

WINGSPAN



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Naval Air Station Corpus Christi, Texas

July 29, 2010

CNRSE leaders visit South Texas for 'off-site' discussions

Story & photos by Bob Torres

The Navy Region Southeast Commander, Rear Admiral Tim Alexander, and his Executive Steering Committee visited Naval Air Station Corpus Christi July 12 through 14 for an "off-site" conference.

The ESC is comprised of the commanding officers of the CNRSE bases and senior CNRSE staff members.

"I have been hesitant to go outside the Jacksonville area because of the cost," Alexander said.

"But this has opened my eyes to the added benefit of getting to another portion of the OAR (Operating Area of Responsibility) and seeing another Skipper's challenges. I think there's value there too."

The group met and discussed issues that applied to their individual

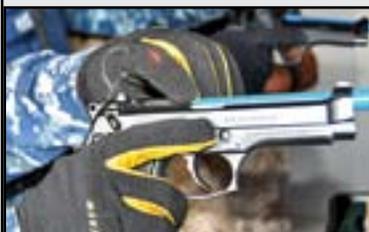
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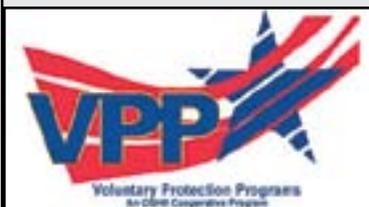
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Fire Chief John Morris (l.) briefs members of the CNRSE Executive Steering Committee on fire and emergency training during their visit to NASCC fire training site.

CCAD fishermen rescue sailor and companion

Story and photo by Ed Mickley, CCAD Public Affairs

What began as a calm summer morning to find the 'reds' lurking in the shallows of Corpus Christi Bay changed rapidly when two fishermen spotted an odd-looking, green item bobbing a short distance from their boat.

Jason Perez, an employee of the Corpus Christi Army Depot, and cousin, Aldo Morin of Beeville, launched their 24-foot Carolina Skiff the morning of June 20, to find a few fish.

What they found, in the bay north of Naval Air Station Corpus Christi, was a sailor floating in a green life vest several miles from his capsized catamaran.

"It was just another great day for fishing," Perez said. "The wind was about five to 10 miles an hour and the water was smooth.

"We headed from the [JFK] Causeway into the bay to fish around Oso Bridge."

That morning, Paul Sova, and his girlfriend, Anna, readied their 16-foot Hobie Cat and launched from Sunfish Beach at NASCC.

Sova is employed with the Aviation and Missile Research Development and Engineering Center adjacent to CCAD,

The pair sailed the Hobie Cat along the Intracoastal Waterway to Port Aransas.

A great day for sailing, the wind was light but breezy and the water not-too-choppy.

The trip was smooth, with the boat cutting along nicely.

On the return journey, the wind growled and the chop grew.

Sova was on the trapeze when the boat rode high on one pontoon, Anna shifted to the other side and over it went.

They found themselves in the water, with the boat's sail and mast buried into the shallow depth of the bay.

After attempts to right the Hobie failed, they broke the "cardinal rule of boating," Sova said.

"We left the boat to try and swim to shore."

Fortunately they wore life

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Paul Sova (left) and Jason Perez get together in front of the Corpus Christi Army Depot building where both are employed. On June 20, Perez and his cousin rescued Sova and his girlfriend following a boating accident.

Skipper's Column Motorcycle training changes

by Capt. Randy Pierson



Pierson

Military and Civilian Base Motorcyclists, I wanted to ensure you are aware that we are in the process of constructing a new Motorcycle Training Range in the vicinity of our Fire Training Facility and Dog Kennel (Okinawa Street).

Beginning in 1987, NASCC has utilized an area on the Seawall that was built in 1941 for Motorcycle Training. It has been less than ideal.

The new facility will offer students a training environment that will enable them

to learn the skills required to operate a motorcycle safely.

The Basic Rider, Experienced Rider, and Military Sport Bike Courses will be conducted on this new Range.

If you plan to buy a motorcycle or if you are just thinking about buying one, you can take the Basic Rider Course using a training bike provided by the installation.

NASCC also has a new training instructor.

Charles Young, Cape Fox Training Instructor, came on board in May and has been working diligently to accommodate the needs of all students.

Young has been instructing courses for three years in this area.

All personnel who wish to ride on the installation are required to have current motorcycle training on file. If you haven't taken a class, or are not current, you need to

sign up for training.

Students may register for a Motorcycle Training Course at www.navymotorcyclerider.com or the ESAMS website at www.hgwllc.com.

Go to the Training Schedule and enroll. Courses are scheduled at NASCC through the end of 2010.

For more information on the training, Charles Young can be reached at 361-516-6397 or on his cell phone at 361-726-7686.

As of July 12, there have been 11 Navy Military Motorcycle fatalities in fiscal year 2010, compared to eight for the same time frame in FY09; a 27 percent increase.

There is no doubt motorcyclists drive at risk. The key is mitigation of those risks through excellent training and awareness, all of which is provided right here at Naval Air Station Corpus Christi.

Enjoy riding, and ride safe!

Chaplain's Message Second Chances

by Lt. Cmdr. Gabriel Mensah, Chaplain

"An Occurrence at Owl Creek Bridge" is a short novel by Ambrose Bierce; it was adapted for film in 1962, winning the Academy Award for Best Live Action Short Film for that year.

It is the story of Peyton Farquhar, a Southern farmer who is about to be hanged by the Union army for trying to destroy the railroad bridge at Owl Creek.

At the signal of the Army captain, the plank on which Farquhar stood was tilted and he was supposed to fall straight downward between two ties through the bridge.

But inexplicably, the rope broke and Farquhar plunged into the stream 20 feet below. He began to swim vigorously, with quick, downward strokes.

His mind was extremely alert to his

surroundings. He felt the ripples upon his face and heard with distinct detail every little sound they made. He looked at the forest on the bank of the stream, saw the individual trees – he could even make out the veining of each leaf.

Suddenly he began to see nature like he had never seen before. Everything he saw was so beautiful and alive.

Just then he heard something struck the water, followed by another, and another. It turned out one of the sentinels was shooting at him.

He dived as deeply as he could and swam as vigorously as he could, and managed to escape the onslaught of the bullets.

He journeyed through the forest all night until he found a familiar trail that led

him to the gate of his white fenced house.

As he pushed open the gate, his beautiful wife came running toward him, and as he is about to hug and kiss her, the scene goes back to the bridge at Owl Creek – only this time we see Peyton Farquhar dead; his body, with a broken neck, swinging gently from side to side beneath the timber of the Owl Creek bridge.

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Mensah

Editor's Corner

by Rod Hafemeister



Hafemeister

We've all heard some variation of the "There I was..." story.

You know: "There I was, knee-deep in grenade pins, a .50-cal in one hand and a Mk 19 in the other, with a thousand (insert appropriate ethnic/racial or cultural slur here) comin' through the wire..."

War stories, Sea stories, whatever – throwing a little bull around is a long-standing and honorable tradition in the military.

What's not honorable is claiming awards, decorations and honors that were never earned.

But while dozens of people have been charged with violating the Stolen Valor Act of 2006, it's looking like simply lying about medals is not going to be illegal – a federal judge has ruled that the law is an unconstitutional restriction on free speech.

The case involved Rick Glen Strandlof, a 32-year-old Colorado man who claimed to be wounded in Iraq while serving as a Marine and to have received the Purple Heart and the Silver Star.

In fact, he claimed to be former Marine Capt. Rick Duncan and founded the Colorado Veterans Alliance and tried to raise funds under that name.

The Marine Corps had no record the guy had ever served, under either name, much less received a Silver Star.

(Claims of high awards often are a red flag; these guys tend to figure if they are going to lie, lie big!)

Feds charged him with five misdemeanors

under the Stolen Valor Act, each for making false claims about receiving military decorations.

On July 16, U.S. District Judge Robert E. Blackburn dismissed the case and ruled that the Stolen Valor Act is "facially unconstitutional" because it violates free speech.

Federal prosecutors haven't announced whether they will appeal, but it's likely.

Strandlof and a California case, currently under appeal, are the only cases where the charges were solely based on speech; other prosecutions have involved someone getting an actual benefit such as gifts, VA benefits, etc.

Judge Blackburn's ruling was that, without evidence of benefit or damages to someone, the law is unconstitutional.

(News reports have not explained why charges against Strandlof didn't include false solicitation of funds, but depending on what

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Wingspan

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St. Leo University NASCC Center graduation - June 25



Saint Leo University's Continuing Education Center on board Naval Air Station Corpus Christi hosted a commencement ceremony for the 2010 Texas graduating class on June 25 at Our Lady of Guadalupe Catholic Church in Corpus Christi. Photo by Bob Torres



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Officials break ground for Coastal Bend State Veterans Cemetery



The weather was damp but spirits were high July 23 when state and local leaders broke ground for the Coastal Bend State Veterans Cemetery. The Cemetery, off Carbon Plant Road at I-37, will be on 54-acres donated by Flint Hills Resources. Construction is expected to take 18 months. It will be the fourth Texas State Veterans Cemetery constructed since 2003, joining ones built in Killeen, Mission and Abilene. The state cemeteries, owned and operated by the Texas Veterans Land Board, complement the four national veterans cemeteries in San Antonio, Houston, Dallas-Fort Worth and El Paso. All burial benefits entitled to eligible

veterans, such as a burial flag, grave marker, Presidential Memorial Certificate, or military honors, may be used at Texas State Veterans Cemeteries. The Coastal Bend State Veterans Cemetery will coordinate with U.S. Department of Defense units or Veterans Service Organizations in nearby communities for military honors at burials.

(above left) NASCC CO Capt. Randy Pierson addresses the more than 100 veterans and supporters at the ground breaking while (above right) Noe Bocanegra watches the proceedings from his wheelchair. Photos by Bob Torres

*Blessed is the nation
whose God is the Lord.*

- PSALM 33:12

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Navigating through Unfamiliar Seas – Transitioning from Military to Civilian Life (Part 5 of 5)

Adaptability and Flexibility

by Tito Perez, TAP Manager, F&FSC

Adapt: to adjust oneself to different conditions, environments, circumstances; Flexible: to be responsive to unforeseen, unexpected change.

You may know the story of the little tree who admired a neighboring tall and strong big tree, aspiring to grow to its same stature.

One day a powerful storm with strong winds came. As the winds increased, the little tree swayed and bent, but the majestic, proud tree refused to bow and remained stout.

Soon the winds proved too strong and the big tree succumbed; its trunk broken, it fell to the ground.

The little tree was shocked and dismayed, failing to grasp the lesson: Those who refuse to adapt and remain flexible in the face of a stronger, irresistible force are destined to be overcome.

As you proceed on your transition from military to civilian life, you need to be mentally and emotionally ready to be flexible and adaptable.

When confronted by the unexpected and unforeseen, you can regroup, refocus, and readjust to change.

Rather than challenging an impending, storm, wise mariners seek a safe harbor or avoid the threat by changing course.

Those who cannot escape nature's fury must use their seaman skills to ride out storms.

In all cases, sailors must adapt to the realities they experience.

As you begin your transition journey, no one can guarantee you fair winds and following seas.

What can almost be guaranteed is that nothing ever goes exactly according to plan.

The innate tendency to maintain internal stability when confronted by any situation or stimulus that tends to disturb normal conditions or functions is called homeostasis.

It is only important to remember the term in the context of our physiological makeup that seeks balance and normalcy.

These natural tendencies help explain why, psychologically, we tend to resist any change that we perceive as disruptive or unnecessary.

When we are not sailing on an even keel, sensing a loss of control, we are more apt to experiencing feelings of anxiety, sadness, and depression.

Experienced sailors learn to live by the creed "Carpe Diem" – "Seize the Day" – accepting their realities and difficulties without immediately dwelling on the "why" and instead concerning themselves with the "what now."

This proactive approach ensures survival and success.

Embracing change as a natural, and even

healthy, process will also enable you to accept the change as something to be addressed and resolved, not feared, dreaded, or even worse, ignored.

If you are the type who considers change as unfair or unjust, you are destined to experience disruptive choppy waves of disappointment and potential gale force winds of discontent that will make your journey more tasking, arduous, and challenging than it needs to be.

As change manifests itself, view it as an opportunity to learn and experience new adventures that do not portend the appearance of frightful dragons bent on ending your journey.

To seasoned sailors, a storm of change brewing on the horizon signals the need to prepare to deal with the inevitable. What you do prior to the arrival of change will determine whether you will fail or succeed.

Are you ready to go underway?

Hopefully, you now feel a little bit more prepared. You understand the need to bring together a good crew including NCC's, TAP and FFSC personnel, family, and other team members that can contribute to the operation and navigation of your ship.

You have a better understanding of the need to plan and prepare and to make clear the objectives and goals of your mission.



You recognize that a certain amount of stress and anxiety are normal with any change in life and accept it as a normal, and even healthy, response to external stimuli.

You have a greater appreciation for the need to be flexible and adaptable when experiencing unforeseen, unexpected events and situations.

Accept that though blue-black clouds may begin to form and swirl on your horizon, you now know that beyond the stormy sea lies your fate and destiny.

Take charge, issue the command to set sail and begin your journey on the "U.S.S Transition."



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Corpus Christi Army Depot achieves VPP Star status

by Ed Mickley, CCAD Public Affairs

Corpus Christi Army Depot earned VPP Star Status for excellence in employee safety and health following an on-site visit and evaluation by the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA).

The Voluntary Protection Program achievement culminates a five-year effort to improve safety conditions for the workforce at the depot.

"This accomplishment is the result of 5,500-plus employees working together toward a significant and desirable goal," said Col. Christopher B. Carlile, CCAD Commander.

"It sets the tone, but does not end here. This ensures employee safety is a top priority. We'll move from this point forward."

CCAD joins Tobyhanna Army Depot and Crane Army Ammunition Activity as only the third Army Materiel Command organization to receive the designation.

The depot decided to improve its occupational safety and health programs after being listed on the Department of Defense's Federal Employees' Compensation Act Top 40 list in 2005.

The FECA list is an indicator for lost time incidents and days off due to injuries; making the list means the organization has higher than average on-the-job injury rates.

CCAD Safety team members coordinated with OSHA in 2005 to instill a safety-first culture within the workforce to ensure a safe working environment for its employees.

As a result, lost-time incidents, total-days-off and lost-production hours are decreasing annually while production hours are on the rise.

In 2009, CCAD dropped off the FECA Top 40 list. The indicators, Total Case Incident Rate (TCIR) and Days Away Restricted/Transfer (DART), have improved

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jackets. The couple, not making the shore, floated for more than three hours, ending up miles from the boat.

Then along came Perez and Morin. They were about 250 yards from Sova when they spotted his green life jacket.

"When we started going back, around 12:30 p.m., I noticed something green floating on the water. It looked strange. Something wasn't quite right," Perez said.

"When we got close, I noticed his arm. It took about 10 to 15 seconds for him to realize who we were."

Sova, waterlogged and dazed, asked the men to look for his girlfriend.

Perez and Morin pulled him into the boat then began searching for the woman.

Moments later, they found her a quarter mile away, arms waving.

After both sailors were in the skiff and had regained their strength, Sova asked if they would search for his catamaran, with a multi-colored sail and blue trampoline.



significantly – down to one-third what they were in 2006.

"You have joined an elite group of organizations that provide exemplary occupational safety and health protection and serve as models for others," said a letter from the Assistant Secretary for OSHA, David Michaels, congratulating CCAD.

"Your qualification for OSHA's premiere recognition program is a testament to the efforts you and your employees have made to develop and implement a VPP-quality safety and health management system."

Corpus Christi Army Depot joins an elite corps of almost 2,200 worksites nationwide that have earned VPP Star status including local South Texas industry leaders: Naval Health Clinic Corpus Christi, Valero, Flint Hills, Koch Carbon's Petroleum Coke Facility, Scott Electric at Valero, Lyondell, Celanese Chemicals & Ticona Polymer Facility and US Ecology, Inc.

The depot employs approximately 5,600 Dept. of Defense civilians and contractors, who work to overhaul, repair, modify, retrofit and modernize DoD rotary wing aircraft in support of Warfighters.

The depot also trains National Guard, Army Reserve, Active Duty Army and friendly foreign military and provides worldwide on-site maintenance, aircraft crash analysis, oil analysis and chemical/metallurgical support.

Searching for several hours to no avail, Perez, low on gas, decided to return to the beach. As they turned, Anna spotted one pontoon in the air several hundred yards away.

Feeling better, Sova jumped onboard his sailboat.

With the help of Perez's engine and a towline, they managed to right the Cat.

Morin, almost 230 lbs., hopped onboard to keep it from going over again in the stiff wind and heavy chop.

Seeing Sova's exhaustion and the rough weather, Perez suggested a tow back to the beach.

"We started to tow, but realized we were running on fumes," said Perez.

After a cell phone call, a stop along Ocean Drive and a friend's can of fuel, Perez returned to assist the sailors.

They finished the tow, returning the sailboat and one tired, yet very grateful couple to dry land.

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he did, there may not have been a federal charge.)

Civil libertarians have held that Congress went too far when it passed the Stolen Valor Act, effectively claiming that any speech that was not true could be considered a criminal offense.

There's a certain irony there – two politicians this year have run into trouble for overstating their military service.

One claims he misspoke at a function where he talked about returning from Vietnam.

His resume and public statements apparently have consistently indicated he was a Vietnam Era vet – served during the Vietnam War, but not in Vietnam – so he seems to have escaped most criticism.

The other, however, has been exposed for claiming an individual award as Intelligence Officer of the Year when, in fact, the only award was a unit award to his Reserve unit.

Smelling blood in the water, journalists and his opponent dug deeper and also blasted him for claiming to have “deployed” to the Middle East theater when all he did was drop in for a couple days during his two-week annual Reserve duty.

They're not alone, though.

The former command sergeant major for Walter Reed Medical Center was fired in May and is under investigation for allegedly claiming awards, decorations and even service that are not supported by his records.

Sgt. Maj. Stoney N. Crump's claims allegedly included Ranger and Special Forces training, Marine Force Recon duty and combat in Grenada in October 1983 – the same month Marine Corps records show he entered Marine boot camp.

The Army also is dealing with Jesse Bernard Johnston III, 26, who claimed prior Marine Corps service and enlisted in the Army Reserve as a sergeant in February.

Marines say he never was one; the investigation began when an Army officer questioned some of the awards Johnston was wearing from his alleged Marine service.

Those are the easy cases; the military justice system can handle them.

But what about the wannabes out in civilian land?

Like or not, Judge Blackburn is probably correct – outlawing speech without showing any kind of harm has been consistently ruled as violating the First Amendment.

Flag burning as political protest may make your blood boil.

But it's repeatedly been ruled as protected political protest even though obnoxious to most citizens.

Consider it a modern day equivalent of throwing tea into Boston Harbor. British loyalists certainly considered that to be an obnoxious act.

Or consider the other case that Supreme Court will consider later this year: the Westboro Baptist Church protests at the funerals of service members, claiming combat deaths are God's punishment to a corrupt United States.

Federal appeals courts overturned a ruling against them, again citing free speech.

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CNRSE continued from page 1

installations, and issues that affected the entire region.

During lunch and after-hour dinner meetings, the group spent time together getting to better know each other and sharing thoughts of how things worked, or didn't work, at their own bases.

"We'll continue to do this and I think the battle rhythm is to have these about twice a year," Alexander said.

"I welcome their feedback. With everything else that they have going on, I think twice a year is probably about right.

"I think there's value especially for the new folks. We get to know each other socially; they get to interact with the N-codes (personnel) which helps a lot.

"It's good to know who you're talking to when you pick up the phone."



Rear Adm. Tim Alexander, Commander Navy Region Southeast, presented a Letter of Commendation to Michelle Wavell for her work with Naval Medical Research Unit San Antonio during the CNRSE ESC visit to NASCC.

As the group met at the Bay Club a final time for last-minute discussions and "saved rounds," the Admiral took a moment to reflect on this event.

"There are a couple of takeaways," he said, as he stood watching the group begin to shut down.

"There's tremendous improvement in the appearance of the (NASCC) base and I think in the delivery-of-service down here since my visit almost a year and a half ago.

"I'm very, very pleased with that. We have put some focused effort on improving conditions here, both here and at Kingsville. I think we're seeing the fruits of that labor, so I'm pleased with that.

"I've had the opportunity to come back and visit several times, but a lot of the Skippers, perhaps many of them, have never been down here," he continued.

"They may be at a base that has enjoyed better resourcing in the past and have not had the same challenges.

CNRSE continued on page 9

CNRSE continued from page 8

“So it’s good for them to come down here and experience a different set of challenges that Skipper Pierson and you all go through here.

“They learn from this. They can take these lessons back and perhaps improve the way they do things at their bases and they can also share ideas.

“They can say, ‘Hey, this works for me and maybe it can help you down here.’

“There’s a great deal of value in that. The exchange of information and ideas I see as all good.

“They’ve established a relationship – that is the takeaway.”

The Executive Committee comprised Capt. Steve Blaisdell, CO, Naval Base Guantanamo Bay (Cuba); Capt. Aaron Bowman, CO, Naval Station, Mayport, Fla.; Capt. Edward Brown, CO, CBC Gulfport, Miss.; Capt. Charles Gibson, CO, NAS Meridian, Miss.; Capt. Peter Hall, CO, NAS Whiting Field, Fla.; Capt. Brian Harrison, CO, NSA New Orleans, La.; Capt. William Hayes, CO, NSA Athens, Ga.; Capt. James Kuzman, CO, Naval Ordnance Test Unit, Cape Canaveral, Fla.; Capt. Patrick Lefere, CO, NAS Key West, Fla.; Capt. Thomas Luscher, CO, JRB New Orleans, La.; Capt. Mark McLaughlin, CO, NAS Kingsville, Texas; Capt. Jeff McClay, CO, NAS Jacksonville, Fla.; Capt. Doug Morton, CO, NAVFAC, SE, Jacksonville, Fla.; Cmdr. Jessica Pfefferkorn, CO, NSA Panama City, Fla.; Capt. Christopher Plummer, CO, NAS Pensacola, Fla.; Capt. William Reuter, CO NSA Orlando, Fla.; Capt. Tracy Smyers, CO, NAS JRB Fort Worth, Texas; Capt. Wes Stevens, CO, NSB Kings Bay, Ga.; Capt. Timothy Lantz, Region Chaplain, Jacksonville, Fla.; and Program Directors, John Kelly, N-1; Capt. Robert Wylly, N-3; Jim Roundtree, N-5; Capt. Scott Dueker, N-6; Wade Rice, N-8; Bruce Grenier, N-9; Camille Destafney, N-45; Lt. Sual Pavlinksy, Flag Aide, CMDCM Joseph Curtin, Region Master Chief and Brett Tracy, Regional Facilitator.

Free Veterans Information Fair

Tuesday, Aug. 10 - TAMUCC

The Texas Veterans Land Board and Texas A&M University-Corpus Christi Office of Veteran Affairs are hosting a free Veterans Information Fair from 4 to 7 p.m., Aug. 10 in the TAMUCC University Center, 6300 Ocean Drive.

Featured organizations will include: Texas Veterans Land Board, Texas Veterans Commission, VFW, American Legion, Service Recruiters, and TAMUCC Veterans Affairs, Financial Aid and Admissions representatives.

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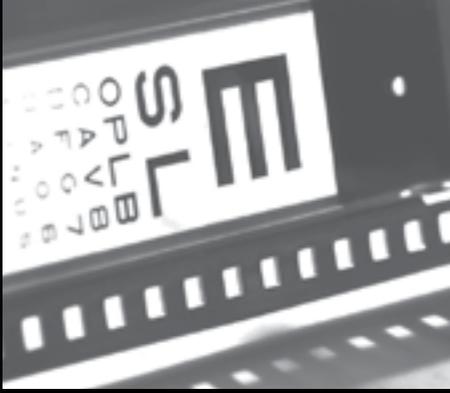
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What’s Happening...page 17

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NASCC Masters at Arms personnel conducted four days of training in late June at Del Mar College's tactical training site. A total of 37 MAs trained using 'simunitions,' with the focus on reactions to different threat situations. (above left) An MA reacts to an attacker with a sword, while having only one round for his pistol. (above right) Two MAs make a dynamic entry into a building. (left) An officer down situation presents a challenge. (right) MAs were briefed both before and after each exercise.

Photos by Bob Torres



NHCCC Sailors awarded Humanitarian Service Medals for Haiti relief



Capt. Randy Kelly, CO of Naval Health Clinic Corpus Christi, on July 16 presented Humanitarian Service Medals to three NHCCC Sailors for their support of Operation Unified Response between Jan. 13 and Feb. 4, following the 7.0 earthquake on Jan. 12. From left are Logistics Specialist 1st Class (SW) Chris Ervin, Hospital Corpsman 1st Class (SW) William Watts and Hospital Corpsman 2nd Class (FMF/SW) Lemarc Harris.

Photos by Bill Love, NHCCC PAO

AWARDS and ACHIEVEMENTS

Winging — July 9



Photo by Hugh Liecek Event Photography

Wiving officials, from left: Lt. Robert Fasnacht, Chaplain; Kresten Cook, Corpus Christi Chamber of Commerce; Lt. Col. Robert Blagg, USAF, Commanding Officer, VT-35; Cmdr. William Hearther, Commanding Officer, VT-31; Col. Marshall Denney III, USMC, Commanding Officer, MATSG-22; Capt. Scott P. Cooledge, Commodore, TW-4.

Wingees, in alphabetical order: Ensign Adam Harold Godfrey; Lt. j.g. John Peter Harrington; Ensign Jeffrey Thomas Hill; 1st Lt. Eric Raymond Kenzik, USAF; Lt. j.g. Thomas Edward Kuhrt; Lt. j.g. Stacy M. Kulczewski; 2nd Lt. Ryan Eric Leadens, USAF; 1st Lt. Ian Scott Learmonth, USMC; Lt. j.g. Brett H. Learner; Lt. j.g. Karl Robert Popejoy; Lt. j.g. Thomas Edward Powers III; Lt. j.g. Davide Emanuele Tamborini, Italian Navy.

NASCC Awards — July 20



Awardees pictured at the July 20 NASCC awards ceremony, from left: AC2 Jamie Smith, Military Outstanding Volunteer Service Medal; BM3 Dustin Palmertree, Letter of Commendation; AO1 Joseph Stackhouse, Letter of Appreciation for Honor Guard; NASCC CO Capt. Randy Pierson; AC3 Omowale J. Browne, Junior Sailor of the Quarter; AA Ricki J. Zellner, Blue Jacket of the Quarter; NASCC Command Master Chief Ken McGlothlin

Photo by Bob Torres

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Commendation for Lt. Robinson



Navy nurse Lt. Jessica J. Robinson received the Navy and Marine Corps Commendation Medal July 9 for meritorious service while serving as the infection prevention and control officer, department head of Staff Education and Training and clinic manager of Primary Care Clinics for Naval Health Clinic Corpus Christi from September 2006 to July 2010. Capt. Randy Kelley, commanding officer, NHCCC, left, presented the award.

Photo by Bill Love, NHCCC PAO

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Commendation for Marcelin-Avila



Capt. Randy Kelley, CO at Naval Health Clinic Corpus Christi, presents a Letter of Commendation from Commander, Navy Medicine Support Command, to Hospital Corpsman 2nd Class (Fleet Marine Force) Enrique Marcelin-Avila for professional achievement while assigned as class adjutant, Class 10005, Pharmacy Technician program, Naval School of Health Sciences, Portsmouth, Va., from November 2009 to April 2010.

Photo by Bill Love, NHCCC PAO

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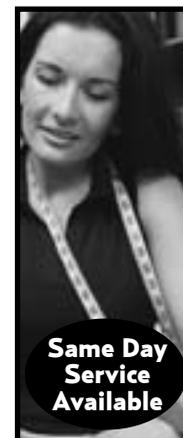


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Ask Dr. Garcia



Garcia

Q: The level and amount of self-disclosure in my marriage has decreased significantly. How can we move towards being more intimate in our communications with each other?

A: In some intimate relationships, including marriages and parent-child relationships, there is unfortunately less self-disclosure than in close relationships.

Among married couples, partners often assume they know each other. Some even finish each other's sentences.

But this assumption can be problematic, inhibiting communication.

Also, couples often allow themselves only "leftover" time to share.

At the end of the day, they may exchange pleasantries, review the day's activities, and talk about friends and the children, but they rarely take the time to talk to each other about their relationship, their hope, and their dreams.

Most married couples take their intimacy for granted.

Consequently, they stop exploring new aspects of each other's personality and feelings.

Some husbands and wives think that love alone will make the spouse understand all their needs and desires: "If she (he) loved me, she (he) would know what I want."

Here's the answer to your question: I'm a true believer that spouses cannot guess their partner's inner feelings.

We are not mind readers nor should we pretend to be. Two people (the husband and the wife) must *tell* each other what they need and want.

Revealing new information allows the other partner to share in one's changes and increases the intimacy of the relationship.

Failure to reveal changes can result in partners "growing apart" from each other.

Q: I have a friend who believes she needs to be "perfect" in how she parents. Are there any effects to this type of parenting style?

Garcia continued on page 15



Anna C. Ashley, DDS, PA

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Garcia continued from page 14

A: Most parents derive real pleasure from their children's accomplishments.

Perfectionist parents carry expectations to an unhealthy extreme.

Their standards are beyond reason; they set impossible goals.

As a result, their children develop the irrational belief that they must be perfect to be accepted.

And since they are not perfect, they are plagued by self-criticism, and their sense of self-worth is minimal.

They become defensive and angry when criticized, a behavior that alienates others and causes the very disapproval they fear.

Over time, they are filled with emotional turmoil and experience more pain than rewards.

As they get older, they avoid intimate relationships because they fear ultimate rejection.

The result is a life of loneliness, devoid of intimacy or closeness.

Even professional success, which they may obtain, seems empty because they can never accept that fact that they are successful enough.

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.

Chaplain continued from page 2

While the reader/audience is led to believe that Peyton Farquhar escaped under miraculous circumstances, it is revealed at the end of the story that he imagined his escape in the split second before his death.

In a sense, he imagined what his life would have been if he had taken the time to smell the proverbial coffee – all the opportunities he had to enjoy the beauty of creation and the most important thing to him, his family.

The tragic story of Peyton Farquhar should hit close to home to all of us.

There are so many things we want to do, but we keep putting them off – for one reason or another.

There are mothers and fathers who want to know their daughters or sons better but they keep putting it off – for some reason or another.

There are husbands and wives who want to deepen their relationship with their spouses but keep putting it off – for some reason or another.

Our days are full of missed opportunities to do the things we want to do, or ought to do.

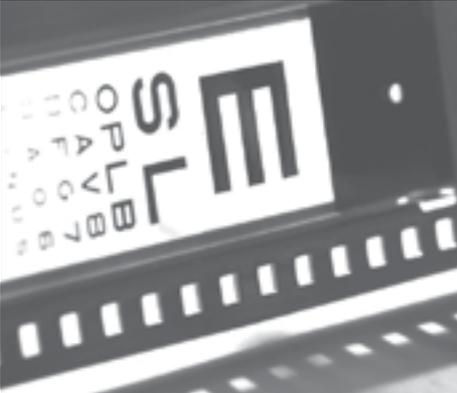
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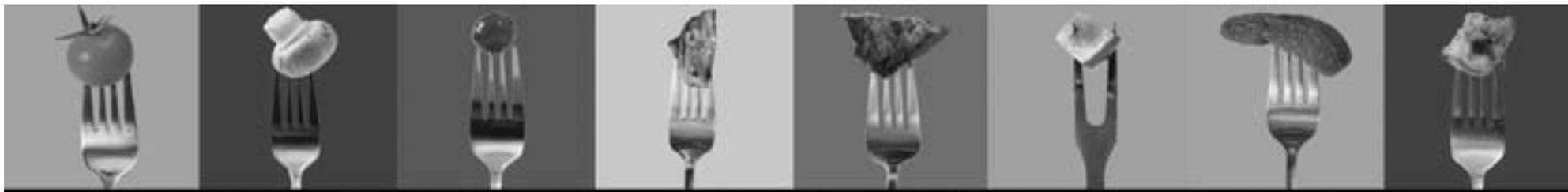
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BEST BITES DINING GUIDE

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Need a refreshing beverage to help you get through another of summer's endless dog days? Try this recipe for "Mora Picante" from Brian Preston-Campbell's "Cool Waters" (Harvard Common Press).



Makes 4 servings
 15 fresh blackberries
 1 1/2 teaspoons ground Ancho Chile
 1 teaspoon ground cinnamon
 4 cups still water
 Ice cubes

- Muddle the blackberries, ancho chile, cinnamon, and 1/2 cup of the water in a glass measuring cup for at least one minute.
- With a ladle, wooden spoon or rubber spatula, force the mixture through a fine-mesh sieve into a large pitcher. Add the remaining water and allow to rest for 15 minutes in the refrigerator.
- Serve the water over ice.

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BEST BITES DINING GUIDE

What's Happening

by Tina Konwerski

Welder Wildlife Foundation FREE Family Friendly Tours Meet at the entrance gate located on Hwy 77 only 7.5 miles north of Sinton. Staff will meet you at the designated tour times. Contact Terry Blandenship, 361-354-2643 www.welderwildlife.org **Thursday Tours 3 pm** See the Museum. Take a 10 mile guided trip around the refuge to view south Texas wildlife and a variety of wildlife habitats. Hear about current research and new educational programs. Tour takes approx 2 hours. **Saturday Tours** This tour includes all of this plus an opportunity to view our Natural History Collections and the Don Bowman Bird Collection. Tour takes approx. 2.5 hours. August 7th, October 2, November 6th and December 4. Reservations Required. Reservations must be made by 4 pm on the Friday before. For reservations call 364-2643

Island in the Sun United Methodist Church will have a Craft Sale on Saturday, July 31, 2010 from 9 AM until 3 PM. **Vendors are needed;** fee for inside booth is \$35. FMI contact Patty Baker (361-949-3276) or Ronnie Shea (361-949-0632).

10th Annual Blackhawk Memorial Golf Tournament - Monday, August 9, 2010, 7:00 a.m. - 5:00 p.m., Padre Isles Country Club. **NEED Sponsors, Players and Prizes!** FMI 361-992-2100. Navy Marine Corps Relief Society has been assisting Sailors, Marines and their families meet their emergency needs since 1904. Last year, 1 out of 6 Sailors and Marines received financial assistance through NMCRS. Navy Marine Corps Relief Society - helping Sailors and Marines since 1904. www.nmcrcs.org

August 19, 2010, 11:45 - 1:00 "Matching the Job to the Volunteer" DOVIA Round Table Discussion at USS LEXINGTON. The discussion will take place in the air conditioned wardroom. Parking tokens provided at no cost. Cart ascending and descending the pier for transportation. Visitors will go down one ladder. Feel free to bring samples of your own volunteer applications and interest sheets to share with the group. Buffet available for \$8 (must RSVP if you plan to eat) Pasta, Green Salad, Sliced Fruit, Garlic Bread, Tea/Water fmi 361-961-3482.

Your FUNDRAISING Event here FREE. Churches, schools and other non-profit organizations send us info on your upcoming fundraising event - 3 weeks prior to the event - approximately 50 words - we will include on a space available basis. Go to www.DJYoungPublishing.com

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Editor continued from page 7

So far, 48 states have signed a brief claiming they have a "compelling interest in protecting the sanctity of funerals."

But conservative libertarians, law schools and various media organizations have filed counter briefs, arguing that a fundamental purpose of the First Amendment is to protect political speech and protest, regardless how obnoxious it may be.

As a long-time court-watcher, a First Amendment supporter and a Soldier, I find myself torn.

There's no need to protect speech that isn't controversial.

And if we start making exceptions beyond the classic "shouting 'fire' in a crowded theater" imminent harm standard, where do we stop?

First Westboro, then some other church out of favor?

Do we prosecute everyone who tells a war story in a bar?

Let's keep the free speech – but oppose those who abuse it.

Westboro has had much less success in recent years because groups like the Patriot Guards run interference.

Just this month, Westboro attempted to protest the Comic-Con in California.

They found themselves vastly outnumbered by counter-protestors, including folks dressed as Iron Man, Thor and even Futurama's Bender and Hypnotoad.

And far more people have simply been exposed for "stealing valor" than could ever be prosecuted.

The bright light of public opinion seems to carry more weight than any legal sanctions.

Let's focus that on the obnoxious ones and keep intact what people fought and died for 230 years ago.

Budget for Baby Class

Navy-Marine Corps Relief Society and Visiting Nurses will be holding their next Budget for Baby class on Aug. 31.

The class will be held from 10 a.m. to noon aboard Naval Air Station Corpus Christi at St. Joseph's Hall, Bldg. 333 Lexington Drive.

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

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- College Planning
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2626 Holly from 10 a.m. – 3 p.m. will be the day to come and adopt a pet. Whether you are looking for a cat or a dog, we have plenty to choose from. We have Siamese cats, beautiful long hair white cats, sweet tabby cats, Chihuahua mix puppies, Chocolate Labs, Rat Terriers, Cattle Dogs, Dachshunds, etc. You will find an amazing selection of animals. Adoption fees are the lowest ever! All animals are fully vaccinated, spayed or neutered, heartworm negative, and microchipped!

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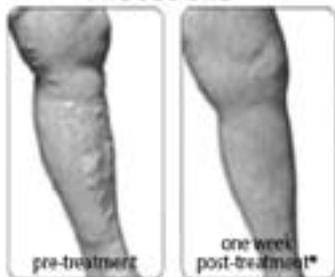
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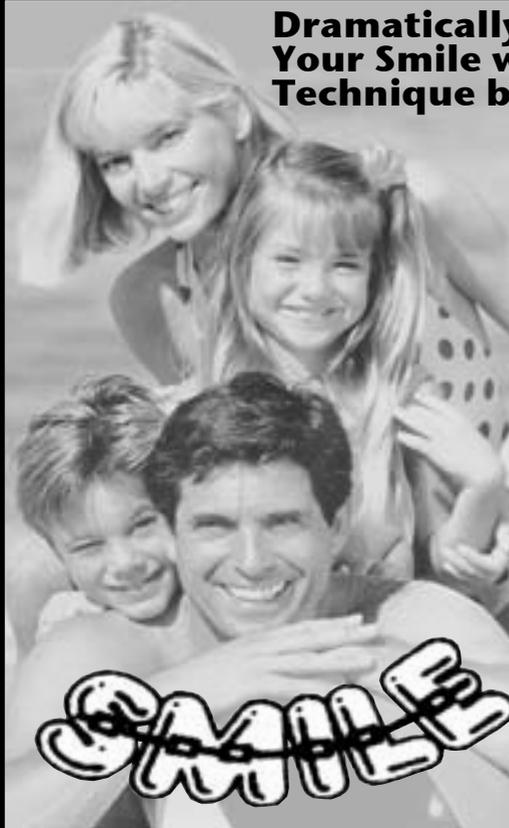
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