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Wingspan

Vol. 12, No. 19

Naval Air Station Corpus Christi, Texas

Thursday • September 14, 2006

ROTC helps make a boy's dream a young man's ambition

By Jamey Giddens, CCAD Publicist

Many young men and women go off to college nervous about potential firsts in their newly adult lives. First time living away from home, first encounters with new peer groups other than tried and true high school pals, starting your university ROTC program's first drill team...

The latter is the "first" Tommy Anderson, a 2006 Flour Bluff graduate and recipient of an estimated \$80,000 four-year Army ROTC Scholarship from the University of Oklahoma-Norman, is most concerned about these days.

Anderson, son of CCAD Production Management Analyst Charles "Chuck" Anderson Jr., was initially offered a \$70,000 three-and-a-half year scholarship from the university; however once he visited the school he impressed the ROTC advisors so much they decided to offer him the full four-year ride.

The advisors were more than likely impressed with Anderson's ability to multitask. He graduated Flour Bluff High School with an A plus average, maintained while working part-time at TGI Fridays and serving on his award-winning high school NJROTC program for three-and-a-half years (which kept him at school from 6 a.m. to 6 p.m.)

"One of the things I mentioned when I went to visit the campus was that I was bummed there wasn't a drill team," said Anderson. "So when I came back for orientation, they said, 'Guess what? We've got one now and you're starting it!'"

Not that Anderson doesn't have the experience, Flour Bluff's Navy Junior ROTC drill team has been the Navy National Champion 10 years in a row. The team has also held the



CCAD Assistant Deputy Commander for Maintenance Operations, Dennis Williamson (left), who began his military career as a member of the Reserve Officer's Training Corps (ROTC), shares a few words of wisdom with Tommy Anderson (right), recipient of an \$80,000 ROTC scholarship to the University of Oklahoma-Norman. Anderson is the son of Production Management Analyst Chuck Anderson. (Photo by Leo Gonzales)

title of Grand National Drill Champion-All Service, four years in a row.

"I'm a little nervous," admitted Anderson when asked about how he felt about starting a team from scratch. "It will be a little different from high school because I'll be starting an all new squad and I figure since we won't have the same back history of success that we had at Flour Bluff, people might not be as dedicated at first to the 2-hour practices and other commitments."

Before heading off on the ten-hour drive

to the Sooner State, Anderson stopped by CCAD to visit with his father Chuck, who took the junior Anderson to meet someone who was able to offer up a few words of wisdom concerning the collegiate ROTC experience—Assistant Deputy Commander for Maintenance Operations Dennis Williamson, a former ROTC member.

"I went ROTC... good gosh, 39 years ago-1967," remembered Williamson who attended Murray State University in Kentucky. "Back then it was mandatory for all young men at

state schools in Kentucky to do a mandatory two years of ROTC."

After the initial two years of service Williamson had the option to continue on with ROTC and was paid a small stipend for his commitment.

"I think we got \$25 or \$50 a month."

"Now it's \$300!" Anderson exclaimed as both men laughed.

"I think what you have before you is a great opportunity," Williamson continued. "It's really what you make of it. Our deputy commander is an ROTC graduate; our commander is an ROTC graduate, so it isn't a bad way to go."

Following graduation Williamson entered the U.S. Army where he served for 29 years, notably as the 18th CCAD depot commander.

Anderson, who as of press time was gearing up for Ranger Indoctrination Training at U of O, also has some lofty goals set following his ROTC experience.

"I definitely want to go into the military. In four years I should enter the Army as an officer," said Anderson. "Then I would like to be an astronaut."

When asked what led to his interest in space travel, Anderson said a stint at space camp at NASA headquarters in Houston as a child helped to develop his already burgeoning love for extraterrestrial exploration.

"I guess like a lot of kids I wanted to be an astronaut from a young age, but as I got older a little boy's dream became a young man's ambition."



Looking like a moving work-of-art, Chief Petty Officer selectees perform pushups and stomach crunches in the early morning light on the platform of the USS Lexington, Sept. 4. The selectees, encouraged, and sometimes goaded by Navy chiefs warmed-up before beginning a 3 1/2 mile run, proving that they (selectees) are ready to assume the responsibility of becoming Navy Chiefs (left). The group met at 5:45 a.m., along with Commanding Officers, Capt. Tim Coolidge (NAS Corpus Christi); Capt. Tim Watkins (NS Ingleside); and Navy Region South, Chief of Staff, Capt. Alex Kirkland and the command master chiefs of the bases. It's a special Navy tradition to prepare those selected to this pay grade, to the rewards and tribulations that come before them. Congratulations to all selectees. (Photos by Bob Torres)

From The Skipper

It's time for school days

By Capt. T.E. Coolidge

I'm proud of what our Chief Selectees accomplished for the September 11 Remembrance at Wings Auditorium on Monday.



Coolidge

Over the years, there have been many special dates for us as service members. There are a great many special people that have gone before us, to make us what we are today – free.

I don't intend to write about our proud Naval history here, but

write about our proud Naval history here, but

I thought it was important to say that I appreciate when we honor our own.

What I do want to talk about is back-to-school-safety. Yes, I know that school has started. For most, classes have been in session at least a couple of weeks. We're still getting used to the routine of school buses in our neighborhoods and on base and the im-

pact they have on our commute to and from work. So, my column is a gentle reminder to keep your head on a swivel and watch out for the youngsters!

Getting my children ready for that first day of school reminds me of an old story. You've probably read it but it's worth repeating. A First-grader that was all excited about going to school on the first day. He went and had an eventful day. On the second day when his Mom awakened him to go school, he wasn't ready to get up. When his Mom asked why he wasn't all excited, his answer was, "But I've ALREADY BEEN to school."

Okay, I know that there are many safety guidelines that we observe in keeping our children safe. We can't get complacent. We have to stay ever-vigilant for our children when driving. It's not unusual for some of the little guys and gals to focus on one thing and forget to look both ways before crossing a street. A butterfly flying through the air can be enough distraction to have one of the little ones dart into the street or across a field. As

you well know, not all of our open spaces are safe as any of us like. The fields are full of rocks, holes and even sticker burrs that can cause a fall or, at a minimum, a painful episode. If a child falls down it might even mean an un-planned change-of-clothes before that child is ready to go to school.

One more pitch and I'll wrap this up. Prior to returning to Corpus Christi as the Base CO, I was in Washington, DC. One of my responsibilities was defining requirements for the future ships and aircraft our Navy will field in the future. Much of the equipment and computer systems that are coming are far more complicated than anything I've had to use in the Fleet. Likewise, commercial applications of equipment and software are more complex than what's in use today. The one big take-away I had from my tour in Washington, DC was that my children had to be a lot better educated when they enter the working world than I was.

Captain continued on page 10

Chaplain's Column

Finding comfort in God

By Chaplain Chin Van Dang

It is of no help to a train if its axles run hot; the heat generated is only a hindrance. It does not generate steam. Because of unnecessary friction, the axles get heated. Dry surfaces grinding together can be kept in smooth co-operation, thus avoiding friction by a delicate cushion of oil. So too, we must seek the smoothing grace of God through daily prayerful communion with Him when we experience life's pressures.

Stress caused by our grinding daily task, often by uncomfortable and un-loving circumstances, by the ingratitude of others and by disappointments in projects undertaken, can lead us to fretting. But through daily communion with God, we can obtain the necessary strength to keep our cool under stress.

Sometimes we come across a place polluted by filth, but then we notice flowers blooming and giving out a sweet fragrance that overcomes even the stench around them.

Likewise, if we turn our hearts regularly to God, the difficulties of the day may even come to nourish our hearts and minds, bringing deep peace and inner contentment. Reach out and hold on to God's hand and walk trusting in his help. The farmer buries good seeds in the earth trusting that they will grow and provide increase. The merchant places his money in the bank's care, trusting in the honesty of the bank. So too, trust in God. His word is true. He has never forsaken one who has trusted him. It's worthwhile to reflect the following "Footprints in the Sand" by Mary Stevenson:

One night a man had a dream. He dreamed he was walking along the beach with the LORD. Across the sky flashed scenes from his life. For each scene he noticed two set of footprints in the sand: one belonging to him, and the other to the LORD.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened

at the very lowest and saddest times in his life. This really bothered him and he questioned the LORD about it: "LORD, you said that once I decided to follow you, you'd walk with me all the way.

But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

The LORD replied: "My son, my precious child, I love you and I would never leave you.

During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."



Dang

Health Watch

The "Low Carb" Diet

By Lt. Tricia Slattery

The Atkins diet and the South Beach Diet are two approaches to weight loss that utilize a restriction in daily carbohydrate intake. Foods get their calories from protein, fats, and carbohydrates. In a normal, well balanced diet, most of the calories you eat come from carbohydrates and fats. Carbohydrates are starches and sugars, which are in foods like bread, pasta, sweets, juices, and fruit.

Low-carbohydrate diets (or low-carb diets, for short) cut down on the amount of calories you get from sugars and starches. People on low-carb diets eat less

bread, pasta, potatoes, rice, and cereals. They usually eat more vegetables, meat, fish, cheese, eggs, and nuts. Whenever people eat fewer calories than their bodies use, they lose weight. People on a low-carb diet usually take in fewer calories, even though they are eating more protein and fats than usual. Low-carb diets have been shown to help people who are overweight lose weight. These diets may work better than low-fat diets when people first start dieting. After the first six months, though, low-carb diets do not work any better than other diets.

It is probably safe to go on a low-carb diet for up to one year, but doctors are not sure if these diets are safe for longer than that. Long-term cardiovascular outcomes have not been studied to assess for any negative impact resulting from low carb diets. However, in the short term it appears that low-carb diets do not raise cholesterol levels for most people.

In fact, they may improve your cholesterol level, if you lose weight. Some people on these diets may have constipation, diarrhea, dizziness, bad breath, headaches, sleeping problems, or nausea. It is not recommended for aircrew to adopt a low carbohydrate diet because it can reduce Gz tolerance and lead to incapacitation in flight at much lower Gz levels.

A negative feature of the low carb diet is that people on low-carb diets may not get enough vitamins, minerals, and fiber. If you are on a low-carb diet, you should take a multivitamin and a fiber supplement (one brand: Metamucil) every day, in addition to drinking plenty of water.

If you have had a stroke or if you have diabetes, heart disease, high cholesterol levels, or kidney stones, or if you are pregnant, talk to your doctor before starting a low-carb diet.

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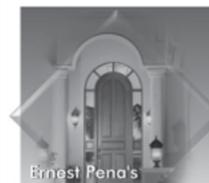
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MWR continued from page 13

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It's been a great ride Medical Records Administrator to retire Friday

By Bill W Love, NHCC Public Affairs Office



Judy Hill

Judy C. Hill, the medical records administrator at NHCC, retired on Sept. 1, 2006 after 27 years of Federal Service.

During her long, distinguished career she also worked for the U.S. Army at Darnell Army Community Hospital for 13 years as the Lead Coding Medical Technician, and at the Department of Defense Schools in Seoul, Korea for three years.

"My husband, Michael, is a retired Army

Officer and I traveled around the world with him for 25 years," Hill noted.

Michael Hill is also a retired school-teacher and when the Hills made their final retirement plans they decided to settle in Rockport, Texas where they now live. Hill remembers when they moved there in 1995 because it was the same year that she joined the NHCC team.

"I started as the Inpatient Medical Coder and that role changed in 1997 when the Naval Hospital became an Outpatient Facility only," Hill stated, "and that was when the Ambulatory Data Module (ADM) (KADS) was born."

Hill became the Medical Records Administrator/Coding Supervisor/Privacy Officer in December 2002. And she says that she has many fond NHCC memories.

"They did a major remodeling and we moved all the records, approximately 15,000, to the basement," she reminisced about one of the most memorable things that happened in Medical Records. "And [we] just got settled in when Hurricane Claudette was coming straight for Corpus Christi. We had to move all the records up to the 3rd deck and when Claudette did a swing North we had the honor of moving them all back down to the basement. It was a great exercise and a lot of fun."

And if you talk to people who know Hill, or who have worked with her or for her, they will unanimously agree that she believes the job should be fun. But she also cares about her employees.

"Judy is my supervisor and friend,"

stated Ms. Lisa Parker, the release of information and records archivist. "I have thoroughly enjoyed working for Judy. She has a unique managerial style that fosters confidence in our professional growth, promotes camaraderie and increases moral. She has the respect of all her staff."

Parker, who joined the NHCC team in June 2002, stresses just how much of a friend Hill has been.

"She was particularly supportive of me when I lost my father. She offered empathy, guidance, and understanding and was patient while I regained my equilibrium," offered Parker. "We [the department] all share our daily trials and tribulations to which Judy offers insights, understanding and a healthy dose of humor."

Hill supervised military as well as civilian employees. Hospital Corpsman 1st Class (FMF) Aaron J. McEntire, the leading petty officer in Medical Records, says the he will remember Hill with fond regards.

"Not only has she been an outstanding supervisor and co-worker," McEntire acknowledged, "she has been a dear friend. She has helped me numerous times during difficult and good times. She was always there when I need someone to talk to and confide in."

McEntire believes that all supervisors, military and civilian, should exhibit leadership qualities. And he gives Hill high marks for her management abilities because of, "her ability to lead."

"If I had to give a description of what I

would like to have as a supervisor, it would be someone that would be impartial, intelligent, compassionate and understanding," McEntire explained. "If I had to put a name to this, it would be Judy Hill. She is also very demanding of her workers. She expects the best work at all times from everyone under her. Through her guidance and supervision, she has groomed some of the best coders and record technicians the Navy could possibly hope for."

Although many will miss Hill when she retires Friday she will take a part of NHCC with her.

"The best thing that I liked about working here was having the opportunity to be the Medical Records Administrator," she said remembering how she once worked 20-30 hours a week overtime to put three kids through college while going to school and struggling through Physiology herself. "A lot of people don't realize all the work that it takes to become a Registered Health Information Technician (RHIT)."

The Hills' three sons are now 34, 37, and almost 40, and they have one daughter, 40, all living in Texas.

Hill says that she will always remember what a dream come true it was for her to have the opportunity to get to do the job at NHCC.

"I probably have the best staff working

Judy Hill continued on page 11



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Know your rights as a Senior Citizen

By Andrea Gordon, NLSO BROFF Fort Worth

Now that you have become a Senior Citizen, your legal rights are significantly different than they were a few years ago. Your protections under the law have changed, and you should take advantage of the benefits afforded seniors. In fact, you must. You will face new challenges in the coming years. These challenges include: providing for yourself and your loved ones, finding a way to make ends meet during retirement, ensuring that you receive proper medical care, and avoiding consumer scams and elder abuse. With a strategy, you can overcome many of these challenges. Therefore, it is important that you plan ahead and understand your new rights.

"Must Have" Documents

As a senior, you may not be able to take care of your financial affairs or make your own health care decisions. Fortunately, the law allows you to plan for these situations. You can prepare written instructions in the event of incapacity. You may also appoint an agent to make medical decisions for you if the need arises. With some preparation, you can ensure that the people you trust will have the authority to carry out your wishes, without the hassle and expense of court involvement.

General Power of Attorney: A General Power of Attorney enables you to appoint an agent to manage your financial affairs. Most powers of attorney are "durable," which means, that they are valid after you are no longer competent.

Medical Power of Attorney: A Medical Power of Attorney authorizes a person to make all medical and healthcare decisions on your behalf if you are physically or mentally unable to make those decisions.

A Living Will: A Living Will or a Physician's Directive conveys your wishes with regard to life-sustaining treatment to doctors and family members when your condition is terminal. If you have a Medical Power of Attorney but also want a Living Will, make sure the documents are drafted so that they do not conflict with each other.

A Living Trust: A Living Trust allows you to appoint a trustee to manage your assets during your lifetime and can provide for the disposition of assets held in trust after your death. It can be revocable or irrevocable. For purposes of taxes and eligibility for governmental assistance, you are still the owner of the trust assets.

A Last Will and Testament: Planning your estate allows you to care for your loved ones and to make sure your property and assets are distributed according to your wishes. You may also provide for management of as-

Legal Corner

sets on behalf of an heir who lacks financial responsibility. If you get divorced or remarried, or if there is a death of a family member, you should review your will and make necessary changes.

Services for seniors

Managing your money as a senior is a new challenge. Although you will receive new types of income, such as Veterans Administration benefits, Social Security or a pension, your income most likely will decrease significantly when you retire. How you make ends meet will depend on your particular circumstances. Although you might think you can manage financially on your own, consider the following resources as backing for your retirement plan.

Local Support Services: The Older Americans Act ("OAA") created the primary vehicle for providing community-based services and opportunities for seniors and their families. All individuals 60 years of age and older are eligible for services under the OAA, although priority attention is given to those who are in greatest need. The OAA established a network, headed by the U.S. Administration on Aging, assisting seniors in many areas including financial planning, transportation and escort, nutrition and meals, housing, and legal services. This is an important resource for you and for members of your family. For information on local support services in your area and your eligibility, call the **Elder Care Locator** at 1-800-677-1116 or visit www.eldercare.gov.

Tax counseling for seniors: As a senior, you are entitled to receive special tax relief. For example, property taxes may be locked-in at age 65, and an extra standard deduction is allowed for persons over 65 years of age. The Tax Counseling for the Elderly ("TCE") Program provides free tax help to people age 60 and older. Trained volunteers from non-profit organizations provide free tax counseling and basic income tax return preparation for senior citizens. The American Association of Retired Persons ("AARP") offers the Tax-Aide counseling program during the filing season where trained and certified volunteer counselors may help you. For more information on TCE call 1-800-829-1040 or contact your NLSO. To locate the nearest AARP Tax-Aide site, call 1-888-227-7669 or visit <http://www.aarp.org>.

Health Insurance Counseling: As a veteran or retiree, you may already receive medical care or long-term care insurance benefits.

Senior's continued on page 6

MWR News and Events

By Laurie Garcia, NAS MWR

Navy Ball 2006 Tickets on Sale Now An American Salute

Come join us for the 2006 Navy Ball - 231 Years of Celebrating the Navy. This year's celebration will be held on Oct. 14 at the Omni Bayfront Tower, Corpus Christi Ballroom. The Schedule of events are as follows:

Cocktails	5:30 p.m.
Program	6:30 p.m.
Dinner	8 p.m.
Dance	9 p.m.

Tickets are on sale NOW and can be purchased from 1) Your Command Master Chief, 2) ITT Ingleside, or 3) ITT Corpus Christi. Ticket prices for the 2006 Navy ball are as follows:

E1-E4	\$20
E5-E-6, GS1-5, NF2	\$35
E7-O4, GS6-9, NF3	\$50
O5-GS11, NF4-UP	\$60
Civilian guests	\$60

The 2006 Navy Ball will include official ceremonies, dinner, guest speaker and dancing featuring the D.J. Services of Blue Moon Entertainment. For more information, please call 961-2268.

Clarice's Creations

Stop by Clarice's Creations, the NAS Ceramic Shop, and learn the art of ceramics. Clarice's Creations has more than 6,000 molds available, green ware, bisque, paints and brushes. Come by and have some fun and meet new friends.

Their hours are:

Monday	CLOSED
Tuesday	9 a.m. to 9 p.m.
Wednesday	9 a.m. to 4 p.m.
Thursday	12 p.m. to 8 p.m.
Friday	9 a.m. to 4 p.m.
Saturday	9 a.m. to 4 p.m.
Sunday	CLOSED

For more information, please call 961-2459.

5th Annual Rib Cook-Off at the GLC

September 14 & 28: Last Buck Night & Movie. Dinner is to be served at 5 p.m.

September 29: 5th Annual Rib Cook-Off: The Liberty Program will once again host the Annual Rib Cook-Off on

MWR continued on page 14

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SEPTEMBER CALENDAR OF EVENTS

Warning: Nuevo Laredo, Mexico, is designated off-limits to all military personnel in UICs 00216, 31457 and 42094 by the Commanding Officer, NASCC, and Commander, Navy Region South. The ban, in effect since March 4, 2005, is in response to increased violence due to drug trafficking, kidnapping and murders along the U.S.-Mexico border.

The Operation Paintbrush Program is searching for volunteers. This program paints homes for elderly residents or people too seriously ill or injured to maintain their homes. For more information, contact AC2 Ashley Drange at 961-2503.

Classified Control located at Headquarters Building 2, will complete Fd-258 fingerprint cards for security investigations on NAS military and DOD civilian personnel. This service is provided only from 1:30 to 3 p.m. on Tuesdays, Wednesdays and Thursdays. For more information, contact Assistant Security Manager Estella Jimenez at 961-3370.

Military Personnel Homes For Sale

821 Pyramid: 3/2.5 /2 2046 sqft. Brick fireplace, built ins, bonus room, new paint inside and out. New appliances, plantation shutters HUGE corner lot, lush landscaping \$149,900. 361-443-5382

2818 Parkgreen: 3/2/2 1680 sqft, brick corner fireplace soothing designer colors, 2 dining areas, large kitchen with extra storage space, \$139,900. 361-443-5382

PORTLAND 100 yards from the water **108 Janin Circle West:** 3/2/2. Beautiful stone home 2033 sqft. Cedar lined closets, new paint inside and out. Huge back yard, lots of storage \$157,500. 361-443-5382.



NCCS(SW) Terri Green

Career Counselor's Corner

The aspect of stress in our lives

By NCCS(SW) Terri Green

During the Pre-Separation Brief, stress is discussed to make members aware of how important it and should not be ignored. It is surprising to see many service members are completely unaware of stress and its affects. We are all victims of stress. Some of us may be more affected by stress than others. Being in the military is a big stress factor. We have stress in almost every aspect of our daily lives. Stress is at work and at home. We have to learn how to cope with stress and perform our duties at work, and to our families. Here are some tips on how to cope with stress in your daily life.

Stress skills provide for greater enjoyment in life, more fulfilling relationships, and increased productivity. Developing stress skills lets us stop reacting to stressful circumstances and begin acting to prevent unnecessary stress, and increase tolerance for unavoidable stress. A basic stress skill that was recently developed is the ACT formula. ACT stands for Accept what is, Create a vision of what you want, and Take action to make it happen. Accepting, means we consider all positive and negative elements at hand and come out with a better solution. Creating a vision must be based on reality to result in a practical action, only consider what is available at that time. Taking action, unless you envision success it will be fruitless. So, put one foot in front of the other to step forward and ACT!

Stress affects you when there is a change in your life or environment. One cause of stress is when we meet with people we don't exactly feel comfortable around. This is un-

necessary stress that can be dealt with at the source, so that you can cope with the stress that you cannot avoid day by day. Some things you can do at home to manage stress is to relax. Take some time for yourself and just think through things. Another good stress reliever is exercise and a healthy lifestyle. If you are not taking care of your body, your body won't take care of you, plain and simple. If you want to fully be able to cope with stress you have to be healthy. Also, looking at things in a more positive way can alter the amount of stress you feel. This will make you feel better about the situation at hand. Having a good support system has also been known to help relieve stress. Having companions around to help carry the load, or just take your mind off of things, can help in a stressful situation. There are several ways of dealing with stress is expressing your emotions. Writing things down or telling things to a friend, or loved one has been shown to be an effective way of defusing destructive tension and relieving stress. Last, just take care of yourself, do something that makes you happy. Let someone else take care of things for one night and take a few hours for yourself to just have fun for you. Remember stress can be handled in a positive way.

For more information on stress and how to cope, you can see your command career counselor for the THRIVING ON STRESS pamphlet, contact your fleet and family service center at 361-961-2372, or go to this website. <http://www-nelhc.med.navy.mil/hp/stress/StressMgmt.htm>

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The AOSC welcomes new members

The All Officers' Spouses' Club of the Coastal Bend (AOSC) will host a Welcome Coffee for new and potential members at 7 p.m. on Sept. 18, at the home of Chief of Naval Air Training Rear Admiral and Mrs. Donald Quinn. Guests will be introduced to the activities and special groups within the AOSC.

The AOSC provides area military officer's spouses an opportunity to meet spouses in the area, to foster friendships and to provide moral support. The AOSC is open to all officers' spouses of any service and officer rank, as well as spouses of retired or deceased officers. The Club meets monthly and is further supported by social special interest groups such as a Book Club, and a Cooking Club. Addi-

tionally, it is part of the Club's philanthropic endeavors to support charitable organizations within the Coastal Bend community.

AOSC President, Bonnie Johnson, encourages spouses new to the area to get involved with the organization saying, "Getting involved not only provides you with new friends, but enables you to have a military family while living far from your own. It is the single most important thing that you can do to make your military life easier."

For more information about the group's activities, please contact Bonnie Johnson at kurt.bonniejohnson@sbcglobal.net.



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Senior's continued from page 5

If you are eligible for veterans' benefits and you haven't enrolled, call the **Department of Veterans Affairs** at 1-877-222-8387. Medicare is a federal health insurance program that primarily covers Social Security eligible persons who are at least 65 years of age. You may qualify sooner if you have certain long-term disabilities. To locate a SHIP program in your area, contact 1-800-633-4227 and ask for health insurance counseling.

Energy Assistance: If you have trouble paying your utilities, your local Low Income Energy Assistance Program ("LIHEAP") may be able to help you pay for your heating and cooling needs. LIHEAP is federally funded and may be able to assist you with bill payments, an energy crisis, and weatherization and energy-related home repairs. You can call the **National Energy Assistance Referral** project toll-free at 1-866-674-6327 for information on where you can apply for LIHEAP.

Elder Rights and Resources

Consumer Fraud: Consumer fraud affects everyone. However, as a senior, you are a target for consumer scams. You should be aware of door-to-door solicitation, identity theft, telephone fraud, and mail order sales that target seniors. Be suspicious of anyone who tries to sell you a product by playing on your emotions, and be reluctant to answer a solicitor's questions. Never provide personal financial information to an unsolicited caller. If you receive bills from a credit account you did not open or discover unauthorized charges on your credit card, you should suspect consumer fraud. For more information about these and other schemes, or if you feel you have been a victim of a scam, contact your Attorney General's Office.

Adult Protective Services

This is an agency that will investigate a claim of elder abuse; decide if the situation violates state elder abuse laws, and work with community agencies to obtain any social or health services that the senior needs. If you suspect that you or someone you know is a victim of elder abuse, call the **Elder Locator** at 1-800-677-1116 for a referral to your state's Adult Protective Services ("APS") hotline.

Long Term Care Ombudsmen

Ombudsmen work cooperatively with nursing homes and care facilities to improve the quality of life for residents. They serve as patient's rights advocates. If you suspect nursing home abuse, call the **Ombudsman Resource Center** at 1-202-332-2275 for a referral to your state Long Term Care Ombudsman.

Elder Lawyers

One of the newest and fastest growing specialties in the legal profession is elder law. You may find a Certified Elder Law attorney at <http://www.nelf.org/findcela.asp>. Consider also the Directory of Elder Law Attorneys at <http://www.naela.com> to search for a lawyer who specializes in elder law. The Lawyer Referral Service of the American Bar Association may also help you find an elder attorney in your state at <http://www.abanet.org>.

It is important that you understand that there are people and resources geared toward helping you overcome the challenges you will face as a senior. You have rights, and you don't have to face your challenges alone. If you have any questions, contact the NLSO at (817) 782-6007.



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Teambuilding in jeans, T-shirts and paint brushes

By Ed Mickley

A dedicated team of Navy personnel cleaned and painted the Mine Warfare Command Building's second deck Aug. 25th, to spruce up the appearance of the facility. It also offered a chance for old and new sailors to work together in common surroundings as a way to meet their shipmates.

"Not only is it a good self help event for the command," DCCS Chief Monette Walker mentioned. "It's a great teambuilding experience."

The painting was, at first, a local contractor's job, but then Storekeepers and other personnel decided to create the event for Mine Warfare Command's crew. SK1 Raymond Paradis recruited the team of various personnel, from storekeepers to yeomen, to information technologists and even a Commander.

"My hope is that everyone had a good time and enjoyed a relaxed day at work, without the stress of the daily grind," remarked Paradis.

IT3 Vance Courtney added, "A day where we can come in on a work day and have a bit

of fun makes the place more enjoyable."

Donning t-shirts and jeans or shorts, they all pitched in, painting walls, touching-up trim or cleaning paintbrushes and rollers. Even though there might have been more paint on some of the painters at day's end, the passageway glistened with new white walls and gray trim.

"It's all to make the place look a little bit better," said SK2 Jesse Epting. "we work here everyday, might as well make it nice."

The work isn't yet complete. This group of now experienced painters will work during next week to finish some exterior spaces including the quarterdeck and smokers' patios.

As a hardy thank you for the effort, the Mine Warfare Command CPO mess grilled a delicious barbecue for the group.

The cast of painters included: CDR Paul Tanks, ISCS Ronnie Becknauld, IS1 Michael Young, IT1 Angela Artis, SK1 Raymond Paradis, SK2 Jesse Epting, SK2 Dan McGregor, SK2 Christina Trammell, CS2 Darian Rogers, IT3 Vance Courtney, AG3 Yetsy Jack, SK2 Brian Grigsby, and YNSN Omari Lewis.

Judy Hill continued from page 3

for me in the world. Everyone knows everyone's job, I don't believe in micro managing, and I don't like anyone micro-managing me and no one here ever did. They let me do my job," she added. "Working at the Naval Hospital Corpus Christi has been a great ride, and has been a wonderful experience and I will never forget all the outstanding professional people I have worked with. I will miss you all."

Hill plans to, "do a lot of nothing," along with immersing herself in her passion of scrap booking. "I have eight beautiful grandchildren to take pictures of with my new digital Kodak EasyShare P880 (my retirement gift to myself)," she said. "Mike and I plan to do a lot of fishing. We are fortunate to live on a canal front just off of Goose Island (Copano Bay) in Rockport. Every day there is like being on a vacation at the gulf."

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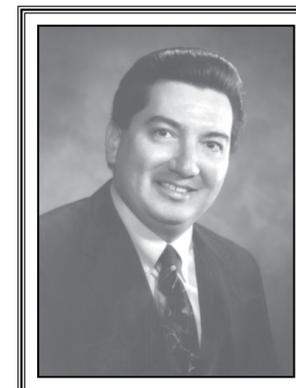
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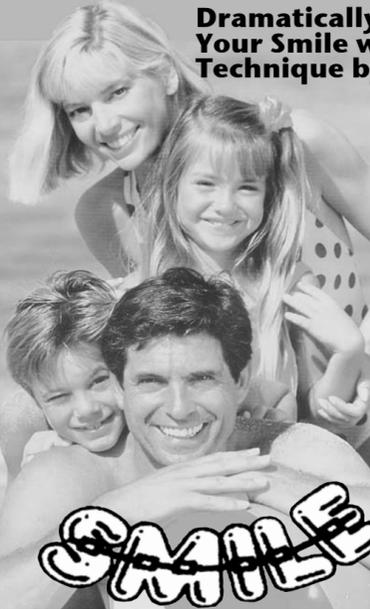
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Personal savings stimulates mail order popularity

By Cmdr. Cheryl A. Mosley, NHCC Director of Health Care Operations

More beneficiaries than ever are saving money and time by using the TRICARE Mail Order Pharmacy. Defense leaders see the trend toward mail order pharmacy use as a vital component in their efforts to control rising health care costs.

"This success indicates that by partnering with beneficiary organizations we have been able to get the word out about this safe, easy and cost-effective option for getting medications," said Army Major General Elder Granger, deputy director, TRICARE Management Activity. "Taking advantage of this important benefit lets our beneficiaries save themselves money and helps TRICARE reduce expenses."

The number of mail order prescriptions delivered to beneficiaries in July exceeded June's total, moving mail-order prescriptions to 7.4 percent of the total number of prescriptions that TRICARE fills, the highest level in two years. During this same time period the number of prescriptions filled at military treatment facilities and those filled at retail locations dropped. Defense leaders are optimistic that they can increase mail order use to 10

percent by the end of the year. The Congressional Budget Office estimates that the Department of Defense will save \$1.5 billion from 2007-2016 by transferring prescriptions from retail pharmacies to the TRICARE mail-order program.

But savings for beneficiaries may be the biggest reason for the increasing popularity of the mail order pharmacy. Beneficiaries may save as much as 66 percent on maintenance medications for conditions such as high blood pressure, asthma or diabetes. The beneficiary receives up to a 90-day supply of most medications for the same amount they would pay for a 30-day supply at a retail pharmacy. Pharmacists automatically check prescriptions against the beneficiary's medication history to guard against harmful drug interactions, and users don't have to make a trip to the drug store.

Mail-order service is useful for maintenance medications that beneficiaries use for long periods. For immediate or short-term needs for medications, beneficiaries may fill prescriptions at military treatment facilities or local retail pharmacies.

Captain continued from page 2

Where once graduating from high school was the measuring stick for a well-rounded individual, now it takes a college education to get those good jobs in the corporate world. I realize that not everyone will get a college degree straight out of high school but, in this day and age, every child should be guided in that direction. Have a plan to save as much as possible for college. Explore scholarships opportunities. And remember, service in the military provides college education benefits, too! Many of the Sailors, Marines and Sol-

diers here on base are enrolled in college courses!

I'll wrap this up with a reminder that plenty of studies have been done examining jobs. I'm sure you've seen some of them in magazines and in the Parade section of the newspaper. The conclusion in the vast majority of cases is that the better the education, the better the job.

Parents, please watch out for our Nation's future — our children! See you at the beach — or, now that its football season, at a game!



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by P&T committee

By Bill W. Love, NHCC Public Affairs Office

Pharmacy decisions about meds, which are available to you when you get your prescription filled at Naval Hospital Corpus Christi (NHCC), reflect a keen interest in protecting your health and welfare while providing the highest quality medications at the best possible costs to the government.

And while medications' availability boils down to the formulary contents, there are a few things that might help you understand how you get your meds or why they might not be available at NHCC.

The formulary is the list of authorized medications in stock at NHCC, and is determined, in part, by the Pharmacy and Therapeutics (P&T) Committee after reviewing the DoD approved Uniform Formulary. The P&T Committee is composed of physicians, pharmacists and representatives from the Services and the Veterans Administration.

"Although a particular medication is added to the Uniform Formulary," explains Lt. Dave Sohl, Medical Service Corps, department head at NHCC Pharmacy, "it is not automatically added to NHCC formulary."

TRICARE Management Activity (TMA) routinely updates existing medications on the formulary.

For example, TMA recently approved the addition of several new medications to the TRICARE Uniform Formulary while moving several others over to non-formulary status.

From a Department of Defense wide perspective, the Uniform Formulary process involves the review of different classifications of FDA-approved medications on the basis of their clinical and cost effectiveness. After careful analysis, DoD recommends medications for placement on the Uniform Formulary or to be non-formulary.

The Beneficiary Advisory Panel (BAP), whose membership includes representatives of active duty families and retirees, civilian healthcare professionals, and those supporting the healthcare benefit through contracts, comments on the P&T Committee's recommendations.

The Assistant Secretary of Defense for Health Affairs and Director of TRICARE Management Activity, Dr. William Winkenwerder Jr., carefully considers the P&T Committee's recommendations and the BAP's comments when approving the addition of the medications to the Uniform Formulary.

Locally, NHCC undergoes a similar process.

According to Sohl, NHCC has its own P&T Committee comprised of seven members who meet quarterly to review and recommend medications to the commanding officer.

"Once the CO approves our recommendations we can order the meds, bring them in and add them to our formulary," he said. "The meds can be in stock within a week after approval."

Similar to many other processes, fine-tuning formulas that produce increased healthcare quality is more in-depth than is easily summarized in a short news article.

But Sohl wants to stress that there are two levels of P&T.

"Basically the DoD P&T decides what we may or may not add to formulary," he explained. "Then our P&T looks at the 'may add' group and decides which of those fit into our scope of practice and recommends them to the CO."



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AROUND THE BASE

CCAD working Safe



Co-op aircraft trainee Luis Olivo Jr. (right), and Engine mechanic J.R. Hernandez (left), are using the "Buddy System" as they work together to lift a component in CCAD's T700 Engine Assembly Section, Work Center. Olivo, who has been with the depot since January, said he appreciates working for an organization which values its workers safety like CCAD. (Photo by Lois Contreras)

Last Buck Night at the GLC



Last Buck Night was held on Aug. 30, in the Gonzalez Liberty Center, where many sailors have come to enjoy a free meal and have some fun. Many came just to relax and watch some movies, but found more than they had originally thought. These sailors are enjoying a hot healthy meal and saving money, some of these sailors just enjoy the change in diet from fast food and ramen noodles. (Photo by LI2 Paul Hewitt)

GLC hosts Rib Cook-Off Slated for Sep. 29



Grab your tongs and your barbecue aprons! Whip up your best barbecue sauce! The Gonzalez Liberty Center is hosting the fifth annual Barbecue Rib Cook-Off on Sept. 29, beginning at 9 a.m. All active duty, retirees, military family members, Reservists and DOD employees are welcome to participate. There must be a minimum of five teams or the contest may be subject to cancellation. Teams must provide their own meat for barbecuing. Free registration and sign up runs through Sept. 18 at the Gonzalez Liberty Center. Trophies will be awarded to the 1st, 2nd, 3rd and Showmanship category winners. For more information, or if you would like to participate as a judge for the event, contact the GLC at 961-3768/6405/6406. (Photo by LI2 Paul Hewitt)

AWARDS AND ACHIEVEMENTS

CCAD awards



Henry Garza (r), employee of Defense Distribution Depot-Corpus Christi was presented an On-the-Spot Award for his outstanding support to the Directorate of Power Train Production by Joe Herrera, Director of Power Train Production (left) on Aug. 30th. (Photo from CCAD PAO)

CCAD awards



Frank Ybarra (r), was awarded his 40-year length of service certificate and pin by Joe Herrera, Director of Power Train Production (left), on Aug. 30th. (Photo from CCAD PAO)

Meritotious Civilian Award



CCAD awards



Ray Viramontez (r), received an On-the-Spot award for outstanding performance from Joe Herrera, Director of Power Train Production (left), on Aug. 30th. (Photo from CCAD PAO)

CCAD awards



Agustin Nieto (r), received an On-the-Spot Award for outstanding performance from Joe Herrera, Director of Power Train Production (left) on Aug. 30th. (Photo from CCAD PAO)

Judy C. Hill (left), Medical Records Administrator at NHCC, received the Meritorious Civilian Service Medal Aug. 31, at a ceremony in the Medical Records Department. She retired from the Government of the United States after 26 years of service. Captain D.C. Albia, Medical Service Corps (right), the executive officer at NHCC made the presentation. (Photo by Bill W. Love)