

YOU DESERVE THE JEEP MILITARY ADVANTAGE

WITH AN ADDITIONAL **\$500 BONUS** on Jeep Grand Cherokee, Liberty & CommanderTM



2007 JEEP GRAND CHEROKEE
 • Best Government Cash Test RatingTM
 • Standard Electronic Stability Program



2007 JEEP LIBERTY
 • Best Selling SUV in Its ClassTM
 • Standard Electronic Stability Program



2007 JEEP COMMANDER
 • Available 3.7 Liter HEMITM with HMO
 Fuel-Saving TechnologySM • 7-Passenger Seating

ALSO RECEIVE 0% APR FINANCING | **60 MONTHS FINANCING** | **UP TO \$1,000 BONUS CASH** | **\$4,500 TOTAL CASH ALLOWANCE**

And generous offers on other Jeep vehicles.



ALL NEW 2007 JEEP PATRIOT
 MSRP Starting at **\$15,110**



ALL NEW 2007 JEEP WRANGLER
 MSRP Starting at **\$19,270**



ALL NEW 2007 JEEP COMPASS
 MSRP Starting at **\$16,110**



ALL NEW 2007 JEEP WRANGLER UNLIMITED
 MSRP Starting at **\$21,190**

SEE YOUR TEXAS JEEP DEALER. jeep.com/texas

MSRP does not include tax, title, license, and destination charge.

Wingspan



Vol. 13, No. 18

Naval Air Station Corpus Christi, Texas

Thursday • August 30, 2007

Rear Adm. Guadagnini assumes command as CNATRA

Story and photo by Lt. Sean Robertson, CNATRA Public Affairs Officer



Rear Adm. Mark D. Guadagnini receives his stars from his wife, Donna, during his frocking ceremony on August 15.

Rear Adm. Mark D. Guadagnini assumed command as the Chief of Naval Air Training in a short ceremony at NAS Corpus Christi on Wednesday, August 15.

"Our focus is warfighting," Guadagnini told his senior staff. "Our mission is to develop warfighting aviators for the Fleet. We

will produce aviators who can fight and succeed in combat from day one."

He was frocked to his current rank of Rear Admiral in a family ceremony the day he assumed his new command. His two sons, Midshipman 1st Class Mark Guadagnini and Midshipman 4th Class Mike Guadagnini removed his Captain's Eagles and will have them should they rise to Captain's rank in the Navy. Both are currently at the Naval Academy in Annapolis, Md.

Guadagnini's wife, Donna, daughter, Casey, and his parents, Frank and RoseMarie, placed his admiral's stars on his uniform.

Guadagnini comes to the Training Command from Millington, Tenn., where he served as the head of Aviation Officer Distribution for Navy Personnel Command.

NAS Senior Chief Medelez, returns from IA duty in Iraq

By Lt. j.g. Coley Becker



Senior Chief Reynaldo Medelez returns home following a 15-month IA tour. Megan, daughter of the base Ombudsman, Barbie Baker, welcomed him home with a Community Appreciation Basket.

In April of 2004, Senior Chief Reynaldo Medelez departed NAS Corpus Christi and, after a quick stop in Port Hueneme for outfitting, reported to Ft. Bliss in El Paso for training. By August, he was in Kuwait and on his way across the Iraqi border to a port city called Umm Qasr.

"I volunteered for the IA (Individual Augmentee) tour," said Medelez, a native of Pecos, Texas. "I figured this could be the best honor before I retire. I had been deployed to Bahrain, Djibouti, but I hadn't been on the ground before. This was a brand new experience."

The first thing Medelez noticed was the sweltering heat. "As soon as you get off that plane, that heat just hits you," he said. "We got in at 2 a.m. and it was just amazing."

Medelez was headed to Camp Bucca, a holding facility for detainees, near Umm Qasr. Named after 1st Sgt. Ronald Bucca, formerly of the 800th Military Police Brigade and NYC Fire Marshal who died in the September 11, 2001 attacks, the camp housed 8,000 prisoners guarded and managed by 1,500 military.

Medelez was attached to Navy Provisional Detainee Battalion 2 (NPDB-2). "I went there for detaining operations of Iraqi prisoners," said Medelez. "We call them 'detainees,'

because they're not actually charged with anything yet. There were about 8,000 and Medelez continued on page 4

Minimal health risks from NASCC's mosquito spraying

by David Bayes, Public Works

Mosquitoes can be found in a variety of settings including salt marshes, swamps, catch basins, and artificial containers. One of the most common species of mosquitoes found in South Texas is the Salt Marsh mosquito, which requires a blood meal for the production of eggs. Typically, Salt Marsh Mosquitoes will seek a host during the twilight periods of dusk and dawn, but resting females will actively bite during the day if disturbed. Since different mosquito species are active during different periods throughout a 24 hour day, it is critical to spray for mosquitoes at the proper time to control the target species.

To control mosquitoes around the home, it helps to know about their life cycle. There are different control strategies for the four different life-cycle stages of a mosquito: egg, larva, pupa, and adult. They can complete this life cycle in as little as eight to 10 days, depending on food availability, weather conditions and the species of mosquito.

Due to the abnormal rainfall we have had in South Texas recently, we are currently spraying for mosquitoes on base twice a day, every day, in the early morning hours between 2 a.m.

and 5 a.m. and at dusk between 6 p.m. and 9 p.m. Public Works monitors mosquito traps around the base to determine the need for spraying. As the mosquito population and the rainfall lessen, the frequency of spraying will be reevaluated



The Public Works Department sprays for mosquitoes twice a day at dawn and dusk. Due to recent inquiries, PWD wishes to inform residents and personnel that minimal health risks are associated with the chemical used and the number of mosquitoes has drastically decreased.

and adjusted accordingly. Notice of the new schedule will be given once the spraying frequency is reduced.

You can help eliminate mosquitoes by removing stagnant water from common backyard sources including clogged rain gutters, neglected containers (rain barrels, cans, buckets, jars, flower pots, etc.), wading pools, hot tubs, ponds, fountains, old tires, or anything that will hold water for more than seven days.

On a base wide level, the management of mosquitoes is obtained by the use of a product called "Scourage" and is the same product used by the City of Corpus Christi. Scourage is the name of a pesticide used to control mosquitoes in outdoor residential and recreational areas. It contains resmethrin, piperonyl butoxide and a petroleum distillate.

Mosquitoes continued on page 6

Boil water notice did not affect base

by Bob Torres, Public Affairs Officer

On August 13, the city of Corpus Christi announced a city-wide "boil water" notice. However, Naval Air Station Corpus Christi, was not affected by the notice.

"This did not affect the base," said Cmdr. Mike Ser, Public Works Officer for the Base. "The base gets its water from the city, but then we do our own daily water testing and introduce additional chlorine as needed to maintain adequate levels. We test for chlorine levels daily, but we test for bacteria levels monthly. As long as our chlorine levels stay above the minimum (which ours have, since we add chlorine to the city's incoming water) we have no reason to suspect bacterial contamination.

"Our last samples were negative for coliform bacteria," he continued. "We took a sample because of the city's notice, but again, we have no reason to issue a boil water notice on base. We are currently in compliance with Texas Commission on Environmental Quality (TCEQ) regulations.

"Our tests on base have not shown elevated bacteria levels so the water on base is safe to drink," he concluded. If you have any questions regarding the safety of water on base, please (361) 961-3776.

From The Skipper

A near miss, but a good response

by Capt. T.E. Coolidge

Recently the base has been filled with the sound of hammers and the chugging of machinery. On first thought, it might seem like folks getting ready for the arrival of Tropical Storm Erin or Hurricane Dean. There is some truth to that but the noise isn't all about the storms. Read on!

Stormstaff! We dedged a tropical storm and a hurricane and I'm happy to say that the preparations went well. That applies both to the march down the Condition of Readiness (COR) checklist but also for the possible evacuation. As usual, good people stepped forward to make good things happen.

For those of you who weren't there in 2005 for Hurricane Rita, this was a good exercise for the real thing. It's never any fun to practice preparing for a hurricane or evacuation but, when you look back, you're glad to have done it.

Chaplain's Column

Argument

by Chaplain Chin Van Dang

A husband and wife had just been fighting. The husband felt a bit ashamed and was standing looking out of the window. Suddenly something caught his attention.

"Honey," he called, "Come here, I want to show you something."

As she came to the window to see, he said, "Look at those horses pulling that load off top of the hill. Why can't we pull together like that, up the hill of life?"

"The reason we can't pull up the hill like a couple of horses," his wife said, "is because one of us is a jackass!"

All of us have arguments, because no two of us are exactly alike. No two of us look at the same thing in exactly the same way. We have differences and we express those differences. Argument is healthy in many ways if we really exchange ideas, viewpoints and reasons. We can learn a lot by exchanging thoughts with others.

If we have to argue, follow the Golden

Rule: Do unto others as you would have others do to you. Argue with others as we would have others argue with us. Listen, really listen. Be open to ideas different from our own. Admit that others may have information or experience beyond our own. Don't curse or swear or call names, or be unfair, unjust or insulting.

A Sailor was interviewed by his Division Officer for talking back to his Lead Petty Officer.

"Is it true that you called him a liar?"
"Yes, sir, I did."
"Did you call him stupid?"
"Yes, sir."
"And did you call him an opinionated, bullheaded, egomaniac?"
"No, sir, but would you write that down so I can remember it?"

Keep your voice normal. Speak calmly. An irate person asked a telephone operator, "Am I crazy or are you?"

trucks and vendors that ply their trade on base. I'd rather the trucks be inspected before they're allowed on base rather than after—the way we're doing it now. Also, by diverting the trucks away from the Guard House, you should see the flow through the gate improve.

The Guard House will be replaced with one that's similar to that found at the Bark Gate. The trailers that house Pans & Tigs will be replaced with a permanent building. If you feel like taking a nostalgic trip to the '50s through '80s, then visit with Yolanda Ramirez in our temporary Pans & Tigs building. She'll show you pictures of her on and around the buildings that took down the old brick building (although that can't be her—she's way too young!).

Lastly, we'll get a real gate—one that can be opened and closed as dictated by security conditions. As many of you know, in order to secure the Main Gate, our Security Department has to place cement barriers on the road to keep vehicles out.

Captain continued on page 12

Security Column

Solid Curtain 2007 will heighten antiterrorism tactics for NASCC

by MACS(SW) Brad Volkmer, Security LCPO, Antiterrorism Officer

The time is rapidly approaching for the annual Solid Curtain Antiterrorism exercise. This year's exercise is scheduled for the week of Sept. 17-21. Solid Curtain is an annual CONUS-wide exercise and an invaluable tool for us to use in maintaining our Antiterrorism and Force Protection posture.

During the exercise, a pre-determined sequence of events will result in a progressive increase in security measures and most likely an eventual increase in the base's overall Force Protection Condition of Readiness (FPCON). While one of our objectives will always be to limit the disruption to

everyone's daily routine, some slight inconvenience is unavoidable. During this period you can expect to see longer lines at the gates as screening procedures change. Once on base, adjustments will likely be made to traffic patterns and parking plans in order to satisfy the requirements of the heightened security posture. Much effort has been made in the schedule of events in an attempt to ensure the more disruptive changes are during off peak hours; however with certain base assets operating on a "round the clock" basis, some interruption will unfortunately be felt.

With the ever-changing physical characteristics of the base as a result of new construction and relocations, as well as the tactics employed by our enemies in the War on Terrorism, our antiterrorism plan must remain fluid and adaptive to these changes. Due to this, these exercises are invaluable in identifying the areas and procedures that

need to be updated. Everyone's patience and cooperation during the event will enable us to get the most from the experience and make improvements for future implementation.

In addition, vigilance on everyone's part can also help make the evolution more realistic and beneficial for all personnel involved. While security forces will definitely be more visible during this increased posture, the thousands of employees and patrons transiting to and from the base daily continue to represent our greatest asset for identifying and reporting potential threats.

We asked all hands remain vigilant not only during this exercise, but at all times for anything that appears suspicious or simply just doesn't look right. Any such information should be reported to the nearest security force member, NAS Security (Bldg 104), or by phone to 961-2375.



Volkmer

Wingspan

NAS Corpus Christi
"Exceeding Expectations Through Pride In Performance"

Commanding Officer
Capt. T.E. Coolidge
Public Affairs Officer
Robert D. Torres

Assistant Public Affairs Officer
Lt. j.g. Caleb H. Booher

Editor
Anne Booher

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

Wingspan is published every other week by D.J. Young Publishing, 3601 Tripoli, Corpus Christi, Texas 78415, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Air Station Corpus Christi, Texas.

The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station, Corpus Christi, Texas. Stories and photos not otherwise attributed are written by the Wingspan staff. The address is: Commanding Officer, NAS Corpus Christi, Attn: Wingspan, 11001 D St. Suite 143, Corpus Christi, Texas, 78419-5021. All news releases should be sent to the above address. Please call (361) 961-2674 for deadline information.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Navy, the U.S. Army, Naval Air Station Corpus Christi, or D.J. Young Publishing, of the products and services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

To advertise in Wingspan, please call D.J. Young Publishing at (361) 774-4162.

Worship Services

CATHOLIC WORSHIP SERVICE
Base Catholic Chapel
Sunday Mass - 8:30 a.m.
Daily Mass:
Monday - Friday - 11:30 a.m.
Religious Education: Sunday - 9:45 a.m.

PROTESTANT WORSHIP SERVICE
Base Protestant Chapel
Protestant Worship Service:
Sunday - 10 a.m.
Sunday Bible Study - 8:45 a.m.

JEWISH WORSHIP SERVICE
*Temple Beth El (4402 Saratoga Blvd.)
Friday at 7:30 p.m.
(with dinner to follow)
For further information call Temple Beth El at 857-8181

ISLAMIC WORSHIP SERVICE
Islamic Society of South Texas
(7341 McArdle Rd.)
Jumah Service - 1:30 p.m.
For other worship service times, call 992-8550



LIVE ON THE WATER AT WHARF APARTMENT HOMES

This beautifully landscaped community is located in the heart of Corpus Christi. Choose a one, two or three bedroom apartment home and enjoy our "Resort" lifestyle.

Ask about our Specials... call 361-937-1486

- COMFORTS
- Woodburning Fireplaces*
 - Vaulted Ceilings*
 - Full Size/Washer/Dryer Connections
 - Frost Free Refrigerators with Icemakers
 - Kitchen Pantries
 - Dishwashers
 - Patios and Balconies
 - Mini & Vertical Blinds

- PLEASURES
- Business Center with Fax, Computer & Copier
 - Fitness Center
 - Lighted Tennis Court
 - Two Sparkling Swimming Pools
 - Water and Bay Views*
 - 24 Hour Emergency Maintenance
 - Professionally Landscaped Grounds
 - Texas Relocation Program

Flexible Lease Terms
*In select apartment homes

9320 South Padre Island Drive, Corpus Christi, TX 78418
(361) 937-1486 • fax (361) 937-9707
visit: www.thewharfapt.com • E-mail: wharf@coachrealty.us

Wingspan is published bi-weekly. Rates listed are per insertion.

| | open rate B & W color | 12x rate B & W color | |
|----------------|--------------------------|-------------------------|-------------|
| Full page..... | \$475.....* | \$425.....* | \$395.....* |
| 3/4 page..... | \$375.....* | \$345.....* | \$315.....* |
| 1/2 page..... | \$260.....* | \$230.....* | \$215.....* |
| 1/4 page..... | \$135.....* | \$120.....* | \$115.....* |
| 1/8 page..... | \$85.....* | \$70.....* | \$65.....* |
| 1/16 page..... | \$55.....* | \$45.....* | \$40.....* |

Inserts: Preprinted insert provided by advertiser. Insertion Cost: \$43.75 per 1,000. Minimum: 8,000.
National Advertising Rate: \$15.00 per column inch.
*Color rates: B&W rate plus \$100.00 per additional color.
Rates subject to change without notice.

Ad size/technical requirements:

| Ad Space | Size |
|--------------------------|-----------------------|
| Full page..... | 10 1/4" w x 11 1/2" h |
| 3/4 page horizontal..... | 10 1/4" w x 8 7/16" h |
| 3/4 page vertical..... | 7 5/8" w x 11 1/2" h |
| 1/2 page horizontal..... | 10 1/4" w x 5 5/8" h |
| 1/2 page vertical..... | 5 1/16" w x 11 1/2" h |
| 1/4 page..... | 5 1/16" w x 5 5/8" h |
| 1/8 page horizontal..... | 5 1/16" w x 2 3/4" h |
| 1/8 page vertical..... | 2 7/16" w x 5 5/8" h |
| 1/16 page..... | 2 7/16" w x 2 3/4" h |

Artwork:
D. J. Young Publishing will provide camera-ready art, in most cases at no extra charge. We can also accept your camera ready advertising in InDesign, Photoshop, or MS Word file format. pdf is the preferred file format method supplied on compact disc or via e-mail. For additional information or questions regarding artwork call (361) 945-1468. [production department] E-mail address for Art Department: wingspannewspaper@yahoo.com. Placement not guaranteed.

Bella Isla

Full Service Salon and Day Spa

Come in for a complimentary color consultation! We specialize in:

- Color Corrections
- Lash Extensions
- Waxing
- Lash & Brow Dying

We carry a wide selection of wigs and hair extensions!

Open Late Tuesday & Thursday from 9 am to 9 pm Walk-ins Welcome!

Call About our Weekly Special!

361-939-9991 • 361 939-9099
9841 SPID • Corpus Christi, Texas 78418
Inside Market Center Antiques in Flour Bluff

Now accepting applications for all positions

the Animal Hospital of Padre Island

Get Compassionate & Professional Care For Your Pet!

- Full-Service Hospital
- Surgery and Dental
- Grooming & Boarding
- Drop-Offs Welcome

Christi Kresser, DVM

361-949-8200

14802 Compass Corpus Christi, TX 78418

Hours of Operation
Monday 7:30 am to 8:00pm
Tuesday - Friday 7:30 am to 6:00pm
*Sunday 3:00 pm to 5:00pm
*for boarding pickup ONLY

10% Discount with DoD ID Recommended Service

FRESH SHRIMP at Good Prices

THE CRAB STORE

9842 S.P.I.D. 937-6618

- Soft Shell Crabs
- Stone Crab Claws
- Stuffed Jalapenos
- Deviled Crabs
- Live Crabs
- Crab Meat
- Crab Fingers
- Stuffed Flounder

Fresh Fish, Oysters & Scallops

Open Mon-Sat 10am-6pm • Sun 11am-6pm

Humpal Physical Therapy & Sports Medicine Centers

www.HumpalPhysicalTherapy.com

- Comprehensive Physical Therapy Outpatient Treatment
- Provider for Champus, ChampVA, and TRICARE
- Aquatic Therapy in Large Indoor Pools
- Free Injury Screening

1700 Wildcat, Ste.#C Portland, TX 78374 361-643-8243
2150 W. Wheeler Aransas Pass, Tx 78336 361-758-5199
5026 Deepwood Cir Corpus Christi, Tx 78415 361-854-2278
(also located in Calallen and Alice)

We Cater To Cowards With Bad Breath and Crooked Teeth

- Gentle Family Dentistry
- Financial Arrangements
- Delta Dental & United Concordia
- Medicaid Accepted
- Non-Surgical Gum Treatment

ORTHODONTIC EVALUATION FREE

EXAM & X-RAYS \$1900

• 0 Down Payment
• \$88.00 Per Month
WITH COUPON
First Visit Only.

TOOTH WHITENING \$19900

WITH COUPON

Pleasing You Is Our Primary Concern

Evening and Saturday appointments available

SUNRISE MALL FAMILY DENTAL CENTER

994-GUMS (4367)

Dr. Scott Barton

Group One Real Estate



(361) 991-9111 • Fax (361) 991-5865
5302 Everhart • Corpus Christi 78411

Serving NASCC since 1967...

Properties for Lease
Some offering military discounts

6209 Vincent 3/1.5/1\$785
3621 Poplar 4/2.....\$750
4101 Naples 3/1/2.....\$700
6234 Sir Jack 4/3/2.....\$2000
4338 Aspen 3/2\$750
3405 Tiger Lane 3/2/2\$1025
2402 Capitan A 2/2.5\$775
3207 Rodd Field Road A 2/2.....\$850

Homes for Sale
Visit www.grouponecc.com
(search all properties)

Being relocated? For excellent service, let us put you in touch with one of our "Leading Real Estate Companies of the World" in your new location.

PCS TO BEAUFORT S.C.?

Need a reliable local realtor who "KNOWS" the demands of a military move?



Call: SAMANTHA MCKENNA (843) 505 0046 (866) 831 9010 (Toll Free)
sam.mckenna@realliving.com

Traditional 3/2.5/2 2-story. Awesome landscaping! Fresh & clean. New carpet in living room, large island kitchen, extra storage in utility room & spacious bedrooms. For full price, owner will replace remaining carpet to match living area, or will help with \$3000 in closing costs. \$154,900.

7830 Van Zandt Dr.



Victoria Prince (Veteran)
(361) 991-3145 or (361) 442-3436 (Cell)
www.victoriaprince.com RE/MAX Metro Properties
5242 Holly Rd • Corpus Christi, TX 78411 • (361) 994-9393

CLASSIFIEDS

FOR SALE: Lifestylr SX1 variable resistance aerobic stepper. \$50.00 Call (210) 687-3980.

FOR SALE: GERMAN SHEPHERD PUPPIES. German bloodline, traditional colors, 1 Male, 3 Females, shots/wormed, 7 weeks old, raised in home, please call 361-643-6902 (Portland).

FOR SALE: 2002 Ford Taurus SES. Red with grey leather interior. Garage kept, excellent condition, only 53,000 miles. New tires. \$7500. Call 361-533-4716.

FOR SALE: Perfect for a newly certified diver. Used dive gear. BCDs and regulators recently serviced. Call Mike (361) 353-4705, evenings. If no answer, leave a message.

FOR SALE: 2000 mailbu, LS, new motor, white with leather and sun roof. New engine less than 30 miles, looks great, \$4250. 361-299-6464

FOR SALE: Bluff, nice yellow sofa \$250; Kidney bean shaped coffee & end table \$250; 2-red reclining plush chairs \$100 ea. All for \$500. call 960-0136.

FOR SALE: 001 Mustang GT Convertible, white/w tan leather, 64K miles, excellent, no rust/body work, all power. A/C, AM/FM, CD/Cassette, below book, \$11,500/obo. 548-3000.

FOR SALE: 1987 Porsche 944 w/sun roof, classic, gray/w white leather, 92K miles, good condition. No rust/body work, all power. A/C, AM/FM, CD below book, \$3,500/obo. Coleman Hot Tub, self contained, 220pwr, 8 pax, teal, excellent condition. Cover, manual included, \$3200/obo. (361) 548-3000.

HOUSE FOR LEASE Southside Corpus Christi - 7842 Grizzley Drive. (Off of Cimarron near Mireles Elementary School) 3 bedrooms, 2 baths, large living room with fireplace, 2 car garage, with Refrigerator & Stove. \$1000 per month, \$900 deposit. Call 361-548-5420.

FOR SALE NEAR NAS Beautiful Updated 3-2-2, 3306 Otranto, 137,999K; New appliances, granite, crown moulding, tile, fireplace and tropical landscaping with fenced yard. By

Texas singer/songwriter reports for duty at Naval Station Ingleside

by Mike Antoine, NS Ingleside Public Affairs



Lt. j-g. Jared Lastracco sits aboard the USS Austin (LPD 4) following a performance in which he opened for Toby Keith.

It is not only an officer and a gentleman—but a gifted songwriter/musician/recording artist as well.

A native of Nagadoches, Texas, Lastracco recently reported for duty with the Business Office at South Central Regional Maintenance Center aboard Naval Station Ingleside, and he's already in demand; he's scheduled to play at the base's 15th anniversary picnic, a Cultural Diversity celebration at a local military/private housing development, as well as the Ingleside

from my dad's choice of music—George Jones, Conway Twitty, Johnny Cash, Willie Nelson—that era in country music. And what really impressed me was that those were guys that actually wrote their own songs.

Around the age of five, Lastracco got his first guitar—a plastic one with a picture of Mickey Mouse on it. But that was the extent of his involvement in music for a while, just strumming plastic strings or listening to his dad's radio and recordings. His focus as a youngster

was on sports, playing baseball and soccer.

In sixth grade, music began to play a bigger part in his life.

"When I attended school, they made students take up an instrument in sixth grade," Lastracco began. "If you happened to own an instrument, they'd let you learn that; otherwise you had to go through a series of tests to see which instrument you were best suited for."

Lastracco borrowed an alto sax from his cousin and made that his instrument. In just two years, Lastracco was playing first chair, beating out classmates who were older than him.

Throughout high school, Lastracco played baseball and football. On the gridiron, he switched between placekicker, punter and wide receiver. At the age of 18, the summer before his senior year of high school, his brother bought him an acoustic guitar.

"I really wanted to play guitar about that time," he said. "I realized that playing sax was getting in the way of me singing."

Lastracco practiced his new instrument around four hours a day—until his fingers were worn down and hurting badly. "But by the end of that summer, I was playing Jimmy Buffet and George Strait tunes that I knew the lyrics to—and it was sounding decent."

Little did he know, the Navy had their eyes on him throughout high school. They were evidently impressed not only with his grades, which were very high—but also with his ability to kick field goals very far—one went for 55 yards. They recruited him for the Naval Academy—and a position on the football team as their placekicker.

"I had no real hangups at that time towards the military—it was just something that hadn't crossed my mind," he said. "My father was in the Army during the Vietnam War, but that was the extent of my affiliation with the military."

"The first year was a completely new world for me," Lastracco continued. "Very intense, with all the school work and extracurricular activities they have for you. But I was taught early on by my parents to never quit what you start, and that's what got me through that first year."

As it turns out, it was during his sophomore year at the Academy that he decided to make music his extracurricular focus rather than football.

"After taking a break from football, I had a lot of spare time after my classes and homework to play my music—that's when I really became dedicated to music in my life."

Lastracco recalls how he and a classmate would "jam" in his room. "The door would be open, and after a while, I began to notice people peering up around the door and back into the hallway listening in. We were playing stuff they'd recognize, like 'Brown-Byed Girl.' After a few songs I'd start drumming in songs I'd written and they were impressed. That moment was a true awakening for me. I realized that what I was doing was truly an art form."

"One of the things I'll always be proud of is being a Naval Academy alumni," he smiled. Lastracco graduated from the Naval Academy in 2003 with a bachelor's in political science.

Before being assigned aboard Naval Station Ingleside, Lastracco was stationed at Norfolk, Va., and also served aboard two vessels: USS Austin (LPD-4) and USS Henry S. Hanson (CVN-75).

While stationed in Norfolk, he opened for platinum recording artist Josh Turner. While serving aboard the Austin during a ship visit to Guantanamo Bay, Lastracco opened for a Navy-sponsored Toby Keith concert aboard the ship.

In 2005, one of his songs, "Angel," was

Lastracco continued on page 12

Help...only a phone call away

If you are considering a move- or know of someone who is - I can help.



Lora Marksbury
Military Relocation Specialist

Lora specializes in Military relocation as her 26 years of military life offer a unique insight and understanding of the complexities and frustrations of relocating and home ownership.

Please call me today.
Office... (361) 992-9231 or (800) 825-5050
Home... (361) 993-8648 or (800) 992-3439
Mobile... (361) 533-8648
E-Mail: lmarksbury@corpuschristi-homes.com

COLDWELL BANKER
PACESSETTER STEEL REALTORS

5034 Holly Road • Corpus Christi, TX 78411

Del Mar College Transportation Training Services

(West Campus) Old Brownsville Rd. & Airport Rd.

Earn your Class A CDL in just 3 weeks!

Classes starting every 2 weeks
M-F 7am to 5:30 pm
Night and refresher courses also available.

✓ Tuition reimbursement from sponsored companies
✓ Military tuition assistance available
✓ Government Grants
✓ Job placement assistance

Call Now To Register (361) 698-2707
www.delmar.edu/trucking

Ask about our new Bus Program



"Above and Beyond"

CAMMIE BRIQUELET
Realtor®
Direct (361) 549-8555
E-mail cammie@kw.com
www.cammieb.com

Military Wife and PCS Expert



KELLER WILLIAMS
Each Office is Independently Owned and Operated

Clark and Associates
Attorneys-at-Law
4639 Corona
Suite 2AA
Corpus Christi TX 78411
(361) 887-7200



Cathy P. Clark - Attorney
(Former Assistant Attorney General)

Real Estate and Consumer Law

- Clearing Title Conditions
- Property Transactions
- Deeds
- Builders State Compliance
- Lender Abuse
- Assist in Improving Credit Scores
- Credit Report Problems
- Debt Collection Problems

Not Certified by the Texas Board of Legal Specialization

HOW TO PLACE A CLASSIFIED AD

Free classified ad in Wingspan for all Military and DoD Personnel (non-commercial ads only) submit via e-mail to: wingspannewspaper@yahoo.com or fax to 361-884-9019. No phone calls for free ads please. Please restrict free ads to 25 words or less.

Paid Classified Ads - 50¢ per word - with a 24 word minimum. Please call D.J. Young Publishing at 361-814-0866 with credit card information. Paid ads may be e-mailed to: wingspannewspaper@yahoo.com.

THE ORIGINAL LA PLAYA MEXICAN CAFE

Let Us Cater Your Next Event!
We Accept Lunch and Dinner Reservations
Monday - Saturday 11am - 10pm
Full Bar
Happy Hour 11-7 Monday-Friday
For large groups — call ahead
We cater or deliver and setup large orders to the base!

Specialties
Fajitas • Shrimp • Fish
Enchiladas • Stuffed Avocados

Lunch Specials starting at \$5.95

7118 S.P.I.D. (Rodd Field Road Exit)
361-980-3991 or 361-980-3909
Fax Orders to 361-980-3891



EMBRY-RIDDLE
aeronautical university
Worldwide

Yes, we are the world's leading Aviation/Aerospace University but did you know...

We now offer the Master of Business Administration in Aviation...

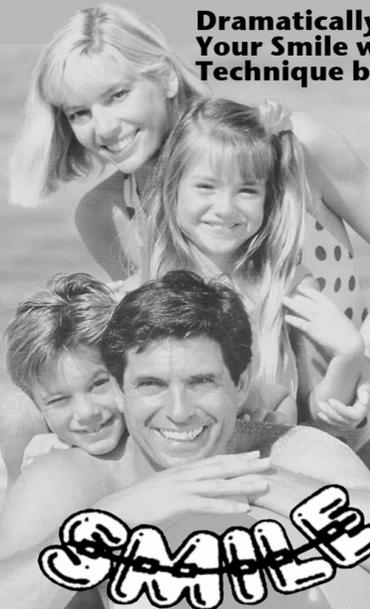
and it is available in Corpus Christi!



Embry-Riddle's Corpus Christi Campus is currently seeking faculty

www.embryriddle.edu/edu • (361) 937-4951 • corpus.christi.center@erau.edu

Dramatically Improve Your Smile with the "Super Smile" Technique by Dr. Joseph Coniglio



Quality Treatment with

- Reasonable Fees
- Free Initial Exam
- No Down Payment
- Low Monthly Fees

Less Treatment Time
Fewer Treatment Visits
Computer Assisted Technology with Fixed or Invisible Braces to Shorten Treatment Time and Achieve the Best Possible "Super Smile" with Minimal Discomfort and Lower Costs

Neighborhood Offices:

- Corpus Christi
- Kingsville
- Portland
- Rockport
- 5 Points

Dr. Joseph Coniglio, D.D.S., M.S.
Orthodontist
(361) 993-2333
5756 S. Staples • Corpus Christi
Military Provider and most other major insurances accepted

Drowning Pool raises funds and awareness of troops' needs

by Anne Rothen, Editor



Drowning Pool members CJ Pierce and Ryan McCombs perform for troops during a USO Tour in Iraq. The band will hold a concert on Sept. 3 at Concrete Street with a portion of ticket sales going to the USO and IAVA.

This is a time when most people in the public eye willingly air their diminishing opinions of Iraq for all to hear. Rarely an hour goes by when we can turn on the television or radio and not be bombarded by these opinions. Amidst all the talk, Drowning Pool has instead chosen to listen. A recent USO tour to Iraq and Kuwait gave them a unique opportunity to grow closer to the troops and their needs.

"The troops are the most dedicated people I've ever met in my life," says CJ Pierce, guitarist for Drowning Pool. "It's easy for people to change the channel, but we've got to keep it in their minds that our family and friends are there fighting for peace."

After they arrived at the respective bases, they sat down with the troops for lunch and spent the rest of the day getting to know them.

"The show was about one, two hours long but we ended up signing and taking photos with them for eight hours. It was all about hanging out, sharing stories and giving them a piece of home," explains Pierce.

"When you actually talk to these troops, they're there and they want to be. What they're doing is a good thing. It's a failed nation they're helping get back on its feet. That's been the American way for a long time," continues Pierce. "We're there to help, not to destroy. To see these men and women so dedicated and taking the time out of their lives to do what they do, it's awesome. It's amazing."

One of the most important issues the

band was made aware of by the troops is the ongoing struggle with treatment and adjustment back to everyday life when their deployments conclude. "When they come home, [veterans] have to sometimes deal with Post-Traumatic Stress and we want to make sure they get the proper care they need," says Pierce. The band has taken an interest in publicizing troops' needs for quick and thorough post-war counseling. Their current tour, "This Is For The Soldiers," will donate \$1 of each ticket to the USO and the Iraq and Afghanistan Veterans of America (IAVA).

"It's awesome for us to be in a position with music where we can get the word out there," says Pierce. "People expect troops to go back to society normally. Anyone who is in a war zone is going to be affected. It's going to change you. It's changed me and I'm not even enlisted," he continues.

As their tour spans the country, Drowning Pool takes with them knowledge of those in harm's way that only an honored few experience firsthand. Pierce concludes, "It's not about war, it's about dedication and it's about family."

Drowning Pool will play in Corpus Christi on Labor Day, September 3 at Concrete Street, one stop on their "This Is For The Soldiers" tour. Discounted tickets are available at the IIT Office (361) 961-3961 for \$21. For more information, please visit: www.drowningpool.com; www.thisisforthesoldiers.org; www.uso.org.

Get 15% Off your Total Food Bill with your Military ID

Valid at participating Landry's locations only. One coupon per table. Must present valid military ID with coupon. Alcohol, tax and gratuity not included. Not valid with any other offer, discount or promotion.



Corpus Christi • 600 North Shoreline Drive • 361-882-6666

Ensure your hurricane kit is prepared. Have a happy and safe Labor Day!

EST. 1949
HOWARD'S

BAR-B-Q
New Hours - 11 am - 3 pm
Monday - Saturday
"Best Dang Bar-B-Q In Texas!"

Buy 1 Plate, Get Second Plate Half Off*
Must present coupon at time of order.
*Restrictions Apply

1002 ANTELOPE - 882-1200
ALSO VISIT US AT:
AMERICAN BANK CENTER AND
WHATABURGER FIELD

If you care about her... encourage regular check-ups.



CORPUS CHRISTI
Women's Clinic
Obstetrics • Gynecology • Infertility 851.5000

South Texas' only Active Duty Realtor



After performing numerous deployments and transfers, I understand the transfer process and the challenges it presents to homeownership.

I currently work for one of the largest brokerages in the Coastal Bend.

As an Officer, I believe in helping people Prepare, Perform, and Progress. I bring the same principle to every real estate transaction.

Call 361-765-9671
Put my experience to work for you
www.travisscollier.com



U.S. NAVAL SEA CADET CORPS



WHO CAN JOIN?
League Cadets - ages 11 to 13
Sea Cadets - ages 13 to 17
Adult Volunteers

WHAT DO SEA CADETS DO?
Monthly Weekend Drills
10-14 Day Boot Camp
Summer & Holiday Advanced Training
With Navy / Coast Guard / Marines

HOW CAN I JOIN / INFO?
WWW.SeaCadetRegion85.org

Phone: (361)814-NAVY (6289)

SeaCadetRegion85@aol.com



Sunrise
MALL
Airline at S. Padre Island Drive
Corpus Christi, Texas
(361) 993-2900

SEARS • BURLINGTON COAT FACTORY • STEIN MART

Captain continued from page 2

By this time next year, we'll have the Main Gate complex. A gate that we can open or close, lanes that will handle more traffic, a Guard House that will keep our Security Personnel safe, and a facility that will provide our visitors a more efficient experience to get their passes and our military personnel their vehicle stickers (although we're working to make them go away...but that's for another CO's Column).

As with any construction project, there will be some times when traffic will be disrupted for entry. I can already hear the groans as people think of the lines of cars to get in! In order to minimize the inconvenience, the truck inspection lanes were scheduled to be completed first. That gives Security a way to route traffic when the regular lanes were closed.

As for the kennel, we have a site identified, plans approved, and the construction contract in place. The MWD's will soon have a new place to call home!

Other construction we have scheduled includes the remodeling and repainting of our long mess hall and, next year, we'll begin work on a Training and Simulator building on the flight line for TW-4. This facility will house all the squadron spaces, have more effective training and briefing rooms, and have for the aircraft simulators the Wing will be flying in years to come. There's much more but I'm running out of time!

I appreciate all the hard work that everyone does on base every day. In the case of the new construction, I need to recognize the Public Works leadership of Lt. Cmdr. Mike Ser and Mark Stroup. I also need to say thanks to all the leaders from all the commands on base that helped so much as we ran through the Hurricane preparations. It's good to know we're all in sync and ready to pitch in when needed!

I'll see ya on the beach — but be careful of rip tides (as a reminder of Hurricane Dean)!

Lostracco continued from page 3

voted the Independent Country Music Single of the Year at the L.A. Music Awards. The song was one of several original tunes on his first CD, "When Country was Cool."

Lostracco's hope is that his music will eventually become familiar to more people than just his fans in Texas and in Virginia.

Unless your music is on television and radio, you're not reaching the masses yet," he said. "That's where I want to be." He's currently working with a publishing company in Houston in order to get that to become a reality.

And in the meantime, he's planning a strategy for his next CD. "Everything's already written," he said. "I'll probably record it in Lufkin and release it next year."

Lostracco is hoping to get "plugged in" soon to the local music scene. "I'll be doing acoustic shows for now, until I can get a band together. I really feel like I'm back where I'm supposed to be. Where I'm meant to be," Lostracco said.

"Texas is the best," he continued. "I was labeling myself as a Texas Singer Songwriter back when I was in Virginia, so now that I'm here, I hope to capitalize on the location to further my career."

He's already written four songs since arriving in South Texas last month, and he says more ideas are coming all the time.

"You know, my mother is an oil painting artist, and I used to wonder what it would be like to be an 'artist.' I realize now that I am an 'artist' as well. It's just that my art comes through stereo speakers, hangs on a wall, where people can choose to buy them — or just appreciate them for their beauty. So whether I make money at my art, or whether people just like listening to it on the radio," he continued. "I am happy just to know that I've touched hearts and lives through my words and music."

For more information on Lostracco, and his music, please visit www.janestexas.com.

NASCC's Fire and EMS handle all pre-hospital services on base

by John Morris, NASCC Fire Chief

To ensure the community inside and outside the fence-line receives the best possible emergency response, NASCC Corpus Christi recently signed an Automatic Aid Agreement with the City of Corpus

Christi, the first arriving unit is at the patient's side within 3-5 minutes after 911 is activated, and is capable of taking immediate life saving action, including utilization of an Automatic External Defibrillator (AED)



Photo by Lt. Jg. Caleb Booher, Asst. P/O

that automatically diagnoses and treats potentially life threatening cardiac arrhythmias by application of electrical therapy which stops the arrhythmia, allowing the heart to re-establish an effective rhythm. Use of an AED by our Firefighter/EMT's has been credited with several saves onboard NASCC since their deployment aboard our fire apparatus.

Personnel should understand that when they activate EMS via 911 they are reporting a true medical emergency. EMS is not intended to replace other forms of non-emergency care, such as sick-call for military personnel, primary care physicians, workplace infirmaries or taking normal actions such as putting a band-aid on a small cut in the workplace following a minor (non-emergency) accident. If in doubt, do not hesitate to call 911 if immediate intervention is needed to prevent further harm. If upon EMS arrival you choose to receive no assistance you will be required to sign a consent form called an "Against Medical Advice" (AMA) that releases the F&ES care provider from taking further action on your behalf.

Additionally, it provides for the ALS medical transport when patient transport is required to one of the area hospitals. Shortly after signing the agreement, Navy F&ES responded to two structure fires in the local community further cementing a great relationship between the base and the local community.

Christi Fire Department. This agreement ensures that the closest resources respond to an emergency, regardless of jurisdictional boundaries on and off base. Effective Oct. 1, Navy Fire and Emergency Services (F&ES) will be officially responsible for all pre-hospital emergency medical services (EMS) on Navy bases within the United States and Guam following a functional transfer between BUMED and CNIC. Here at NASCC, the transfer will be transparent as all personnel onboard the Base and Corpus Christi Army Depot, Tenant Commands and visitors already receive "fire-based" pre-hospital emergency care from the NASCC F&ES, just as they have for a number of years.

All it takes to activate this system is a call to 911. Once activated, a seamless partnership between the Navy and the City of Corpus Christi initiates a response of highly trained Firefighter/Emergency Medical Technicians, staffing one of a number of fire apparatus' assigned to NASCC, as well as an Advanced Life Support (ALS) Ambulance from the City of Corpus Christi. Typi-

Medelez continued from page 1

when I left, there were close to 20,000. Now, we're close to 5,000 military and a lot of civilian contractors and local civilians.

"My main job," he continued, "was serving as what they called the 'battle captain.' I worked in the control center and oversaw the daily operations of detainee movements, convoys coming in, anytime there was a disturbance or riot, I would make the calls and the decisions."

As is expected of detainees, they were constantly causing trouble and trying to escape. "These were three days in a row where we had continual riots. It was complete chaos. A lot of us were up for a day and a half straight, making sure they didn't escape or burn anything down."

"We were armed with MDs the entire time we were there," said Medelez. "The only time we weren't armed was when we were showering or at the gym."

Medelez was one of the many servicemembers who were affected by the

three month extension issued in April this year. "It was kind of bad, but we've got to do what we've got to do," he said. "We just pushed on through."

As any good senior chief does, Medelez has much advice for those gearing up for an IA tour. "Be prepared," he said. "Follow that IA list; take care of your will and your car, take care of everything. Once you get over there, if you don't have anyone to do it for you, it's not going to happen. Just be prepared to be there for a year and do your time. Stuff's got to be taken care of back home."

And of course, "Drink a lot of water. Stay hydrated," he advised.

You never know the little things you will miss after a year in a place like Iraq. "I wanted one of those tucos from the gas station here on base," said Medelez. "That was the first thing I did when I got back."

Though he says he is glad he went, he is also very thankful to be home. "I'm still adjusting to all the green here," he said.



Anna C. Ashley, DDS, PA
5314 Everhart, Suite A
Corpus Christi, Texas 78411
361-991-0102
Office Hours: Tuesday through Friday
8:00 a.m. to 5:00 p.m.



Keep the Sparkle in Your Smile!

Family and Cosmetic Dentistry
Ages 3 and up

For our dental phobics we offer:

- Nitrous oxide gas
- Conscious sedation (pills)
- All the comforts of home including:
 - Blankets and pillows
 - Walkmans
 - Warm towels

- Tooth-colored fillings
- Tooth whitening
- Crowns, bridges and veneers
- Dentures (complete and partial)
- Nightguards
- Root canals
- Non-surgical gum therapy

Now accepting:
MetLife • United Concordia
CompBenefits • GEHA



Crosswinds defines innovation, efficiency, luxury and service. You'll love the impressive amenity package and convenient location. Choose a uniquely-styled 1, 2 or 3 bedroom apartment. Guaranteed to feel just like home the moment you arrive.

1/2 Off—First 30 Days!

- 1, 2 & 3 Bedroom Apartments
- Walk-in Closets
- Ceiling Fans
- Decorative Mini-Blinds
- Designer Kitchens
- Refrigerator w/Ice Maker
- Full-Size Washer/Dryer Connection
- Laundry Facility
- Covered Parking Available
- Bay Windows
- Patios (In selected units)
- Swimming and Lounging Pool
- Resident Referral Program
- Fitness Center
- Storage Units Available
- Controlled Access Gates

Military Discounts

6617 Weber • Corpus Christi, Texas 78413
(361) 852-1600



A.P.A.R.T.M.E.N.T *Living*

Come visit any one of these three popular communities professionally managed by ARI and you will feel right at home!

Don't Forget to Ask About Specials!

**Let's Make
A Deal...**

Sunchase Apartments
5445 South Alameda
(361) 991-7720
*FREE extended basic cable,
water and gas*

Windrush Apartments
4322 Kostoryz
(361) 854-9951
**ALL BILLS PAID
*electric, water, trash and free
extended basic cable*

**Woodbury Place
Apartments**
802 Barry St.
(361) 853-2161
FREE electric, trash and cable

Cut fats and calories from favorite recipes the easy way

by *Emerita Annunzio Ponce, Nurse Corps, Dietetic Nurse Educator, NIBCC*

Learning how to eat well is an essential part of managing diabetes, and for most people it is probably the most difficult. Eating the right foods can help keep you at a healthy weight and keep your blood sugar at a steady level. Not only is it important to eat a variety of foods such as fruits, vegetables, whole grain breads, cereals, lean meats and skim milk, it is equally important to limit fat and calorie intake and control portion sizes.

Cooking fat and calories in quantities enough to produce weight loss or weight maintenance usually requires a significant change in our eating habits. For many people who love to cook and bake, this change would require them to throw away many of their favorite recipes. By making small adjustments in the ingredients of your favorite recipes you can actually trim inches from your waist line. Here are some easy ways to cut fats and calories from your food preparation. Reduce the amount of oil used in baked products by 1/4 to 1/3. For example, if a cookie, quick bread or muffin recipe calls for 1 cup of oil, use 2/3 cup instead. (Don't use this method for yeast breads and pie crusts.)

Use vegetable oil instead of solid fats. Types of vegetable oils include corn oil, canola oil, and peanut oil. To substitute liquid oil for solid fats, use about 25% less than the recipe calls for (instead of 4 tablespoons of shortening or butter, use 3 tablespoons oil).

Substitute applesauce for vegetable oil in baked products. Use the same amount of applesauce as you would oil.

Use egg substitute instead of eggs. Using egg substitute is even better than using egg whites.

Use plain low fat or nonfat yogurt instead of sour cream. Use in the same proportion as sour cream.

1 cup sour cream = 495 calories = 48 grams of fat; 1 cup low fat yogurt = 145 calories = 4 grams of fat.

Use skim milk or 1% milk instead of whole milk or half and half.

Use cornstarch and skim milk to make sauces creamy. Add 1 tablespoon of cornstarch to 1/2 cup of skim milk. Add this mixture slowly to your sauce stirring constantly until you get the consistency that you want.

Skim the fat off of any soups, stews, pot roasts or stocks.

Reduce sugar by 1/4 to 1/3 in baked goods and desserts. You can replace the omitted sugar with flour. Do not decrease sugar in yeast breads.

Adding cardamom, cinnamon, nutmeg, or vanilla to your recipes will enhance the impression of sweetness.



Mosquitoes continued from page 1

Resmethrin is a man-made pesticide, similar to a natural group of pesticides called pyrethroids which comes from plants. Piperonyl butoxide does not directly kill insects but acts to increase the ability of resmethrin to kill insects. These pesticide products are also used in pet shampoos, sprays and products used in horse stables.

When the risk of human exposure to West Nile virus or other mosquito-borne viruses is high, as it is in South Texas, the application of Scourage either by ground or air may reduce populations of infected mosquitoes. On these pesticide applications are made using truck-mounted Ultra Low Volume (ULV) equipment, which put out very small drops of the material at very low levels of pesticide in order for it to be effective. Scourage is not residual and breaks down rapidly in sunlight, minimizing the buildup of this product in the environment.

Since Scourage is applied at very low concentration rates, it is unlikely that anyone would experience adverse health effects as a result of contact with Scourage. The effects of exposure to any chemical depend primarily on the amount of the chemical a person is exposed to (through skin contact, ingestion, or inhalation) and the amount of time that the person is exposed to the chemical. The person's age, sex, genetics, lifestyle and general health may also influence the possible health effects.

Scourage applied in ultra low volume amounts, known as "fogging," stays in the air a very short period of time until droplets land on surfaces. Rain washes away any remaining Scourage, the residual material binding with soil particles, and decomposed by bacteria. As with any pesticide, steps can be taken to help reduce possible exposures to

Scourage. Children and pregnant women should avoid exposure when practical. If possible, remain inside or avoid the area when spraying takes place and for about 30 minutes after.

Close windows, doors and turn off window air-conditioning units or close their vents to circulate indoor air before spraying begins and open about 30 minutes after. If you come in direct contact with Scourage spray, protect your eyes. If you get Scourage spray in your eyes, immediately use them with water. Wash exposed skin and clothes that come in direct contact with spray separately from other laundry.

Consult your health care provider if you think you are experiencing health effects from spraying.

Pick homegrown fruits and vegetables you expect to eat before spraying takes place. Rinse homegrown fruits and vegetables (and all produce) thoroughly with water before cooking or eating.

Cover outdoor tables and play equipment or wash with detergent and water after spraying. Bring laundry and small toys inside before spraying begins. Bring pet food and water dishes inside, and cover ornamental fishponds to avoid direct exposure.

For additional technical data and safety related information on Scourage, visit www.sfpdm.org/ and search for "Scourage." For more information on mosquito management or changes in the fogging schedules, contact George Ramirez or David Reyes, Public Works, FSPDM Department at 961-2158.



Mosquito

Corpus Christi hosts annual Veterans Summit: A Day of Help for Vets

by *Bob Torres, Public Affairs Officer*

The city of Corpus Christi, in conjunction with Congressman Solomon Ortiz, is sponsoring the 2nd Annual Veterans Summit, Saturday, Sept. 22, at the American Bank Center.

The summit kicks off at 9 a.m. with Katin Uriarte and Joe Gazin, Channel 3 television personalities welcoming veterans, Guest of Honor, retired General Ricardo Sanchez, and special guests at the Bayview Ballroom on the Second Floor.

There will be a job fair, health fair, exhibits, door prizes and refreshments.

"We plan on having work shops for veterans to get some of their questions answered," said Denise Blanchard, Congressman Ortiz's chief of staff in Texas. "Doors open at 7 a.m., and there will be free parking and free bus rides to the summit."

"We've designed the summit so that after the opening ceremonies, veterans can go to workshops throughout the American Bank Center and talk to people who will have answers for them. For instance, there may be some veterans who have not registered with the VA (Veteran Affairs), so we have people who can help them, whether it's for an appointment, about education opportunities, or for health issues. We're hoping that our veterans take advantage of this summit, to help them get ahead, with any problems they may have."

There is more space available this year for benefits and veteran's organizations to view and visit.

Veterans, now is your chance to take a step forward in receiving those things you've earned. The City of Corpus Christi and Congressman Ortiz's office salute your service to our country.

VICTORY THE NEW AMERICAN MOTORCYCLE

2007 Jackpot

Corpus Christi
CYCLE Plaza

**2937 S.P.I.D.
Corpus Christi
(361) 852-7368**

WOULD YOU LIKE TO DROP 3 SIZES IN 3 MONTHS?

BELLWETHER INITIAL VISIT INCLUDES:

- 60 Days of Appetite Suppressants (controls hunger & regulates mood)
- 60 Days Diuretics (as medically indicated)
- 30 Days of Lipotropic (fat metabolizing) vitamins
- Kidney, Liver and Thyroid screening
- Choice of 1st free injection (B-12 or Lipo-Den)
- Referral program available

• Fully bi-lingual staff

BELLWETHER WEIGHT LOSS CENTER
5525 S. STAPLES
(Enclave Professional Center) **985-6060**

Since 1952, we've been helping Coastal Bend kids grow up healthy.

That's a lot of fevers, skinned knees and things stuck up noses. You learn a thing or two about how to help a child in 50 plus years of healthcare. That's why three generations of parents and children have let us be part of their families. It's a record we're proud of and it's experience you can count on.

www.thechildrensclinic.com • Since 1952

| | | | | |
|---|---|---|--|---|
| SOUTHSIDE 992-6458 5945 Saratoga Across from Spohn Hospital South | ALAMEDA 855-7346 3435 S. Alameda Next to Driscoll Children's Hospital | BAY AREA 985-1418 7121 SPID In the Bay Area Medical Office Building | CALALLEN 241-9541 13725 NW Blvd Across from Calallen High School | PORTLAND 643-2518 1929 W. Hwy 181 In the Crescent Center Building |
|---|---|---|--|---|

New Patients Welcome. Appointments preferred. Weekend office hours. Se habla español. We take all local providers, including Blue Cross/Blue Shield, CHIP, Humana, and Etetra, and a Medicaid Provider is on site to determine eligibility.

Attention ALL Military Personnel

Are you looking for a new or pre-owned vehicle? Call retired MA1 Thomas (Bill) at Champion Chevrolet/Cadillac. 361-654-2100 or at his direct line 361-549-5534 for details about special pricing.

Military personnel must bring this AD to qualify for special pricing and/or rebate. Rebates apply to new vehicles ONLY and special pricing will apply to all vehicles new and pre-owned. Call TODAY!

Champion Chevrolet, Cadillac
6650 South Padre Island Drive • At The AutoMall • Between Airline & Nile
NEW CARS CALL **1-866-242-2709**
STORE HRS: MON-FRI 9:30-8 • SAT 9-6 • SERVICE HRS: MON-FRI 7-6 • SAT 9-1
PODEMOS AYUDARLE EN ESPAÑOL. ChampionDealers.com
10,000 VEHICLES. 22 BRANDS. 1 CLICK. From Sales To Service, Nobody Beats a Champion.

Call me today to hear about these new optional features: New Car Replacement, Accident Forgiveness and Deductible Rewards.
(361) 985-7488

Al Armadillo Insurance Agency
5625 Saratoga Blvd, Suite 121
Corpus Christi
AArmadillo@allstate.com

Allstate
You're in good hands.

Feature is optional and subject to terms and conditions. Available in select states now and in most states by 1/31/06 (subject to regulatory approval where required). Allstate Fire and Casualty Insurance Company, Northbrook, IL. © 2007 Allstate Insurance Company

- Hairstyling ● Facials
- Waxing ● Perms
- Hilites ● Colors ● Nails

Boutique Byu Jour
Total Image Salon

Quality is not expensive... It's priceless!

50% OFF

**ANY ONE SERVICE
AT BOUTIQUE DU JOUR**

1st Time Clients Only.
Offer good Tues.-Friday only.
One coupon per person.
Not valid with any other specials.
Expires 12/31/07

1220 Airline (Next to Toys 'R Us)
855-2323

BRACES

for children and adults

- No Down Payment
- Affordable Monthly Payments
- Most Insurance Accepted

Please Call for a Free Exam and Consultation
(361) 993-2288
 Padre Palms Square • 6500 S. Padre Island Drive, Suite 25

Coastal Orthodontics 1-800-4BRACES

DANIEL TORRES, D.D.S.
 ORTHODONTIST



Lean Six Sigma: Not 'what' but 'how'

by Navy Region Southeast Public Affairs

Lean Six Sigma is a powerful tool for reducing variation, identifying and eliminating waste. Many organizations misperceive LSS as a program and not a tool. Consequently, folks focus on training the various Champions and Belts instead of applying the training to their day-to-day work. It begins with training and ends with results.

"Lean Six Sigma is a tool, not a program in and of itself," said Rear Adm. Hugh Blackwood, Deputy Commander, Navy Region Southeast. "LSS is not a process of what jobs we are doing, but how we can do them (jobs) better."

Blackwood discussed his experience with LSS and the proper attitude towards training. Certainly, CNRSE personnel require specific training. However, many who are in Green, Black, or even Yellow Belt positions have never worked before in a LSS team environment. The strength of these teams is rooted in each member having a different paradigm about how change really occurs. So, to make sustainable change, personnel must go beyond the structured LSS process, not only to change the behavior of how people view and do their work, but also alter the culture that created the behavior.

Success at LSS takes years, not weeks, not months. Blackwood, who has worked with LSS for almost a decade, says it takes an organization between three and seven years to make a sustainable change in its culture. Additionally, teams must stay together long term; for people to be effective team members, they

must be a member of the same team for three or more successive years. Otherwise they lose the skill set.

Make no mistake; there is specific training provided to the Champions, Team Leaders and various belts. There is also awareness training for the team leaders who are really going to do the work. But if personnel expect that by simply creating a structure of trained resources, (e.g. must have a number of Belts at various levels) that improved processes will emerge on their own—they will be sorely disappointed.

Going above and beyond training the skill sets, Navy Region Southeast must explain to everyone why LSS is important and what's in it for them. It's what Blackwood calls answering the "WILRM" or "What's In It For Me?" Doing this makes it not only easier to get employees to volunteer on the teams, but also to embrace the LSS process at every level.

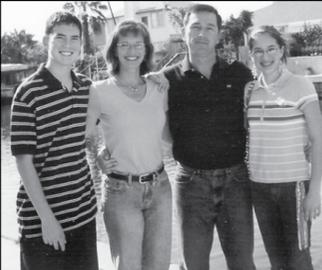
So, if we are to make LSS work at every level within Navy Region Southeast, we all need to give the LSS process a chance to succeed within Navy Region Southeast. Getting involved starts with the "5 A's": awareness, availability, adaptability, activity, and action.

LSS is not a "program of the month" in organizations that succeed. It breeds winners at every level, enables teams to operate at the genius level, and is a way of life. Winning organizations don't survive LSS, they thrive on it!



Blackwood

Glenn R. Jones

After 23 years in the Navy my family and I know the stress of relocating and the importance of customer service in making any move go smoothly. My philosophy is simple, provide the same service to others that I would provide to my own family.

Whether moving across country or across town let me put my relocation experience to work for you.

Glenn R. Jones
 Retired Navy Veteran/Realtor
 361.425.8136 • 800.825.5050

COLDWELL BANKER
 PACESETTER STEEL REALTORS

THE REAL GUN SHOW

Flour Bluff Mini Mall
 9605 SPID at Flour Bluff Drive
 Saturday 9 am - 6 pm
 Sunday 10 am - 5 pm

SEPTEMBER 8 & 9

Adults: \$5.00
 Kids 12 & Under FREE!

- ★ FREE PARKING ★
- ★ AMMO ★
- ★ Firearms Of All Types ★
- ★ Militaria ★
- ★ Buy ★ Sell ★ Trade ★

Persons under 18 must be accompanied by a parent
 Info: www.realgunshow.com
 or call 713-981-6463





WILLIAM A. THAU III, P.C.
 "Former U.S. Navy Lawyer"

- Divorce & Separation
- Child Custody & Support
- Adoption/Guardianship
- Paternity Cases
- Wills & Probate
- Military Law
- Auto Accidents
- Personal Injury
- DWI
- Criminal Defense

9708 S.P.I.D., SUITE A-101 • CORPUS CHRISTI
 (361) 937-5513 • Toll Free 1-877-888-1369

Licensed by the Supreme Court of Texas
 Former President of the Corpus Christi Family Law Association (1999-2000)
 Selected as a Texas "Super Lawyer" in November 2003, October 2004, and October 2005 issues of Texas Monthly



CHARLES C. SMITH
 Attorney at Law
 Former Judge Advocate US Navy

- Personal Injury
- Car Accidents
- Divorce
- Bankruptcy 7 - 13
- Child Custody
- Merit System Protection Board
- Sexual Harassment

615 North Upper Broadway Suite# 510
 (361) 883-1055
 Not certified by the Texas Board of Legal Specialization



Anthony's
 AVEDA CONCEPT SALON

Spa Retreat Gift Certificate Packages from \$63
 994-9401 • 817 Everhart at Staples
www.anthonysdayspa.com

FOR PETE'S SAKE



City of Corpus Christi Animal Care Services

Administration 361-882-6082
 after 5 pm emergency only 361-886-2600
 Barking Dogs 361-886-2600
 Bites and Attacks 911

Need flexible, part-time income?

Profit up to \$300+ per week (part-time)

Work at
 Special events and high-traffic retail locations obtaining new subscriptions for home delivery. Fun atmosphere. Training provided.

Are you
 A results-driven professional, enthusiastic, outgoing and energetic? Are you able to connect with consumers?

Let's talk - we need a few Sales Agents

CORPUS CHRISTI
Call Times
 A part of your life.

Christine Young
 361-884-2011, ext. 2222

727368



Fast Kat
 AUTOMOTIVE REPAIR

- Foreign and Domestic
- Complete Diagnostics \ Tune-Ups
- A/C and Free Brake Check

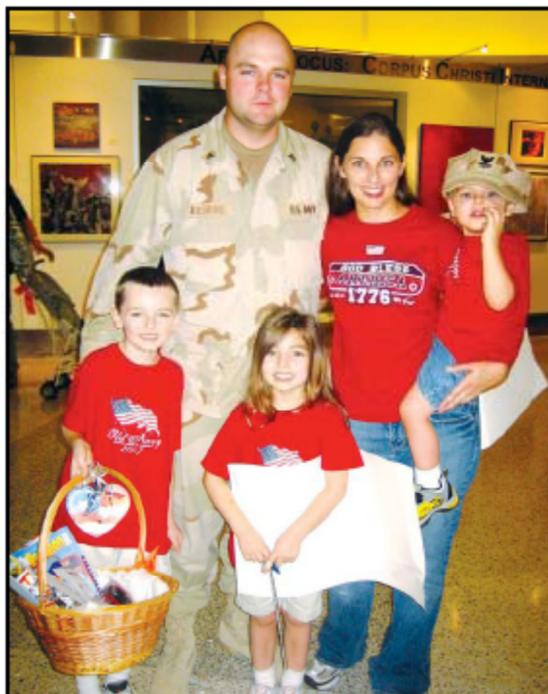
10% Discount with DoD ID

Get Peace of Mind at (361) 937-5115
www.fast-kat.com 9825 SPID Corpus Christi, TX 78418

TO ADVERTISE YOUR BUSINESS IN THE WINGSPAN MILITARY NEWSPAPER CALL (361) 814-0866

AROUND THE BASE IN 2007

Welcome Home!



ET2 Richmond Rushing returns home following a deployment in Afghanistan. He is joined by his son, Richmond, Jr., daughter, Dazha, wife, Jamie, and his youngest son, Ian. Rushing was presented with a Community Appreciation Basket, courtesy of Jackie Baker, base Ombudsman. The baskets are filled with various tokens donated by local businesses to welcome home troops.

Congressional delegation visit



Photo by Bob Torres

Commanding Officer, Capt. Tim Conledge, briefs a Congressional delegation comprised of House Armed Services Committee Professional Staff members at the Air Traffic Control tower conference room, Aug. 16. The Congressional party consisted of, in alphabetical order: Paul Arcangel, David Sienicki, Vickie Plunkett, Cathy Garman, and Staff Assistant Sarah Schaffer. Also pictured are Lyndsey Young, Military Liaison for Congressman Solomon Ortiz, and Cmdr. Andy Schaban and Steve Barney, Navy OLA escorts.

Pilot for a Day



Photo by MCC Paul Fawcett

Min, daughter of Youth Activities Director Mimi Cordero, gets a hug from Harlem Globetrotter Coach Legend. Legend was joined by Coach Grace and Coach OK for a week-long basketball program with the YA Center. Children learned the importance of teamwork and good sportsmanship while having opportunities to play games, drill, and stretch with the Globetrotters.



Photo courtesy of NASCC F&E&MS

(L to R) Paul Zamora (father), Nicole Rae Zamora, Jermaine Alvarado, Firefighter/EMT, Nathaniel, Natalia, Noah (brothers and sister), and Adriaana Zamora (mother) came aboard NASCC July 17 to visit Sparky the Dog and the rest of the fire station for the Pilot For a Day (PFAD) program. Nicole is five years old and being treated at Driscoll Children's hospital for 3rd degree burns that cover more than 86 percent of her body. PFAD's usually visit the fire station after coming from the flight line. This is a good opportunity to show them how the F&EMS supports the pilot. They are given a tour of the station where the child gets to control the nozzle of the fire hose. The station grants them the title of "Honorary Firefighter" and the child receives a filled backpack donated by the Youth Activities Center. Visits to the firehouse are always enjoyed by PFAD's, plus, the visit always ends with cake and ice cream.

AWARDS AND ACHIEVEMENTS

Winging Ceremony - August 3



Photo by High Luck

Official party listed Left to Right: Cmdr. Chia Dang, NASCC Chaplain; Cmdr. Joe Shipley, VT-31 CO; Lt.Col. Dave Purtillo, MATSC-22 Operations Officer; Lt.Col. Jim Ullman, VT-35 CO; Guest Speaker, Capt. Brian Burlingame, USN Retired; Commandare David Maynard, TRAWING-4 CO; Donna Bentley, local business owner and former VT-31 Instructor Pilot.

Wingees listed alphabetically: 2ndLt. Andrew N. Beach; 1stLt. Travis J. Burns; Ensign Michael V. Garcia; Capt. Trent A. Gilmore; 1stLt. William C. Heeck; Lt. j.g. Derin M. Helmer; 1stLt. Eric J. Lank; Lt.j.g. Jason D. Locke; Lt. Michael T. Ricketta; 1stLt. Matthew E. Schomaker; Lt.j.g. Joshua D. Smith; and 1stLt. Mathew C. Smith.

McDonald receives Navy Commendation Medal



Photo by Bill Love, NHCC Public Affairs Officer

On Aug. 9, Commander Frederick J. McDonald, MC, received the Navy Commendation Medal (4th Award) for meritorious service as Medical Corps Non-surgical Specialty Assignment Officer at the Navy Personnel Command, Millington Tenn., from July 2005 to July 2007. Captain E. B. Sorenson, MC, (left) the commanding officer at NHCC, presented the award. McDonald is the hospital's new Director of Health Services.

Embry Riddle honors professors



Photo courtesy of Embry Riddle

Tholan Crosby (left) has taught at Embry-Riddle for 20 years. Retired from the US Army and currently working at Analytical Investigation, Crosby is an Associate Professor in the Aeronautical Department. He currently teaches undergraduate classes on base and online in aviation safety, accident investigation, and management. Bob Williams (right) has taught at Embry-Riddle for 21 years. Retired from the US Navy and a former Training Air Wing-4 instructor pilot, he is an Associate Professor in the Management Department. He teaches graduate, undergraduate, base and distance learning classes in airport management, legislation, airframe and powerplant, maintenance, and ground school classes.