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yet?**

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Student pilot awarded Air Medal for expert handling of engine fire emergency on solo flight

by Julie Moeller

A routine training flight became anything but routine when Ensign Jacob Riggs found himself flying a single-engine aircraft – with no engine.

His skilled handling of the emergency brought him back to earth safely – and was recognized with the award of an Air Medal on Sept. 29.

Riggs was fairly well along in his Primary Flight Training when he took off in a T-34 Turbomotor on July 20.

“Because it was my second solo flight in aerobatics, I was a little more comfortable doing all the loops and the whole thing just went really well that day,” Riggs said. “I was relaxed but still paying attention. I was just getting ready to fly home and that’s when it all happened.”

The master caution light began flashing, and a chip detector caution light came on.

“The T-34 does only have one engine, one reduction gearbox and one propeller. The chip light indicates that something is either breaking or knocked loose with either one or more of them,” Riggs said.

“If something in there is breaking or knocked loose something, it’s not good because it can basically stop the whole thing from working.”

Having about 40 hours of training in the T-34, Riggs knew the 33-year-old plane well – including its problems.

“Sometimes we get flashing lights in the cockpit that are caused by problems with the electrical system,” Riggs said.

“On my first flight, we had a firelight that went on. But it was just a problem with the wiring system, so that was what I was hoping for with this one as well.”

Pilot continued on page 10



Rear Adm. Bill Sizemore, Chief Naval Air Training, pins the Air Medal on Ensign Jacob Riggs Sept. 29. Riggs had to glide to a engineless landing while on a solo flight. Photo by Richard Stewart

Combat Correspondent Joe Galloway, author of ‘We Were Soldiers Once...’ here Friday for book-signing at NEX

Story and photo by Bob Torres

Joe Galloway, one of history’s renowned combat correspondents, will be here Friday, Oct. 22, to sign two of his books at the Navy Exchange from 10 a.m., to 2 p.m.

His book, “We Were Soldiers Once... and Young,” was made into a movie starring Mel Gibson and Sam Elliott about the November 1965 battle of the Ia Drang Campaign.

This was the first major clash between American and North Vietnamese regular troops, and one of the bloodiest battles fought during the war.

Galloway, then a 24-year-old reporter, was “embedded” as a correspondent during the entire time.

A Texas native from Refugio, now living part-time in Bayside, Texas and Colorado, Joe spends most of his time traveling, giving



Joe Galloway will be signing books at the NEX from 10 a.m to 2 p.m.

speaking engagements throughout the US.

A second book, “We Are Soldiers Still,” a sequel to “We Were Soldiers Once...and Young,” was also co-authored by Lt. Gen. Hal Moore, published in September 2008 by Random House and is receiving critical acclaim.

In 1998, Galloway was belatedly presented the Bronze Star medal with combat “V” for having rescued a badly wounded soldier in the Ia Drang Valley on Nov. 15, 1965.

He is the only civilian awarded that medal, for valor, from the Army during the Vietnam War.

“Joe Galloway has more time in combat, under fire, than anyone wearing a uniform today,” said retired Gen. Barry McCaffrey.

“He rode along on the 24th Division’s tank charge through 250 miles of the western Iraq desert in the Persian Gulf War, and did a

splendid job of telling the story.”

In addition to Vietnam duty, Joe covered the 1971 India-Pakistan War and half a dozen other regional conflicts during 15 years of foreign service.

He joined U.S. News & World Report as West Coast editor in 1982 and later became a senior writer based at the magazine’s Washington, D.C., headquarters.

In 1990-91, Galloway returned to duty as a war correspondent in the Persian Gulf.

He accompanied the Army’s 24th Mechanized Infantry Division on its tank charge through the western Iraq desert.

Gen. H. Norman Schwarzkopf, who has known him in two wars, calls Galloway “the finest combat correspondent of our generation – a soldier’s reporter and a soldier’s friend.”

Skipper's Column Celebrating our heritage

by Capt. Randy Pierson



Pierson

throughout, to include the Naval Health Clinic and CCAD.

This week I would like to take a moment to thank our military personnel and fine civilians who have reinvigorated our Naval Air Station "Heritage Appreciation."

Of course the installation as a whole has heritage celebrations

However, I felt it appropriate to make special mention of a recently revamped effort within the Naval Air Station that resulted in a wonderful and moving celebration on Oct. 14 for Hispanic Heritage Month.

Starting at the grassroots level, Petty Officer's Blue and Lovell came together and sought support from fellow military and our experienced civilians.

Blind to specific commands, offices or guiding policies, the team set out to bring pride and honor to the greatness of diversity.

They crafted a program celebrating poem, dance, presentation and culinary arts and this first celebration in some time came off without a hitch.

Present from start to finish, I could have not been more proud of the organizers and

generosity of those who contributed to make the event thought provoking, reflective, exciting and warming to the soul.

After all, this was not a program directed by Leadership, but instead was an effort that started from the deckplates and that was successful due to the support of many people.

It was apparent to me and those who attended that this program came from the heart. It brought people together who celebrated more than a heritage – who in fact celebrated humankind.

For any concerns or recommendations regarding Naval Air Station diversity, culture or Command Managed Equal Opportunity, please contact Chief Leonard (john.r.leonard@navy.mil).

Chaplain's Message The spirit of running

by Lt. Rob Fasnacht, Chaplain

Last year, I ran my first marathon in San Antonio.

After I finished the race, I swore off doing it again. But I have since run a half marathon in Dallas and I am training for the full marathon in San Antonio, again.

Needless to say, I spend many hours running.

You may find me running on the treadmill or running around the base, or hear me running and trying to yell cadence with the troops.

Running seems to be mindless. You just put one foot in front of the other and don't stop until you cross the finish line.

That seems to be pretty simple.

As I try to train without hurting myself, I have quickly learned that running is not mindless.

In fact, it requires much concentration – physically, mentally, and spiritually.

Physically, I must focus on my body and

my breathing. I must analyze what hurts or what is tired.

Mentally, I must focus on running. I cannot allow my mind to wander or I will lose the focus to finish.

If my mind is not in the run, my feet will soon not be running either.

Spiritually, I must focus on running with a purpose. When I run, I want to meet my Creator out in His creation. I want to see His artwork in the sunrise and feel His breath in the wind.

When I get all three aspects in line with one another, I feel as if I can run all day.

To sync all three, I focus on my breathing.

As I focus on breathing, my physical body doesn't panic due to exertion.

Mentally, when I focus on breathing, my mind stays sharp on the task at hand and not the to-do list later.

Spiritually, I have learned to use mantras

while running. One mantra I repeat is, "Breath in God." Another one I use is, "He's not here. He is risen."

I time these phrases with my inhalations and exhalations.

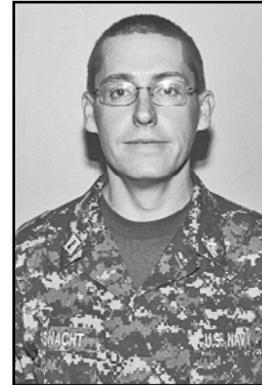
Spiritually, I am repeating truths that stick with me all day.

Mentally I am focused on the task at hand.

Physically, I am properly breathing and moving with ease.

May we all find ways to align our spirit, mind and body.

As always, the Chaplain Department is here to assist in any way we can.



Fasnacht

Editor's Corner

by Rod Hafemeister



Hafemeister

Some of you may remember that, a few months ago, I went on a bit of a rant about Facebook and why I don't have an account.

Still don't – and several recent incidents reminded me why I don't.

The latest news, courtesy of the Wall Street Journal, is that a number of Facebook applications, including such popular ones as FarmVille, TexasHoldEm Poker and FronteirVille, have been snooping into users' personal information, bypassing strict privacy settings.

Worse, they are sending things like a user's unique Facebook ID number to a variety of third-party companies. In some cases, they also are picking up on a user's Friends and their information.

It follows on the latest round of irate parents who have discovered their children's photos have been lifted from Facebook and posted on unsavory sites.

You would think that the people behind Facebook would have learned by now – they have had more than a few public embarrassments about privacy violations.

But it doesn't appear to have hurt their business, so who knows?

Then again, the Top Guy recently got a taste of what can happen.

Facebook recently rolled out a new "Groups" feature that, among other things, let users create groups and then add their Friends

Facebook... again

to those groups – without the Friend giving permission or even knowing about it.

Someone added a couple of high-profile tech types to a new group with a name suggesting members had an improper attraction to younger people of the same gender.

Payback time – one of them turned around and added Facebook Founder and CEO Mark Zuckerberg to the group.

THAT incident seems to have at least prompted some quick improvements in how group members are added!

Now, I know some people almost live on Facebook – and I'm certainly not saying you should quit.

But I would suggest that, whether you're on Facebook or MySpace or CafeMom or whatever – you use a little discretion about what you post and what information you provide.

Wingspan

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Wingspan is an authorized publication for members of the military services, civilian personnel and their families. Its contents do not necessarily reflect the views of the U.S. Government, the Department of Defense, Department of the Navy or the Department of the Army, and do not imply endorsement thereof.

Wingspan is published every other week by D.J. Young Publishing, 145 Naples, Corpus Christi, Texas 78404, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Air Station Corpus Christi, Texas.

The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station, Corpus Christi, Texas. Stories and photos not otherwise attributed are written by the *Wingspan* staff. The address is: Commanding Officer, NAS Corpus Christi, Attn: *Wingspan*, 11001 D St. Suite 143, Corpus Christi, Texas, 78419-5021. All news releases should be sent to the above address.

Please call (361) 961-2674 for deadline information.

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Navy Lodge manager brings energy and special training to the job

Story and photo by Julie Moeller

Since taking over as Manager of the Navy Lodge aboard Naval Air Station Corpus Christi in June, Bobbi Felbinger said she has been pleased with what she found.

"This Navy Lodge pretty much runs itself. I didn't have to walk in and do some major changes," Felbinger said.

Felbinger came to NASCC as her first assignment after completing a Navy Lodge internship program for prospective managers.

"This way I can support the military with my kind of expertise", she said.

Felbinger sat down for an interview in the bright and friendly lounge area of the Navy Lodge.

"This is my first interview ever," she said.

That may have been appropriate – the job as a Navy Lodge Manager is also the Virginia Tech graduate's first experience as a hotel manager.

"I have a college degree in hospitality and tourism and even though this is my first job as a manager, I have other experience working in other hotels and I also have some supervisor experience," she said.

The internship provided Felbinger with training specifically designed to prepare her to work as a hotel manager.

The training included management techniques and finances and also hands-on experience with all the different aspects of the hotel business.



New Manager Bobbi Felbinger mans the desk at the NASCC Navy Lodge

"We would work in all the different departments such as housekeeping, front desk and maintenance," she said.

"It was very useful and you can't be the manager unless you know what the staff does yourself.

"If somebody doesn't show up for work for some reason you might have to step in and do the work yourself".

The Navy Lodge at NASCC is located close to Corpus Christi Bay, giving it a beautiful view of the water.

All the Navy Lodge rooms have two queen size beds, a kitchenette and private bath.

"We also provide a to-go breakfast every morning," Felbinger said.

Working in the Navy Lodge program

instead of an off-base hotel can be very different in some ways, Felbinger said.

For one thing, the clientele is limited to persons with a military ID or other government personnel.

But the long-term working conditions are influenced by the fact that the Navy Lodges are located on several places outside the U.S., such as Naples, Italy and Okinawa, Japan.

"When I graduated, I signed a mobility contract," Felbinger said.

"It means that you are saying 'yes' to being flexible and to being located wherever the Navy Lodge program needs you.

"This was one of the other reasons why I chose the Navy Lodge program. It really gives you an opportunity to travel around the world, experiencing different cultures and people and at the same time being able to help our military personnel outside the U.S. border."

Navy Lodges

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Hispanic Heritage Celebration

The Naval Air Station Corpus Christi Diversity Committee sponsored a celebration and luncheon Oct. 14 as part of Hispanic Heritage Month.

Besides traditional foods from several Latin American countries, the event included a poem and a recitation honoring farm worker and civil rights activist Cesar Chavez by Tito Perez from the Fleet and Family Support Center and a speech honoring famous and little-known Hispanic-Americans by NASCC Career Counselor Chief Sabino Rodriguez.

(left) NEX employee Beth Lewis and her dance instructor, Rudy Rodriguez, perform a salsa dance.

Photo by Rod Hafemeister

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Combined Bachelor Housing opens renovated C-Wing

Capt. Randy Pierson assists Melissa Lopez, Executive Housekeeping; Billie Harvey, CBHO Director; James Rickert, NGIS Manager, USCG personnel, and Navy Lodge and housekeeping personnel for the ribbon-cutting ceremony of "C-Wing" on Oct. 1. After six months and approximately \$1.2 million in renovations, the C-Wing is now open for occupancy.

Photo by Bob Torres



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Congressman and AMC Commanding General meet at CCAD

Story and photo by Ed Mickley, CCAD Public Affairs



Congressman Solomon P. Ortiz is briefed by Gen. Ann E. Dunwoody, Commanding General, Army Materiel Command during a meeting hosted at Corpus Christi Army Depot.

Congressman Solomon P. Ortiz and Gen. Ann E. Dunwoody, Commanding General, Army Materiel Command visited Corpus Christi Army Depot on Sept. 9, to discuss the depot's impact on the local community and the support for Warfighters.

The general, along with Col. Christopher B. Carlile, CCAD Commander, and Jim Dwyer, AMC Director of Support Operations, updated the congressman on issues that included programs, employment, production, community support and AMC's role in empowering the depot.

One potential program is the OH-58C model to "D" model conversion.

Used extensively in Afghanistan, the OH-58 Kiowa Warriors are in short supply due to their supposed phase-out and replacement by the Comanche, a program that has since been shut down.

The Army wants Kiowa Warriors as an integral piece of the Combat Aviation Brigade for several more years and instituted a pilot program to recapitalize the helicopters.

"Recap" is part of the Army's effort to reduce platform sustainment costs and contain the expense of replacing aging helicopters.

CCAD's maintenance, repair, and overhaul artisans generate an asset for Army Aviation that is equal to or better than a new one and presently repair OH-58 Kiowa Warrior crash or battle damaged airframes,

returning them to the fight.

This program could employ additional workers adding to the depot's \$1.4 Billion economic impact already felt in the community.

After the meeting, the general and her team toured the depot visiting with artisans along the way.

At one of the depot's latest time-saving investments, the Avure Fluid Cell press, Dunwoody and Dwyer were presented with "Honorary Depot Artisan" certificates after participating in the operation of the press.

The press, one of four in the northern hemisphere, reduces turn-around time (and cost) for sheet metal and structural component manufacturing.

What once took 12 to 14 hours of forming and annealing amid several attempts, now takes eight minutes to produce a high quality product.

The group visited the UH-60 and OH-58 production lines, the T55 and T700 engine areas.

They finished at the depot's Ergonomic center, a place where employees can find apparatus that allow them to engage their craft in a safer environment.

Departing, Dunwoody said, "This place is full of patriots. You can see that they are dedicated to the Warfighters. They work hard, produce a great product and it shows."

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Aviation Summit focus is on CCAD's future

by Ed Mickely, CCAD PAO

More than 700 attendees ventured into the American Bank Center, gathering insight on the new direction Corpus Christi Army Depot is taking in reducing cost, increasing production and focusing on Warfighter needs.

Industry and military leaders across the Army aviation enterprise participated in panel and breakout discussions centering on present day aviation maintenance and future combat aviation brigade readiness during the Eighth Annual Luther G. Jones Aviation Summit, Oct 12-14.

Keynote speaker, Lt. Gen. James Pillsbury, Deputy Commanding General, Army Materiel Command, remarked how important CCAD was to the fight, the "depot workforce understands how much their work affects the soldier.

"Their work saves lives," he said.

He said aviation's mission is critical in to our success in Afghanistan and CCAD efforts support the mission today and well into the future.

"Col. (Christopher) Carlile (CCAD Commander) understands the business and is leading this depot in the right direction," he said.

This year's theme, "Depot 2015: Full Spectrum Support to the Joint Fight," captured Corpus Christi Army Depot's forward thinking – a strategic vision to drive down cost through a cost-conscious culture in preparation for the future while providing world-class support to the Warfighter.

"It's about the team effort to improve the entire aviation enterprise so we can provide world-class support to our Warfighters, not only for today, but down the road," Carlile said.

"We can produce more at a lower cost to keep aviation readiness high while saving money for the taxpayers.

"We're looking at each program to improve efficiency and quality of each line, and will eliminate processes that don't offer a solid return on investment. Our immediate goal is to do everything possible to make CCAD a world-class, high-tech, modern facility with the best workers in the world."

In its eighth year and the second sponsored by the Army Aviation Assn. of America, the summit evolved from a local discussion on engine issues into an aviation enterprise-wide event.

Depot artisans engaged in discussions about cutting-edge production technologies, improvements, and achievements with Warfighters, program managers, original equipment manufacturers and contractors.

Local business people attended break-out sessions about depot business and contracting with the Dept. of Defense, along with workshops on how to engage with CCAD.

U.S Congressman Solomon P. Ortiz, 27th District of Texas, in his welcome said, "This depot does so much for the servicemen and women over there who are in the fight and also, does so much for this local community. Thank you for all you do."

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Traffic control for CCAD shift change**NASCC to get first stop light**

Naval Facilities Engineering Command Southeast has awarded a contract to install a traffic light at the intersections of Lexington and First as well as Lexington and Dimmit.

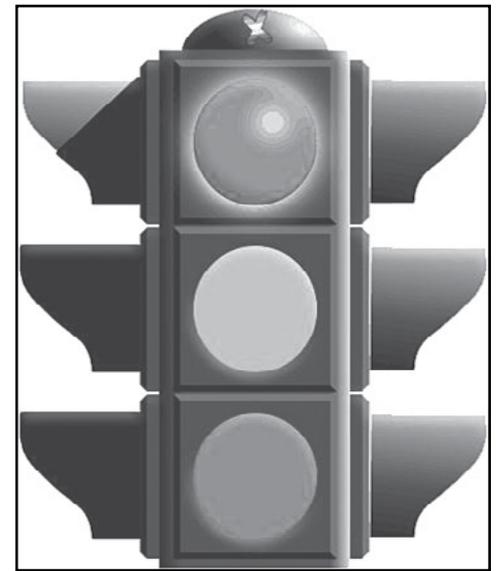
This will be the first stop-and-go traffic light on board NASCC and will better control the flow of traffic through the intersection that regularly is congested as work shifts change.

Work will include the removal of an entrance to the gas station off of Lexington Drive.

Work could start as early as mid November and will require some traffic re-routing.

Please be sure to pay special attention to traffic signs and instructions as the project progresses.

The \$312,000 contract was awarded to GFC, Inc., of San Antonio.



\$608,000 so far; \$500,000 to go

Combined Federal Campaign on track, but still needs your help

by Rod Hafemeister

With a month to go, the 2010 Coastal Bend Area Combined Federal Campaign is well on its way to meeting its official goal of \$800,000.

Now the challenge is to meet the real unofficial goal – exceeding last year's \$1.1 million.

As of Oct. 19, the campaign had pledges of \$608,179.80, said Shannon Chaves, Area CFC Director.

"I'm going out to update the sign by the front gate," she said. "We should make the \$800,000 – but we really want to set a new record."

The Coastal Bend Area CFC broke \$1 million for the first time in 2008, and topped that with \$1.1 million in 2009.

The Coastal Bend Area Combined Federal Campaign includes all federal installations within a 12 county area of South

Texas.

The CFC is the only authorized solicitation of employees in the Federal workplace on behalf of charitable organizations. It continues to be the largest and most successful workplace fundraising model in the world.

The mission of the Combined Federal Campaign (CFC) is to support and to promote philanthropy through a program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all.

By allowing employees to select the organizations of their choice from a single brochure and to make their contributions through payroll deduction, the CFC opened the door to more opportunities for generous giving to literally hundreds of worthy causes.

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Military launches Domestic Violence Awareness Campaign

by Donna Miles, American Forces Press Service

WASHINGTON – The Defense Department is observing National Domestic Violence Awareness Month by reminding the military community about resources and programs to help in preventing or stopping domestic violence.

President Barack Obama issued a National Domestic Violence Awareness Month proclamation Oct. 1, emphasizing the U.S. government's commitment to reducing its prevalence, supporting victims and bringing offenders to justice.

"Ending domestic violence requires a collaborative effort involving every part of society," he wrote.

"This month – and throughout the year – let each of us resolve to be vigilant in recognizing and combating domestic violence in our communities, and let us build a culture of safety and support for all those affected."

Domestic violence is a national problem that cuts across socioeconomic, age, gender, ethnic, racial and cultural lines.

National statistics reveal that it affects more than 4 million people a year, with almost 17,000 of them murdered by an intimate partner and an estimated 2,000 children dying at the hands of a caregiver.

The FBI reports that people are more likely to be assaulted in their own homes by someone they know and trust than on the street by a stranger.

Typically, the injuries are more devastating.

But domestic violence isn't always physical, officials emphasized.

It can be more subtle: emotional, psychological or economic.

Regardless of its form, it hurts individuals, ruins families and weakens communities.

The military faces the same challenges as society at large, particularly in light of the high operational tempo and the strain it puts on service members as well as their families.

Defense Secretary Robert M. Gates acknowledged these stresses during a lecture at Duke University.

"As a result of the multiple deployments and hardships associated with Afghanistan and Iraq, large swaths of the military – especially our ground combat forces and their families – are under extraordinary stress," Gates said during the Sept. 29 address.

This comes with consequences, the secretary said, including "more anxiety and disruption inflicted on children, increased domestic strife and a corresponding rising divorce rate -- which in the case of Army enlisted has nearly doubled since the wars began -- and, most tragically, a growing number of suicides."

The Defense Department has added muscle to its programs addressing all these issues, including domestic violence.

This month, it's stepping up its outreach to remind the military community about programs in place to prevent domestic

violence and to ensure people know what where to turn if they experience or witness it.

Installation family support centers offer a wide variety of programs and classes for military members and their families, and Military OneSource and Military Homefront provide online access to information and resources, officials noted.

In addition, the family advocacy program is responsible for addressing violence in military families through prevention, early identification, intervention, victim support and treatment for abusers.

The program's staff members work with commanders, military law enforcement personnel, medical staff and family center staffers and chaplains, as well as civilian agencies, to provide a coordinated response to domestic abuse.

To protect those who might otherwise not file a report, the family advocacy program allows people to submit a "restricted report," officials explained, to report domestic abuse by a service member without initiating a law enforcement or command notification or investigation.

Military installations are highlighting these and other programs with their own National Domestic Violence Awareness Month campaigns.

Officials call information the most important tool in stopping domestic violence before it begins, and emphasize that everyone can play a part in preventing or ending it.

They recommend these steps:

-- Teach young people that violence is not acceptable;

-- Promote general domestic violence awareness by talking to your friends and family about this issue;

-- Offer support and understanding – not judgment – to a friend or family member that you may be concerned about;

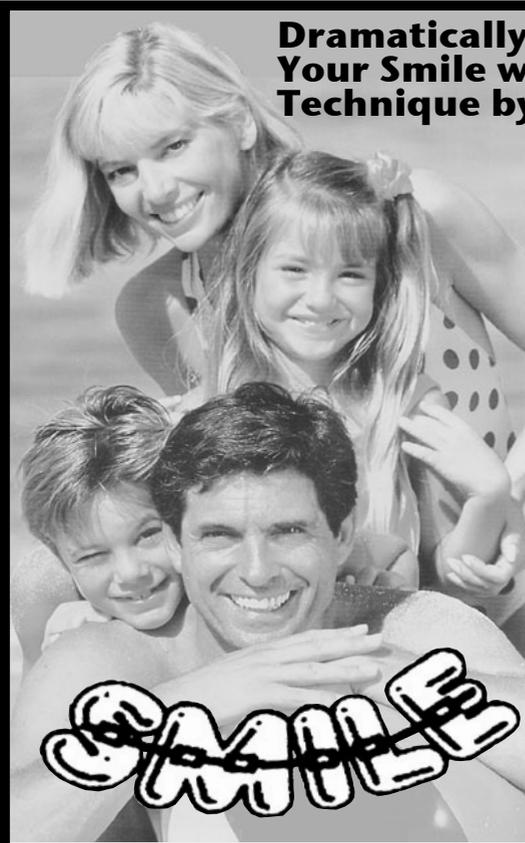
-- Support your friends and family by informing them of resources that can help them if they are experiencing relationship problems;

-- Become active in domestic violence prevention activities on your installation or in your local community; and

-- Report to law enforcement or your local family advocacy program if you suspect abuse.

Domestic Violence can be prevented by addressing the issues before they get out of control. The Fleet & Family Support Center (FFSC) offers no-cost counseling services and classes that address these issues, conducted by highly trained professionals with an insight into the stressful lifestyle of military families.

If you or someone you know is having problems adjusting to military life or living with verbal or physical abuse, please call 1-866-293-2776 to schedule an appointment.



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ORTHODONTIST

Pilot continued from page 1

Wiring problem or worse, Riggs did the prudent thing, the thing he was trained to do: He declared an emergency and headed for the nearest runway, at Naval Auxiliary Landing Field Waldron.

"I looked at my instruments and everything looked normal in the first minute or two," Riggs said. "I was doing the emergency procedure, clearing out for emergency on the radio and started flying straight home.

"I wasn't really nervous because everything still looked normal besides the flashing light."

Riggs focused on getting everything right, doing what he was trained to do.

"You always hear: aviate, navigate, communicate," he said. "I was flying in the right direction, had climbed to the right altitude so I could now start slowing things down in the cockpit and look at my instruments again.

"When I did that it was just all bad."

The oil temperature had risen dramatically – the safety investigation later described it as "... pegged full hot and dropping oil pressure."

"That was the first really bad sign, but I wasn't really worried yet – just paying attention," Riggs said.

"My engine was still working and as long as I didn't see smoke I was fine."

Riggs was flying in a straight line to Waldron. Because he had declared an emergency, the area around him was cleared out and he was the only one communicating with the tower.

"It was really quiet in the plane, but all the stuff I'd learned was running through my mind and I just concentrated on heading home and doing a safe landing," Riggs said.

Just two minutes before his descent to NALF Waldron, the situation took another drastic turn.

"I got more and more indications on my instruments that the engine was going to fail," Riggs said.

The plane started to vibrate and the engine torque fluctuated up and down.

"Then white smoke started to come out of the engine. I was probably freaking out but too busy to realize it because I was now thinking, 'I can do white smoke, white smoke is fine.'"

Then the smoke turned into fireballs spewing out of the plane's single engine.

Riggs didn't have any choice — he shut down the engine to prevent a worse fire.

"I was within two, three minutes distance of the airfield, so there was really no point in taking risks and I decided to turn the engine off and glide down," he said.

As he headed toward the airfield, an unknown instructor pilot was circling in a plane around him.

"He really kept me focused. I was talking to him and telling him what I would do next,"

Riggs said. "He just listened and said 'okay' and 'that sounds fine.'"

"At one point he said, 'I'll leave you alone now and let you land.'"

"I tried to find out who he was, but I couldn't. I'm very thankful for his help up there."

With the engine off, all the usual voices and radio communication disappeared and a normally hectic and noisy cockpit turned uncomfortably silent.

"At this point I really realized that the props were NOT moving," Riggs said. "They were just standing still out there and everything was so quiet."

"I was thinking that this was really not fun anymore."

In a glide, Riggs was unable to pass beyond the runway and turn back to land into the wind – his only option was to glide in and land with a tailwind.

According to the safety report, he landed about halfway down the runway then applied the wheel brakes as hard as he could.

The hard braking caused the two main tires to blow out – but the aircraft came to a safe stop, slightly off the centerline of the runway and with about 300 feet of runway to spare.

"I got off the plane just like we practice (emergency egress procedure) in training, so it wasn't really new – but still, it was," Riggs said.

After determining there was no fire risk, Riggs examined the T-34.

"Oil and junk were coming out of the nose," he said.

"It all happened so quickly. I probably panicked, but didn't realize it. I was too busy trying to figure out what to do."

His primary instructor pilot and chain of command knew what to do, however: they nominated him for an award.

On Sept. 29, Chief of Naval Air Training Rear Adm. Bill Sizemore pinned the Air Medal on Riggs' chest.

The medal is awarded to a person "... who has distinguished himself by meritorious achievement in aerial flight."

Riggs admits he didn't expect to be honored for an incident that "was just bad luck" and could happen to any aviator.

"I don't see myself as anything special. I just did what we are trained to do," he said.

"I'm sure every student could do this. We train these situations all the time and the emergency procedures just come like second nature."

Riggs is from a family of Naval Aviators; both his uncle and grandfather are retired pilots and his cousin is still on active duty.

"My grandfather was a pilot during the Korean War and many times he would come back to the boat with gun holes in his wings," Riggs said.

"I have nothing compared to that."

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a.m. until 6 p.m. every Sunday during Football Season.

The Lounge also is open Wednesday & Thursday, 3 p.m. to 9 p.m. and Friday, 3 p.m. to 10 p.m.

Chili Cookoff

Nov. 5



by Bob Torres

Texas chili.

Grind some venison and pork together, throw it in a big pot of water with beans and then add that "special, secret" combination of spices and you have world-class chili.

For those of you who have it in you, the NASCC Commissary is hosting a "Chili Cook-off" Nov. 5, where you're invited to make your own chili – and then we'll tell you how good it is.

"We've got six people already signed-up," said Velma Siler, Commissary manager. "We'd like as many as 20 contestants to compete. Make your chili and then bring it in the next day for the judging."

Siler knows there are Texans with special recipes for chili, but the competition is open to anyone who knows how to throw food ingredients together for their own style of chili.

"We've had a recipe for chili – using chicken," she admitted.

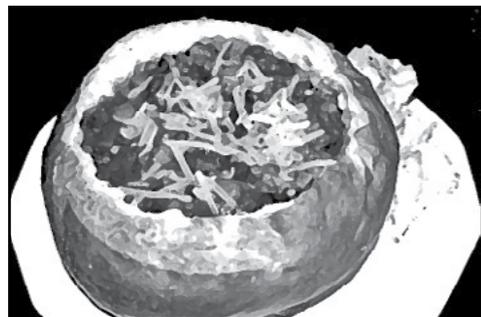
There will be three judges, a home-grown Texican, a First Class Petty Officer and a Danish "Intern" who says she likes "hot" food.

The chili, at least one quart per entry, will be set on tables simply with numbers on them, to make them anonymous. The judges will check for taste, texture, use of spices and overall presentation.

Best chili wins \$100, but every entrant will win something.

"We're going to have fun with this," said Siler. "We want people to come in, taste the chili (after the judging) and tell us what they think. I don't think any chili will be too hot, but one never knows."

If you think you're a chili-cooker, then call the Commissary at 961-3178 to announce your entry. And then invite your friends and let's go eat!



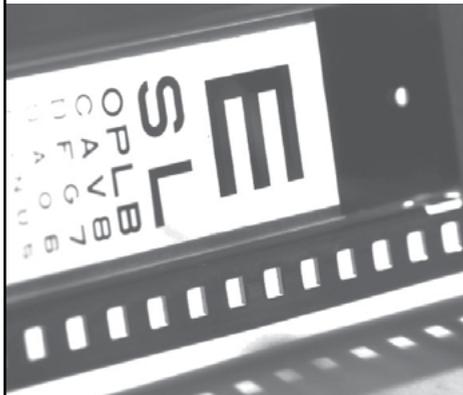
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New Test Identifies Underachievement in Children and Teenagers

- | Yes | No |
|---------|-----------------------------------------------------------------------------------------------------------------|
| 1. ___ | Teachers say he or she could do better but just doesn't try. |
| 2. ___ | He or she spends more time avoiding homework than doing it. |
| 3. ___ | He or she blames everyone and everything for his or her poor grades, but never accepts personal responsibility. |
| 4. ___ | Even if an assignment is done it may not get turned in. |
| 5. ___ | He or she cannot accept constructive criticism and may become angry or out of control when corrected. |
| 6. ___ | Most homework assignments and chores are left unfinished. |
| 7. ___ | Although excellent work can be produced with close supervision, he or she fails to work independently. |
| 8. ___ | He or she will only work in classes in which he or she likes the teacher's personality. |
| 9. ___ | He or she delays doing things when asked and puts off doing homework and major projects until the last minute. |
| 10. ___ | He or she claims to have forgotten the assignments and chores that were given. |



Five or more "Yes" answers to the screening questions indicate problems which could require professional assessment or counseling. Children with these problems are often underachieving children who are experiencing problems in motivational development. Counseling may help.

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2010 SPORTS DAY

Congratulations to 1st Place CCAD Apaches; 2nd Place VT-28 Rangers; and 3rd Place Naval Health Clinic! MWR would like to thank all participants who took part in the 2010 Unit Sports Day Events on Oct. 7 – 8.

2010 Sports Day Event Results

Basketball - First place: CCAD; Second place: CCAD; Third place: VT-27

Swim Meet - First place: VT-28; Second place: NHCCC; Third place: CCAD

Fishing Contest - First place: SECURITY, 47.2 lbs.; Second place: SECURITY, 31.2 lbs.; Third place: VT-28, 18.2 Lbs.

Golf - First place: USCG PREVENTION; Second place: USCG AIR STATION; Third place: CCAD

Indoor Volleyball - First place: USCG SEC; Second place: USCG TOWER; Third place: AIROPS

Flag Football - First place: CCAD; Second place: CCAD; Third place: VT-28

Horseshoes - First place: CCAD; Second place: CCAD; Third place: CCAD

Tennis Doubles - First place: MATSG-22; Second place: CCAD; Third place: VT-27

1 1/2 Mile Run (men's open) - First place: VT-28; Second place: VT-28; Third place: VT-28

1 1/2 Mile Run (men's 35+) - First place: TW4

1 1/2 Mile Run (women's open) - First place: PSD; Second place: PSD

1 1/2 Mile Run (women's 35+) - First place: CCAD

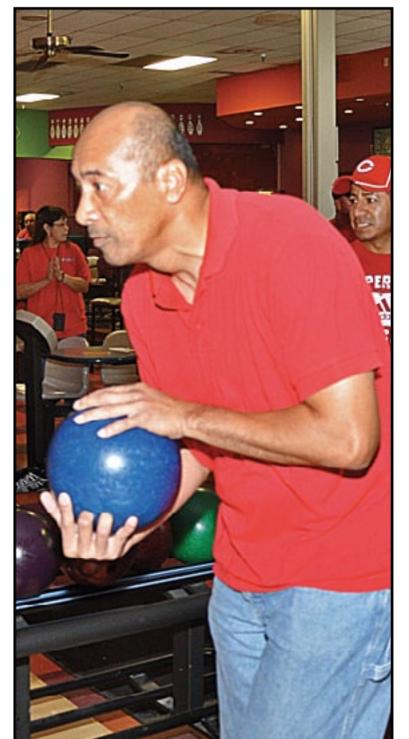
100 Yard Dash (men's open) - First place: NHCCC; Second place: USCG; Third place: USCG

100 Yard Dash (men's 35+) - First place: TW4; Second place: NASCC



Overall 2010 Points

CCAD Apaches	1840
VT-28 Rangers	1030
Naval Health Clinic	950
USCG SEC	930
NASCC	680
PSD	570
VT-27 Boomers	490
USCG Tow	450
TW-4	400
Security	390
AirOps	360
MWR	240
Bldg 2	125
SERCO	125
MATSG-22	120
Reserve Center	120
VT-31 Wise owls	120
USO	120
VT-35 Stingrays	120



AWARDS and ACHIEVEMENTS

Winging — October 1



Photo by Hugh Liecek Event Photography

Winging officials, from left: Debbie Lindsey Opel, Corpus Christi Chamber of Commerce; Lt.Col. Nathan Nebbett, executive Officer, MATSG-22; Cmdr. Patrick Foley, USCG, Training Officer, TW-4; Cmdr. Kevin McGee, Commanding Officer, VT-35; Cmdr. William Hearther, Commanding Officer, VT-31; Rear Adm. Brian C. Prindle, Director, Assessment Division, CNO; Capt. Scott P. Cooledge, Commodore, TW-4.

Lt. j.g. Jeremy Alan Alexander; 1st Lt. Kristina R. Baldwin, USMC; Ensign Robert J. Bellrose; 2nd Lt. Michael Thomas Bowen, USAF; 1st Lt. John C. Brampton, USMC; Lt. j.g. Robert E. De Lucca; Ensign Francesco Finazzi, Italian Navy; 2nd Lt. Jonathan Gyory, USAF; 1st Lt. Gergely Harton, USAF; Lt. j.g. Donovan W. Hudgins; Lt. j.g. Christina A. Hunter; 2nd Lt. Jason R. Hurt, USAF; 2nd Lt. Nathaniel E. Jobson, USAF; Ensign Matthew Anton Knies; Lt. j.g. Levi Tanner Lundell; Lt. j.g. William L. Montgomery; 1st Lt. Michael C. Morris, USAF; Lt. j.g. Juan Oquendo III; 1st Lt. Steven J. Papp, USAF; 1st Lt. Dylan M. Parker, USAF; Lt. j.g. David W. Porter; Lt. j.g. Matthew C. Price; 1st Lt. John A. Smyrski IV, USAF; Ensign Mark S. Sturm; Capt. Michael M. Trimble, USAF.

NASCC Awards — October 14



Naval Air Station Corpus Christi held its monthly awards ceremony Oct. 1. Pictured, front row, from left: Lt. Michael Mercadel, Navy and Marine Corps Commendation Medal; AM3 Jennifer S. Sturtevant and DC3 Winzel Cabarrubias, Good Conduct Medal; MA3 Kyle D. Beisel, Letter of Commendation; RP2 William McCall, Navy and Marine Corps Achievement Medal; back row, from left: AC3 Jonathon M. Barone, Good Conduct; MASN Brian W. Taylor, Letter of Commendation; AC1 Christopher M. Balster, Flag Letter of Commendation.

Photo by Rod Hafemeister



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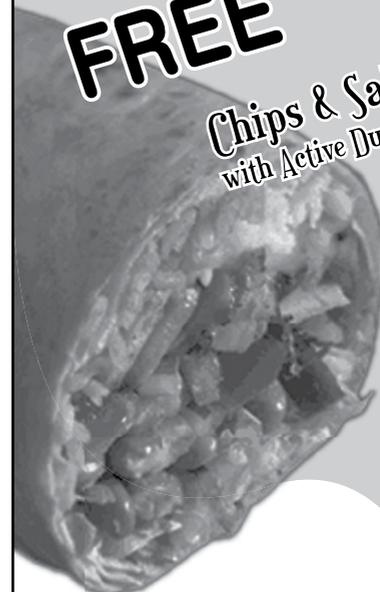
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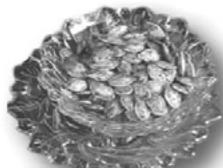
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1 Preheat oven to 400F. Cut open the pumpkin and use a strong metal spoon to scoop out the insides. Separate the seeds from the stringy core. Rinse the seeds.

2 In a small saucepan, add the seeds to water, about 2 cups of water to every half cup of seeds. Add a half tablespoon of salt for every cup of water (more if you like your seeds saltier). Bring to a boil. Let simmer for 10 minutes. Remove from heat and drain.



3 Spread about a tablespoon of olive oil over the bottom of a roasting pan. Spread the seeds out over the roasting pan, all in one layer. Bake on the top rack until the seeds begin to brown, 10-20 minutes. When browned to your satisfaction, remove from the oven and let the pan cool on a rack. Let the seeds cool all the way down before eating.

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BEST BITES DINING GUIDE

What's Happening

by Tina Konwerski

Island in the Sun United Methodist Church, 15602 Hwy 361, Corpus Christi, will hold its annual **Fall Arts and Crafts Festival on October 23**, from 9:00 a.m. until 3:00 p.m. Come by and check out the many vendors with all types of items from jewelry to fishing lures.



St. Peter's by the Sea Fall Festival

October 23, 10:00 am - 2:00 pm
1541 Waldron Road, Corpus Christi, TX 78418. We are providing free rides, games, and various booths at our own expense. To offset our expenses, we are selling food items, having several cake walks, Grandma's Attic Rummage Sale, and a silent auction.

Saturday, October 30th from 2 - 4 pm. It's FUN and it's FREE Stingers Coffee Annual FREE Pumpkin Carving Contest for Halloween. Gulfway location, 1304 Airline Road.

FIRST Tuesday of every month 6:30 p.m. "Transplant Support Group of South Texas" Spohn Shoreline, Doctor Spohn Conference Room, 2nd Floor - open to all - 361-880-5031.

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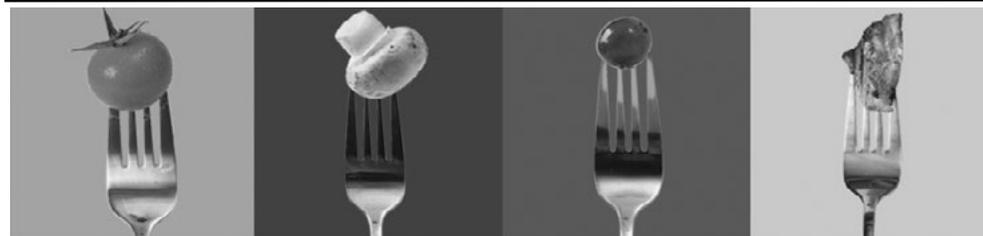
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What's Happening continued

Until October 31st Island in the Sun United Methodist Church, 15602 Hwy 361, Corpus Christi is holding its annual Pumpkin Patch. Pumpkins of all sizes will be available everyday until October 31st. Come by and pick out the perfect pumpkin for your Halloween jack-o-lantern. Call 361-749-0884 fmi.

National Novel Writing Month - Always wanted to write a novel? Time to put your dream first! Corpus writers will cheer each other on as they write 50k words of their dream novel in 30 days starting Nov. 1st. We'll have local meetings, write-ins and parties. No entry fees. Signup www.nanowrimo.org

November 6, 6:30 p.m. - "Black Tie & Blue Jeans" Gala celebrating the 73rd year the Rialto Theater has stood in the heart of downtown Aransas Pass. Violin & Piano Duo, Andrew & Grace, will perform a wonderful concert after the Wine Tasting. Come play a part in the Rialto Theater and join our annual celebration! Tickets: \$15. fmi art@rialtotheater.org.

Saturday, November 20th - 7 am to 11 am -- 20TH ANNUAL RANCH HAND BREAKFAST, KING RANCH, HIGHWAY 141, Kingsville, TX - Storytelling, Poets, Demonstrations of Cowboy Life, Music. Come and see us and enjoy a real Cowboy breakfast cooked over an open fire!

YOUR non-profit organizations fundraising EVENT here FREE, on a space available basis. Please submit your event in about 50 words, three weeks prior to event. Go to www.djyoungpublishing.com

Ask Dr. Garcia



Garcia

Q: What must I do on a day-to-day basis to maintain the connection to my husband?

A: First, you must make your relationship and this connection a priority.

Second, when you feel uncomfortable with your partner or the relationship, or when you sense your connection weakening, don't ignore your feelings.

This is a warning; it is like a fire alarm going off.

The third, and perhaps the most important, ingredient in the recipe for a healthy, intimate and loving relationship is *time*.

The best way to meet all the challenges to relationship is to take time for one another and for your partnership.

Most of all, take time away from all the daily distractions and challenges to establish and to keep the delicious energetic linkage between you and your partner.

It's a good idea to make regular plans to break your daily routine and get re-acquainted.

If you can keep your linkage, you will keep your relationship. Anything that breaks this linkage can damage the relationship.

No matter how sensible, worthwhile or absolutely necessary the distraction seems to be, it should be handled with great care and not allowed to break the essential connection between you and your husband.

Q: As a wife, how can I make "till death do us part" a lot less bumpy?

A: First, never ask your husband 34 times to fix the screen door.

According to Greg Godek, author of *Confessions of a True Romantic* and columnist for *Marriage*, when husbands or kids hear nagging, they just tune you out because they've heard it all before.

And you're actually producing the opposite of what you want.

Instead, get someone to fix it.

Taking care of his "manly duties" will give him a dose of humility, and you won't have to wait so long to get him help you out in the future.

Next, never be right all the time.

Sabra Brock is the author of *Men Head East, Women Turn Right: How to Meet in the Middle When Facing Change*.

And she says that when it comes to approaching problems, men tend to act while women prefer to reach out and research.

And always assuming that *your* way is best can hurt any relationship.

Whether it's a financial fiasco or wallpapering the bathroom, be open to your partner's suggestions.

And finally, for a smooth ride down the road of marriage, never miss an opportunity to cuddle like teenagers.

Godek says taking each other for granted happens just like getting old or putting on weight — slowly, over time.

So fight against complacency by reliving the days when sitting on the couch and gazing into each other's eyes was the only entertainment you needed.

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.

MWR Spooktober — Oct. 30

Once again, NASCC MWR is hosting its annual Halloween celebration.

All are invited to Spooktober 2010 at the park across from the Youth Activities Center on Saturday, Oct. 30 October from 6 p.m. until 9 p.m.

This event is FREE and will be fun for the whole family!

The night will feature carnival games, prizes, inflatables, a haunted house, a costume contest and a PG Halloween movie will be shown on the outdoor theater.

FREE hotdogs, chips, water, candy & treats for everyone!

For more information, please call the Youth Activities Center at 961-2355.

Costume Contest Categories for both Male and Female:
Adult
Children 10 - 13
Children 5 - 9
Children 0-4

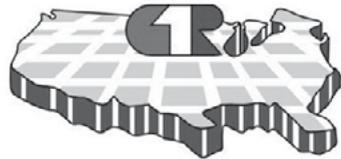
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Energy recommendations for your home that can save you money on energy and appliance and lighting repairs and replacement:

- Keep hot water temperature on your hot water heater set for 120 degrees, and use a thermal blanket wrap to add additional insulation to prevent excessive heat loss.
- Use a programmable thermostat, or get one if you do not currently have one. Set it to set back air temperature in unoccupied times at your home to 80 degrees. Then set it to return to your normal home temperature about one hour before you return home.
- Use ceiling fans and raise your house's normal temperature by about two degrees. You won't notice the difference do to the constant air movement.
- Use Compact Fluorescent lights everywhere you can instead of incandescents. They now have available high efficiency lights for your ceiling fans light kits; use them as well. Install dust to dawn light fixtures on the outside of your house with the CFLs. You can even buy light kits with dust to dawn and motion detectors so the lights will only come on when motion is detected, as when someone comes to your front door.
- Install solar screens or a good window film on your windows. This will greatly reduce the amount of heat added to the inside of your home from the sun.
- Ensure your windows are all well caulked and the window seals themselves are in good shape.
- Use higher efficiency filters on you indoor air unit to help keep you home pollutants down as well as keep your evaporator coil and fan clean. This is essential for proper heat transfer and good unit efficiency.
- Have your A/C serviced once a year to ensure the outdoor coil on your condensing unit is clean and getting proper heat transfer, as well as checking the indoor coil and fan wheel for cleanliness. They should also check your other operating components and your refrigerant level if necessary to keep your unit running at the highest EER possible. This will well pay for the cost of this service during the course of the year. Make sure you use a reliable A/C dealer who is properly licensed.
- Use low flow water devices on your sinks, showers, and toilets to save water consumption. Also, consider watering your yards and plants during the cool part of the evening to prevent losing water to evaporation. Watch for water runoff, don't over water!
- Always purchase Energy Star rated products for you home. Check for the Energy Star Label.

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Commissary donates prize to Navy Ball Fund



The NASCC Commissary won First prize for the Special Olympics Display and Velma Siler, Store Director donated part of the winnings, two \$25 Gift Certificates, toward the Corpus Christi Navy Ball Fund. Presenting the certificates to GSCS(SW) Carlos Doubleday is George Crandall, Account Mgr. for C.Lloyd Johnson/Proctor & Gamble.

Commissary courtesy photo

CC Spy Store



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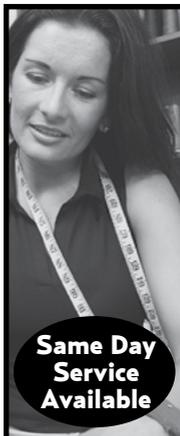
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ET1 Anthony Gallegos retires



ET1 Anthony Gallegos and family are 'piped ashore' for the final time at his Oct. 15 retirement ceremony at the 'Fouled Anchor.' Photo by Rod Hafemeister

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See page 14 for a fun recipe!

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Two Dress Drives = twice the success



Military spouses inspect the free ball gowns and cocktail dresses donated by businesses and other spouses.

Photo by Jeanne Pasch

by Julie Moeller

A Dress Drive disappointment turned into a Dress Drive delight as more than 50 spouses got a new dress for the Navy Ball and other holiday events – free.

The first dress give-away, Oct. 5, drew a smaller crowd than expected.

“We only had 14 spouses stop by the first night, which I really didn’t understand,” said Jeri Nix, NASCC Ombudsman.

But instead of using all her energy on being disappointed, Nix suggested a second Dress Drive to the All Officers’ Spouse Club members who had helped put the initial evening together.

“The next day I made over 200 flyers which we put up outside every housing unit, in the NEX, the Commissary and the Beauty Salon,” Nix said.

That was all it took and the second Dress Drive, held Oct. 8, was a complete success.

“So many spouses came by. We gave away more than 50 dresses,” Nix said.

“I was really surprised and moved by the

look I could see in the women’s eyes when they found the perfect dress. That was the effect I wanted.”

Nix is already preparing for another Dress Drive in 2011.

“I will start taking donations and spreading the word in March next year,” Nix said.

And “donations” is the key word.

The Dress Drive could not have been pulled off without the spouses and companies that donated dresses, shoes and drawing gifts for the event.

The biggest “thank you’s” go to Alexia Designs, Pam’s Resale Store and spouses for all the beautiful dresses.

Also a “thank you” to DeBoniare Hair Salon, LaPaloma Hair and Nail Salon, Spirda, Foxy’s Jewelry and the NEX for providing beautiful drawing gifts and to AOSC for providing snack and drinks.

The dresses that weren’t picked up from the dress drive can be found in the NASCC Thrift Shop.

Fair winds & following seas, CWO4 Roger Maresh



Naval Air Station Corpus Christi held a “very informal” farewell and retirement ceremony Oct. 12 for CWO4 Roger Maresh, who was retiring after 31 years of Naval Service. Maresh, who came to NASCC’ Public Works Department when Naval Station Ingleside closed in spring, said he didn’t want a retirement ceremony – but Capt. Randy Pierson insisted he deserved one. (above) Pierson presents Maresh with his retirement certificate. (below) Maresh is ‘piped ashore’ for the final time.

Photos by Rod Hafemeister



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Gift it right - and don't go broke

by Ken Thorn - FFSC Work & Family Life Specialist

Do you have a spending plan and savings strategy for the holidays?

Retailers are already in position to get your business, your savings accounts, your checking accounts and ALL your credit.

The official Holiday Spending Season is coming up fast, so get ready!

Is the pressure building yet? If not then it's about to. Strange things happen to us under this pressure. We do some *very* weird things under the influence of holiday gift-giving angst.

Every year, we plan very carefully to buy the most perfect gifts for our families and friends and get tremendous gratification for being so thoughtful and considerate. The cost is immaterial. Holiday money flows from a separate, more abundant source than everyday cash so why worry. Right?

Wrong!

Think of this as the holiday equivalent of a Hurricane Alert. The following are some blunders we make during the holidays and a suggestion or two on how to avoid them.

★ **Surprise-gift guilt:** A co-worker, neighbor or friend gives you an unanticipated gift. Oh no! You should have anticipated this! What to do? Why, dash out to the store and add another item to your overwhelmed holiday budget. WRONG reindeer-breath. The true spirit of giving does not come with a quid pro quo. You give from your heart and you must receive the same way. Be honored and grateful that someone thought enough of you to give you something they think you will like. Don't feel like you must respond in kind. It isn't expected and actually unwanted. Just accept the gift and take it for what it is. A token of love, thanks, and appreciation.

★ **Procrastination:** Putting off holiday shopping will cost you dearly – unless you wait until after the holiday to take advantage of the post-holiday sales. That looks great on paper but doesn't get the job done. A promissory note in a child's Christmas stocking isn't going to go over very well. But you can save serious money with a little advance planning. Substitute lay away programs for credit cards. More expensive is not necessarily better. Hit discount and dollar stores. Go for the weird and unusual; have some fun, save some cash. One year, my Dad gave everybody yardsticks. A local lumber yard gave them to him. Think about it. It's useful, cheap and something everyone needs but never seems to have.

★ **Last-minute largesse:** This is a combination of the first two. It's the night before and you're out hitting the stores that are open until midnight trying to get all your shopping done in one furious frenzy, including the last minute guilt gifts. But this blows the whole "thought that counts" thing and whatever you find will be wretchedly expensive. Again, plan ahead. Christmas doesn't sneak up on us. It happens every Dec. 25 whether we like it or not.

★ **Holiday Spirit Overdrive:** It sounds like a '70s lounge band but in reality, it's a financial crime of passion. An insane impulse overcomes you – holiday joy? The spirit of

Santa? Your medication is off? Whatever the cause, you find yourself getting everyone a little gift: all of your co-workers, the woman who cleans your house, the neighbor who jump-started your car in 1986, your babysitter, your dentist, etc. – to the tune of \$4,876. Whoa Nelly!!! You are NOT Santa Claus. Stop that! Make your list and stick to it. If you think you left someone off, add them to next year's list. Trust me. For most of us there WILL be a next year, and for those of us for whom there won't be one, it won't matter.

★ **Shopping by the truckload:** You go to a store and find just what you were looking for at a very reasonable price, so you buy everything there because it must ALL be a great deal if that one was. Ever hear of loss-leaders? Stores greatly reduce the price of a popular item to get you in the door and make up the loss on all the other stuff you add to it. Comparison shop. Again, that only works if you have the time to do it. PLAN AHEAD.

★ **The 12 days of shopping:** You searched high and low but still haven't found the perfect gift for her yet. Meanwhile, you've picked up some pretty cool things to go with it. A pair of earrings, a little scarf, that book she was talking about. Then your time is up. You've failed. The perfect gift was nowhere to be found. But, wait a minute. You HAVE found it. Remember all those little things you got along the way because they're things you thought she'd like? BINGO!

★ **It has to be expensive and branded:** Your child has been watching the usual 300 weekly hours of television and has seen the ad for the \$149 game machine a thousand times. He has to have it. You must get it for him. If you don't you are literally the Grinch. Hooey. One year, my wife's brother was in high school shop class; he made wooden Christmas tree ornaments for all the cousins. Scrap wood and a little paint and string. Cost him next to nothing. That was 20 years ago and every one of them still has those ornaments. They bring them out every year, show them to their own kids, tell them where they came from and let them hang them on the tree.

We're all too familiar with the various emotions the holidays may evoke, good and bad. It's a very emotional time of the year. Excitement, anxiety, joy, depression, anticipation and disappointment. Factor in highly effective marketing techniques that play off those feelings, and you have a recipe for serious money trouble.

Any other time of year a carefully considered "not now" is usually the answer but during the holidays that all goes out the window. It's as if that is when all those "not nows" turn into "right now".

The act of gift-giving becomes a larger statement than the gift itself. That usually leads to shopping for way too many people and spending way more than you can afford.

Try not to fall prey to these traps. Yes dear, it's a special time, but it's not the only time. Relax, kick back, and pay close attention to the baby that finds more joy in the box than the treasure that came in it. There's a lot to learn from that.

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