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Wingspan

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Naval Air Station Corpus Christi, Texas

Thursday • January 18, 2007

Fifty-two students graduate from CCAD and Del Mar SCEP program

By Jamey Giddens, CCAD Publicist

Anyone wanting a glimpse of the future of CCAD needn't bother with a crystal ball. All they had to do was attend the graduation of 52 newly-minted CCADers from the CCAD and Del Mar Student Career Experience Program (SCEP) held Tues., Nov. 28 in the Cribbins Room.

Fifty-two student workers in all graduated from the dual purpose programs, officially entering into the CCAD workforce, complete with an education and skill set that gives them an advantage over the average incoming depot employee.

"A lot of people go to college and get a degree that says they know how to do something before they have actually proven they can do it. That isn't the case with you all," said CCAD Commander Col. Timothy Sassenrath, addressing the graduates. "You have been doing the work since day one and the proof is in the pudding. You all are very hot commodities here at the Corpus Christi Army Depot. It's no longer about how long you've been in your job, it's about what you know, and your knowledge, thanks to completing the SCEP program, is immeasurable. Keep up the good work."

The SCEP program gives qualified students the opportunity to gain work experience directly related to a specific field of study, according to Sharon Flores, CCAD human resources specialist.

"The student trainees were required to work 32 hours per week here at CCAD while obtaining their associate degrees from Del

Mar College," said Flores.

The student workers obtained associate degrees from Del Mar in the following Applied Sciences: Airframe Applied Technology, Computer Network Electronic Technology, Airframe Technology and Power Plant Technology. CCAD directorates presented their respective SCEP trainees with certificates in: Aviation Maintenance Airframe Applied Technology, Machining and Management Development-Logistics and Supply Chain Management.

"As a director, you're always thinking about who is going to be there to bring it on," said Larry Simone, director of Aircraft Production. "With so much of the workforce at retirement age, you have to worry about who's going to have the education and skills to keep producing quality products for the men and women in Theater and you guys have that. That's important to the [Soldier] out their flying that helicopter."

Dalexis Cavaness, a graduate of the Production Management directorate's Supply Chain Logistics SCEP program, said she was grateful for the opportunities the program has afforded her.

"The program gave us the ability to go to school, receive our education, build a career and gain experience all at the same time," said Cavaness.

Cavaness currently works in components process support. It is her duty to logistically

CCAD continued on page 6



Seen above are graduates that received degrees in Applied Science. The following graduates received their degrees for Computer Network Electronic Technology are Manuel A. Carballeira, Jr.; Thomas Farnsworth; Eugene Gonzalez; Javier Rios; Michael Rossett; Ned E. Smith; and Waylon Miller. The following received his for Electronics/ Communication Technology: Mark W. Benson. Graduates for Airframe Technology are Christopher Avalos; Caleb E. Cole; Kelly G. Croyl; Jesse A. Escamilla; Clifton W. James; John T. Lopez; Ryan A. Markley; Justin G. Noyola; Rogelio Perez; Linda S. Randle; Joel Rodriguez; Donald Shawver; and Martin C. Zuniga, Jr. (Also seen in photo are supervisors and Director Larry Simone, and Dr. Sloan from Del Mar College)

HM-15 promotes health and safety throughout its commamd

By Lt. Patrick Leslie, HM-15 PAO



Ground Safety Officer, LTJG Allen Keys participating in a demonstration on the impairments of alcohol to a persons ability to drive or in this case ride a tri-cycle. (Photo by Patrick Leslie, HM-15 PAO)

The Blackhawks of HM-15 recently conducted its December Safety and Health Fair on Dec. 15th. The event was scheduled for the day before many squadron individuals departed on leave for the holiday season. The fair included booths regarding alcohol and drunk driving awareness, seatbelt safety, auto theft prevention, fire prevention, medical and physiological impacts of the holiday season, healthy lifestyles and blood donation. Other booths at the fair included free emission tests and free auto VIN etching.

HM-15 Ground Safety Officer Lt. j.g. Allen Keys stated, "It is HM-15's policy to provide a safe and healthy work environment. By providing our personnel with the proper tools and risk assessment skills, we will continue to be successful over the holiday season. HM-15 personnel are committed to maintaining a safe and risk free atmosphere on and off duty in order to mitigate any and all unnecessary risk. Exercising sound Safety and Operational Risk Management practices are invaluable tools which enable us to accomplish our mission and sustain our vital personnel. This event allowed us to reiterate our con-

cern for the well-being and safety of our people, as well as letting us have some fun before we departed for some well deserved holiday leave."

Among the volunteers that made the Fair possible are: Lt. Slattery, HM1 Hamilton, AN Walker and AN Baptista from Naval Hospital Corpus Christi, ATC Sturgeon, PS1 Elliot, AM1 Perez, AW3 Lopez from HM-15, Leticia Mondragon from Coastal Bend Blood Center, Robert Gonzalez from Naval Hospital Corpus Christi, Terri Garcia, Pete Rivera, Sean Ostrander, Melissa Dominges, Maricela Cuevas and Chrystal Cooper from CCPD Auto Theft, Beverly Dixon and Martha Juarez from Corpus Christi MADD, Michael Beavers from Community Outreach and Inspector Diaz from NAS Corpus Christi Fire Department.

The HM-15 Blackhawks hope that everyone had a safe and enjoyable holiday season and wish everyone a safe and successful 2007.

From The Skipper

A day of honor...

By Capt. T.E. Coolidge

A lot of good things happened last year and I'm counting on a lot more in 2007!

Okay, a note about resolutions. Like most of you, I've made a couple. Please do your best to keep them. For me, that means sharing time with my family and friends. Of course, I need to remember that one resolution where I promised myself not to get mad at my family and friends when they remind me of my resolutions!

I want to take a moment of your time to talk about the Global War on Terrorism (GWOT) and how it impacts NAS Corpus Christi. You can certainly look around and see how the work being done at the Corpus Christi Army Depot (CCAD) and Defense



Coolidge

Depot Corpus Christi, Texas (DDCT) impacts the war. You can add to that the routine deployments of HM 15 "Blackhawks" and the Naval Hospital's medical personnel, Training Air Wing FOUR's pilot production, and all the Individual Augmentation (IA) assignments. Those are NAS Corpus Christi's contributions.

I'm going to describe the war's impact on NAS Corpus Christi from a different perspective to help you all understand a bit better why the base operates the way it does.

As a preamble to the article, remember that overall defense budgets are shrinking. The Navy must look inside itself to find the necessary money to operate and to buy the equipment needed to fight the war. Yes, this will require sacrifice on the part of every Navy family member - from the Sailor to the family.

Everyone has seen a change in base services. You need only look around at the grass and curb sides to know things have changed over the past few years. The same can be said for building maintenance.

From a big picture view, the Navy has decided to decrease its manning and increase production of newer, more capable ships and aircraft. These vessels and aircraft will replace aging, less capable ones currently in service. Of course, these new ships and aircraft are expensive, but they're necessary to maintain our growing presence in the world.

"Why," you ask, "do we need these new ships and aircraft?" Well, the Navy and Marine Corps have been engaged in high-tempo operations since the first Gulf War in 1991. Ships have been at sea more and aircraft utilization rates have been off the charts for more than 15 years. In other words, we're wearing them out at a faster rate than originally projected. It's sort of like maintaining that 1991 Ford F-150 truck. It's still working but, at 200,000 miles (pretty average for the ones on sale I looked up) it's getting a little hard to maintain and it certainly can't do all the things the newer trucks can do - or that you need it to do.

Captain continued on page 10

Chaplain's Column

Loving service to others

By Chaplain Chin Van Dang

A man told me that one of the most popular aquarium fish is the shark. He explained: if you catch a small shark and confine it, it will stay a size proportionate to the aquarium. Sharks can be six inches long yet fully matured. But if you turn them loose in the ocean, they grow into their normal length of eight feet. Likewise, if we get out of our own selfish preoccupation and reach out in loving service to others, we can develop our human and divine potential to the fullest. If, however, we live all for ourselves, without any care and concern for others, we will end up remaining six-inch Christians, who swim around in a little puddle. As Mother Teresa said, "we have to find the needy." What she meant was that we cannot be content with some kind of abstract notion of mercy and service. We can't say, "I love humanity; it is only people I can't stand." She meant to say that it is in people,

in individuals, that we will discover God as we serve them. Maybe, sometimes, we don't discover God in people we serve, behind the dirty hands, the wrinkled face, the matted hair. But those who love God and want to serve him, will serve any person who is in need. They serve when they are tired and when it is inconvenient and repulsive. There are no violins playing softly in the background when they serve others. Yet, in the name of love they are able to bear it all.

A husband and wife were fast asleep in bed in the early hours of the morning when there was a knock at their front door. The husband tried to ignore it, but moments later, the knocking was repeated, louder than before. "Go and see who it is, dear," said the wife. "It must be important at this hour." So the husband put on his dressing gown and went downstairs to answer the door. He was greeted by a drunk who said in a slurred voice: "Will you give me a push?" The husband was furious. "No, I will not," he raged. "It's

half past three in the morning, and I was fast asleep in bed. Get lost!" And he slammed the door and went back up to bed.

When he told his wife what had happened, she was annoyed with him. "That wasn't a very nice thing to do, Peter," she said. "Remember the time when our car broke down late at night in the pouring rain on our way to pick the kids up from the babysitter, and you had to knock on that man's door to get us started again? What would we have done if he'd told us to get lost?" "But this guy was drunk," protested the husband. "It doesn't matter - he



Dang

Chaplain continued on page 10

Health Watch

Your New Year's resolution

By Lt. Tricia Sattery, MD

More than two thirds of the American population is considered overweight or obese, and like millions of Americans, your New Year's resolution is most likely to get fit and lose weight. Making a resolution to get into shape and to lose weight is a great start. Knowing how to approach dieting and exercise in a healthy manner will help you to stick to your resolution, helping you successfully reach your goal. The first rule in weight loss is that dieting does not work. What?? Extreme changes in your



Sattery

diet or exercise program are sustainable for short periods of time, but more often than not, will result in failure with the potential for weight gain over and above where you started. The truth is there is no quick fix. Losing weight and getting fit takes perseverance. The key is to set achievable goals and to make small, reasonable changes in your diet while adding a form of exercise that you find enjoyable.

The American Heart Association's dietary guidelines are as follows: five servings of fruit and vegetables daily, six servings of whole grain products daily, two servings of fish high in omega 3 fatty acids weekly, limit your intake of high calorie foods with low nutritional value, limit your salt intake to one teaspoon of salt daily (2300mg), choose meats that are low in fat like skinless poultry and ultra lean meats, when eating dairy, opt for fat free or low fat options, limit alcohol intake to one drink per day for women, or two per day for men.

If your diet currently looks nothing like

the above recommendations, pick one or two recommendations to try to incorporate into your diet at a time. Once you are comfortable with those changes, add another. An easy fix for many people is simply eliminating regular soda and other beverages containing calories from their diet, sneaky offenders in the high calorie/low nutritional value category. The recommended substitute is water, totaling 64 ounces a day, however, an acceptable substitute at first may be diet beverages.

The other half of the weight loss success story is exercise. Exercise may feel like a four letter word to the more sedentary segment of the population, however, it doesn't have to be. The current recommendations are to find some type of cardiovascular activity that you can do each day for at least 30 minutes. This can be a high impact activity like running, but don't forget about alternative, low impact activities like cycling, swimming and walking. Other lifestyle changes that can

Health continued on page 10

Wingspan

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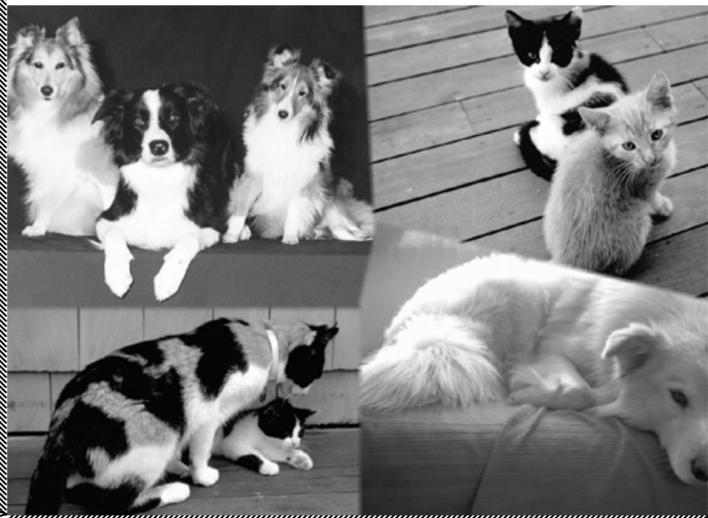
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Funding higher education for your children

By Julia Noreen Adams

Statistics indicate that a person with a college degree will earn 40 to 50 percent more over time and be less likely to be unemployed. A college education will pay for itself in the long run, but with no single, complete source of information, figuring out how to fund a college education is like navigating the ocean without a gyroscope. Successful planning requires hours of research on the Internet or at the library. Start soon, because the amount of time you have left before tuition bills start rolling in will determine how many options you have.

Saving For College With 529 plans

Investments are managed to help ensure maximum benefit when it is needed with as little as \$25 per month contribution or more, and interest is tax-free. There are some cases in which you can use the funds tax-free for non-educational purposes: i.e., if your child goes to a military academy or receives another type of full scholarship, you can withdraw an amount equal to the scholarship, so that you are not penalized for saving for your child's education. Unused funds from one child's account may also be transferred to another 529 account without penalty. Additionally, there are Coverdell Education Savings Accounts (ESAs) (formerly called Education IRAs) that limit your annual investment amount, and prepaid tuition, in which you pay for a specific number of semester hours.

Pros and Cons

Tax and use benefits are similar for all three plans. 529s offer more flexibility and



Colleges and universities, sites of higher education are readily available - but can be costly. But there are MANY ways to get that education, that will bring in more money in a lifetime. (Photo from internet)

control, but there are possible state income-tax liabilities after the year 2010. Prepaid tuition offers a defined number of classes, while other plans don't guarantee how much education they will buy. Coverdell ESAs offer the option of using funds for elementary and secondary private school, as well as college.

The downside of prepaid tuition and Coverdell ESAs is that their dollar amount is counted as the child's assets for financial aid, whereas 529s are counted as the parent's assets and therefore have significantly less impact on the child's eligibility for financial aid.

Financial Aid

The difference between the cost of school and the expected family contribution (EFC) is the amount of aid for which you are eligible. The EFC is determined by an equation established by law that considers income, assets, a list of other factors and any special circumstances.

There are four main sources of financial aid: private, institutional, state, and federal. The process begins with meeting the annual deadline for the Free Application For Federal Student Aid (FAFSA). To apply, you will need the parents' and student's tax returns and W-2s for the previous year, a current bank statement, business records, and investment records.

Free Money Scholarships are available from numerous and often surprising sources, including local businesses. Beware of any source that requires payment for information or applications — a sure sign of fraud.

You might consider the Upromise and Babymint websites, which rebate a portion of credit and debit card purchases into an investment account. There's no catch, provided you shop wisely.

Reduce Costs

Community college is a great way to save. The associate degree curriculum is practically the same as the first two years of a university, but costs far less and may even improve university acceptance chances. Explore creative solutions to reduce costs, such as discounted textbooks, on-campus programs to offset room and board, and work-study opportunities.



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hours, 1 credit hour. 12 Jan 06 - 09 Feb 06. The class consists of classroom and "hands on" laboratory instruction in the characteristic, preparation, and installation of Fiber Optics cable. Students are instructed in the various tools and techniques utilized to splice, test, and terminate fiber optic cable with additional emphasis placed on the application of learned skills. Students will be prepared to take the ETA Fiber Optics Installer Certification examination which is administered by the instructor on the last day. Room211. Instructor: Mr. Tim Erickson.

"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

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1. Based on 2000 Peer Mortgage Data which includes loans originated and purchased.

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Mine countermeasures ship piggybacks way to Middle East

By Ed Mickley, Naval Mine and Anti-Submarine Warfare Command Public Affairs

USS Gladiator (MCM 11) is getting a ride aboard the Condock V, a Heavy Lift Vessel contracted by Military Sealift Command (MSC), which departed Ingleside, Texas, Dec. 7 for a trip to the Middle East.

Gladiator will be replacing one of the Navy's soon-to-be decommissioned osprey class coastal mine hunters (MCM) USS Cardinal (MHC 60) and USS Raven (MCH 61).

The 1,300 ton, 224 foot Gladiator is one of two Avenger-class minesweepers transported to Bahrain. The second is scheduled to depart Ingleside by the end of the year. This is the third time mine countermeasure ships have been transported overseas to avoid wear and tear on the ships; the first was sent in 1996 and the second in 2000.

"We're using heavy lift to replace the two coastal mine hunters that will be decommissioned and sold to Egypt," said Lt. Cmdr. Charles Brown, a spokesman for U.S. Naval Forces Central Command. "It reduces maintenance issues and the ships are operational upon arrival."

The unique 106 meter Condock V, one of several heavy lift ships owned by the Condock Befrachtungs-Gesellschaft mbH of Germany, submerges so that a transported ship can be 'floated' onboard. Once aboard and secured using keel supports, blocks and lines, the 4,700 ton capacity motor vessel then rises to the surface displacing the float-on water, a process known as ballasting.

The eight-hour operation entails many hours of preparation, operation meetings, safety checks and coordination between Condock V, Naval Mine and Anti-Submarine Warfare Command, Naval Station Ingleside (NSI) Port Operations, MCM Squadron 2, South Central Regional Maintenance Center, MSC and Naval Sea Systems Command (NAVSEA) personnel. Several days and hundreds of people coordinate the arrival, positioning and the float-on of the vessel, weld-



Linehandlers from Naval Station Ingleside prepare to launch the Condock V, a Heavy Lift motor vessel which is transporting the USS Gladiator (MCM 11) to the Middle East. The Gladiator was floated-onto the Condock V open air cargo bay then secured with welded supports, blocks and lines. (Photo by Ed Mickley PAO NMAWC-CC)

ing necessary supports, and loading materials and supplies by crane. Inspections for each phase have to be done as well, ensuring safety for all personnel. Engaging the actual movement of the transported ship is the final step.

"We make sure that there are no loose ends," NSI Port Operations Head, Cmdr. Frank Bulges stated. "We plan for any and every contingency ensuring a safe evolution."

The day of the load, engineers from MSC, NAVSEA and Condock V oversaw the efforts of line handlers and pusher boats that guided Gladiator from the pier into Condock V's open-air cargo hold. Once Gladiator was in place, Navy divers verified that the keel was centered upon specially constructed supports, then Condock V ballasted up to its normal draft. Following the load, additional supports were welded in place to secure Gladiator for the ocean voyage.

"We'll go into the well deck and place all of the necessary support structure," James Ruth, NAVSEA's heavy lift expert said. "ensuring that the ship is secured for any sea state they might encounter."

The voyage typically takes 40-50 days and can encounter a myriad of weather conditions.

A six-member team from Gladiator's crew leader is assembled to accompany the ship on its voyage. They'll stay aboard Gladiator but will work with Condock V's crew while in transit ensuring a secure passage for the ship.

"We have a top notch team that will make sure everything is ready upon its arrival overseas," said Lt. Cmdr. Michael Hutchens, commanding officer of Gladiator. "They'll keep an eye on things until we get there."

After Gladiator's journey, the rest of crew leader will re-join the ship to float it off in a reverse process of the float-on and be ready for operations.

MWR continued from page 12

hanging around doing nothing, come join your friends and co-workers compete for first place. Enjoy plenty of food and prizes. Tournament starts at 5 p.m. Must be 18 years old to participate.

Jan. 27: Ping-Pong Tournament On Saturday, Jan. 27, come join the GLC for a Ping-Pong Tournament begins at 2 p.m. enjoy plenty of food and prizes. You must be 18 years old to participate.

Jan. 31: Last Buck Night: Dinner & Movie at 5 p.m.

Upcoming Events:

Super Bowl Party: February 4 at the GLC doors open at 12 p.m. Enjoy pre-game entertainment, free food, prizes and lots of football fun! The hours of operation are Monday - Friday 10:30 a.m. - 8 p.m., we are asking for your suggestions on how we could better serve you. For large orders of Pizza's we ask that you give us at least one day's notice so that we prep. From all of here at the Pizza Sub Pub we wish you and yours a Happy and prosperous New year 2007.

For more information, please call 961-2249

Youth Activities Events

Love is in the Air: Youth Activities will be selling Balloon Bouquets starting January 18. Come in to place your order and let the staff from Youth Activities take the stress out of shopping for that special someone this Valentines Day. All base deliveries are fee. For more information please contact the Youth Activities Center at 961-2355. All evening activities begin at 6 p.m.

January Activities:

Jan. 18: Animate Your World
Jan. 19: Pre-Teen Food N Flick
Jan. 20: 3 on 3 Basketball
Jan. 22: Flag Football
Jan. 23: Triple Play - Stackers Night
Jan. 24: Arts and Crafts
Jan. 25: X-Box 360 Tournament
Jan. 26: Fear Factor Night
Jan. 27: Teen Night Out
Jan. 29: Power Hour
Jan. 30: Smart Moves
Jan. 31: January Birthday Party

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



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MWR News and Events

By Laurie Garcia, NAS MWR

Auto Skills Center

Texas Vehicle Safety Inspections are performed at the Auto Skills Center, Bldg. 1713, down the street from the Navy/Army Federal Credit Union. Services are a first come first serve bases. Wait or drop off your vehicle. Hours of business are Wednesday-Friday 10 a.m. - 6 p.m. and Saturday-Sunday 9 a.m.-5 p.m., closed Monday and Tuesday. Additionally, have a current copy of your insurance available. For more information call 961-3470.

Auto Safety Tip

Check your tires for proper tread wear. A tire that is wearing properly will have the same tread thickness across the width of the tire. Tires that are worn on the inner or outer edge of a tire are in need of an alignment. Check your tire pressure on a monthly basis, as low or over inflated tire will cause uneven wear patterns also. For more information regarding this safety tip or for a demonstration call us at 961-3470.

Gonzalez Liberty Center

Stop by and visit the Gonzalez Liberty Center and watch one of the many Navy Motion Picture Service movies they have to offer. The "new releases" include: Everyone's Hero; The Black Dahlia; Flyboys; Gridiron Gang; Fearless; All the Kings Men; The Guardian; School For Scoundrels; Open Season; Flicka; Employee of the Month; The Departed. January Programs:

Monday Night Football . Get some friends together or come join us while we watch the big game on one of our big screen TV's. And rest easy, for your viewing pleasure; the GLC will stay open until the game ends. Snacks are included.

Jan. 18: Pool Tournament on Jan. 18, get your cues polished up and your game face on as the GLC hosts and after the holidays pool tournament. The holidays are over and friends are returning from leave. Instead of

MWR continued on page 13

Captain continued from page 2

To pay for these new vessels and aircraft the Navy took a hard look at its manning and infrastructure (the bases). These are the only two places where savings could be captured. Of course, it must be done in a way that doesn't negatively impact mission readiness.

Manning was the first to be examined. Just a few years ago the Navy was spending half of its budget on people - salaries for active duty and annual pay for our retired service members. The shift of work to Government Service civilians and contract employees has saved money. Likewise, on the infrastructure side of the equation, the redefining of service contracts to a performance base (not "cut the grass every week" but rather, "when the grass gets so high, cut it") has garnered savings. Shifting base housing to public/private management has decreased an expense - which translates into more money in the Navy's "checking account." These things are necessary to help buy the war-fighting tools needed to support the war.

As the Base CO, it's my responsibility as well as that of my staff to ensure all the commands on base meet their mission objectives. I think we've done a pretty good job, given the limited funding at our disposal. I keep Navy Region Southeast informed of problems - both immediate action types as well as those train wrecks looming on the horizon - so we can address them as quickly as possible.

Repairing the runways at NAS Corpus Christi and Outlying Field (OLF) Cabaniss are two long-term projects we continue fighting hard to fund. We've been successful in getting projects funded, too. For example, Cmdr. Greg Wagner and his Public Works Team in concert with LtCmdr. Jeff Shields and his Security Team did a fantastic job presenting the need for a new Main Gate, and we received the money necessary to complete construction in 2007.

I'm also exploring ways to reduce the number of buildings on base. "Why," you ask, "are you doing that?" We have a number of old buildings that are consuming a lot of our operating budget. These buildings don't have the best insulation or energy-efficient windows. They require a lot of electricity to cool and mold is a constant threat. If we can demolish these buildings, we'll save money. Please don't think I'm planning to demolish everything - there's definitely a method and a plan to determine what goes and what stays.

There are smart people in the Navy working hard to define the operating requirements for the bases and find out just where and when the funding cuts start to impact Fleet readiness.

Okay, that's it in a nutshell. There are definitely things the Navy is doing to help pay for the war-fighting tools needed to engage the enemy and maintain our presence in the war. The Nation didn't ask for this war but we can't ignore it. It's not going to be a short war and, like I said earlier, it will take sacrifices from all of us to make sure we remain engaged and win!

NAS Corpus Christi is part of the fight. You're part of the fight, too, and I appreciate your continued support as we make adjustments to help even more. We haven't got it right just yet, but we're doing our best. The Nation and our Navy, Marine Corps, Army, Air Force, and Coast Guard deserve it!



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Cassidy

Legal Corner

The Service members Civil Relief Act: capping interest at six percent for pre-service loans

By Lt. Heather Cassidy, NLSO Central, BROFF Corpus Christi

Who is protected by the SCRA

The SCRA affords protections to all persons in the military service on active duty within the five branches of service, in addition to members of the National Guard when called to active service authorized by the President or Secretary of Defense for a period of more than 30 consecutive days. In addition, active service by a commissioned officer of the Public Health Service or the National Oceanic and Atmospheric Administration are also protected by the SCRA, along with any period during which a servicemember is absent from duty for a lawful cause.

When Does the SCRA Cap Interest at Six Percent

If a service member currently has an interest-bearing debt with an interest rate in excess of six percent per year, incurred by the servicemember or jointly with a spouse before entry into military service, the servicemember may be able to reduce the interest rate to six percent. This provision applies only to pre-service debts and does not apply to debt incurred after the servicemember entered active duty status.

Pursuant to Section 527 of the SCRA, a pre-military creditor must reduce interest rates to six percent upon written notice to the creditor of military service, along with a copy of military orders calling the member to service and any orders extending service. Such notice is required to be given no later than 180 days following the servicemember's termination or release from service. Following receipt of this notification, and in accordance

with the SCRA, a creditor is required to limit interest rates to six percent per year during the military service, effective as of the date on which the servicemember is called to service. Any interest in excess of the six percent cap is required to be forgiven. In addition, the periodic payments due from the servicemember under the terms of the obligation must be reduced by the allocated amount of the interest forgiven. Additionally, it should be noted that Section 527 of the SCRA does not apply to state or federal student loans, but it does apply to private student loans.

What Protections are Given to Creditors

Relief for creditors from the limitations of the SCRA's six percent cap can be granted by courts if the creditor can show that the servicemember's ability to pay the debt with an interest rate in excess of six percent is not materially affected by the servicemember's military service. A comparison of a servicemember's pre-service and military income is one way in which a court will determine a material affect. As a result, if pre-service and service salaries are similar in amounts, the reduction to six percent interest may not be applicable.

How Can I Receive More Information on the Protections of the SCRA

If you believe your military service has materially affected your ability to pay a pre-service debt with an interest rate in excess of six percent, you may contact the Naval Legal Service Office (NLSO) at 961-3765.

Tricare offers online services

By Julia Noreen Adams for LIFELines

If only doctors made house calls. Fortunately, your healthcare program does. TRICARE has a website with new services and helpful links. TRICARE Online (TOL) provides personalized services for TRICARE beneficiaries worldwide, in conjunction with local military treatment facilities (MTFs).

It's important to note that TOL is not a substitute for professional medical advice. Acknowledgement of a detailed medical disclaimer is required for use of the site.

Onsite Registration

Many informative features are available without registering, but for personalized services, you'll have to register. In addition to the usual information, you'll

need your Social Security number (SSN) or foreign ID, sponsor's SSN, TRICARE region, and e-mail address.

You'll also need the name of your MTF (where you receive healthcare), an eight-character username, and an eight-character password that includes at least one number, one capital letter, one lowercase letter, and one special character (such as a dollar sign).

If you have trouble registering or using any aspect of TOL, call the toll-free help line at (866) 363-3932.

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Tricare continued on page 10



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Chaplain continued from page 2

needs our help." The husband could see that he wouldn't be allowed to get back to sleep, so he got dressed, went downstairs and opened the door. He couldn't see the drunk anywhere, so he called out: "Do you still want a push?" A voice came back out of the darkness: "Yes, please." "Where are you?" asked the husband, still unable to see him.

"I'm over here - on your swing."

When we don't love others in a practical way, we cease to love ourselves, we become our own enemy, or our own executioner, since God has created us such that our happiness depends on our making others happy. It is not possible to love God unless we love others. If I really love God, my innate and persistent selfishness will have received its death blow.

Health continued on page 10

add up to real results, include taking the stairs instead of the elevator or escalator and parking further away from your office entrance than usual. An easy and fun way to get your 30 minutes of daily exercise is to take a brisk 30 minute walk at lunch, either outside while the weather is temperate or at the base gym when it starts to heat up again in the coming months.

Lastly, for those of you who are wondering just how many calories a day you should be consuming in order to lose weight, here is a rough guide: Daily Caloric intake should equal your ideal body weight (in pounds) multiplied by 15 (if active) or 13 (if you are inactive). You will need to keep a food diary to determine how many calories you are currently consuming daily. It is recommended that you should gradually reduce your intake over several weeks, limiting weight loss to two pounds per week.

Weight loss and exercise will not only improve your appearance but can help improve blood cholesterol levels, blood pressure and diabetes. Get out there and make it happen!

Tricare continued from page 6

pointments. Once registered, you can enroll yourself and family members in TRICARE Prime. All you need is your personal information and the name of your chosen primary care manager (PCM). Prime beneficiaries can make appointments online with their PCM or another doctor in the same clinic. Appointments made online can be canceled, changed, or confirmed on TOL.

You can also store information about your MTF and providers. The site includes phone directories and links to providers' homepages.

Claims

The most unpleasant aspect of healthcare is the paperwork. TOL does its part to ease the claims burden by providing you with the status of payments and copies of explanations of benefits for claims. There's also a link to the main TRICARE website for general claims information and printable claim forms.

Fun for Kids and Teens

The "Kids" section is a helpful resource for parents and children alike. There are articles on infants, teens, family issues, and much more. The site includes information on health concerns, of course, but also nutrition, safety, and social issues ranging from diversity to illegal drugs. Parents will appreciate the answers to their questions, and kids will value the privacy of exploring subjects they may be uncomfortable talking about. It can even be a tool for facilitating family conversations.

Winter weather prompts increase in life-threatening risks due to fire

By NAS Corpus Christi Fire Department

NAS Corpus Christi Fire Department warns of carbon monoxide dangers and urges caution especially during cold weather.

Hundreds of people die from carbon monoxide (CO) poisoning each year and it remains a serious threat no matter the season, but activities that typically increase with the onset of winter weather conditions pose an even greater risk. Recent tragic events throughout the country have served as sad reminders that carbon monoxide poisoning can result in death when it reaches unsafe levels. The National Fire Protection Association (NFPA) urges the public to be aware of the dangers of carbon monoxide and to take measures to ensure safe practices.

Many deaths caused by carbon monoxide poisoning could have been prevented by installing carbon monoxide alarms in the home to alert residents of its lethal levels before it's too late.

Carbon monoxide is a colorless, odorless gas that enters the body undetected as a person breathes. The gas is produced by burning wood, coal, charcoal, natural gas, gasoline, propane, oil, methane, and other common fuels. It is also produced by automobiles and other gasoline or diesel engines.

When power outages occur, people naturally look for other ways to see and keep warm. As they look for alternatives for electricity and home heating, they should be aware that the risk of carbon monoxide poisoning is sometimes elevated with supplemental equipment that is often used.

Carbon monoxide poisoning can be confused with flu symptoms, food poisoning and other illnesses. Some symptoms include shortness of breath, nausea, dizziness, light headedness or headaches.

NFPA suggests the following safety tips to avoid the dangers of carbon monoxide.

Install carbon monoxide (CO) alarms (listed by an independent testing laboratory) inside your home to provide early warning of accumulating CO. CO alarms should be installed in a central location outside each separate sleeping area. If bedrooms are spaced apart, each area will need a CO alarm.

Test CO alarms at least once a month and replace alarms according to the

manufacturer's instructions.

CO alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and CO alarms.

Have fuel-burning heating equipment (fireplaces, furnaces, water heaters, wood and coal stoves, space or portable heaters) and chimneys inspected by a professional every year before cold weather sets in.

When using a fireplace, open the flue for adequate ventilation.

Never use your oven or grill to heat your home.

When buying an existing home, have a qualified technician evaluate the integrity of the heating and cooking systems, as well as the sealed spaces between the garage and house.

If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle, generator, or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.

Generators should be operated in well ventilated locations outdoors away from all doors, windows and vent openings.

The generator should be located so that exhaust fumes cannot enter the home through windows, doors or other building openings.

Do not refuel the generator while it is running. Turn the generator off and let it cool down before refueling.

Never store fuel for your generator in your home. Gasoline and other flammable liquids should be stored outside of living areas in properly-labeled safety containers. They should be stored away from any fuel-burning appliance such as a gas hot water heater.

Plug appliances directly into the generator or use a heavy duty outdoor-rated extension cord. Make sure the cord is free of cuts or tears and that the plug has all three prongs, especially a grounding pin. Do not try to power the house wiring by plugging the generator into a wall outlet.

If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with applicable state and local electrical codes.

CCAD continued from page 1

support the CCAD shops, providing process documentation and assistance for loading routes, among other duties.

Justin Crimmins received his degree in Applied Aircraft Technology on Tuesday. He began the SCEP program while still attending Flour Bluff High School.

"Being a graduate of the SCEP program will give us the upper hand when it comes to knowledge and promotions," said Crimmins.

Crimmins is assigned to the composite shop, working on the fairings and doors that come off damaged aircraft.

Lonnie Johnston, who like Crimmins has been a part of SCEP since his days at Flour Bluff, is happy to have a break from the rigorous schedule of classes and work.

"It was hard work, but I have a good job

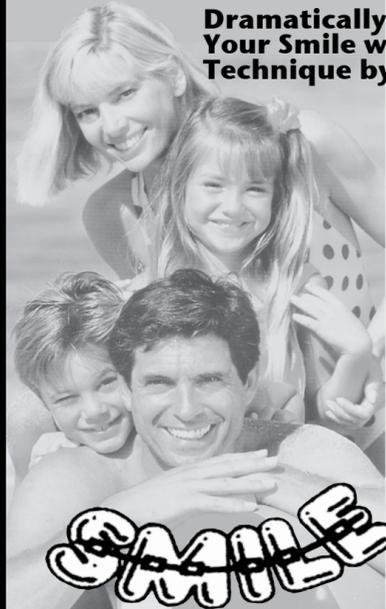
at the end of it, so it definitely paid off," said Johnston.

Johnston received his degree in Applied Power Plant Technology and performs aircraft production on the T700 Engine Assembly.

"The student workers begin the program at the WG-04 level," said Sharon Flores. "In six months they can be promoted to the WG-05 level which is that of a Helper and then upon graduation, successful job performers will be converted to permanent full-time career conditional employees and can be promoted to WG-08 upon completion of an associate degree program."

For more information on the Del Mar College and CCAD Student Career Experience Program (SCEP) contact Sharon Flores at 961-2775 ext.237.

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AROUND THE BASE IN 2007



NASCC Fire Department pull out and charge the hose for the Pilot for a day Aaron Ruiz, as he stands as a nozzleman while his friend Noah Ritter and sister Alyssa Ruiz back him up as his hoseman.

Aaron Ruiz, an eight-year-old patient from Driscoll Children's Hospital, and a native Corpus Christian, is our most recent "Pilot for a Day."

"I got a flight suit," yelled Ruiz with a smile on Jan. 9, as he showed off his new gear to his Mom Beverly, sister Alyssa and friends Noah Ritter and Max Cummins.

Aaron has Muscular Dystrophy and had been scheduled to be here earlier last year but was unable to come. Recently, he got the "grand tour" as the primary guest for the VT-35 Stingrays.

Aaron's entourage and day began when he was welcomed by VT-35 Commanding Officer, Air Force Lieutenant Colonel Jon Ullman with a squadron patch and his

Velcroed leather name tag for a flight suit. Aaron also got "dog tags" with his name on them. And to ensure that his co-pilots, sister Alyssa, and friends Noah and Max didn't feel left out, they received dog tags too.

"When I got here, I wanted to know what we could do to make the squadron special," said Ullman. "I found out the squadron was doing this, the Pilot for a Day Program, and I realized that - we really couldn't do anything better than this. It's such a great and worthwhile program, and I'm happy to be a part of it."

The program has been going on since 2001, informed Aislynn Campbell, public relations coordinator for Driscoll Children's Hospital. "So far we've had 61 kids partici-

pate in the program. We also have an annual Pilot for a Day Holiday Party Reunion that allows all participants to come and reunite with their sponsor pilots."

Among other things that Aaron did during the day, was a tour of the squadron area, a trip to the "Paraloft" where he was fitted for his flight suit. His leather name tag and squadron patch looked just right for the now pilot-garbed and grinning Aaron.

George Ruiz, a "plank-owner" for the program, is always present for the PFAD program, to lend his knowledge and gentle guidance during any pitfalls that might arise. "If there's anything I can do, to make life easier for these children, that is what I want to do," said Ruiz. Ironically, Aaron's father's name

is also George Ruiz, no relation.

Beverly, Aaron's mom had some comments for the school newspaper, "Aaron Ruiz was honored to participate in the "Pilot for a Day" program ...," she wrote. "Other highlights of the day included: sitting in the cockpits of various planes and helicopters, talking to Navy pilots (and Air Traffic Controllers) from the Air Traffic Control tower, lunch at the Officer's Club, flying the simulator and riding in various Navy fire trucks. Finally the day concluded with Aaron being sworn in as honorary pilot by VT-35 Skipper. This one-of-kind program allowing kids to walk in the boots of Navy pilots was a memorable day for everyone and something Aaron will never forget."



(Left) Pilot for a Day, Aaron Ruiz give a big grin during his visit to the "Paraloft" and trying on a parachute. On the right, he tries on a pilot's helmet, as he "looks through the eyes" as a Navy pilot.

AWARDS AND ACHIEVEMENTS



Surgeon General of the Navy and Chief, Bureau of Medicine and Surgery, Vice Admiral Donald C. Arthur, MC, with scissors in hand, cuts the ribbon Jan. 10, during the grand opening of the new Physical Therapy (PT) Clinic at Naval Hospital Corpus Christi, Texas. Arthur is flanked by (l-r) Captain D.C.B. Albia, MSC, the executive officer; Captain J. P. Rice, MC, the commanding officer; HM3 Shuntae A. Heck, physical therapy technician; Lt. Cmdr. Eloy Ochoa, Jr., MC, orthopedic surgeon; and HM1 Peter J. Raisanen, the leading petty officer for PT. The new clinic is located on the first floor adjacent to the specialty clinics and provides easier access to beneficiaries. Arthur participated in the ceremony during a scheduled visit to the hospital while in South Texas Jan. 9-11. (Photo by Richard Stewart)



President of the FCPOAAOI(AW/SW) Richard Zule presents the toys collected on Naval Air Station Corpus Christi to Sgt. Morris for the Wishes and Dreams Toy Drive organized by the Corpus Christi Police Department.(Photo by Marlene Zule)



Vice Admiral Donald C. Arthur, MC, cuts the cake with Hospital man Steven M. Strange (right), orthopedic technician at Naval Hospital Corpus Christi (NHCC) Jan. 10, during the grand opening of the new Physical Therapy (PT) Clinic at NHCC. (L - R) Lt. Cmdr. Eloy Ochoa, Jr., MC, orthopedic surgeon, and Captain J. P. Rice, MC, the commanding officer flanks Arthur. (Photo by Richard Stewart, NASCC Photo Lab)