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12-6

Wingspan



Vol. 12, No. 26

Naval Air Station Corpus Christi, Texas

Thursday • December 21, 2006

The Commanding Officer and his staff wish you
Happy Holidays - as we view some photos from this past year!



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The top ten most failed New Years Resolutions, and how to keep them.

By LI2 Paul Hewitt



1. To lose weight.
2. To quit Smoking or tobacco use.
3. To get out of debt.
4. To be more organized.
5. To save money.
6. To further or finish my education.
7. To stop drinking.
8. To spend more time with my family.
9. To be more polite.
10. To get a promotion.

New Year's continued on page 10



Ash Wednesday

From The Skipper

Thoughts during the holidays

By Capt. T.E. Coolidge

There's excitement around the house with the Christmas tree up and decorations lending a festive look to the living room and kitchen. My two sons, Kevin and Matt, are good year-round but it's nice to see that they're being especially good right about now. There's that familiar feeling in the air. It's the Holiday Season!



Coolidge

This is one of my favorite times of the year. It's a time where most faiths give thanks to God for our many blessings and the focus is on spending quality time with our families. Gifts are given to the younger children... and exchanged between "older" children (that's pretty much everyone who reads this newspaper!) You remember, once again, how wonderful it feels to give presents and watch the surprised looks and smiles as the gift paper is shredded and tossed all over the room!

Speaking of presents, I've been walking the malls and stores and surfing the internet for toys. There's a lot of neat stuff out there! Toys for Kevin and Matt...and toys for me, too! I don't think it's just me so I'll pose this

question to everyone: why is it you start shopping for your family but always wind up finding all sorts of cool stuff you want for yourself? What's up with that? I always seem to come home with fewer gifts than I'd planned to buy...and a long list of stuff I need to start dropping hints about around Teresa.

Like all of you, it's been a busy year. There's always a lot going on around the base. I'm really enjoying my tour here but there are times it seems I'm always on the run. Things just kind of spring up and have to be dealt with. Maybe that's why this year the Holiday Season crept up on me and arrived sooner than I expected.

My family celebrates Christmas - pretty obvious since I mentioned we have a Christmas tree in the first paragraph. This past weekend I made the point to stay up late and sit by the Christmas tree. The boys were off to bed and Teresa was doing a few things around the house. I sat by the tree, took a deep breath, and just let my mind wander. My first thoughts were of how grateful I am for Teresa, Kevin and Matt and how wonderful it is to be here at home with them.

Teresa is the best thing I have in my life! I've told many a person that I definitely married up! Funny, I haven't had a single person disagree with me...and I've never heard anyone say that to her about me. Something to ponder on another day.

A smile creased my face as I thought of

something that my oldest son, Kevin, told me that day. I was both surprised and proud because his comment showed me that he's thinking more like a young man every day. Matt's still got a lot of little boy in him but he's growing up fast, too! Watching them grow gives me such great pleasure!

Sitting by the Christmas tree I said a prayer of thanks to God for them. They make me very happy...and are a constant reminder of just what's really important in my life. After all, I wear this title of Commanding Officer for just a little while. I get to keep the titles husband and father the rest of my life!

Okay, so I'm in a reflective mood. The season reminds me of when I was young and how much having my Dad home for the holidays was so much fun. As I've mentioned before in previous columns, my father is a retired Marine Colonel. Throughout his career he managed to be home for Christmas. That was always important for me, my Mom and my sisters and brother. Some of my most fond memories as a kid are of the family times at Christmas!

As I thought about those times a frown creased my brow. I thought of our shipmates and all the other service members who will not be home for Christmas. One reality of being in the military is how quick you move from thinking about how wonderful your life

Captain continued on page 4

Chaplain's Column

Imitation of gods love...

By Chaplain Chin Van Dang

It was a romantic evening. The young Sailor had been sitting on the girl's front steps talking to her for hours and hours. Finally she said to him, "It's such a pretty night, would you like to take a walk?" "Yes," he said, "I'd love to." "Okay," she said, "Don't let me stop you."

We tend to use, perhaps even over-use, the word "love" in our day-to-day living. We talk about loving peanut butter, or hot fudge sundaes, or fruitcakes. We "love" to play golf, to go fishing or to take a walk with our loved ones. Advertising bombards us with a whole host of images that juxtapose love with a wide range of actions that have nothing whatsoever to do with love. Television has intro-

duced us to people who love to squeeze rolls of toilet paper, who love their dishwashing detergent, and who love their mouthwash.

"Love" has become an umbrella term to encompass enjoyment, fascination, infatuation, and lust, to name a few, all the while disguising the real meaning of love.

In order to appreciate God's love for us, we must first put aside all in our vocabulary that is not love, remembering that love is not a feeling, but a decision we make to bind ourselves in relationship to another.

God first loved us. We were created in His image and likeness, and no matter what sins we might later commit, we can never alter the reality of God's love. God's love for us is unconditional. There is nothing we can do to earn it. God's love was poured out in us before we were able to respond to any stimuli,

and His love will be there to sustain us no matter how we might try to deny its presence. We might abandon God, but God will never abandon us.

God's love for us was so intense that He took on our humanity, taking on all the joy and sadness that accompanies the human condition, to redeem us and to show us how we might live this covenant of love. We did not choose



Dang

Chaplain continued on page 6

Health Watch

Energy drinks, what you need to know...

By Lt. Tricia Slattery, MD

Caffeine enhanced beverages are extremely popular, and enjoy a cult-like following. More than 500 new energy drinks hit the market worldwide this year. Products like Red Bull, Monster and Rockstar are three of the more popular "energy drinks." A standard sized energy drink, usually two thirds the size of a regular Coke, can contain two to four times the amount of caffeine as in a regular



Slattery

Coke. Taurine, glucuronolactone and guarana

are other added ingredients, which companies claim can improve memory and aerobic endurance. However, there is little published research studying the effects of these ingredients, and very weak evidence to support these claims. Clearly, more studies are needed.

There is, however, plenty of evidence that supports the danger involved in consuming caffeine in excess, a common problem for energy drink enthusiasts. The labels on these beverages will typically list the amount of caffeine added in each beverage, but will not routinely account for the additional caffeine hidden in other added ingredients, like guarana. The true amount of caffeine consumed is potentially much higher than advertised.

The most common use for these drinks is as a stimulant to stay awake, however it is not an uncommon practice of some to down several cans in a row to get a "buzz." Not surprisingly, this has led to a number of caffeine

overdoses requiring medical care. Even more alarming, is the popular trend of combining these drinks with alcohol. The combination can drastically reduce an individual's ability to accurately assess their level of impairment, ultimately leading to poor decision-making and even death.

Most energy drinks contain an array of vitamins, including Vitamin B. healthy, right? Well, companies will try to sell you on just that thought. However, when consumed in large quantities Vitamin B can lead to rapid heart rate, and numbness and tingling in the hands and feet, side effects which are both undesirable and potentially harmful.

The energy drink industry is not regulated by the Food and Drug Administration and can therefore boast of numerous beneficial effects their product may provide, and have no obligation to provide any warnings of adverse affects. So, buyers beware! Know your facts and drink responsibly.

Wingspan

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Capt. T.E. Coolidge

Public Affairs Officer
Robert D. Torres

Writer/Photographer
LI2 Paul Hewitt

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Coastal Bend Area CFC Surpasses Goal

By Lt. Sean Robertson, CNATRA PAO

The Coastal Bend Area Combined Federal Campaign celebrated meeting its goal during its annual Victory Luncheon Dec. 12, at the Corpus Christi Bay Club.

With a theme of, "Every One of Us ... Can be the Miracle," this year's Coastal Bend Area CFC raised \$791,400, surpassing the campaign's goal by more than \$90,000.

Rear Admiral Donald P. Quinn, chairman of the Local Federal Coordinating Committee, recognized the hard work of the campaign's workers.

"Whether you served as a Loaned Executive, Key Worker, Coordinator or in any one of numerous other capacities, you are the reason for this campaign's success," said Quinn. "If not for your individual commitment, many who need help would not receive it."

Aviation Structural Mechanic (Safety Equipment) 1st Class Douglas Chriswell, Naval Air Station Kingsville, was the outstanding Coordinator for the Coastal Bend CFC.

Rocky Roach of the Federal Correctional Institute in Three Rivers, (TX) was recognized as the outstanding Key Worker.

"This year's campaign was a tremendous success because of the generosity of our local Federal workforce," said Shannon Chaves, director of the Coastal Bend Area CFC. "We would not be able to make this happen year after year without the continued support of our volunteers on every level."

Chaves added that goals would not have been met, without CCAD contributions of more than \$297,000. The CCAD Workforce received the Tom Walker "Extra Mile" award for their participation.



Rear Admiral Donald P. Quinn, chairman of the Local Federal Coordinating Committee, presents Aviation Structural Mechanic (Safety Equipment) 1st Class Douglas Chriswell of Naval Air Station Kingsville an award for being the Outstanding Coordinator for the Coastal Bend Area CFC. (Photo by Bob Torres)

Fleas and ticks are a health risk

By Capt. Erin Graves

Fleas and Flea Allergy Dermatitis (FAD)
The adult cat flea spends most of its time living on cats and dogs. Fleas lay eggs on the animals, but these eggs rapidly fall off the pets and distribute themselves into the environment. Each female flea can lay 2,000 eggs in her lifetime leading to rapid environmental infestation. For each adult flea you find on your pet, there are at least 100 immature fleas in the environment. With summertime heat and humidity, a flea egg can hatch out in as little as 1 day, and reach maturity in two weeks. Our mild winter combined with the summer weather has made the flea problem worse this summer than last.

A single flea can consume 15 times their body weight in blood which can lead to anemia in heavily infested small animals. Fleas transmit a large array of infectious diseases to animals and humans.

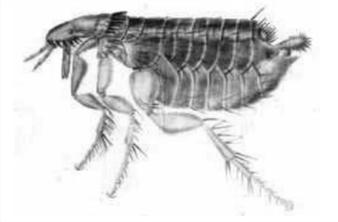
Flea allergy dermatitis (FAD) is one of the most common causes of itching and scratching in the dog and cat. When the flea bites your pet it injects a small amount of saliva into the skin. Animals and people can develop an allergy to the saliva and will react to it with severe itching and scratching. This itching sensation can last for up to two weeks after the last flea bites.

In the dog, the most common signs of FAD are biting and scratching around the rump, tail base, and groin area. This intense itching can result in "hot spots" and secondary skin infections. Hair loss at those sights can be observed in advanced cases. Cats may show FAD more subtly. You may see many areas of hair loss and scratching, but more often, you will feel small scabs and bumps around their necks and down their backs (miliary dermatitis). You may never see the fleas on your pet due to your pet's ability to chase and consume fleas and the pet's hair coat.

The only long term, effective and safe treatment for FAD is to keep your pet from being bitten by fleas.

Ticks
There are several species of ticks found in south Texas and they can all infest your pet in large numbers. The adult tick feeds and mates on the host animal. After feeding the female leaves the host and lays eggs, usually in dense vegetation, and the cycle continues. Depending on the species the female tick lays between 100-3,000 eggs at a time. All species of tick eggs hatch in about two weeks. The eggs hatch into larvae which move into grass or shrubs to look for their first blood meal. As pets, people or other small mammals pass by, the larvae attach and crawl on the host until they find skin to feed on. After the nymphs

Fleas continued on page 5




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Christmas fire safty should be a must this year

From NASCC Safety Department

Trees
Christmas trees that are not kept moist can present a very serious fire hazard. A dried-out Christmas tree can be totally consumed by fire in less than 30 seconds. Most trees sold have been cut out of state and have dried since they were harvested, which could have been during mid-November. Take special precautions when buying your Christmas tree. If the tree looks green and fresh, take a long needle and bend it between your thumb and forefinger. If it snaps, the tree is too dry. When the trunk of a tree is bounced on the ground, a shower of falling needles shows that tree is dry.

When you bring a tree home, cut about an inch off the end of the trunk. This will remove the dried end and allow the tree to absorb water. Make checkerboard cuts into the base at different angles to make a greater surface for water absorption.

Always turn off lights on trees and other decorations when you go to bed or leave home. A short-circuit in any equipment can cause a fire. Never use electric lights on a metallic tree. Damaged insulation in lighting on a metallic tree can charge the entire tree with electricity. To avoid this danger, use colored spotlights above or beside a metal tree, never fastened onto it.

Keep children away from light sets and electrical decorations. Keep all bulbs turned away from gifts and paper ornaments. Lights in windows can cause curtains and drapes to ignite.

Candles
Candles are a traditional and beautiful part of the season. But they are a direct source of fire in your home. Keep candles a safe distance from other things and remember that a flickering flame is fascinating to little children. Keep candles out of their reach. Never use lighted candles on a tree or near other evergreens, always use non-flammable holders. Keep candles away from other decorations and wrapping paper, and Place candles where they cannot be knocked down or blown over.

Paper
Dispose of gift wrappings soon after opening presents. A room full of paper lying around on the floor is just one more holiday hazard. Place trash in an approved container. Do not burn wrappings in the fireplace. They may ignite and cause a flash fire.

Christmas Gifts
One of the best Christmas gifts you can get someone is a smoke detector. More than 90 percent of fire deaths occur in residential dwellings between 11 p.m. and 6 a.m., when occupants are asleep. Smoke detectors alert occupants about a fire and there is still time to

escape.
Holiday Plants
Holly and mistletoe can be fatal to a small child. The smaller the child, the smaller the dose that can cause serious medical problems. Poinsettia leaves are not fatal if swallowed, but can cause a skin rash and an upset stomach. Call 9-1-1 if your child ingests any of these holiday plants.

Trimming the Tree
When choosing the finishing touches for decorating your tree, purchase non-leaded tinsel or artificial icicles. Leaded materials can be hazardous if eaten by children or pets.

Avoid any decorations that tend to break easily or have sharp edges. Keep tree trimmings that are small or have removable parts out of the reach of your child. These pieces may be swallowed.

Lights
Use only lights that have been safety-tested. Identify these by the UL label from Underwriters Laboratories or another reputable testing agency. Check each set of lights for broken or cracked sockets, frayed or bare wires or loose connections.

Check labels of lights to be used outdoors to see that they are suitable for outdoor use. Fasten outdoor lights securely to trees, walls or other firm support to protect them from wind damage. Read the manufacturer's instructions carefully and do not use more than the recommended number of lights in one circuit.



A Christmas tree can burst into flame and soon become a torch in your living room. (Photo from internet)

Captain continued from page 2

is...to remembering those who are on the tip of the spear making sure you're free to think about how wonderful your life is! I hope that made sense.

Anyway, I said another prayer for all those who couldn't be home this Holiday Season with family and friends. And another prayer for their families and friends that they would be comforted by the knowledge that their sacrifice is appreciated as much as the service member's!

One more thought crossed my mind. This one a bit more unsettling but very important. Please keep your scan up for those who are having a tough time during the holidays. Not every one of our service members stationed

ashore is able to visit friends and family over the holidays. Please do what you can to help those who are sick and suffering, who are doing without or who think that they're alone.

Please remember what the season is all about and share a smile with everyone you see. Make sure folks know you care. We've all had our spirits lifted with a simple smile or well-meaning compliment from a stranger. Pass it on!

After a while I took a deep breath, decided to stop thinking of all this stuff, found Teresa and gave her a hug. I needed that. I let her know I loved and appreciated her.

I'm happy and grateful and want to share warm feelings with those around me. Folks, Happy Holidays to all. Please be careful and make this a safe and fun Christmas!

MWR continued from page 12

Provider or to set up an appointment, please call the CDH office at 961-1166.

Gonzalez Liberty Center

December Programs:

December 28: Last Buck Night: Dinner & Movie at 5 p.m.

January 11 & 31: Last Buck Night: Dinner & Movie at 5 p.m.

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MWR News and Events

By Laurie Garcia, NAS MWR

E-Street Gym

Holiday Hours:
 December 24: 10 a.m. - 6 p.m.
 December 25: CLOSED
 December 31: 10 a.m. - 6 p.m.
 January 1: 10 a.m. - 6 p.m.
 Captain's Cup Singles Racquetball

Child Development Home Program

Career Choice of the Century
 The Child Development Home Program is looking for a "few good homes" to add to the already long list of homes offering quality child care to the military and civilians of NASCC and NS Ingleside. The Navy Child Development (CDH) profession offers providers the opportunity to work in their own home and watch their children grow and develop while caring for children of military and civilian families and earning an additional income. CDHs assists parents by providing child care services to support operation readiness, mission accomplishment, and retention. CDHs are an alternative to center-based care

and are often preferred by families because of the small group sizes, the home-like atmosphere and the flexible hours of operation that other centers often cannot accommodate. Anyone who lives in military housing and wishes to provide child care on a regular basis for more than ten hours a week must be certified by the Navy as a CDH provider. Any Navy spouse or civilian living off base must be state registered before becoming Navy certified. Off base provider applicants may start Navy certification while awaiting state registration. INTERESTED? Navy CDH certification is required to become a Navy CDH provider. The certification is processed through the MWR CDH office and includes health screening, training (CPR, first aid, child abuse prevention, child development, and parent/customer relations), home inspections and background checks. For more information, on becoming a certified Navy Child Development

MWR continued on page 13

Fleas continued from page 3

have a blood meal, they mature into adults. The adult female may increase up to 100 times their original weight when feeding. The female then leaves the host, lays eggs, and the cycle continues.

While feeding, ticks can transmit many diseases including Lyme disease, Rocky Mountain spotted fever, several types of ehrlichiosis, baesiosis and tularemia. Ticks often need to remain attached for a certain amount of time, usually 24 to 48 hours, to transmit these diseases making prompt removal key to disease prevention. An even more effective approach to disease prevention is to use appropriate tick control to prevent attachment.

Recommendations for Flea and Tick Control on Your Pet

Flea control is difficult for pet owners, because flea control must involve all areas of infestation. This means killing the fleas on all your pets and in your house and yard. Treating only once will kill the adults and some pre-adults, but will result in a reoccurrence of infestation once the resistant eggs hatch or pupae leave their cocoons. Some flea control products are also effective in preventing eggs from hatching. Control of fleas is an ongoing process, but once initiated, is not difficult to sustain.

Tick control that targets all of the blood feeding stages of tick development is more effective at disease prevention than controls that only target adults. Different tick control products also target different species of ticks which may or may not be in a given geographical area. Although tick control is not as involved as flea control, it is an ongoing process.

Flea control in your house and yard

All pets in the family must be on flea and tick control throughout the year for optimum effectiveness. Your veterinarian can help you choose a product that works for your pet's environment and lifestyle.

House treatments need to be concentrated on "source points", which are areas where your pets spend most of their time. This is typically bedding areas, paths between rooms, feeding locations, etc.

You may choose to use a professional exterminator service for the treatment of fleas in your home. The exterminators should uti-

lize a combination of an adulticide to kill the adult fleas, as well as an insect growth regulator (IGR) to remove the immature flea stages.

If you choose to treat your home yourself choose a product which contains an adulticide and an IGR. The instruction and precautions for use should be followed exactly. Flea larvae survive best in the protective environment of carpeting or in the cracks between tile and linoleum, so pay special attention to these areas.

Other ways of lessening the flea burden in your home is by thorough vacuuming/mopping of all source points in the house, followed by disposal of the vacuum bag. In addition, wash all animal bedding (including your bedding if the animal sleeps with you) weekly in hot water, followed by drying at high heat for at least 20 minutes.

Some exterminators (e.g. Fleabusters, RX for Fleas) disperse a sodium polyborate powder, which has been proven effective at killing flea larvae in the environment, and only needs to be applied once yearly. The powder is very safe, non-insecticidal choice for environmental flea control.

Yard treatments should have 30 days of residual activity, and will need to be performed every 4 weeks in the hot, humid times of the year here in south Texas. It is important to focus on areas where your pets spend most of their time. Typically, fleas survive and reproduce in shaded, moist areas with plant or organic debris (under decks, bushes, etc.). Fleas do not survive long in places that get prolonged, direct sunlight because they dry out. For these reasons, it is advisable to keep your grass mowed and do not over-water your yard.

Either a professional exterminator or you must treat your yard for fleas. You can treat the yard yourself by purchasing Malathion or Diazenon from your local lawn and garden center. This chemical can be applied easily by connecting the container to your garden hose. Alternatively, we can provide you with Virbac Yard and Kennel Spray. These yard treatments should be performed as instructed on the product labels. Another product available for outdoor use is a parasitic nematode (Biofleas) that can be applied to damp soil. These harmless worms will eat flea larvae. Label directions must be followed closely for this product to work.

The purpose of DHS forms

By MA1 John Burch

Security POW Notes

Effective January 1, Contractor access to Naval Installations will change and Pass and ID departments will require a copy of the Employment Eligibility Verification Form (DHS Form I-9) prior to issuing a Naval Air Station Corpus Christi contractor's badge. The Contracting Officer Representatives (COR's) are responsible for obtaining all contractors, sub-contractors, vendors, and their employees DHS I-9 Forms. Additionally, the COR's will provide this information to Pass and ID.

This ensures that an on-site verification of the requestors "Employment Eligibility" is met. The form can be attained through the Department of Homeland Security website @ <http://www.uscis.gov/graphics/formsfee/forms/i-9.htm>.

Purpose of DHS I-9 Form:

All U.S. employers are responsible for completion and retention of Form I-9 for each

individual they hire for employment in the United States. This includes citizens and non-citizens. On the form, the employer must verify the employment eligibility and identity documents presented by the employee and record the document information on the Form I-9. Acceptable documents are listed on the back of the form, and detailed below under "Special Instructions."

Traffic Court Note

Traffic court has relocating from Building 39 to Building 104, NASCC Police Station. All personnel that are cited with a mandatory citation must appear in court and shall enter through the main door of Bldg 104, sign in, and wait in the foyer area for further instructions. Traffic court is held every Wednesday at 9 a.m. If you have any questions, please contact MA1 (SW) Burch at 961-2376/1356 or the Watch Commander at 961-2375/2288/2282.

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Capping interest at six percent for pre-service loans

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

Who is protected by the SCRA?

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

When Does the SCRA Cap Interest at Six Percent?

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

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

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

What Protections are given to Creditors?

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

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

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

Chaplain continued from page 2

God. God chose us, and His purpose in choosing us was so that we would manifest His love to the world.

As mirrors of God's love, our embrace of the world's people must be unconditional, all encompassing, and tireless. It is a challenge for each one of us to examine our quality of loving. Alongside the love God has for us, how does our love for others measure up? If your love for your children, spouse, parents, friends, neighbors, or enemies is not unconditional, turn again for help to the One who first loves you and sustains you in love.

God knows that love requires commitment and perseverance each day of our lives, and He will be there with the grace we need, if we turn to Him and not to empty phrases from advertising.

If we think religion means no more than coming to church, we are living in polluted smog which is obscuring our vision of what God intends. "The perfection of religion is to imitate the One you worship."

On the night of his grandmother's visit

before Christmas, Willie was praying his nightly prayers. His voice suddenly rose to a high, loud pitch as he fairly screamed the words: "Dear Lord, I would like a BeyBlade, a Razor Scooter and a Spiderman for Christmas, if that's not asking too much!" His little brother, kneeling beside him, asked, "What's the idea of hollering so loud? God isn't deaf!"

"I know God isn't deaf," muttered Willie, "but grandma is!"

Christmas reveals to us the goodness and love of God. And if Christmas is going to mean something to us this year, we must try through its celebration to become God's instrument of love for others. Our love and concern must spread beyond a small circle of companions. We cannot treat everyone in the same way, but we must not deliberately exclude anyone from our love and respect, whether it is because of his color, his religion, his nationality, or just plain old omeriness.

May God's blessings be yours at Christmas, and may His divine love enrich your life throughout the New Year.

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New Years continued from page 1

The desire to change yourself is not enough. You should "weigh" the benefits of your change and make some notes. This is a time to get specific, and to monitor your behavior. For example, keep a record of how much you eat, drink, spend, etc.

Begin by making small changes. Tell your family and friends that you are making a change in your life to help better yourself, and ask them to help in any way that they can. This is the time to make a stand and stick by your commitment.

You will have to make sacrifices while embracing and committing to new virtues.

This is the challenging part. You're finished with your old habit and into your new life. It is a lot easier to maintain your resolution than it is to regain it. Do your self a monumental favor and stay focused on why you set this resolution in the first place!

In order to keep your resolution you need to believe in your ability to change, do not indulge yourself by making excuses, try to avoid wishful thinking and concentrate on results, and understand your motivators and the reasons why the resolution is important.

The most important investments require time. Setting and achieving a resolution requires focus, effort, and commitment. Changing old habits and developing new ones won't happen overnight.

You should focus on one resolution at a time by dividing up your goals to achieve your desired results. Break larger resolutions into smaller ones, by breaking down your resolution you can take them step by step making it easier to keep them.

Be accountable for your actions and designate a friend, or mentor, for monitoring progress, and offering support. The benefit of involving others in your goals and plans allows you to have someone keep you on track and help you attain your goals.

Communicating your resolution and intentions actually increases your accountability to the behavior. From the very beginning it is important to share your objectives and goals with those around you so that you can enlist their support. Knowing that you are accountable to someone other than yourself will help to keep you on track.

Persist until you have met your resolution, achieving your resolution is a great example of consistency and hard work. If you fall behind schedule or are sidetracked for any reason, refocus! Just don't give up! Don't surrender to temptation, difficulty or temporary failure. Persist until you achieve the goal.

For a dream to become a goal, it must be specific. Being thin is an image, losing 10 pounds by March 1 is a true resolution. Be clear on what you want to achieve.

Make a New Year's Resolution that you have a real, bona fide intention of keeping. The truth is more important. For most people have not made a serious New Year's Resolution.

Describe precisely what you want in writing, how you will earn it, when you will have it, and the benefits you'll receive from achieving your resolution. Write down the details. When you put something in writing, you increase your chances of completing you goal.

Be committed to your resolution, without commitment, your resolution will be passed up, and you will not have bettered yourself. Commitment is not only habit forming but also essential as it moves you ever closer to your resolution and ultimate success.

The guiding principles for safety

By R.E Cellon

Safety is an ethical and moral responsibility. It is our responsibility to do what is necessary to protect employees from death, injury, and illness in the workplace. Everyone is responsible for safety. It is about culture, it is about ownership, it is about accountability.

All mishaps are preventable. The fundamental belief that all mishaps are by their nature preventable is a catalyst that encourages us to prevent injuries. Accepting mishaps as "just accidents" with no ability to prevent them is not acceptable in our culture of Safety First.

Safety is a cultural mindset and a prerequisite to everything we do. The combined commitment and participation of the entire organization is necessary to create and maintain an effective safety culture. Safety must be on our minds as we plan every task, both on- and off-duty, and should be executed with the proper level of risk management every time.

We are all responsible. Management's responsibility is to lead the safety effort with consistency and persistence, establish safety goals, demand accountability for safety performance, and provide the resources necessary for a safe workplace. The safety staff exists to coordinate policies and processes, provide program oversight, and act as advisors. Every employee is responsible to act safely, respond to unsafe conditions and to execute the policies and procedures established by leadership.

Everyone must be trained to work safely. Awareness of safety does not come naturally; therefore we all need to be trained to work safely. Effective, job-specific training with associated hazard awareness and mitigation is essential for employees to be a productive part of the safety culture.

Safety is a condition of employment. The command will exhaust every reasonable means to lead, motivate, and train employees to main-

tain a safe workplace. In the event an employee refuses to take actions required to work safely, the command will utilize a system of progressive discipline.

We will provide encouragement and recognition for safe performance. Supervisors should give positive encouragement to employees observed working safely. Supervisors should solicit and encourage employee's creative solutions for ways to improve workplace safety. Recognizing safe work practices is as important as identifying deficient performance and cannot be overlooked.

Safety programs must be site-specific with recurring audits of the workplace and measures for prompt corrective action. Our goal is to discover and remedy hazards before they can injure workers. Recurring internal and external audits that include hazard analyses, comprehensive inspections, and aggressive investigation of accidents or near-misses help discover potential workplace hazards - all are keys to a successful safety culture.

Safety is good stewardship of federal funds. Managers and employees must understand that being proactive in safety creates a competitive advantage. Reducing workplace injuries and illnesses not only results in less pain and suffering for our employees and their families, but also reduces the costs of workers' compensation, medical and litigation expenses, and the corresponding loss in productivity. Effective workplace safety is not an expense, it is an investment.

We will facilitate employee ownership of safety. Employees should be solicited for their ideas to improve our culture of safety. Employee-based safety committees are an effective tool for facilitating a direct line of communication between workers and managers and will be supported at all levels of leadership.

Passwords are now required for all Blackberry users

By Rodolfo Espinoza, NMCI

Effective as of Wednesday, Nov. 29, all Blackberry users were required to set and log in with a password when using the device. This is a direct result of the Joint Task Force for Global Network Operations (JTF-GNO) escalation of Information Condition (INFOCON) from Level Five to Level Four.

All Blackberry users will first have to set a password. To do this: Select Options > Security; Highlight "Disabled." Press the space bar to change this to "Enabled;" Use the track wheel to select "Change Password." Enter your new password and retype to verify.

Blackberry passwords: Must contain at least five (5) characters; Must include at least one letter and one number; Must be changed every 90 days; cannot repeat any of your last 10 passwords; and Must be entered when the device is turned on and after un-holstering.

Blackberries will time out and lock after 15 minutes of inactivity. You will have to re-enter your password to unlock the device. You will have 10 attempts to enter your password. If you enter an incorrect password after the tenth attempt, you must call the NMCI Help Desk to reset the password.

Outlook Web Access Still Available
Outlook Web Access (OWA) is currently still available; however, some functionality has been modified to meet the security requirements of the change to INFOCON Level 4.

Sessions will expire after a period of 15 minutes of inactivity. Additionally, the preview pane will be disabled.

OWA users will also lose some of the more advanced Outlook-like functionality, including: Customizable color schemes; Items opening in a new window; Mark messages "Read" or "Unread;" Flag messages; Keyboard shortcuts; Spell-checker; Search Contacts in "Find Names;" Managing Rules; Reminders for Tasks;

The INFOCON System
The INFOCON system represents a structured, coordinated approach to pro-actively defend DoD Networks. The Commander, Joint Task Force for Global Network Operations (CJTF-GNO) recommends changes in DoD INFOCON levels to Commander, US Strategic Command (CDRUSSTRATCOM) based on threats directed at DoD networks.

Based upon the recommendation, CDRUSSTRATCOM assesses, and, if necessary, directs a DoD level INFOCON change. INFOCON has five levels of conditions ranging from one to five where Level One is the highest state of Information Condition Readiness. This escalation of INFOCON Level is *not part of an exercise.*

These changes affect all DoD networks as outlined in STRATCOM Directive 527-01, available at www.jtfgno.smil.mil.

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AROUND THE BASE



**D-Day Memorial service
June 6**



Navy Regatta



**Iwo Jima flag-raising
depiction**



**Flour Bluff N.J.R.O.T.C
wins 10th championship**



GLC Rib Cook Off



**Last Flight for chaplain
Bob Christian**



**The ARC Gloria
arrived in June**



Sports Day Oct. 19 and 20



**Hooks Military Appreciation
Day Aug. 7**

AWARDS AND ACHIEVEMENTS

NASCC advances 18 new Petty Officers



NAS Corpus Christi Frocked 18 people in a traditional ceremony held at the Gulf Stream Recreation center December 8. NASCC Commanding Officer Capt. Timothy E. Coolidge, presented each frockee with their letters of advancement. The Frockees in alphabetical order are MA2 Kevin Bahr, AC2 Ricky K. Garza, MA3 Markus A. Golden, MA3 Harry C. Goodman, AC2 Ryan G. Granat, AC2 Byron S. Griffin, AC3 Joshua R. Hill, AC2 Austin M. Howell, AC3 Russell Long, AC2 Trinity Luck, AC3 Michael E. Murry, MA1 Brian Percle, AC3 Eric Dewayne Price, AC2 Joseph Rodriguez, MA3 Andrew Smith, ABH2 Kenneth W. Smith, EN2 Kenneth Tanner, and MA3 Nicole Woods. Standing with the frockees is NASCC Commanding Officer Capt. Timothy E. Coolidge, NASCC Executive Officer Cmdr. Bruce Lankford, and NASCC Command Master Chief Mike Cisneros. (Photo by LI2 Paul Hewitt)

NASCC Motorcycle, ATV, and Traffic Safety Courses

Jan. Schedule

MSF Basic Rider Course

(Must have a valid permit to ride to class. Instructors and student aviators have priority)

January 22 thru 23rd

MSF Experienced Rider Course

(Must possess a valid motorcycle license)

January 24th

ATV Course (at NASK)

January 12th

AAA Driver Improvement Course

January 11th

If you would like to sign up for a course, please call the NAS Safety Office at (361) 961-3673.

Toys For Tots



CCAD employees received a challenge to assist in the annual Marine Corps Reserve Toys for Tots program and in just a few short days, collected tables full of assorted toys, including dolls, stuffed animals, board games, soccer balls, basketballs, and softballs with bats. And when Hangar 45 leaked that they were collecting bicycles, more than 230 bikes, many with helmets, showed up at the Toys for Tots roundup, Dec. 15. CCAD employees, many wearing red t-shirts were on hand to help Marines load the toys on trucks, Humvees and vans. "These toys will put smiles on a lot of children that did not know they'd get a present," said Marine Maj. Kevin Cagle. "This was a great effort for a good cause." Like in combat, here the Army helped the Marines - on a Navy base. (Photo by Bob Torres)