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Thursday • April 13, 2006

NAS North Gate hours changed to accommodate base wide needs

Story by JO2 Jeffrey Fretland



Military and civilian motorists who frequent the NAS North Gate when entering/exiting base for work or errands may have recently encountered an unpleasant but necessary inconvenience. The gate is opening one-half hour earlier, and closing one hour earlier in the afternoons. The decision was achieved, based on a preliminary traffic study accomplished by the NAS Security Department.

Previously, the North Gate was open weekday afternoons from 2 p.m. to 6 p.m. The new hours, which took effect April 6, are now from 1:30 p.m. to 5 p.m.

The North Gate traffic pattern study indicated the greatest average amount of vehicle traffic occurred between 2:30 p.m. and 3 p.m. The average number of vehicles departing greatly exceeded the number seeking admission to the base. There was relatively little traffic between 5 and 6 p.m. Most of

the major vehicular traffic comprises Corpus Christi Army Depot (the largest tenant command) employees, and NAS personnel leaving work for the day.

Another consideration was the amount of staffing required and cutting back on personnel hours. Because NAS Security Department is undermanned, the early closure saved a total of four man-hours. This permits the officers to respond to other law enforcement duties, as it does for CCAD Security police. It also keeps NAS Security from having to rely on CCAD officers for extra manning to compensate for shortage of personnel.

The North Gate continues to remain open weekday mornings from 5 a.m. to 8 a.m. It is closed weekends and holidays. For more information, contact the NAS Security Department at 961-2275/2282.

Coastal Bend students look to the skies and dare to dream

Story by L11 Janell Alvarez



Cadet Executive Officer, Ferlin Garcia, agrees that she also joined for the same reason.

Created in 1989, the program was not only designated to teach kids the importance of staying in school, but to promote a drug-free, non-violent lifestyle and the benefits the follow.

“‘Dare To Dream’ is a program created to show the kids – to challenge the kids, to dream to be somebody special. To stay away from drugs, gangs and violence,” said George

Ruiz, one of the Dare to Dream coordinators. “What we see out here today is to motivate them to think, ‘Hey, I can do this if I stay away from drugs, gangs and violence.’”

Throughout the air show, that message was supported by federal, state and local agencies who were present to help instill the importance of staying in school. There were also booths and a job-fair atmosphere to help inform students of various career opportunities that are available for them around and beyond the Coastal Bend area.



A number of coastal bend schools were invited March 31 to NAS Kingsville's “Wings over South Texas” Air Show as part of the Dare To Dream program. Approximately 3,000 kids ranging from grades Kindergarten through high school were invited to witness the aerial stunts performed by military, vintage and stunt pilots, as well as the Navy's Flight Demonstration team, the Blue Angels.

The Blue Angels, comprised of Navy and Marine Corps pilots and Sailors and Marine ground crews were on hand as positive role models for students to emulate

as a demonstration for the Dare to Dream program.

The gifted and talented class from Kingsville's Kleberg Elementary School attended the air show as a reward to those students who excelled by getting straight A's all year.

Los Fresnos' NJROTC students had a large turnout, expressing shock and awe as the Blue Angels performed.

“I joined the NJROTC because I wanted to stay away from getting in trouble,” said Marcos Rivera, the cadet commanding officer.

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From the Skipper

It's almost summertime

by Capt. T.E. Coolidge



Coolidge

Well it's been more than a week and by now most of us should be getting used to Daylight Savings Time. I know it's still hard for my sons to get out of bed and ready for school an hour earlier, but they sure enjoy playing in the extra hour of sunlight.

And as the days get longer, for students in school it's getting closer to the end of school and the beginning of summer. Yes it's still some weeks away, but if you remember, summer was always something to look forward to.

And yes, I'm preparing you for something and that is - please start thinking about safety. Again, thinking about our children and how sometimes they can be thinking of one thing while doing another, like thinking about lunch as they dart into the street to catch the bus, is something the rest of us need to consider.

Please - be on the lookout for children, of all ages doing things that don't make

sense. And if I can impose upon you, when someone does something dumb, don't get upset. Look at it from the point of, "Those crazy kids," and think about something that you might have done that wasn't real smart and we'll all be better for it. There's a saying that if you smile at the world, it'll smile back at you.

I do have to admit that if everyone I see in a single day is smiling at me then I think there's something wrong. But truthfully, that's never happened.

Getting back to the longer days. One thing that I've found out about being in South Texas is that we as humans are considered a "target-rich" environment. There are bugs, mosquitoes, fleas and simply a myriad of animals, large and small that like to live in our breathing area.

With the warm weather they're out and about just as we are. And since we've recently had a small amount of rain, they seem to be on the move in greater numbers.

At night there are raccoons and foxes, possums and feral cats that have made a home on the base. Some might think they're cute and fun to have around. But they also pose a danger. Our family dogs can contract rabies from the relatively friendly raccoon.

Fleas and other mites come from cats that are not regularly bathed. And I don't think a possum is very pretty, but little ones can look cute and if your children decide to play with them, a "mama" possum has very sharp teeth.

And if you decide that it's time for Spring-cleaning, then be on the lookout for Black Widow, tarantulas and Brown Recluse spiders. Yes, they all reside in Texas. Many times they like to hide in dark, cool areas and it's not until you lift a board to move it, or sweep in the corner of a garage that they make their presence known.

Some people are more allergic to their bites than others. I know of people that have been taken to the Emergency Room of local hospitals after coming in close contact with one of these arachnids.

And if you've never seen a scorpion, let me tell you that they come in colors from yellow to fire-engine red to black. A scorpion can be as small as a dime or up to five or six inches long, and if one of them stings you then you're not likely to forget it. In most cases you'll need to at least make a visit to the Clinic.

And right about this time of year, Portu-

Skipper continued on page 7

Chaplain's Corner

What is love?

by Chaplain Gary Heatherly

I remember hearing the story about a couple dating in college. The young man came back to his dorm room told his roommate, "I think I'm in love." His roommate ask, "How do you know?"

"Well, we were out driving, just listening to the music, and we came to this romantic little spot near an old church. She said, 'If you'll put the top down on the car, I'll give you a little kiss.'"

The young man told his roommate, "I had the top on that car down in five minutes."

"Five minutes?" the roommate said. "I can put the top down on my car in thirty seconds."

"Yeah," the young man said, "But you have a convertible."

Love motivates us. The problem is, though, that we're confused about what love really is. We have a strong, passion about something or someone and we call it love. 1 Corinthians 13

give us an idea about what love is.

You will find that love isn't a spiritual gift, but rather a fruit of the Spirit. Love is not a gift. A gift enables us to be effective in some ministry. You can have the gift of encouragement, or the gift of teaching, or the gift of administration. A fruit is evidence of the Spirit living in your life. If you are spirit filled it will be shown by the love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in your life. John 13:35, say, "By this all will know that you are my disciples, if you love one another."

Love, also, isn't a fuzzy feeling, but rather a focused action. We all know how powerful our emotions are. God wired us that way, to be emotional creatures. If love for God is the first and greatest commandment and love for others the second, then love is not an emotion. You can't command emotions. In Matthew 5:44, we are told to love our enemies. He doesn't expect us to have warm, fuzzy feelings for our enemies. He isn't telling us how to feel. He's telling us how to act. Now

go back to 1 Corinthians 13. Love is patient. Patience is the opposite of emotion. Love is kind. How do you feel today? I feel kind, thank you. No one ever says that. Kindness isn't a feeling. It's what we do. So love is more about what we do and less about how we feel

Love is not a temporary high, but rather a lasting commitment. 1 Corinthians 13:7, Paul used the word "always" four times to describe the perseverance of love. In vs. 8 he said, "Love never fails." In verse 13, he said that love, along with faith and hope, remains. It lasts. Do you realize how important it is that we have something that remains? In the last year we've seen buildings collapse, roads crumble, and trees fall. We've seen integrity erode, marriages dissolve, and commitments wane. Friendships have faded. Promises have



Heatherly

From the PAO

by Robert Torres



Torres

Aloha. I've recently returned from school in Maryland and some have said they've missed me, while others have said that they didn't know I was gone.

Well for those of you that didn't know I was gone, I suppose public affairs are not big on your list!

What I will say is that in some ways I'm like Arnold Schwarzenegger when he said, "Ah'll be bach." Well, I'm back.

I wasn't here long before I whisked off

the NAS Kingsville to assist with the 'Wings over South Texas' Air Show. It was great visiting with members of the Blue Angels that I've dealt with in the past, and the weekend was good with plenty of crowd participation.

There are some things here in the public affairs office that have changed, or are in the flux of change. When I returned, my leading petty officer, L11 Janell Alvarez has orders and will be leaving in June. I'm going to miss her. She's been an asset.

However, fortunately for me, her replacement, L12 Paul Hewitt got here and is enthusiastically learning how to do her job, and is

showing signs of establishing his own personality. I look forward to working with him as we canvass the Base.

Some of you know that I served as a Marine, and while I was gone, I missed an anniversary date, that of the Iwo Jima flag-raising. But a local Marine didn't and wrote to let us know about it. I'm enclosing his missive, along with a couple of photos that I hope you'll find informative and entertaining.

This is the shortest column that you've ever seen from me. I defer to a fellow Marine. Please read his story on page 8.

Wingspan

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Robert D. Torres
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JO2 Jeffrey Fretland
LI2 Paul Hewitt

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APRIL CALENDAR OF EVENTS

- Warning: Nuevo Laredo, Mexico, is designated off-limits to all military personnel in UICs 00216, 31457 and 42094 by the Commanding Officer, NASCC, and Commander, Navy Region South. The ban, in effect since March 4, 2005, is in response to increased violence due to drug trafficking, kidnapping and murders along the U.S.-Mexico border.
- Congregation Beth Israel invites Jewish military personnel to a Passover Seder Feast on Thursday, April 13. It will be held at the Corpus Christi Country Club. For reservations, call 857-8181.
- A General Fitness Training class will be held April 6 and Friday, April 7 at the Quality of life Conference Room, located in Building 39. Command Fitness Leaders and their assistants are required to attend. MWR Fitness Staff and all other interested parties are highly encouraged to participate.
- Buccaneer Days are here again! Don't miss the opportunity to participate in one of the oldest and most anticipated traditions in Corpus Christi! Buccaneer Days runs from April 19 to May 7. The NRCA Rodeo opens the festivities on April 19 at the American Bank Center, and the Parade of Lights occurs May 6. A full carnival will operate along the seawall during the festival. For more information, contact the Buccaneer Days Commission at 882-3232.
- The Operation Paintbrush Program is searching for volunteers. This program paints homes for elderly residents or people too seriously ill or injured to maintain their homes. For more information, contact AC2 Ashley Drange at 961-2503.
- The American Automobile Association Driver improvement program will be offered free of charge on April 24 and 28. This course is mandatory for all personnel to operate government vehicles. It is one day in length. It will be held in The Emergency Operations Center Building Seven, Room 210. For more information or to register, contact the NAS Safety Department at 961-3673.
- Motorecycle safety courses will be held during the month of April. The Advanced Course will be held April 15. For additional information, contact the NAS Safety Department at 961-3673, or register at the NAS Safety Office, located in Building Seven.



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For Sale: 11 unit motel (new). 1 full-service restaurant. Orange Grove, Texas. Goldwell Baker Pacesetter Steel Realtors. Call Wohhitz 991-3126 or 548-1500.



STATION SPOTLIGHT



Pat Amador
Navy Legal Service Office, Legal Assistant

A native of Corpus Christi, Amador works as a legal assistant at the Navy Legal Assistance Center. She has been a civil service employee for 27 years. Amador has been laboring on board NASCC for the past 30 years. "I love working for the JAG attorneys," explained Amador.

Amador is looking forward to retirement, and spending more time with her family. In her spare time, she enjoys arranging photos and preparing scrapbooks. Amador is married with a son, Richard, 24, and a daughter, Toni Marie, 22. "The best part of my job is preparing wills, and assisting clients with various legal problems," said Amador.



CS2(AW) Trina Johnson
Administrative Assistant, CMC Office

A native of Davenport, Iowa, Johnson has been onboard NASCC since November 2003. Originally billeted to the Combined Bachelors Quarters, Johnson was the central cashier. In January 2005, she moved to her current assignment as the CMC's administrative assistant.

Some of Johnson's duties are: maintaining files and scheduling the daily routine for the Command Master Chief and coordinating the Military Member of the Year/Quarter Program and luncheon. "I like working with the old guy," laughs Johnson when asked about what she likes about her job, "I like hearing Master Chief's sea stories. I like mingling with different people and getting to help others."

Johnson is taking college courses in Criminal Justice at Park University. Johnson enjoys reading, playing the guitar, video gaming, snowboarding, and skiing. Johnson is currently single with one miniature dachshund named Sammy.

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The origin of the Easter bunny

Story by LI2 Paul Hewitt

This Easter, before you take a bite out of a chocolate Easter bunny's ear, ponder this: Where did the Easter bunny come from?

Depending on where you research, you might find that the Easter bunny myth originated from a pagan holiday known as Vernal Equinox. The Goddess of Spring, Ostara, turned a bird into a rabbit. The rabbit, though able to run as fast as a bird could fly was depressed because it could no longer lay eggs. Ostara, taking pity on the rabbit, allowed it to lay colorful eggs once a year on the Vernal Equinox.

Second-century Christian missionaries encountering pagan tribes of northern Europe attempted to convert them to Christianity. In order to do this, the missionaries adapted some of the pagan customs with their Christian ones. This is one way the rabbit was incorporated into the Christian holiday, Easter.

The modern version of the Easter bunny was introduced to the United States in the

18th century. The myth was that the Easter bunny left baskets of treats, containing Easter eggs and different chocolates for children on Easter morning – something like Santa Claus giving gifts on Christmas morning.

Throughout the years, Easter eggs evolved from dyed or painted chicken eggs to chocolate or plastic eggs. And the assorted candy has taken shape to the popular chocolate Easter bunny.

The belief of an egg-laying bunny is no longer isolated to Christian believers. Today, many non-Christians observe Easter not for the Christian beliefs related to this holiday but for traditions associated with the Easter bunny.

On Easter Sunday, if there are chocolate bunnies amongst the candies strewn throughout the yard for children to find, make one observation. See what most people take a bite from the chocolate bunny. I'll bet the first bite – will be an ear.

Naval Air Station to educate troops regarding alcohol awareness; dangers

Story by JO2 Jeffrey Fretland

With the rigors and stresses associated with being a service member, locating and maintaining adequate coping skills can sometimes prove difficult. Being away from the comfort zones of home, friends and family while overseas or on deployment may be overwhelming. Frequent difficulties such as marital or financial concerns often increase the feelings of loneliness and frustration.

Some Sailors, Marines and other service members frequently turn to alcohol as a temporary means of soothing/eradicating the depression and pain. With April designated as National Alcohol Awareness Month, early intervention is the key to helping military members stay on track, according to ACC (SW) Christopher Cordova, NASCC Drug and Alcohol Program Advisor.

"Only a licensed professional can determine if someone is suffering from alcoholism," explained Cordova. "They have the education, training and capability to fully diagnose someone who's been suffering from the effects of too much drinking. Shipmates can take the first step, by being a friend and helping make a referral."

Cordova indicated the alcoholism occurs arbitrarily, and can happen at any time. Because alcoholism is a disease, it often affects service members regardless of age. The most vulnerable candidates are young military members between the ages of 18 and 25, serving their first enlistment. Cordova added there is a higher attrition rate in the number of Sailors, for example, that do not complete their first obligated term of service.

"The younger sailors in this group think they are invincible," said Cordova. "They think they will never be caught. Unfortunately, the vast majority of them end up being sent out for some type of facilitated treatment program."

There are several key factors to watch for

if someone suspects an individual is suffering from alcoholism. These signs/symptoms include continually showing up late for work; moodiness; loss of interest in activities once enjoyed; malaise; poor job performance; bad attitude; denial; and general withdrawal/isolation from family and friends.

Alcoholism can have detrimental consequences to a military career. The service member may incur such penalties as non-judicial punishment and administrative separation from the Navy, depending on the circumstances.

"Being a friend and confronting that person can be hard," said Cordova. "Some people will be hostile and exhibit animosity toward the person trying to help them. You can only do so much, but often just caring and asking the person if they need help does a lot. It can go a long way toward saving the service member and his/her career."

Support services are available in addition to the Drug and Alcohol Program Advisor. These include the Navy Substance Abuse Rehabilitation Program, located at Naval Hospital Corpus Christi; Navy One Source; Alcoholics Anonymous; the Coastal Bend Council on Alcohol and Drug Abuse; and various other local treatment/support groups. For more information, contact Cordova at 961-2503, the NAS SARP Program at 961-3377, or Navy One Source at 1-800-540-5123, or log on to www.navyone source.com.

The month of April is officially designated National Alcohol Awareness Month, as designated by an act of Congress in 1987. It was accomplished to educate the American public regarding the diagnosis and treatment of alcoholism. It also emphasizes that alcoholism is a disease, not a moral weakness, and that alcoholics can achieve full recovery.

NAS Security Blotter Report

NAS Fire/Police responded to the following calls from February 28 to March 7:

NAS Fire/Police responded to six medical assists.

Thirteen military ID cards were reported lost or stolen.

Six fire alarms were responded to and answered.

One intrusion alarm was responded to and answered.

On Mar. 1, a patrol officer received a call from building 37 reporting an alarm. The patrol officers responded and CORDON was set. The Assistant Command Duty Officer and building representative also reported on scene. An interior and exterior search were

conducted. All units were cleared at 4:15 a.m.

On Mar. 2, NAS Police received a call reporting a minor traffic accident without injuries at building 19. The two vehicles involved received minor damage; one with paint transfer the other a dent.

On Mar. 3, NAS Police received a call reporting a minor traffic accident without injuries on D Street. The two vehicles involved received minor damage. One sustained a paint transfer. The two individuals involved traded insurance information.



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CCAD workers continued from page 6

On Friday, March 24 contractors Mike Webb and Jose Moriel of Morgan Research Corporation presented an exhibition of the base model of the advanced workstation. It was provided at no cost by equipment manufacturer Farr Industries for demonstration purposes.

"The way the station works is that it draws the air away from the worker into the machine in two directions," said Webb, explaining the station's down draft and cross draft capabilities. "The machine then uses HEPA (High Efficiency Particulate Air) filtration to clean the air, removing dust particles and producing hospital quality air."

According to Webb, by implementing the advanced HEPA filtration work #99 station in various CCAD shops that perform sanding and grinding operations, CCAD will drastically reduce dust concentration. This allows employees not to use as much protective gear.

"In order to properly test the effectiveness of the machine CCAD contract industrial hygienists are taking both personal air samples and area samples," said Webb.

Webb indicated since the station revealed on Friday was just a base model, he anticipated a few design changes to make the station more CCAD friendly.

"We want to include improved lighting and modifications to run and operate electric tools as well as air tools and folding sides that will allow for the accommodation of larger parts and components," said Webb. "This is in order to make it a CCAD ver-

sion."

Assuming all goes well with the engineering modifications, Webb said he hopes to see the new machine in numerous CCAD shops by late summer or early fall.

Easter Week Services scheduled on board NAS

Holy Week began Palm Sunday, April 9, and both NAS Protestant and Catholic Chapels will be observing services and special activities. The schedule for the Catholic Chapel is as follows: Today: Confessions from 11:30 a.m. to 12:30 p.m., and Mass is at 7 p.m. Good Friday Service is at 11:30 a.m. An Easter Egg Hunt for the parish children will be Holy Saturday, April 15 at 10 p.m. Easter Vigil Mass will be held Sunday, April 16 at 8:30 a.m. The Protestant Chapel will hold a Holy Thursday Service tonight at 6 p.m. Good Friday services will be at 6 p.m. The Easter Sunday Service and Egg Hunt will be held at 10 a.m. For more information, contact the NAS Religious Ministries Department at 961-3751.

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Career Counselor's Corner

Help maintain your service record to protect against errors, mistakes
by NCCS (SW) Terri Green

With all the hectic responsibilities and concerns associated with being Sailors in today's 21st century Navy, overlooking the smallest details can often have dramatic consequences. For example, often neglect to ensure our service record entries are properly maintained. With that having been said, let me emphasize the importance of reviewing your service record periodically (I recommend at least twice a year).

Being certain your service record has all the necessary prudent data can make the difference between advancement and disappointment.

Page Four (record of all military training) should be thoroughly and consistently checked. Awards, volunteer community service, and other notable accomplishments should be included in your record. These can be systematically reviewed for accuracy and clarity, and are handy for compiling annual evaluations.

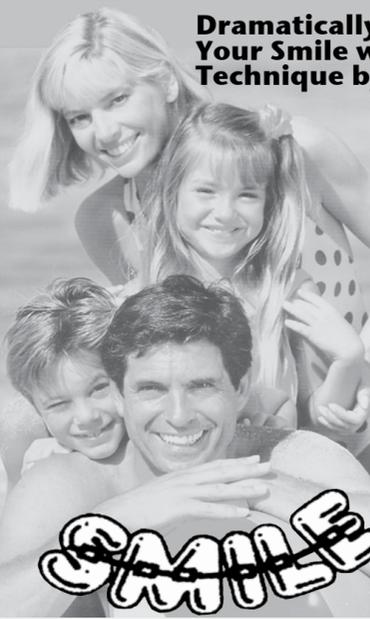
In addition, if you are scheduled to deploy in the immediate future, there are a few other factors to consider. Be certain your Page Two and Servicemen's Government Life Insurance paperwork are properly documented. A copy of a living will is an absolute must. You can be certain your intentions and your wishes will be honored and respected. Your personal property and possessions will be properly distributed among immediate family members in case of your untimely demise. Be certain all pertinent information, such as spouse and family members' names and ages, are accurately annotated.

Be certain to note if copies of all pertinent evaluations have been placed in your service record. Reenlistment contracts and military extensions should also have the necessary documentation, in order to alleviate major headaches and hassles down the road.

For more information concerning your military service record, contact the NAS Personnel Support Detachment Command at 961-3841/3842/3843/3844. You may also contact the NASCC Career Counselor's office at 961-3611/3612, or your command career counselor representative.

3/4 PAGE AD GENERALLY GOES HERE

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New workstation aims to reduce harmful exposures for CCAD workers

by Jamey Giddens, CCAD Public Affairs

Contractors from the Morgan Research Corporation unveiled the base model of a new advanced HEPA filtration workstation aimed at drastically reducing exposure to dust particles for CCAD employees when performing sanding and/or grinding operations.

With OSHA calling for exposure limits to various substances to be lowered, CCAD is in the process of implementing engineering controls and process changes in order to protect its workforce. The new advanced workstation is one such change.

CCAD continued on page 16



Jose Moriel, a contractor with Morgan Research Corporation, demonstrates the HEPA-filtration capabilities of the base model of a new advanced work station which will soon be used by CCAD workers in some of the machine shops when grinding and/or sanding parts/components. The new advanced work station is geared toward protecting the workforce from exposure to dust particles by drawing those particles away from the worker and into the machine which then filters the air releasing hospital quality air. (Photo by Leo Gonzales)

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MWR continued from page 14

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For more information on any Gonzalez Liberty Program or event, please call 961-6405

Gulf Winds Golf Course
Establish a Golf Handicap at Gulf Winds Golf Course

The monthly Gulf Winds Golf Association Tournament will be held Saturday, April 15. You must have an established handicap to play. An entry fee and regular greens fees/cart fees will apply. Show time is no later than 7:30 a.m. for a 8 a.m. shotgun start.

The Federal Manager's Association is having a golf tournament on Saturday, April 29. The course will open for regular play at approximately 1 p.m.

Establishing a golf handicap is easy and the fee is only \$12 per year! Just come by the Pro-Shop and sign up. Once you have five scores logged, you will receive a USGA approved handicap card that will enable you to play in any golf tournament, anywhere. Knowing the rules of golf will make the game more enjoyable for all. The rules for improving a ball's lie are:

You may not improve your lie by moving, breaking, or bending growing vegetation. In match play, you would lose the hole if you pull up grass to improve the lie. In stroke play, the penalty is two strokes. However, you may move loose, natural impediments like tree branches, fallen leaves, or loose stones, although if you move your ball in doing so, the penalty is one stroke (no penalty on the putting green) and the ball must be replaced. Moving loose impediments is not permissible in hazards where the ball lies in the hazard, unless the ball is covered by sand, leaves or the like, in which case enough may be removed to enable the player to see part of the ball. Hazards are bunkers or water hazards (lakes, ponds, etc.).

Organize a golf outing for your unit or organization! Call Greg at 961-3250 for details and assistance.

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Adult (13+)	\$ 9.75	\$ 2.20
Child 5-12	\$ 6.50	\$ 0.45
CC Museum of Science		
Adult (13+)	\$5.50	\$ 4.50
Child 5-12	\$4.00	\$ 1.50
Texas Treasure Casino Cruise		
Check flyer for cruise & gaming schedule	\$11.00	\$15.60
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San Antonio Sea World		
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Child 3-11	\$31.00	\$10.99
Seaworld Silver Pass	\$51.00	\$ 5.15
Seaworld Gold Pass	\$85.00	\$12.19
Wild Life Ranch African Safari- Texas Style	11.00	4.50
Adult	11.00	4.50
Child	5.00	1.50

For more information, please call the ITT office at 961-3961.

Lighthouse Lanes
Sign Up for Summer Leagues at Lighthouse

Lanes
Sign Up Now for Summer League Fun: Summer League fun on Tuesday and Wednesday nights at 7 p.m. For more information contact 961-3805.

April Specials:
Monday's: \$0.75 per game all day
Sunday's: \$1 per game all day.
Rock N Bowl: \$1 games on Saturday nights 7 p.m. - 11 p.m.
There will be no open bowling 7 p.m. - 10 p.m. on Tuesday - Thursday due to league bowling. Come to the "300 Fun Zone Game Room" for some video game fun!
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Youth Activities Center
Join the YA for Pitch, Hit & Run
Navy Youth Sports and Major League Baseball presents Pitch, Hit & Run. A national skills program for boys and girls, ages 7-14, to showcase their pitching, hitting, & running abilities.

This event is to encourage youth to experience the "FUN" element of baseball competition. There is not a registration fee and is open to all dependents of Active Duty, DoD, Contractors and Retired Military personnel. It will be held April 29 on the youth baseball fields. The competition will begin at 9 a.m., participants must register before hand. Registration table will open at 8:30 a.m.

Youth Activities Monthly Activities
Spring is here and the Youth Activities Center is ready! The month of April is filled with tons of fun activities for everyone to "spring" into at the Youth Activities Center.

April 13: Aviator Torch Club Meeting
April 14: Teen Web Page Building Workshop
April 17: Project Learn: Scholarship Workshop
April 18: Money Matters: "checking Account 101"
April 19: Job Ready: "Taxes and Your First Check"
April 20: All-Stars Sports Club Meeting
April 21: Madden 2006 Tournament
April 22: Teen Lock-In (13-18)
April 24: Project Learn: elements of an "A+ Paper"
April 25: Cooking Club: Lasagna
April 26: Job Ready: "Time Management"
April 27: Smart Moves: "Your Network: Friends, Family and Everyone Else"
April 28: Food and Flick
April 29: Pitch, Hit and Run competition
For more information, please call 961-2355.

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MWR is making I.D. cards for retired DOD and NAF employees. We will be issuing I.D. cards on Tuesdays from 9 a.m. - noon at the Pass and Tag building. Form SF-50, Notification of Personnel Action, will be needed.
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MWR News and Events
by Laurie Garcia, NAS MWR

Aquatic News
Oasis Pool is now open for lap swim for the season. The hours of operation for the Oasis Pool are:
Sunday & Monday: Closed
Tuesday - Friday: 11 a.m. - 1 p.m.
4 p.m. - 6 p.m.
Saturday: 10 a.m. - Noon
Pool Parties: 1 p.m. - 3 p.m.
7 p.m. - 10 p.m.

Swim packets are available at E-Street Gym, Fitness Express and Bayside Pool.
Registration for swim lessons and pool parties will be held at Bayside Pool starting on May 15 - 19 from 4 p.m. - 6 p.m.
For more information, call 961-3260.

Clarice's Creations Ceramic Shop
Stop by Clarice's Creations, the NAS Ceramic Shop, and learn the art of ceramics. Clarice's Creations has more than 6,000 molds available, green ware, bisque, paints and brushes. Come by and have some fun and meet new friends.
Hours of operations are:
Monday: Closed
Tuesday: 9 a.m. - 9 p.m.
Wednesday: 9 a.m. - 4 p.m.
Thursday: Noon - 8 p.m.
Friday: 9 a.m. - 4 p.m.
Saturday: 9 a.m. - 4 p.m.
Sunday: Closed
For more information, please call 961-2459.

Corpus Christi Bay Club
Join The CCBC For Spring Specials
The Corpus Christi Bay Club would like to invite everyone to come and join them for all the specials that are planned for April.
Specials for April:
April 14: Seafood Platter - \$15.95
April 21: Chateaubriand Flambe for Two - \$31.95
April 22: Prime Rib - \$17.95
April 29: Surf N Turf - \$14.95
The above specials are served along with the A la Carte from 5 p.m. - 8:30 p.m. Prices are for Club Members. An additional \$1 per person is added for non-members. Salad, ice tea or coffee are included with meals. Reservations are required for the specials in order to better serve you.

Special Events for April:
April 14 & 28: Wining Designation Ceremonies will be held in the main Ballroom at 3 p.m.
April 16: Easter Sunday Champagne Brunch will be served from 10 a.m. - 1:30 p.m. with a delicious menu featuring steamship round of beef, honey baked ham, roast pork, blazing red fish, chicken supreme, various vegetables, breakfast items (pancakes, waffles, omelets, Eggs Benedict), salad bar, soups, and assorted desserts; along with ice tea, coffee, juice, complimentary glass of champagne or Bloody Mary. Price per person is \$13.95 for members and \$14.95 for non-members. Children ages 6-10 \$6.95; ages 3-5 \$3.95; and 3 and under eat free. Reservations advisable; walk-ins welcome. For reservations call 961-2541.
April 26: Secretaries Day Luncheon Specials - Reservations for large groups is advisable in order to serve you better.
April 28: Mongolian BBQ
For more information on specials, catering and Club inquiries, please call the Club at 961-2541.

E-Street Gym
Captain's Cup Tennis Singles Tournament: Register at the E-Street gym before April 21st. The tournament will begin in May and end in June. This is a self-directed activity. Players schedule their own matches and are given four days to complete each match.

Captain's Cup 5 K Run: Register at the Fitness Center before April 19. The event will be held on Saturday, April 22. Check-in time will be 7:30 a.m., race time is 8 a.m. There are four divisions: 34 years of age and under or 35 years of age and over for men and women. Stop by the Fitness Center for course directions or call 961-3164.

Sports At A Glance
Event: 5K Summer Fun Run
Deadline: May 31
Event Date: June 3
Intramural Sports Program: Captain's Cup sports are unit competition; all players must be attached to the same unit. Register on time, late entries will not be accepted. Registration for each sport will begin one month before registration deadline. Please register on time. Coach's meetings are mandatory and are held on the Wednesday evenings at 4:30 p.m. Send an alternate to the meeting if the coach cannot attend. No show, no vote. Awards are given for first and second place. All military, military dependents 18 years of age and older, DoD/NAF employees and full time contractors working at NASCC are eligible to participate in the sports program. DoD/NAF dependents are not eligible. Women are encouraged to play in all sports. DoD/NAF civilian employees and contractors must pay an entry fee for team sports. CMWRA may pay for DoD/NAF civilian employee's fees when funds are available. Call Monica at 961-2268 for funding information.
For more information please call the E-Street Gym at 961-2401.

Fitness Express
Battle of the Bulge: Our new incentive program, Battle of the Bulge, began January 15. Workout time at the Fitness Center converts to points. These points will be accumulated in a log at the front desk. Participants may "buy" prizes with their points from an array of prizes including T-Shirts, sweatshirts, caps and backpacks. Come and join the fun!
Group Fitness Classes: A new Pilates, a stretch and tone class, has started on Tuesday night at 4:30 p.m. We also are offering a new cycling class on Monday night at 5:30 p.m. We have more than 30 regularly scheduled class per week. Please ask about special early morning classes not on the schedule. These change weekly by request of the Command Fitness Leaders.
The operating hours for Fitness Express are:
Monday - Friday: 5:30 a.m. - 10 p.m.
Saturday: 8 a.m. - 6 p.m.
Sunday: Noon - 6 p.m.
Holidays: 10 a.m. - 6 p.m.

Active Duty Priority Times: Active Duty members, who include all active duty, reservists, National Guard and Delayed Entry Program personnel, will have priority in using the cardiovascular equipment for physical training.
Fees: A fitness center usage fee will not be charged for active duty, retired or reserve military members and their dependents. Monthly membership fees include unlimited group exercise. The fees are \$20 for DoD/NAF working on base, \$30 other government employees and Navy League members, \$10 unlimited group exercise for retired military and all dependents, \$3 guest/daily charge and locker fees from \$3 to \$5 per month.
For more information, please call Fitness Express at 961-3164.

Gonzalez Liberty Center
Scavenger Hunt at the GLC
Are you looking for a night of complete competition? Join the Gonzalez Liberty Center for an exciting Scavenger Hunt! Want to know more? Contact the Liberty Office at 961-6405.
Paintball Shop: High Pressure Air Fill Station is HERE! Schedule your paintball game with us.
MWR continued on page 15

Skipper continued from page 2

guese man-of-war, otherwise known as jellyfish come floating into our waters. On the water they look like a small balloon floating on the water. Below the water surface are lace-like tentacles that drift like pretty curtains sometimes 10 to 20 feet long. It's those tentacles that are filled with spores of poison that causes the painful stings when you touch or step on it. The pain can be excruciating. A quick remedy, and one not often thought of, is meat tenderizer placed on the affected area like a poultice. The tenderizer breaks down the enzyme (poison) that

causes the pain. Another remedy that people might not want, but is effective is "peeing" on the affected area. The uric acid in urine also acts to breakdown the enzyme.

I'm not sure how I'm going to explain that one to my youngest son, and frankly I hope I never have to.

We're on our way to another warm Texas summer. Make it a point to enjoy the outdoors, but as we do, think of how pleasant the year will be if we have no accidents to look back on. See you on the beach.

Chaplain continued from page 2

been forgotten. Vows have been recanted. We are a temporary culture living in a disposable world. We need one thing that will remain. Love will remain.

No matter what you are going through, no matter who you are, where you are from,

or where you are headed, those words carry weight. They become especially powerful when you remember that before you were ever called to live up to that standard, God set it himself. His love for you never fails. It lasts.

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ONE QUARTER AD

I was there...A Marine's Story

by CWO-3 Robert Hunt

On Feb. 18, Marines from Marine Air Training Support Group-22 Headquarters had the rare privilege of participating in the commemoration ceremony during Iwo Jima Day in Corpus Christi Texas.

For a Marine, this was no ordinary day. This is a day in history that will always be remembered by generations of Marines. On Feb. 19, 1945, 61 years ago—Marines stormed the beaches of Okinawa. One in three Marines, more than 25,000, gave their lives in the cause of world peace.

Now, on this day many years later, Marines take this time to reflect, thank our veterans, and honor all Marines that came before us.

Prior to the ceremony, I was standing with fellow Marines and remarking about how cold it was. Then, as if in a well-planned script, one of the Iwo Jima veterans walked up to me, shook my hand and said, "It's a beautiful day isn't it."

Later, as I listened to words being spoken by MATSG-22 Executive Officer, Lt-Col. Donald Sterling, I realized that this ceremony wasn't just about one battle or a world war; it was about generations of Marines that I am proud to say made it easier for me to fulfill my duties as a Marine.

I looked at the veterans who were there on that fateful day more than 60 years ago,

and I can only say, "Thank you and I salute you for the sacrifice and loss that has allowed us the opportunity to have another

beautiful day."

Then I looked at our new generation of Marines like Privates Racquel Reyes, Ja-

mie Dimuzio, Abel Zendejas, Lieutenants Nicholas Sills and Eric Bower, I wonder what their legacy will be. Whatever path they take in or out of the Marine Corps, I know theirs will be filled with pride and reverence for those who gave the ultimate sacrifice so that we will enjoy many more beautiful days.

Let's not forget the future. When I looked upon the faces of the young Marine JROTC Detachment, some of them only nine or 10-years-olds, I can only hope that being a doctor or lawyer will be the norm for serving our country. However, if called upon to support and defend the Constitution of the United States, I hope that they will do so with the same tenacity, zeal and Passion for the Corps as those Veterans in attendance that day.

Yes, it was a beautiful day!



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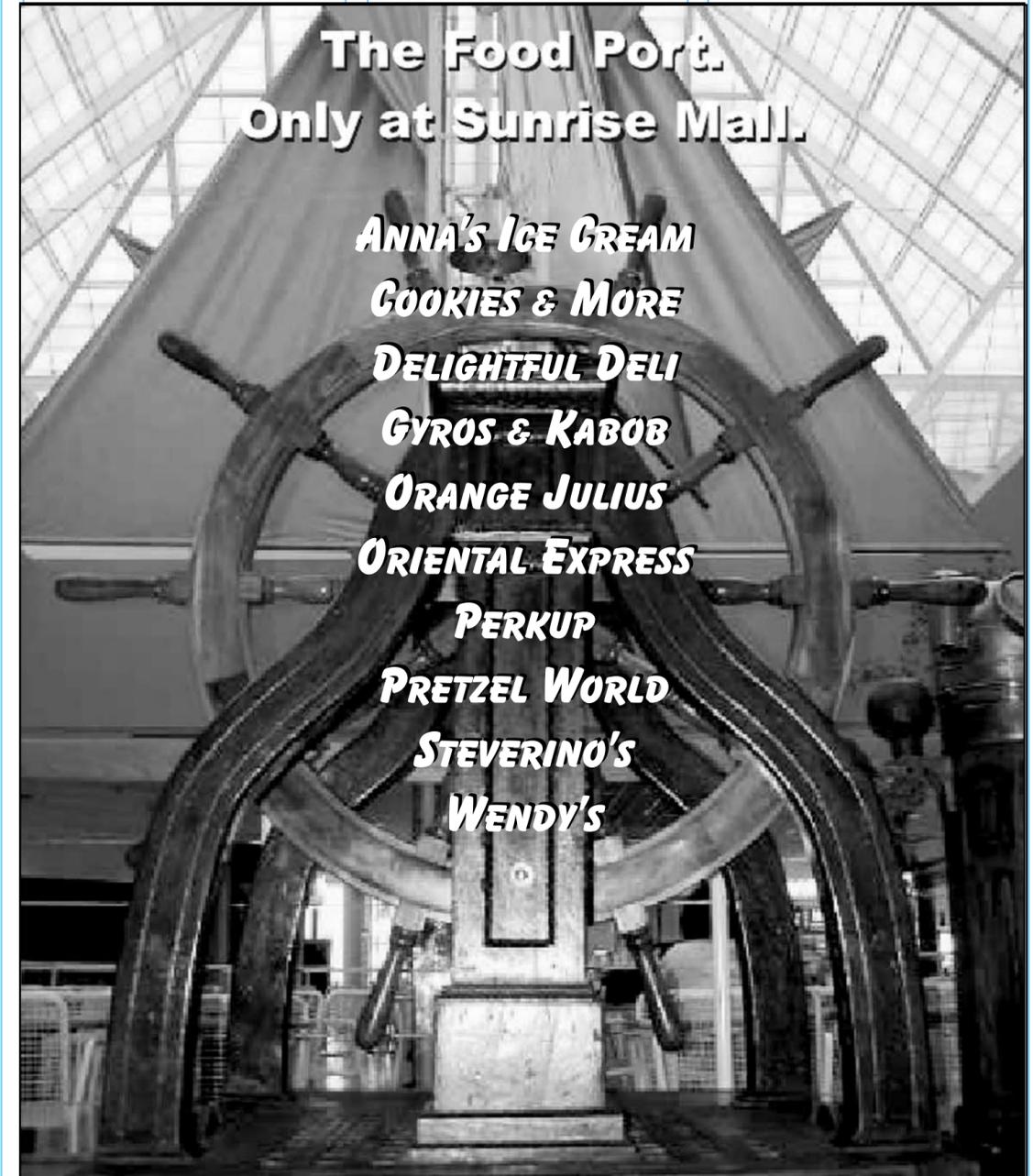
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NASK Sailor soars with the 'Angels'

Story and photos by Mike Antoine, NAVSTA Ingleside Public Affairs

Wednesday, March 29, was a blue-letter day for one NAS Kingsville Sailor.

That's "blue" as in getting the thrill of a lifetime, taking a 45-minute spin around the South Texas skies with a member of the Blue Angels, riding in style in the back seat of an F/A-18 Hornet.

The Navy's famed Flight Demonstration Squadron was in town for the "Wings over South Texas" air show at NAS Kingsville the first weekend of April.

"I feel drained. I feel like I've been working out all day," said AC2 Marcos Marrero, the Junior Sailor of the Year for NAS Kingsville, as he sat down inside the Air Ops building, reflecting on his 45-minute flight.

Doing something fleet Sailors can only dream of, the 20-year-old New York City native, soared the heavens in Blue Angel Number 7, piloted by Massachusetts native LT Kevin Davis. "Backseat rides" during air show week are reserved for local media. When one media entity was unable to go, Marrero was selected to fly.

Marrero is no stranger to the Blue Angels. He joined the Navy in 2003 after watching a Discovery Channel show about air traffic controllers. He routinely observed them practicing over NAS Pensacola, Fla. when attended Air Traffic Control school at their long-time home base.

Marrero, who works at the station's Air Operations Department, said that he didn't do anything special to prepare for the 2:30 p.m. flight, besides limiting his food intake that day to just a few crackers.

Marrero's "flight of fancy" took him as high as 15,000 feet and as fast as 620 knots.

During the course of the 45-minute flight he experienced several typical Naval flight maneuvers such as the diamond roll, wing over and loop, just to name three.

Additionally, he saw more of South Texas territory than most other station personnel can ever hope to on a routine workday, including, as he put it, "a small helicopter carrying cattle on a sling."

Marrero didn't look much worse for the wear after the Hornet came to a stop in front of Air Operations. NASK Commanding Officer, Capt. James Crabbe, was on-hand to get a first-hand briefing as the pilot and smiling Sailor climbed down the ladder.

"He did a great job," Davis told Crabbe. "He took every maneuver just fine."

"Lieutenant Davis was awesome during the flight," Marrero said. "He would calmly explain what each acrobatic maneuver would entail and how it would feel physically. I was impressed at how normal he spoke during maneuvers which reached 7.5 Gs."

Marrero sees his recent Blue Angel ride as a starting point to pursue his dream of one day flying an F/A-18. His current plans are to get a college degree, receive a commission, and return to NAS Kingsville to earn his wings as a Naval aviator.

"I've got a new respect for the physical nature of what these guys (pilots) go through," said Marrero.

"Petty Officer Marrero represents a bright future for the U.S. Navy," Crabbe said. "His professionalism and work ethic closely mirror that of the Blue Angels."



A post flight chat between pilot and one exhausted "VIP."

NAS Ceramic Shop- a little known gem

by LT Nate Rutting

Looking for fun and a creative outlet? Well, the NAS Ceramic Shop might just be what you are looking for. Located on E Street, they are open from 9 a.m. to 9 p.m., Tuesdays, 9 a.m. to 4 p.m., Wednesday, Friday, Saturday, and noon to 8 p.m., on Thursdays.

You don't have to have any experience or any tools to make ceramics there and instructional classes are available for a nominal fee. The shop has 1,000s of molds available, allowing someone to make anything from cups to lamps, to fountains or figurines.

Also, there are pre-made ceramics available that all you have to do is paint.

The NAS Ceramic Shop, called Clarice's Creations, after the shop owner Clarice Bookamer, let's you make personalized, inexpensive gifts for loved ones or keepsake items for your home. Many individuals that make things at the Ceramic Shop consider it a good way to relax, take their mind off things, while at the same time being creative and making something crafty.

Recently the Ceramic Shop held a cup-making contest. There were nearly 40 entries. The contest was celebrated with a potluck luncheon with more than 50 people in attendance. The cups entered in the contest were judged on their creativity, brush-stroke technique, and overall design. The handcrafted cups displayed originality and artistry with some cups taking more than 20 hours to create.

The Ceramic Shop will be holding other contests in the future and there are categories for beginners and children.

The NAS Corpus Christi ceramic shop, Clarice's Creations, awarded winners for a cup-making contest March 28 with ribbons and a potluck luncheon. Pictured from left to right are the winning cups: Jennifer King - 1st place Beginner; Clarice Bookamer holding Nellie Olsovsky's cup who tied at 1st place for Professional; Jewell McCoy - 1st place tie for Professional; Fumiko Sarabia holding Dee Gonzalez's cup for 1st place Hobbyist. Not pictured is Conor Moore who won 1st place for the kids category. (Photo by LII Janell Alvarez)

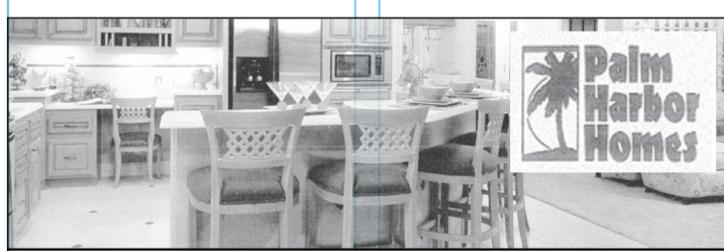
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TERM DATES

1. **SPRING 1** - January 30 - March 25, 2006
2. **SPRING 2** - April 3 - May 27, 2006
3. **SUMMER** - June 5 - July 29, 2006

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NETWORK PLUS PREPARATION COURSE
 Friday, 4:30 PM to 8:30 PM (13 weeks course)
 NET 156 - NETWORK PLUS PREPARATION: 18 Nov05 - 24 Feb 06. This course provides a fundamental understanding of computer networks. Through hands-on training, students learn the networking skill and concepts that affect all aspects of networking, Internet Addressing, and User Management concepts of Data Protection, Network Security, and Network Troubleshooting and Maintenance. Room215. Instructor: TBD

"A" PLUS PREPARATION COURSE
 Tuesday's and Thursday's, 5:00 PM to 9:00 PM (10 weeks) CET 100 - "A" PLUS PREPARATION COURSE: 80 clock hours, 5 credit hours. 10 Jan 06 - 16 Mar 06. The course is designed to provide students with in-depth understanding of the operation and basic maintenance of personal computers and various PC operating systems with emphasis placed on DOS and Windows 95/98NT/2000. Students are instructed in the methods and procedures required to upgrade, maintain and repair personal computers. Emphasis is placed on the use of diagnostic software, memory expansion, and hard drive replacement. Laboratory activities include upgrade and maintenance of PC systems. Room215. Instructor: TBD

FIBER OPTICS DESIGNER COURSE BY ETA
 Monday and Wednesday, 5:00 PM to 9:00 PM (5 weeks course) CET 108 - FIBER OPTICS DESIGNER: 40 clock hours, 2 credit hours. 13 Feb - 15 Mar 06. This new course will provide an in-depth knowledge of optical local area networks. This course covers all aspects of a successful fiber optic system design from network protocols, network configurations, optical cabling, industry communications standards, determination of fiber count, hardware selection, splicing/termination methods, and cable system testing and documentation. All that is learned in class is put into practice through multiple and intensive case studies. Room211. Instructor: Mr. Tim Erickson.

FIBER OPTICS INSTALLER COURSE BY ETA
 Thursday, 4:00 PM to 9:00 PM (5 weeks course) CET 105 - FIBER OPTICS INSTALLER: 24 clock

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 (361) 937-6382

AROUND THE STATION

Street Scoop

"Wingspan readers want to know: What is your favorite Easter tradition?"



Lita Deegarden
Navy Exchange Jewelry Dept.
Manila, Philippines
"To get together and watch the kids go egg hunting"



BM2 (SW) Greg Meadows
NASCC Security Department
Birmingham, Ala.
"Buying your kids the nice clothes and going to church on Easter Sunday."



Lt. cmdr. Richter Tipton
Coastguard Headquarters D.C.
Corpus Christi, Texas
"I like decorating the eggs."



AM1 Phillip Looker
AIMD Truax Field
Burlington, Wash.
"The egg hunt with my kids."

Honoring Women's History and Irish Heritage



HM-15's Cultural Awareness Committee recently hosted an Irish-American Heritage/Women's History Program. It was celebrated at the Gulf Stream Recreation Center on March 24. Featured guest speaker was Dr. Shanel Magee, (center), Executive Director of Opening Doors, a counseling and consulting firm, located in Corpus Christi. She is also the founder of Striving Upward Creating Champions through Education and Social Skills™ (S.U.C.C.E.S.S.). Dr. Magee is shown here visiting with members of HM-15's Cultural Awareness Committee. The program also featured a skit performed by the committee listing prominent figures in Women's History and those of Irish-American descent. A special poem was recited by SK2 Ruqaiyah Barksdale, and guests feasted on a meal consisting of traditional Irish food afterward.

Navy Teens visit the OSV Bold



From the bridge of the *OSV Bold*, Capt. Jerel Chamberlain explains in detail what his job entails to the Navy Teens. The Navy Teens group had an opportunity to board the *Bold* March 30 and learn about what the scientist and crew do onboard the oceanography vessel. (Photo by LII Janell Alvarez)



AWARDS AND ACHIEVEMENTS

Pilots advance to aviator status



The following pilots received their wings, designating them as aviators, during a "winging" and graduation ceremony March 31 at the Corpus Christi Bay Club on board NAS. In alphabetical order, the 19 new aviators are as follows: 2nd Lt Jeffrey Acosta; 2nd Lt. Richard Bolton; 1st Lt. Anne Braden; 1st Lt. Steven Campbell; 1st Lt. John Chrampanis; Ensign Ronald Dovich; Lt. j.g. Edward Fong; 2nd Lt. Gary Ford; Lt. j.g. Brian Harrington; 2nd Lt. Bryant Jarrell; Lt. j.g. Edward Kelleher; Ensign Jacob Lasota; Ensign Jason Loriz; 1st Lt. Aleksander Martin-Nims; Ensign Josh Mattingly; 2nd Lt. Derek Shehee; Ensign Matthew Shetler; 2nd Lt. Kye Stepp and Ensign Kenneth Vaughn. (Photo by Hugh Lieck)

Religious Programming Assistants recognized during Appreciation Dinner



RP2 (FMF) Paul Drachenberg, (left) NAS Religious Ministries Department, is congratulated after receiving a Navy Marine Corps Achievement Medal from CNATRA and Navy Region South Commanding Officer Rear Adm. Donald Quinn (right). The award was one of several presented during the annual Religious Ministries Department Volunteer Appreciation Dinner. It



was held April 3 at the Holiday Inn- Gulf Beach Resort on North Padre Island. Quinn presented the award to Drachenberg for superior service while deployed with the 2nd Battalion, 7th Marine Detachment near Hit, Iraq. (Photos by JO2 Jeffrey Fretland)

