have about this beautiful girl. If you would like to meet Roxy, please email fortheloveofstrays@yahoo.com



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