

Wingspan

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Saying good-bye to the old, and heralding the new Replacement base housing demolition, construction moving at rapid pace

Story and Photos by JO2 Jeffrey Fretland



(From left) Jose Solis (with back to camera) waters down dirt with an industrial hose as heavy equipment operator Alex Agirre (background) prepares to load cement and other refuse from a recently demolished quadriplex home in the FY 1966 Housing Area on Ocean Drive. The two are employees of Eberle Materials, Inc.

If you have been driving on board NASCC recently, and you have encountered large container trucks hauling away lumber and broken glass causing minor traffic snarls, don't complain or grumble too loudly. The trucks have been hauling away refuse from "FY 1966"—the old base housing area on Ocean Drive adjacent to the Navy Lodge and the Bachelor's Officers Quarters. The housing area is one of several being demolished to make way for new, more efficient housing units. It is part of an ongoing program to rehabilitate the aging government living quarters on base, according to Gloria Olivarez, regional supervisor and assets manager with Realm, Inc., one of the contracting firms assisting with new home construction.

"At present we have 350 units several of which have been demolished or are scheduled to be torn down," said Olivarez. "Most of these old homes suffered from mold and mildew accumulation, leaky roofs, horrible insulation, ill-fitting windows and no outside screen doors. Many of these old homes were constructed in the 1940's, 50's and 60's. The new units replacing them will be larger and more comfortable, and have all the latest conveniences."

The new modular style residences contain central heat and air, modern kitchens with all electric appliances, two full one-half bathrooms, ceramic floor tile and carpeting, ceiling fans and a one-car garage. In addition, each house is wired for cable television and Internet access.

"Military assignments to new family quarters are based on family size and composition," explained Olivarez. "It's much less segregated by rank structure than it used to be. Over in the Married Officer Quarters, we have some junior and senior enlisted personnel living side by side with junior officers. It makes for a nice, mixed neighborhood."

The new housing consists of two, three and four bedroom units. Designated floor plans range from 1,488 sq. ft. for a two-bedroom unit to 1,798 sq. ft. for the Field and Senior Grade Officer's Quarters.

Whereas the old quarters were built as quadriplexes, the new homes evoke a more town-house style feel. Landscaping and sprinkler systems are added to enhance the surroundings.

"We have the new houses retro-fitted for hurricane storm status," said Jimmy Erwin, project executive with Landmark, the

company constructing the homes. "It's an added safety feature, with anchor bolts installed in the concrete foundation. The walls are strapped in to withstand wind gusts up to 130 mph."

There are currently more than 200 families that are waiting to move into the new government quarters from the old homes. Sailors and their families use their Basic Allotment for Housing (BAH) as rental payment for maintenance of the homes.

"Privatization of on base government homes will become more the norm over the next several years," said Olivarez. "The other services are moving in that direction, too. A big advantage with privatization is that the quarters can be brought up to standards much more quickly, and families don't have to wait so long to move into new quarters. When the military maintained base housing, they often had to wait longer for appropriations from Congress. It's quicker through privatization."

Demolition and construction of government quarters on board NASCC began in 2002. The entire project is expected to be completed by Spring 2006.



Gloria Olivarez of Realm, Inc. examines a new microwave oven, one of many appliances to be found in the new homes soon to be occupied in the Married Officers Quarters housing area.



A recently constructed town home located adjacent to the Corpus Christi Bay Club.

Wingspan

From the Skipper



Perform to Serve Program great career motivator
By Capt. Paula Hinger

Hinger Perform to Serve is an entire package that the Navy has developed to ensure that you have the opportunity to grow and succeed. One aspect of this program is the opportunity to convert to a rating that is not adequately manned.

During the last year Perform to Serve (PTS) has given approximately 2,984 Sailors a chance to convert to under manned rates. Sailors serving in over manned ratings struggle with advancement and often times choose to separate from the Navy or are

asked to leave for not achieving and reaching Professional Growth Criteria. PTS gives Sailors the option to convert to ratings with significantly higher advancement opportunities. PTS also allows over manned ratings to achieve optimal manning thus improving advancement rates in those rates as well.

From April 2003 to April 2004 there were 33,644 applications submitted and of those applications 26,267, (78.1 percent) were approved to reenlist in rate, 2,984 (8.9 percent) approved to convert and only 1,081 (3.2 percent) asked to leave the Navy.

There are no exceptions, as all first term Sailors in CREO groups 2 or 3 are required to submit a PTS application to reenlist in rate or convert to an under manned rate. That includes Sailors in a Limited Duty Status. Submission should be done 15 months prior to End Active Obligated Service (EAOS) and/or Projected Rotation Date (PRD). This allows all Sailors to get the maximum number of reviews (six total) before possibly being

asked to leave the Navy.

Sailors are evaluated and ranked based on the following criteria: commanding officer recommendations for retention and advancement, seniority in pay grade, promotion frocking, Pass but not Advance (PNA) the most recent advancement exam, critical Navy Enlisted Codes (NECs) and the last two regular periodic promotion recommendations.

Sailors requesting to convert to an under manned rating must meet all requirements for the new rating including Armed Services Vocational Aptitude Battery Test (ASVAB) requirements. If you need or want to retake the ASVAB contact your Career Counselor to schedule. Starting early and developing a plan will ensure your success in your Naval Career.

For more information, please contact NCC (SW) Terri S. Green at the NAS Command Career Counselor's Office at 961-3611/3612.

Chaplain's Corner

Marathon Marriage
By Chaplain Robert Christian

I hit the wall at mile eighteen. My brother and I had challenged each other to run the New York City marathon and now we were over two-thirds into this 26.2 mile race. My body was screaming at me but I cannot put into print what it was saying. Articles and experts had forewarned that it would happen, and true to their word the muscles told me to stop and walk. But my brother and I had made a commitment—no walking. We were not concerned with time, only the commitment to not walk at any point. The race must be run the whole way, so I pushed through the pain and ignored the harsh and vile words my body yelled at me.

A few miles later we were in Central Park and the finish line was within reach. We completed the challenge, and we finished the race. Allow me to reverse back to mile eighteen and expound upon something

very odd that I observed: runners with lean, muscular bodies were walking and runners with less than "perfect running bodies" were still running. I realized then that the race is won or lost in the mind.

In a few weeks my wife and I will pass nineteen years of marriage. From the beginning, we committed to making this a marathon marriage instead of a 10K—for better or worse, richer or poorer. We have seen the better and worse and we are still looking for the richer part, but we remember that this is a distance race not a sprint. Many marriages start out strong with a great pace and then somewhere along the way they hit the wall. Some say that it just was not meant to be, or that they have grown apart and become different people than when they "fell in love."

Just like the runners in the New York City marathon, there are no "perfect running bodies" that run the race better. Couples hit the wall and then they make choices.

It really is an issue of the mind, a choice made during those moments of pain and struggle. The Bible has a verse that keeps me moving forward in my marriage—"forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize . . ."

As my wife and I continue to run the race we find each mile or New Year to be rewarding or fulfilling. We are so glad we didn't stop at various points along the way. Much could be said in this article about the comparisons between training and marriage but the bottom line when all is said about relationships is what I told my feet when I hit the wall in New York—"pick em up, put em down, keep on going." Will we see you at the end of the race?



Christian

Healthwatch

Be on guard against trichinosis, bacterial diseases

By Lt. Nate Ruttig



Ruttig

It is summer. You are at a picnic. You remember that at last year's picnic you became ill. You do not want to wind up the same way this year. Bacteria are all around you—on your hands, tables and plates—everywhere. A few bacterial organisms usually won't hurt you,

but if you eat some types, you may become sick. Some food-poisonings are caused not by the bacteria, but by the poisons (also called toxins) made by the bacteria either before or after you eat the contaminated food. Here are some tips to follow.

Even if you cook and eat your food properly and promptly, you can still get food poisoning. If the cooked food touches a dirty utensil or surface, you can become ill.

Beef can be contaminated as it is processed for sale. Cook it thoroughly.

Refrigerate leftover meats, eggs, poultry and dairy products as soon as possible - over two hours and they are most likely contaminated. Clostridium botulinum is the bacterium that causes botulism (it can be fatal) and is abundant in soil. Clostridium

multiplies in places with no oxygen, such as sealed cans and vacuum-sealed packages. Throw away any cans that are bulging, leaking or contain foods that look or smell suspicious. Home-canned foods must be sterilized by heating them in a pressure cooker at 250 degrees F for 30 minutes.

Eating food containing raw eggs or undercooked chicken or turkey frequently causes salmonella food poisoning. Thaw frozen poultry completely before you cook it and do not let it stand at room temperature.

Trichinosis is the most prevalent type of parasitic food poisoning and comes from roundworms that survive in undercooked pork. Clams, oysters and other raw shellfish are prone to containing viruses that can

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August 5, 2004

Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

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Daily Mass:
Monday - Friday - 11:40 a.m.
Religious Education: Sunday - 9 a.m.

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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.)
Jumrah Service - 1:30 p.m.
For other worship service times,
call 992-8550.

Station Spotlight



Richard Cantu
Special Assistant, NAS Headquarters

Born and raised in San Diego, Texas, Cantu has lived in Corpus Christi over 25 years. He has been working on board NASCC as an auditor for 21 years, and has been employed as a civil servant for 23 years. Cantu likes the satisfaction he obtains from helping management resolve discrepancies through audits.

"I enjoy working with the people here the most," said Cantu.

Cantu's future career plans are to teach at a local high school or junior college after retirement.

Cantu maintains a cheerful disposition on life.

"A positive attitude and strong determination can help you achieve your goals in life," explained Cantu.

Cantu loves working out with weights, tinkering on his truck and reading.

Cantu is single. He has two children and two grandchildren.



HT1 Harold Barnett, Chief Master at Arms Leading Petty Officer, NAS Detention Facility

A native of Tacoma, Wash., Barnett has been in the Navy for 18 years. He has been on board NASCC since January 1998.

Barnett's prior commands included stints on the USS St. Louis (LKA 116) and the USS Dubuque (LPD 8).

Barnett enjoys his occupation because of the teamwork, camaraderie, teaching opportunities, and the personnel.

"I enjoy meeting people from different places," said Barnett.

Barnett's future goals include retiring from the Navy, and working as a juvenile parole and probation officer.

Barnett's hobbies include cars, hunting and participating in sports, especially basketball.

Barnett is married with four children.

Any user with a navy.mil or USMC e-mail address can access the system at <https://safety.army.mil/asmis1demo>. There is a simple single-screen log in process, which asks for your .mil address, name, age, unit, location and supervisor's e-mail address. You also have to create a suitable password. After you submit it, the system e-mails you a confirmation and a hyperlink. Click on that link, enter your e-mail address and password, and you are in the site.

You can also access ASMIS via the NAS Safety Center web site main page or by visiting <http://safetycenter.navy.mil/articles/ASMIS>.

In addition to being free, fast and easy to use, ASMIS is another tool that leaders at all levels can use to significantly reduce the number of privately maintained vehicle mishaps—the leading killer of Sailors and Marines.

Healthwatch continued from page 2
cause food poisoning.

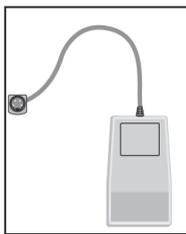
Campylobacter jejuni, also known as bacterial traveler's diarrhea, can be contracted by drinking water straight out of streams and freshwater ponds and lakes.

If you become ill from food poisoning, you will most likely recover in one to five days. You should drink plenty of clear fluids to avoid dehydration. Avoid milk products as they may worsen diarrhea. If you have a headache, stiff neck, are pregnant, have a fever greater than 100.5 degrees F, are experiencing confusion or convulsions, are a small child, cannot keep liquids down, have difficulty breathing or moving, have bloody diarrhea, or for any other concern, you should see your healthcare provider promptly.

The bacteria, viruses and parasites that can cause food poisoning are many, but with a little information and a lot of sanitation, you may just have an edge up!

New Safe Driving Tool Available for Sailors, Marines

By Cmdr. Robert Smith



Thanks to the Army Safety Management Information System (ASMIS), an on-line, risk planning tool for traffic safety is now available. ASMIS is an excellent way for NCOS, SNCOS, OICS and COS to educate their Marines and Sailors about the risks they face in their vehicles while on liberty and out on the road.

ASMIS users fill in the details of their planned trip and receive a tailor-made analysis, along with specific guidance about steps to take to lower the overall risks.

Users enter their starting point, destination, driving habits (such as how much rest they will have, and if they wear seat belts) the type of car they will be driving and what type of road they will utilize.

The next screen is the hazard assessment, indicating a color-coded risk management matrix, a summary of the trip, and the numerical assessment value.

The next screen deals with how to implement the controls, and includes some follow-up questions to make the journey even safer and lower the accident risk. The entire process takes approximately ten to fifteen minutes.

This system also provides a wealth of helpful safety information in a changing banner on the screen, covering such topics as fatigue and road rage. One of the six screens gives brief narratives of actual mishaps that occurred during similar trips and other traffic safety information.

There are also links to weather reports and maps. Although ASMIS currently contains only Army data and narratives, work is underway to include Navy and Marine Corps information.

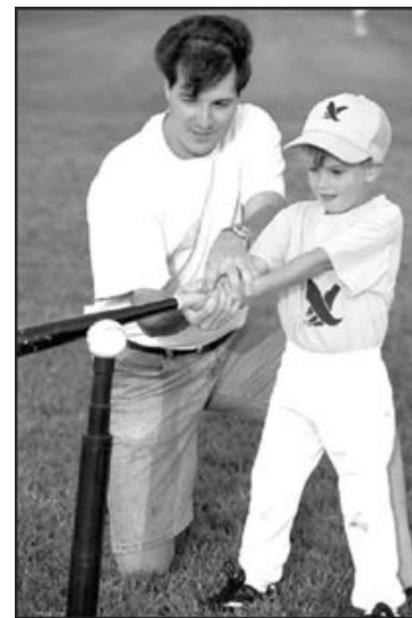
A key feature is that the system sends a copy of the risk analysis to the user's supervisor, that triggers serious discussion of plans, risks, and controls. This e-mail notification contains a summary of the risk assessment and a link where the supervisor can view the complete file.

Children's school shots and physicals around the corner NHCC continuing quality healthcare despite nearly 100 deployed

By Cmdr. Dierdre Krause,
Nurse Corps

NHCC Family Practice Clinic

The Naval Hospital Corpus Christi (NHCC) Pediatric Clinic, located on the first floor in room 1275 will help your children (ages seven and up) for the upcoming academic year by making appointment slots available for school and sports physicals on Saturday, Aug. 7. Make your appointment now by calling (361) 961-6000. Appointments are already being booked! The Pediatric Clinic's regular hours are 7:30 a.m. to 4 p.m. Monday through Friday. (Photo courtesy of Microsoft Office Online).



School is just right around the corner and your child will be returning sooner than you think! Whether you are experienced or not in getting the kids ready, there are a few important things that the Naval Hospital Corpus Christi (NHCC) would like to help you start preparing for now, not the least of which are up-to-date immunizations, and school and sports physicals.

The Texas school system requires all students to be current with their shots, and it is important that you protect them with the necessary immunizations recommended by the Center for Disease Control. The existing immunization schedule can be challenging to keep up with, especially if you have more than one child, because it gets updated every couple of years. The NHCC Family Practice Clinic and Immunization Clinic will help you stay on track.

"We are open every day from 7:30 a.m. to 4 p.m. and we are here for the children, and the adults that are in need of immunizations. If they do not know what they need they just need to come with their shot record and we will update them. That is what we do here," explained Dale Yerger, a Registered Nurse and a retired Marine Gunny Sergeant who supervises immunizations. Go in and see Yerger or any of his friendly staff and find out which shots your children need.

The Pediatrics Clinic and the Family Practice Clinic (FPC) are also ready to assist you by providing back to school physicals, and sports physicals.

"The best way to keep your child healthy is with prevention. Have all of your immunizations up-to-date and schedule periodic physicals, performed by the friendly, competent providers that make your children feel at ease," said Bill Peyer, a Registered Nurse that works in the Family Practice and Pediatrics Clinic.

The FPC is currently open 7 days a week: Monday through Friday from 8 a.m. to 8 p.m., and Saturday, Sunday and holidays from 8 a.m. to 4:30 p.m., to assist parents with busy schedules.

"I hope all parents get the message to come in early enough so that there is no last minute rush," said Hospital Corpsman Third Class Cameshia L. Newell, FPC Lead Petty Officer.

As a special service to you and your family the Pediatrics Clinic will help you prepare your children (age 7 and up) by making appointment slots available for school and sports physicals this Saturday, Aug. 7. Make your appointment now by calling (361) 961-6000. Appointments are already being booked!

If you prefer standard times, the Pediatrics Clinic is open 7:30 a.m. to 4:30 p.m. Monday through Friday, and closed weekends and Holidays. Acute appointments are available during normal working hours. Appointment clerks are available from 7:30 a.m. to 8 p.m. for scheduling. According to Lt. Cmdr. (Dr.) Rebecca L. Hutfilz, after hours and on weekends the Family Practice Clinic may be able to see your child for acute needs. If needed, please call to schedule an appointment.

Although 82 of NHCC's doctors, nurses and corpsmen are currently deployed, six more are scheduled to depart within 30 days in support of Operation Iraqi Freedom and the defense of our nation. Your healthcare is a top priority and the NHCC staff will continue providing quality service to you and your family, and will strive to make your visit a pleasant one.

Visit the Naval Hospital Corpus Christi Patient Handbook website for more information:

<https://www.nhcorpushcs.med.navy.mil/Patient/PatientHandbook.pdf>

August Calendar of Events

There are less than three months until the 2004 General Election for the President of the United States, 34 U.S. Senators, and 435 U.S. House of Representatives. You and your family members are encouraged to take the time to ensure you are all registered to vote in your state of residence and to request a Federal Absentee Ballot for the general Election if necessary. Every vote counts! There are a number of ways in which to vote. In Texas, if you are registered at the Department of Motor Vehicles you are also registered to vote at the same time. If not, there is a postage-paid Texas voter registration card that can be acquired at the NAS Post Office or through the NASCC Voting Assistance Officer (Lt. Heather Coats, at 961-4960/4961, or contact her by e-mail at heathercoats@navy.mil.) For Nueces County voter registration, call the voting office at 888-0404. You can also check out the following websites for voter registration: <http://www.fvap.gov/pubs/onlinefpca.pdf>, <http://www.fvap.gov/pubs/vag/vagchapter3.html>, or <http://www.tvap.gov/pups/vag/vagchapter3.html>.

The NAS running track, located next to the gym, will be closed for resurfacing until August 31. For more information, contact MWR Athletic Director Mike McClure at 961-2401.

Motorcycle riding classes are being held Aug. 13 and 14 and Sep. 16 and 17. For more information, contact Jennifer Garrett at the NAS Safety Office, at 961-3673, or Jennifer.garrett@navy.mil.

Attention young football fans! The Williams Sports Entertainment Group and the NASCC AIMD Truax Field will be working together to host the 2004 National Football League Punt, Pass and Kick Competition for the South Texas Region. Event will be held at Bill Whit Park in Corpus Christi on Sep. 11, 2004. The competition is broken down into different age categories, which are eight to nine, 10 to 11, 12 to 13, and 14 to 15 years of age, with boys and girls competing separately (age will be determined as of Dec. 31 of the current year). Children must show a birth certificate for age verification. Bring the forms and birth certificates to get your child registered. Registration will begin at 7 a.m. and the first competition for the eight and nine-year-olds begins at 8 a.m. Volunteers form NAS are needed to assist with this event. If you would like to volunteer or need further information contact AM2 Joseph Williams or AZ2 Lakeisha Thomas at 961-3181 or 961-5051, or by e-mail at joseph.r.williams@navy.mil or lakeshathomas@navy.mil.

Sep. 1-Sep. 30: Open season for the Federal Employee's Group Life Insurance is scheduled to begin during this period. Eligible federal employees will be afforded the opportunity to take life insurance coverage, if not already enrolled. Coverage can be added for eligible family members. For more information, contact Elva Hernandez at (361) -516-6101 or DSN 876-610, or via e-mail at elvahernandez@navy.mil.

FREE CLASSIFIEDS

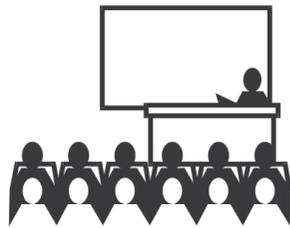


FOR SALE: 2001 Kawasaki ZRX1200 in excellent condition with only 10,600 miles. Original owner, garage kept and well maintained. \$4500 Call Mike at 361-443-0671.

SBA offers assistance to budding entrepreneurs

Programs offer incentives on starting new businesses

By JO2 Jeffrey Fretland



If you are searching frantically for a loan, equity investment, counseling or technical assistance to create and start a business, or acquiring assistance in procuring government contracting, the Small Business Administration (SBA) may have the assistance you require. Their wide array of resources are available to assist military retirees, active-duty and reserve military personnel looking to transfer and leave of the service, and veterans in negotiating the path toward creating a new business.

The SBA is designed to help new entrepreneurs and business-related individuals to start and cultivate their own business. Several unique benefits are available for military personnel and retirees desiring to start a new business, according to Robert Martinez of the Corpus Christi SBA Office.

"We offer training classes, seminars and workshops designed to show people the path they need to establish a business venture on their own," Martinez explained. "We have programs scheduled for day, evening and weekend classes. In addition to targeting military personnel, we also are trying to encourage civil service employees. With regard to military contracts, we can often provide the necessary information required for prospective and current business owners and local government agencies to necessitate going after and negotiating military procurement contracts. We even have the Service Corps of Retired Military Executives who work with us to advise military members on the ins and outs of starting up a business venture."

The SBA's outreach program is arranged primarily to give prospective individuals the educational tools they need to determine whether or not they want to enter into self-employment with the intent of generating a profit. In addition, business developers and financial lenders share information on strategies for granting and guaranteeing loans for new business owners.

"Ex-military personnel have a much more difficult time, and face greater challenges obtaining the capital they need to make their new business successful," said Sylvia Zamponi, SBA District Director. "We attempt to steer them to institutions which will be friendly to their interests. We screen them carefully to be certain they are in a financially sound condition and debt free before we make recommendations."

In order for a small business to be successful, several criteria must be established and met. Depending on the type of business to be started, a certain amount of financial capital and collateral is required, a thorough research of all financial assets has to be done, and a very comprehensive business plan has to be implemented with information outlining the pertinent risks of venturing into a particular business sector.

"Suppose we have a client who wants to open a restaurant," said Zamponi. "Several factors that should be considered include how many other businesses including restaurants, are located within a five mile radius. They need to gather information on everything from how many tables and chairs they need, to a suitable location that will sustain the restaurant."

Zamponi added older military and civilian retirees fall into the high-risk failure category. People interested in self-employment opportunities should visit the Small Business Center at Del Mar College or Texas A&M University Corpus Christi, and gather the necessary resources to learn about area economics, local laws, and break down a budget for bankers and lenders.

"We want people to be fully informed and prepared," Zamponi said. "Study prices of everything down to the smallest components, arrive a workable figure, make certain your desires and dreams are strong, and you'll avoid making mistakes."

Some of the most popular and successful small businesses evolving in recent years, in addition to restaurants, include convenience stores, car washes and motels.

Martinez is thrilled with the expanded outreach program.

"If we can reach ten percent of the military and civilian people, we will have done a good job," said Martinez. "The message we want to share is the SBA personnel want to help people help themselves. We want to help people access all available resources, and assist as much as we can. We try to pair people with resource partners, such as the local chamber of commerce and other agencies. We can help in the reapplication and renewal of certain government contracts, or assist spouses looking to supplement their income."

The SBA was created by Congress in 1953 during the Eisenhower administration. It recently celebrated its fiftieth anniversary in 2003 with several successful businesses being inducted into the SBA Hall of Fame.

For more information on SBA programs contact Martinez at the Corpus Christi SBA Office at 3649 Leopard St., Suite 411, or call (361)-879-0017, or Zamponi at the SBA District Office in Harlingen at 222 E. Van Buren Ave., Suite 500 or call (956)-427-8533. Information is also available at www.sba.gov. and www.businesslaw.gov.

The Navy's curb appeal resonates

By FLTCM (SW/AW) "Buck" Heffernan



Have you ever noticed that people respect nice-looking property? I think the reason is pretty simple. If property looks nice, and appears to be cared for, others generally respect it. However, if the property shows signs of neglect, people are only too happy to help add to that look by dumping trash around and ignoring the appearance.

In my travels around the commands within U.S. Fleet Forces Command, I'm noticing a trend that very disturbing. More and more I'm seeing a degraded "curb appeal" to our commands, ships, and Naval Stations. I'm not talking about the major things. I'm talking about little things that, when added up, spell neglect.

Now some are quick to point out that money is tight these days, after all, we are at war and money is being shifted in many

places to support that effort. I understand that, but I still question whether or not money is really the issue.

All throughout the Fleet the Navy has aggressively entered into contracts with civilian companies to ease some of the burdens. Sailors used to have to bear responsibilities like emptying trash, painting and maintaining lawns. If the contract that is in place is cancelled or reduced, does it mean we can ignore the need? I don't think so.

I'm not suggesting we tell Sailors they no longer do their day jobs. What I am suggesting is that we all need to do a better job of removing our blinders, looking around, and doing everything we can to keep the things we have looking good.

What am I really talking about? I'm talking about pride in our workplace. In many cases, we have to stop thinking it is someone else's job to make things look good. The truth is, it's our job. From E-1 to Admiral, we are all in the Navy and it is up to us to take a round turn on the appearance of our own commands, stations and ships.

Painting signs, entrances to buildings, shining brass, creating nice-looking quarterdecks—all of these are things that leadership can improve. To fix anything, all it usually takes is a senior person to take ownership and step in. Trash, on the other hand, is an all-hands problem. Almost 100 percent of the trash thrown around our bases and stations is Sailor generated. The public is not entering our bases and dumping their refuse. In this case, it's us. We're the problem, and Sailors at every level of the pay scale. If you are senior, and you don't pollute, you are still part of the problem if you see it and do nothing about it.

Shipmates, let's join together to improve the "look" of our Navy, from the moment you enter the base or station, to the time you walk in the front door or cross the quarterdeck on your ship. I challenge everyone to make cleanliness and appearance a HOT topic at quarters, in the Chief's Mess, in the Wardroom, at staff meetings, etc. Please help me with this. If we can't solve it by appealing to each Sailor's personal pride, we'll have to resort to something more invasive, and none of us like that. The bottom line is we cannot use budget cuts and a war as excuses for the overall appearance of our Navy. There are no excuses. WE need to join together, look around, and improve the look and appearance of our commands. Thanks for your collective help! See you around the fleet.

MWR News and Events

Aquatics



Start planning your recreational fun at the Bayside Pool. The Bayside Pool is a family recreation pool with a slide and baby pool. New Bayside pool hours of operation are:

Wednesday through Sunday:

1 p.m. to 5 p.m.

Monday and Tuesday:

Closed.

The Bayside Pool is open for lap swim. The hours of operation are as follows:

Lap Swim:

Tuesday through Friday: 6 a.m. to 8 a.m. and 11 a.m. to 1 p.m.

Saturday: 11 a.m. to 1 p.m.

Sunday and Monday: Closed

The Bayside Pool will also host **water aerobics** classes. The hours are as follows:

Tuesdays: 6 p.m. to 7 p.m.

Pool Party:

Bayside Pool

Wednesday-Sunday

7 p.m. to 10 p.m., rentals \$40 per hour, (3- hour maximum). Baby Pool \$10 per hour.

NOTE: The Bayside Pool will close for the season on Sunday, August 8.

NOTE: The Oasis Pool will reopen on Tuesday, August 10.

Pool Fees: Active Duty **military and active reserve personnel** are free with valid military I.D. card, and military dependents are \$1, Department of Defense employees are \$1.50, and guests \$2. Children under two years of age are free, but must wear a swim diaper. Monthly passes are available at Bayside Pool. The passes are valid from June to August. All lap swimmers are free with valid military I.D. card.

Pass prices are as follows:

Dependents (E-1 to E-6): \$15 monthly pass; \$45 season pass

Dependents (E-7 and Above Retired Military): \$20 monthly pass; \$60 monthly pass

DoD Civilians and Dependents: \$30 monthly pass; \$90 season pass

For more information, please call Earl Olsen at 961-3260.

Corpus Christi Bay Club

Join the Corpus Christi Bay Club for some terrific specials during the month of August. They have their menu filled with lots of delicious entrees during the entire month, so stop by and enjoy some tasty food at the Bay Club.



Specials for August:

Aug. 6 and 13: Shrimp-a-Peel Buffet (all you can eat) \$14.95

Aug. 7: Texas Barbecue \$11.95

Aug. 14: Chateaubriand Flambe for Two \$29.95

Aug. 21: Surf and Turf \$13.95

Aug. 28: Flaming Kabobs \$12.95

All the above specials are served along with the A La Carte from 5 p.m. to 9 p.m. Prices are for club members. An additional \$1 per person is added for non-members. Salad, ice tea or coffee is included with all the meals. Reservations are required for the specials in order to serve you better.

Special Events for August:

Aug. 6 and 27: Winging designation ceremonies will be held in the main ballroom at 3:30 p.m.

Aug. 13: Member's Appreciation Night (\$14.95 for members and \$16.95 for Non-members)

Aug. 27: Mongolian Barbecue Night

For more information, please call the Corpus Christi Bay Club at 961-2541.

E-Street Gym

Sports Day: Start getting your teams ready for unit sports day. Registration for this annual event will begin on Aug. 30 and run through Sep. 17. Each department needs to select a sports day coordinator and submit the name to the athletic director. Sports day will be held on Thursday evening, Oct. 14 and all day Friday, Oct. 15. For additional information, please contact Mike McClure at 961-2401, or e-mail him at mike.b.mcclure@navy.mil.

The E-Streetgym is also taking registration for the following events:

Captain's Cup Flag Football League: Teams must register at the gym on or before Aug. 6. This sport is unit competition. All players must be from the same unit. A mandatory coach's meeting will be held at the gym on Aug. 11 at 5 p.m. The league begins in September and ends in November.

Fall Softball League: Register your team at the gym on or before Aug. 13. A mandatory coach's meeting will be held at the gym Aug. 18 at 5 p.m. The league begins in September, and ends in November.

Naval Air Station 5K Run: Register for this event at Fitness Express on or before Aug. 18. The run takes place Sat., Aug. 21 at 8 a.m. Check in time is at 7:30 a.m. There will be several men's and women's age divisions. The race is part of and sponsored by the NAS 5k Run Club. As an incentive to promote health and fitness, participants that complete one of the five events scheduled during the year will receive a Run Club T-shirt. For additional information, contact the fitness Express at 961-3164. **For more information, call the E-Street Gym at 961-2401.**

Fitness Express

Get Fit Incentive Changes: The Get Fit Incentive Program ends Sep. 1, 2004. It is time to earn those last few points at your current level to earn your prize. The number of levels has been reduced from four to three to earn the grand prize!

Other Fees: Monthly membership fees include unlimited group exercise. The fees are \$15 for DoD/NAF employees working on base, \$25 for other government employees and Navy League members, \$5 unlimited group exercise for retired military and all dependants, a \$3 guest fee per day charge, and locker fees from \$3 for women to \$5 for men per month. There is no fitness center fee charge for active military, retired or reserve military members and dependants. Daily lockers are available free of charge. Bring a lock to secure your locker.

Towel Coins: You may purchase a towel coin for one dollar. This coin may be traded for a towel when you arrive. When you bring the towel back to the front counter, your coin will be returned.

Weight Training: The Fitness Center has variable weight and plate loaded equipment in addition to dumbbells and barbells. We have personal trainers and recreation specialists to guide you in accomplishing your fitness goals. **For more information, please call the Fitness Express at 961-3164.**



Gonzalez Liberty Center

Aug. 12 and 30- Last Buck Night: All active duty personnel are welcome to enjoy a free meal at 5 p.m. Bring your friends and your appetites and enjoy a relaxing evening.

Aug. 14- River Tubing: Enjoy a day in the sun floating down the scenic Guadalupe River in New Braunfels, Texas. Cost of the trip is \$20 per person. There must be 20 participants signed up by Aug. 6 or the trip is subject to cancellation. The trip is open to all eligible MWR patrons.

Aug. 19- Paintball: The shoot begins at 4 p.m. at the Nemesis Field located behind the used car lot on Lexington Blvd. adjacent to the NAS South Gate. Sign up on or before Aug. 13 at the Gonzalez Liberty Center. Fifteen players are required for the shoot or the event is subject to cancellation. This event is open to all eligible MWR patrons. **For more information, contact the Gonzalez Liberty Center at 961-6405.**

Information, Tickets and Tours (ITT)

Stop by ITT today to get your tickets to the best summertime fun around. There is something for everyone, including food, music, sports, and a whole lot more. In addition, the month of July is filled with great music concerts, so there is something to fit everyone's taste.

Intense Football League: Get your tickets to watch the Corpus Christi Hammerheads take on other semi-pro indoor football teams at the Memorial Coliseum.

Aviator Baseball Tickets: ITT also has Aviator Baseball tickets available. Ticket prices for these tickets at ITT are only \$5.50. The Aviator games are held at the Nueces County Fairgrounds in Robstown, Texas.

Summer Concert Series:

August 6: Pure American Metal Tour Rock and Roll Concert

August 8: Evanescence with Seether, Three Days Grace and Breaking Benjamin

ITT also has tickets to local and surrounding theme parks and attractions. You can purchase tickets to the following vacation spots:

- Corpus Christi:**
- Texas State Aquarium
 - USS Lexington Museum
 - Texas Treasure Casino Cruises



San Antonio:

- Six Flags Fiesta Texas
- Sea World
- Schlitterbahn
- San Antonio Zoological Park

Dallas/Houston/Galveston

- Six Flags Over Texas
- Houston Space Center
- Hurricane Harbor
- Moody Garden's Island Aquarium

For more information on schedules, ticket prices and other services available, please call ITT at 961-3961 between the hours of 8:30 a.m. and 5:00 p.m. Monday to Friday.

Lighthouse Lanes Bowling Center

Come and spend some time in the "Coolest Place in South Texas." Enjoy the "Roll the Dice Price" on Thursdays. You're a winner every time with .75, \$1, or \$2 games. You can also enjoy Rock and Bowl nights on Fridays and Saturdays with \$10 on an all you can bowl contest from 9 p.m. to midnight. The Lighthouse Lanes are also forming their winter bowling leagues. Sign up early to ensure you have a guaranteed spot.

For more information on events and leagues, call 961-3805.

Outdoor Recreation Center (ORAC)

ORAC will be hosting a huge fishing tournament coming this fall. Get ready and take out your tackle boxes and fishing rods and dust them off for this exciting event. The tournament will be held at the Paradise Cove Marina and will be ongoing for one week. The date and time will be announced at a later date, so mark your calendars once the date is set. There will be different categories to participate in, including Redfish, Trout, and Flounder competitions. This event is open to all MWR patrons. A minimal fee will be processed at the time of registration. Various prizes and awards will be presented at an awards ceremony at the end of the tournament week. ORAC is ready for summer and wants to get you ready too! Take advantage of all the classes that ORAC is offering. Some of the classes offered at the ORAC Marina include:

Sailing and Motor Boat Classes • Scuba Classes • Windsurfing Classes

Also Available: ORAC not only offers classes but meets all your fishing, camping and fun time needs. You can stop in and get all the gear you need for fishing, camping and kayaking excursions. Don't wait any longer, so stop by today and take advantage of all the awesome opportunities offered to you by the ORAC marina.

The hours of operation for the Outdoor Adventure Recreation Center are as follows:

Thursday to Monday: Tuesday and Wednesday:

7 a.m. to 7 p.m. 11 a.m. to 1 p.m.

For more information, please contact the ORAC staff at 961-1293.

Pizza Sub Pub

The Pizza Sub Pub is offering these specials:

Monday Night Special: Buy any large pizza and receive an order of free hot wings!

Thursday Night Special: Purchase any large pizza and obtain a second of equal or lesser value for only \$1.

Lunch delivery is available between 11 a.m. and 1 p.m. with a \$10 minimum purchase. Lunch cards are also available. Have it stamped every time you purchase a lunch between 11 a.m. and 1 p.m. (must be \$3.95 minimum or more). After purchasing seven lunches, your eighth one is free. The Pizza Sub Pub menu includes pasta dishes, salads, sub sandwiches, pizza, and beverages. To call in your order, please dial 961-2249.

**Youth Activities Center**

Stop by the Youth Activities Center and register your child for the NASCC Youth Soccer League which begins Aug. 21, 2004. Registration runs through Aug. 13. The cost is \$45 per child. The league is open to children ages 4 to 13. For more information, contact the Youth Activities Center at 961-2355.



Register Now!

For
Before & After
School Care
At The Zone

- Before School Care 0600 -0800

- After School Care 1500 -1800

* All transportation provided by FBISD

*All base personnel are now eligible to enroll their children at Flour Bluff without an out-of-district charge.



For More Information, call the
Youth Activities Center at
961-2355



NAS HOSTS 42nd NAVY REGATTA



Base units, tenant commands vie for bragging rights

Story by JO2 Jeffrey Fretland

NAS military and civilian personnel celebrated the lazy dog days of summer with the annual Navy Regatta held Saturday, July 24 and Sunday, July 25 at Sunfish Beach. Approximately 300 people attended the two-day contest.

Several different race categories, including the Titanic and Sunfish races featured homemade pleasure craft.

VT-28 Training Squadron took first place in the Titanic Race, and VT-31 Training squadron finished a close second.

Following the day's events on Saturday, participants enjoyed a Hawaiian-style luau at the Corpus Christi Bay Club. Yachting races continued throughout the day Sunday.



Fatherly advice Photo by JO2 Jeffrey Fretland

VT-31 Air Training Squadron Commanding Officer Cmdr. Tony Chatham shares the finer points of sailing with his son TJ before the start of the Titanic Race at Sunfish Beach Saturday, July 25. The race featured many different types of funky homemade watercraft. TJ was on hand to see his Dad finish the race.



Digging a hole to China! Photo by JO2 Jeffrey Fretland

Zachary Brandon, 8, from Baton Rouge, La., digs a trench near the boat ramp to Sunfish Beach Saturday. Zachary was searching for minnows.



Ready to set sail Photo by JO2 Jeffrey Fretland

CWO4 Carl Kuehner from Chief of Naval Training(CNATRA) command makes final preparations for his vessel as he awaits the start of the Titanic Race competition.



Thar she blows across the finish line! Photo by Lt. J.g. Daniel Harmon

The crew of VT-28 Training Squadron crosses the finish line in first place during the Titanic Race. VT-31 Training Squadron's crew finished in second place.

NAS Health Fair provides information, maintenance checks

Visitors, patrons exposed to plethora of health issues

By JO2 Jeffrey Fretland



Military and civilian personnel aboard NASCC had the unique opportunity to learn and discover more about their physical and emotional health well being during the Fitness Exposition held July 16 at the Fitness Center. Sixteen different vendors supplied timely tips and information designed to help Sailors, Marines and their families live more healthy, productive and satisfying lifestyles.

"We want to create healthy lifestyles on base," said George Bayluni, NAS Morale, Recreation and Welfare (MWR) sponsorship and marketing coordinator. "We're dedicated to showing different alternatives for achieving optimal health. We're required to hold these health fairs at least twice a year."

Blood pressure screenings, sports medicine, and laser eye treatments were just a few of the exhibits patrons took advantage of and asked questions about relative to health issues. In addition to Naval Hospital Corpus Christi, vendors from the Corpus Christi metropolitan area participated in the daylong event.

Dr. Chad Peters, owner of the Armadillo Sports and Chiropractic Center is new to Corpus Christi. He received lots of inquiries regarding sports related injuries.

"I have people coming up with complaints about injured ankles, knees, feet, backs and necks due to sports," explained Peters. "I try to give them sound advice on protecting their bodies-everything from proper shoe size to different exercise techniques and strategies."

Fitness Center Director Gayle Marsh indicated the Health Fair is a real benefit to military members and their families.

"All age groups are covered here," said Marsh. "We try to cover as many health-related issues as we possibly can. People want to change their lifestyles, and seek different avenues to promote good health. We have had lots of folks asking about diabetes and low carbohydrate diets."

Jessica Ahern of Corpus Christi had her blood pressure taken and received diabetes information and literature at the NHCC Wellness Center booth. She is curious about diabetes in her family.

"Hopefully, I'll have a better knowledge of how to care for myself, and watch my diet since diabetes runs in my family," said Ahern.



Photo by JO2 Jeffrey Fretland
Naval Hospital Corpus Christi Hospital Corpsman Seaman Isabel Vivero (left) prepares to take Brent Ahern's blood pressure at the NHCC Wellness Center Booth during the NAS Health Fair. Ahern was locating information on how to improve his diet, and consume less foods and beverages containing high quantities of sugar.

AWARDS AND ACHIEVEMENTS



Photo by MM2 Curtis Chapman

Officer Robert Punch, (left), NAS Security Department, receives a certificate of completion from NAS Security Officer Ensign Rolando Ayala for participation in the NAS Department of Transportation and Safety's Defensive Emergency Vehicle Operator's Course held June 22-25. Nine other military and civilian personnel from the NAS Security Department also completed the course satisfactorily.

Bravo Zulu to New SOQ's

Congratulations to the following Sailors chosen as Sailor, Petty Officer, and Junior Sailor of the Quarter:

Sailor of the Quarter: MAC (Select) Laurie Arden
Petty Officer of the Quarter: ET2 Johnny Ward
Junior Sailor of the Quarter: ABH3 Michael Barton



Photo by Lt. J.g. Daniel Harmon

NAS Commanding Officer Capt. Paula Hinger presents AC2 Mamie Ambrose with a Navy Good Conduct Medal during Air Operations Department awards ceremonies held July 1 in Hangar 58. A total of nineteen Sailors and civilians received awards.



Photo by Lt. Robert Lyon

Chaplain (Capt.) Charles Soto, (right) is presented with a Legion of Merit award from the Chief of Naval Air Training, Navy Region South Adm. George Mayer, at an awards ceremony held July 23 at the CNATRA Headquarters Building One on board NAS Corpus Christi. Soto served as NAS Corpus Christi Command Chaplain from August 2001 to January 2004. He participated in the ALPHA program and the "Just Ask, We'll Provide" charitable service programs. After 23 years of service, Soto retired from active duty at a special Mass held Sunday, June 25 at the NAS Catholic Chapel.



Photo by Lt. J.g. Daniel Harmon

ET2 Michael Boyette, receives his certificate of reenlistment from NAS Air Traffic Control Facility Officer Lt. Michael Nielsen during a ceremony held Friday, July 16.