

Wingspan

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New Safety, Emergency Operations Center construction in progress

Several departments to be consolidated

Story and photos by JO2 Jeffrey Fretland



When completed, the new Emergency Operations Center (EOC) will house several different activities in one building.

NAS will be well prepared for future security threats and natural disasters when a new Emergency Operations Center (EOC) opens next year. Construction on the 138 ft. wide by 162 ft. long, 25,000 sq. foot facility began in March. The two-story stucco building, located adjacent to the Commander, Naval Air Training and Navy Region South Headquarters, will house several different departments and offices, according to Ensign Juan Chavira, South Texas Regional Officer in Charge of Construction.

"This new facility is designed to facilitate up to 120 personnel," explained Chavira. "The NAS Fire, Security and Safety personnel will all move here. It made better sense to move

South Texas Sailor awarded Purple Heart for action in Iraq

Story and photo by Mike Antoine
Naval Station Ingleside Public Affairs

It was the stuff nightmares are made out of. HM3 (FMF) Carlos Cordova, assigned to the second battalion of the Eighth Marine Expeditionary Unit out of Camp Lejeune, N.C., was "smack dab" in the middle of a fire-fight near An Nasiriyah, Iraq. "We'd been there about a day and a half," recalled the 25-year-old Sugar Land, Texas, native, "when we started getting small arms fire from everywhere." It was March 21, 2003, and the unit was busy securing a supply route for the "march to Baghdad." Under sudden attack, his platoon quickly positioned their vehicles alongside the Euphrates River.

"After a while we started getting mortar rounds," he continued. The first mortar round hit in the river, but the platoon did not budge, as it was still firing on enemy positions on the other side of the river. While Cordova was helping hand ammo to the gunner for the MK 19, a second mortar round hit – much closer to the vehicle position. "I felt something hit my arm, but it didn't feel like any big deal," Cordova said. "We started firing again, and I noticed there was a hole in my biochemical suit – then I looked a little deeper and realized there was a whole lot of blood in my chemical suit." It was shrapnel from the mortar round, a piece of which had also struck one of his Marine buddies, seriously injuring his shoulder.

Cordova's shrapnel wound went through to the bone of his right forearm, but he wrapped it up and went about the "business" of rendering aid to his Marines.

After the second mortar landed, Cordova explained, the platoon had to move, as the enemy were "walking the mortars," and the next round could be right on target. "We didn't want to be around for that one," he said with a wry grin.

The wounded men were loaded up and taken to a temporary evacuation area just outside of the city, where they were to be placed into a Humvee for transport to a battalion aid station. Cordova didn't get on. "I talked the triage doctor into letting me stay a little longer and help evaluate casualties," he said. Eventually, Cordova showed a fellow corpsmen his



Carl Blunt, an employee from Miller and Miller Mechanical Services of Corpus Christi, prepares a section of pipe for welding and installation inside the EOC.

building (1742), it is slated for renovation and will be used by Air Operations Department's Crash and Rescue division for any incidents at Truax Field. Other old buildings will be rehabbed or demolished."

The new operations center was initiated as a congressional addition to the military budget several years ago. Amigo/JT Construction of San Antonio is in charge of the project. The \$6.6 million center is expected to be completed in May 2005.



Cordova treats a young wart patient at the Naval Station Ingleside Branch Medical Clinic.

wound. "He told me I had to go," Cordova said, "but I insisted I could still use my hand." Cordova lost that battle, as one of the unit's lieutenants ordered him to the evacuation unit.

"I didn't realize it until then, but I'd lost a lot of blood – I had been operating on pure adrenaline." Cordova then found himself on a Blackhawk helicopter bound for Camp Coyote

these departments into one building, as it is centrally located and personnel will not have to commute from one side of the base to the other in the event of a major catastrophe. In addition, a new EOC conference room will be established to coordinate procedures if a huge fire or a weather related event occurs."

Some of the major amenities the new building will offer include a dispatch center, kitchen, lounge and enlarged sleeping quarters for the firemen. The EOC conference is designed for use as an alternate classroom for General Military Training when it is not up and running as a command center.

The new structure will replace several older decaying buildings in dire need of replacement and repairs.

"Many of the present buildings that house these departments are in pretty tough shape," said Chavira. "For example, once the fire department moves from their old

building (1742), it is slated for renovation and will be used by Air Operations Department's Crash and Rescue division for any incidents at Truax Field. Other old buildings will be rehabbed or demolished."

The new operations center was initiated as a congressional addition to the military budget several years ago. Amigo/JT Construction of San Antonio is in charge of the project. The \$6.6 million center is expected to be completed in May 2005.

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From the Skipper

National POW/MIA Recognition Day, 2004

By Capt. Paula Hinger



Hinger

The selfless sacrifice and service of America's veterans, active duty, and reserve members, including those who became prisoners of war or who are missing in action, have preserved freedom for America and paved the way for freedom to millions of people around the world. On National POW/MIA Recognition Day, we must take time out to honor the extraordinary courage and bravery of the Americans who have been prisoners of

war, and pray for those who are still missing in action or are unaccounted for. Our nation will remember the challenges and heartache endured by the families and friends of those who have become prisoners of war, and of those missing in action. We must continue to seek answers until all have been accounted for. They are Americans, and we must bring them home.

To ensure the significance of this day is marked in honor, on September 14, 2004, the flag of the National League of Families of American Prisoners and Missing in Southeast Asia will again be flown gracefully over the White House, the Capitol, the Departments of State, Defense, and Veterans Affairs, the Selective Service System Headquarters, the National Vietnam Veterans and Korean War Veterans Memorials, U.S. military installations, national cemeteries, and many other

locations across our great country. We raise this flag high in honor of our missing comrades, to signify our unwavering commitment to account for all our missing members, and as a symbol to represent the fact that these missing Americans will never be forgotten.

I encourage you all to take time out to reflect upon the sacrifices made and the unselfish acts of bravery demonstrated by those who have gone into the enemy's camp with Honor, Courage, and Commitment as their shield. Remember those who have endured prison war camps and those who are still missing and unaccounted for. These Americans have taken a stand making countless sacrifices for your freedom, and for the freedom of the United States of America. Honor them today, for they have gone before you, with the forethought of tomorrow.

Chaplain's Corner

Faith of a child

By Chaplain Gary Heatherly

Have you ever had a week when everything seems to go wrong? When everything is piled up so high you can't see anything? Well, take a load off and let me bend your ear about a week that came a short time ago.

The week began by finding out that my wife needed major dental work. We scheduled, and then had to post-pone because we were 10 days short of the required one-year of being with our insurance company. However, if we were to reschedule for March, our part would be no more than \$1200. The nice account specialist asked if I would like to pay cash or charge. Ha. That was Monday, on Tuesday I was driving my car and I heard a noise followed by a burning smell. I'm not a mechanic, but I know that when you smell something burning its bad. I pulled over and had the car towed to the mechanic. I received a call later that day notifying me that I needed a new transmission. Cash or Charge? More laughter! I left on

Wednesday for a speaking engagement and got a call from home. The conversation began by informing me that we had received our adjusted mortgage payment in the mail that day and our payments had gone from \$955 to \$1525 a month. The next morning I awoke to the beauty of not knowing what I was going to do so I did the only thing I knew to do and that was to open the Scriptures and begin to read. My eyes fell on the words from Exodus 14:13, "Moses answered the people, 'Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you: you need only be still.'" Here are God's people with their backs to the Red Sea and the most imposing army on the planet bearing down on them, bent on revenge, and Moses climbs upon the rock and implores the people to "be still." I was oddly warmed. I finished my speaking engagement and returned home. Once home I called the mortgage company to see what the problem was. At this time the nice lady explained the problem and the process and asked if I wanted to pay the \$3800 (escrow

and tax increase) in a lump sum or over 12 months. After I stopped laughing, we worked it out and I hung up. I came back to the scripture in Exodus that says, "be still". I wish I could be still, I wish I could just trust God to take care of these matters. I went to sleep again with these thoughts. As I awoke the next morning (Saturday), I came across my youngest son in the back yard with a bottle of something and a shovel. He was digging. I inquired to him as to what he was doing? "Planting," he replied. "What are you planting?" "Seeds," he offered. "What kind of seeds?" I continued. It was at this point that he looked up, and with the perfect words of an innocent child replied, "Mustard seeds, so that we can have more faith to trust in God." I stood in awe that I had to learn God's lesson of faith from my child. I simply prayed for faith like a child. I encourage you no matter where you are, to stop, be still and trust God.



Heatherly

Healthwatch

Cut your risk of colon cancer

By Lt. Nate Ruttig



Ruttig

Things go in and things come out! It's the way we were made. Though most people do not think very often about their colons, colon cancer is the third most common cause of cancer of men and women in the United States. Due to better screening, prevalence is decreasing. It is estimated that a person's lifetime risk of developing colon cancer is six percent! Colon cancer starts out as a "polyp", and over time, may or may not develop into cancer. Although no one

knows exactly what causes colon cancer, there are some things you can do to cut your risk.

The most prominent risk factor for developing colon cancer is age. The majority of colon cancers (over 90 percent) occur in people over the age of 50. About one in three hundred people over age 65 have colon cancer. The most important factor for survival is detection. Because the risk of colon cancer dramatically increases from age 50 and up, screening tests have been implemented in order to detect it before it spreads. At age 50, and every year thereafter, both men and women should have stool tests (fecal occult blood test) done to detect the presence of blood that may not be readily seen. Every 5 years after the age of 50, both men and women should have a scoping study done to visualize and remove any precancerous polyps and/or cancerous lesions that may be

present. These scoping studies are routine, safe, and have relatively few side effects and complications. You are at greater risk, and should talk to your physician about earlier screening methods if you have a family history of colon cancer.

Studies have shown that smoking, obesity, lack of physical exercise, and diets high in red meats increase the risk of developing colon cancer. Studies have also suggested that diets high in dairy products, coffee, green tea, and folic acid (the amount found in a daily multi-vitamin) are all beneficial in reducing one's risk of developing colon cancer. Healthy diets and exercise plans are important factors for prevention, and should be well thought-out. For more information from healthcare professionals and The American Cancer Society visit their website at www.cancer.org.

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Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

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

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Protestant Worship Service:
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Sunday Bible Study - 8:45 a.m.

JEWISH WORSHIP SERVICE

*Temple Beth El (4402 Saratoga Blvd.)
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(with dinner to follow)
For further information call
Temple Beth El at 857-8181.

ISLAMIC WORSHIP SERVICE

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

Career Counselor's Corner Revolutionizing the Navy's Voluntary Education Program

NCC (SW) Terri Green



PENSACOLA, Fla. (NNS) -- In an effort to bring the Navy's Voluntary Education (VOLED) Program in line and up-to-date with the Revolution in Navy training, and to expand educational opportunities for Sailors, Vice Adm. Alfred Harms Jr., commander, Naval Education and Training Command (NETC), has established a Navy Voluntary Education Working Group.

The working group is tasked with conducting a complete review of the VOLED program and soliciting input from the fleet to improve the program for the future. "This working group has been chartered to evaluate Navy VOLED organizations, processes and programs," said Jennie Humes, deputy director, Voluntary Education Department at the Naval Education and Training Professional Development and Technology Center (NETPDTC) in Pensacola. "The group will conduct an overarching review of the entire VOLED process, to see where overlaps exist, identify duplicated services, and conduct a full assessment of the program," Humes added.

To accomplish this task, an evaluation team will be formed to conduct site visits to Navy commands in Norfolk, Va.; San Diego; Mayport, Fla.; Washington, D.C.; Hawaii; and Bremerton, Everett, Bangor and Whidbey Island, Wash. These visits will include meetings with regional commanders, commanding officers, on-base institutions and individual Sailors, and will facilitate open, two-way dialogue concerning VOLED issues.

In addition to the site visits, targeted online education surveys will be made available to

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in Kuwait, the receiving unit for initial casualties in Iraq. Ironically, all of the doctors were occupied with patients when he was brought in on a stretcher, and Cordova wound up being seen by a dental officer -- who cleaned the wound out "the best he could" and transferred him to Kuwaiti Hospital for further treatment.

A C-141 ride to Rota, Spain, was next on Cordova's list of "things to do today." There, doctors reattached tendons and muscle, cleaned out the wound, put in a drain, and splinted his forearm. Cordova also managed to phone his parents in Houston for the first time since the firefight in Iraq. "They were shocked at first, obviously, but that eventually turned to happiness when they realized I was okay and out of danger." Cordova recuperated in the hospital for several weeks before taking the next step in his "long and winding road" back to the states. Next, he waited in Germany, for a couple of days before flying into Bethesda, Md. for evaluation at Bethesda Naval Hospital.

While in the hospital, Gen. Michael Hagee, Commandant of the Marine Corps, presented the single Sailor with a Purple Heart. After being discharged from Bethesda Naval Hospital on June 6, Cordova was granted 30 days of convalescent leave in Houston before reporting back to Camp Lejeune, N.C., to finish his tour of duty. It's now been more than a year since the traumatic war experience. The 4.5-year Navy veteran reported to Naval Station Ingleside Branch Medical Clinic in October 2003, where he now works in the Military Medicine Department assisting the Independent Duty Corpsman. Cordova bears a scar from the shrapnel wound on his forearm -- a constant reminder of the price of freedom. His pinky and ring finger of his right hand also remind him of that occasionally. "They were numb for the longest time," he recalled. "Even now, the last two fingers still curl sometimes when I pick up a glass to take a drink. But I'm pretty much 100 percent now." Cordova agrees that one stint in Iraq is enough for anyone. "You're scared, naturally, because people are shooting at you," he said.

But he added that he'd go back if needed. Cordova enlisted in the Navy, he said, because of the positive influence of a retired Navy chief corpsman who was his senior instructor with the NJROTC unit at his high school. "I had a lot of respect for him," said Cordova. "I'm following the same line he did." It's probably only a matter of time before some junior Sailor says the same thing about the man with the curious looking scar on his forearm.

both Sailors and commands to further the VOLED program review. The working group has randomly selected Sailors to participate in the surveys from a database of more than 180,000 personnel who are presently enrolled in various VOLED programs. Lt. Paul Salevski, NETC Plans and Policies department, said the working group is seeking input from a wide range of Sailors. "We're looking for feedback from Sailors - both officer and enlisted -- who are actively involved in VOLED programs, and also from those who have not used these programs," Salevski said. "This would give us a true overview of VOLED's current status and help us guide its future implementation."

Individual inputs from Sailors, commands, on-base institutions and Navy College Office staffs will play a crucial role in the evaluation of the VOLED process as it presently exists, and at the same time, help the VOLED working group develop recommendations to bring the program in line with the Navy's education strategies. The working group hopes Sailors will display a genuine concern for their VOLED opportunities by taking the time to participate in the online survey.

Humes, who is currently detailed to NETC to coordinate the VOLED program review project, said feedback from Sailors will play an important role in the review process. "What we hope to gain from this survey is a real feel of the Sailor's and command's needs, so we can align our educational services and programs to meet their desires," Humes said. "We want to ensure we are heading in the right direction - supporting the needs of the Sailor and the Navy."

The Navy's Voluntary Education Program, the Navy College Program (NCP), combines many components of Voluntary Education, integrating them into a single system. NCP supports the incorporation of education into each Sailor's career as part of life-long learning by providing a number of educational opportunities for Sailors to pursue their educational goals during their off-duty time. The goal is to streamline the VOLED program so it continues to provide Sailors the education opportunities they desire, while at the same time being most cost-effective for the Navy. Discovering the educational opportunities desired by the fleet will be a crucial part of the overall assessment of the VOLED program.

Navy officials plan to have the surveys available online for 14 days, beginning Sept. 6. Once the 14-day period has elapsed, Sailors can still express their concerns and make recommendations about the VOLED program directly to the working group by completing online comments and recommendation forms.

For related news, visit the Naval Education and Training Command Navy NewsStand page at www.news.navy.mil/local/cnet.

Naval Hospital to close September 25-26 Health care services to be affected

By Bill W. Love, NHCC PAO

Naval Hospital Corpus Christi (NHCC) will close Saturday and Sunday, September 25 and 26, to complete building-wide, Entomological extirpation. The weekend long procedure will affect all health care services, including pharmacy refill. Your healthcare is a top priority, and the completed process will enhance the facility's environment.

Medical information and assistance will be available via the Health Care Information Line at 800-611-2875. All emergencies will be responded to at 911. The hospital will resume normal hours of operation on Monday, September 27.

In the event of a dental urgency, DT1 Ernesto Ortegon advises you to call (361) 961-2688. The duty Hospital Corpsman will contact a dental representative who in turn will call you.

Pharmacy beneficiaries who are unable to wait to receive their prescription may bring their new prescription to the pharmacy of their choice. Patrons are advised that TRICARE provides for a comprehensive network of civilian pharmacies. Simply give the network pharmacist your written prescription, your pharmacy information card, and your uniformed services identification (ID) card. The pharmacist will fill your prescription for up to a 30-day supply. You will pay a co-payment of \$3 for generic drugs and \$9 for brand-name drugs. Most chain pharmacies in the Corpus Christi area are part of the TRICARE network. The closest network pharmacies to the Navy Hospital include: CVS #0747, 10309 South Padre Island Dr., Suite B, (361)939-8178; H-E-B #204, 10241 South Padre Island Dr., (361) 937-1497; and Wal-Mart #0490, 10241 South Padre Island Dr., (361)937-2626.

To find a TRICARE network retail pharmacy near you, please use the Pharmacy Locator at <http://member.express-scripts.com> or call 1.866.DOD.TRRX (1.866.363.8779).

To get reimbursed for non-network pharmacy claims, you need to fill out a claim form <http://www.tricare.osd.mil/claims/Dd2642.pdf> and mail it to:

Express Scripts; Attn: TRICARE Claims; P.O. Box 66518; St. Louis, MO 63166-6518.

Having other health insurance (OHI) does not prevent you from using the TRRx Program. TRICARE typically becomes the second payer in these situations. To get reimbursed for a portion of your out-of-pocket expenses, you can submit a claim form and medication receipts showing OHI payment to the previous address.

Anger - don't let it get the better of you

By FLTCM(SW/AW) "Buck" Heffernan



We all get angry. We all lose our temper from time to time. We all sometimes lose control. For most of us, however, when we get angry we have methods to deal with the anger--methods that allow us to control our anger before it gets the better of us. Few of us lash out physically or verbally harm someone else. So what about you? Do you ever let anger get the better of you?

The definition of anger includes words like fury, rage and indignation.

In essence, anger is an intense emotional state induced by displeasure. I don't think there's anything too surprising in the definition. What is surprising to me, however, is how some Sailors seem to take anger too far. Each day I read the message traffic and am disappointed every time I read about a Sailor who became angry and harmed someone, whether it was another Sailor, his or her children, or a friend or family member. As we go through our lives and careers, many things provide us displeasure, but we must develop rational ways to cope--before we do things that can cost us personally or professionally.

The difficulty lies in anger itself. Anger is a natural defense we all have. It's an adaptive response to threats, and sometimes inspires aggressive feelings and behaviors, which allow us to defend ourselves when we are attacked. A certain amount of anger, then, is present in all of us. On the other hand, we can't lash out at everyone who makes us angry for one reason or other because there are laws, customs and social norms that seek to restrict that type of aggressive behavior.

Think back to the last time you were angry. What made you angry? Was it something that you could change? Did you let something or someone get to you more than you should have? Did you overreact because you were under stress? No matter what the cause, there are some commonly accepted ways to manage anger.

For starters, if you feel yourself becoming angry, sometimes it is wise to step back and take a breath. Distance yourself from the source of your anger for a moment or two and really think about your situation. Many times people realize their anger was disproportionate to the situation.

Next, you have to admit, even if only to yourself, that you were angry. Denial just makes the internal fire burn hotter. If you don't express yourself or find a way to let the anger out, it will no doubt build up. Everyone has a breaking point--a point that should be avoided at almost all cost--but if you never deal with your anger, eventually even little things start to trigger intense reactions.

Finally, there are things you can do to prevent anger. Most agree exercise reduces stress and improves mental sharpness. I'm not doctor, but I know for a fact I feel better when I work out. I also think I'm more able to deal with stress and unforeseen circumstances that, had I not worked out, might have upset me. We all have levels of stress. If going to the gym for an hour, or going for a run, can somehow allow us all to take stress more in stride, I can't help but think it's a good thing.

Shipmates, when we lose control we lose more than a momentary loss of perspective. Often, we can lose other very important things as well--like credibility and respect.

Think about it. How many people do you know that you would describe as angry? Do you turn to them for advice? Do you look for ways to work with them or do you go to great lengths to avoid them? What about you? How do you think others view you? Perhaps some self reflection is good from time to time to think about how we act, especially since we all know others are not only watching us, they are also judging us.

Clearly we cannot eliminate all the things in our lives that frustrate us. We cannot make annoying people go away. We cannot alter the course of events that sometimes leave us angry. However, we can take rational steps to ensure that we have the necessary mental awareness to handle things that could, if we had no internal defense, lead to rage or physical altercation.

As a parting thought, as always, I would offer that sometimes anger has a way of consuming us. If people or events in your life have made you so angry that you no longer seem to have rational ways to cope, please seek help. Trust me, there is no shame in asking for help, or at least not compared to the shame you may feel if you hit a loved one, attack a Shipmate, or lose control and suffer career damage. Good luck and see you about the fleet!



Do you yearn to investigate and learn more about and explore your Christian faith?

Come and join us for a meal and fellowship on Tuesdays from 6 p.m. to 8 p.m. as we explore and celebrate God's Word through the Alpha Course held in Bldg. 333, Catholic Fellowship Hall adjacent to the NAS Catholic Chapel. For more info, Contact Sister Patrice, Director of Faith Formation, NAS Religious Ministries Dept., 961-4999 or Tim Hatch at 937-2458. People of all faith walks are encouraged to attend.

FREE CLASSIFIEDS

96 GMC YUKON 4x4, 72K miles, leather interior, power windows locks mirrors, many new parts, very well maintained with all maintenance records \$8000 must see 361-443-5335.

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Military Special: Nice clean freshly painted one bedroom house. Stove, refrigerator, quiet neighborhood. Close to base. \$200 per month with 1 month deposit. 937-8305.

September/October Calendar of Events

• **There are two months left** 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 Barackman, 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/online/fpca.pdf>, <http://www.fvap.gov/pubs/vag/vagchapter3.html>, or <http://www.tvap.gov/pups/vag/vagchapter3.html>.

• **Motorcycle riding classes** are being held **Sep. 16 and 17**. For more information, contact Jennifer Garrett at the NAS Safety Office, at 961-3673, or Jennifer.sgarrett@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 876-6101, or via e-mail at elvahernandez@navy.mil.

• **US Coast Guard Flotilla 7-11** is offering a free (just buy the book) 13 lesson boating skills and seamanship class starting September 20, on Mondays and Thursdays from 7 p.m. to 9 p.m. For more information, location and to register call Grandy Hunter 949-7830 or Ray Hinkle 949-2327.

• **St. Patrick Elementary School Annual Halloween Carnival,** 3340 S. Alameda. Friday, October 22nd, from 5:30 p.m. to 10:30 p.m. Come and enjoy Spooktacular Family Entertainment.

• **CC Concert Ballet** presents the 5th Annual Bailando al aire libre/Dancin' in the Park. Cole Park Amphitheater, Friday & Saturday, October 8 and 9, at 7:30 p.m. FREE!

MWR News and Events

Aquatics

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

Tuesday through Friday: 11 a.m. to 1 p.m. and 4 p.m. to 6 p.m.

Saturday: 10 a.m. to 1 p.m.

Sunday and Monday: Closed

For more information, please call Earl Olsen at the Oasis Pool 961-4257, or 961-3260.

Corpus Christi Bay Club

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

Specials for September:

Sep. 17: Surf and Turf \$13.95

Sep. 18: 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 September:

Sep. 17: Winging designation ceremonies will be held in the main ballroom at 3:30 p.m.

Sep. 24: Mongolian Barbecue Night

Sep. 25: Member's Appreciation Night with a free meal offered for CCBC members. The menu includes spaghetti with meat sauce, tossed green salad with ranch dressing, Italian mixed vegetables, garlic bread and butter, and iced tea and coffee. Please contact the Bay Club if you plan to attend so we will be able to serve you better. Cost for non-members is \$8.95, children five to ten years old \$4.50 and children under three years of age eat free. **For more information, please call the Corpus Christi Bay Club at 961-2541.**

E-Street Gym

Unit Sports Day: Start getting your teams ready for unit sports day. Registration for this annual event runs 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 to avoid the summer heat. For additional information, please contact Mike McClure at 961-2401, or e-mail him at mike.b.mcclure@navy.mil.

Sports at a Glance: The Captain's Cup Tennis Doubles will run from September through October. Deadline for registration is Sep. 3. The Captain's Cup Bowling League is scheduled from September through March. Registration deadline is Sep. 17. The Captain's Cup 10K Run will be held Sep. 25, and the deadline for registration is Sep. 22.

Holiday hours will be from 10 a.m. to 6 p.m. on Columbus Day Oct. 11. **For more information, call the E-Street Gym at 961-2401.**

Fitness Express

Taekwondo Classes: These are available for children ages three to 16 on Tuesday and Thursday nights at 5:30 p.m. The cost for these classes is \$35 per month.

Personal training: Our certified fitness trainers give you a workout to get you started on a weightlifting program, refresh an existing training program or supercharge the intensity of the old program. The sessions are free of charge, and fitness assessments are also free.

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 Equipment: 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

The Gonzalez Liberty Center is here to meet your recreation needs. There are many fun

activities planned for the upcoming months, along with ongoing activities at the GLC to fill your month with non-stop excitement

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. ITT is offering discount tickets to Six Flags Over Texas as part of their military special of \$15.50 per person. Tickets are only valid on **Sep. 18, 19, 25 or 26.**

The "Blues on the Bay" concert tickets are also available. Do not miss an opportunity to see the legendary BB King, Chris Duarte and other performing artists.

ITT also has tickets to the following Dallas Cowboys' games:

Oct. 10: Dallas Cowboys vs. New York Giants

Nov. 25: Dallas Cowboys vs. Chicago Bears

Dec. 26: Dallas Cowboys vs. Washington Redskins



Tickets are \$40 per person for each of the games. The new 2005 Entertainment books are in and can be purchased for \$20 per book. They contain a variety of entertainment and restaurant options in Corpus Christi for you and your family to enjoy. ITT will also have tickets available for the following concerts at the Concrete Street Amphitheater.

September 18: Big & Rich

September 26: Blues on the Bay

September 24: Social Distortion

October 19: Alter Bridge

September 25: Don Henley

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.

Navy Ball Tickets on sale now! This year's celebration of the Navy's 229th birthday will be held on Oct. 16 at the American Bank Center Banquet Hall (formerly the Bayfront Convention Center). Tickets will be on sale until Oct 8. **Ticket prices are as follows: E-1 to E-4 is \$15, E-5 to E-6, GS1-5, NF2 employees \$30, E-7 to O-4, GS 6-8 and NF3 employees \$40, and O-5 and above, GS9 and above, and NF4 and above employees \$50. Civilian guest fees will be \$55.** Attire for the evening is as follows: Officers, dinner dress white jackets, and for enlisted personnel, service dress whites. Civilians and guests may wear semi-formal attire. **For more information contact your Command Master Chief or call 961-2268.**

Outdoor Recreation Center (ORAC)

ORAC is ready for fall 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. **The hours of operation for the Outdoor Adventure Recreation Center are as follows:**

Thursday to Monday:

7 a.m. to 7 p.m.

Tuesday and Wednesday:

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:

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.**

Station Sports

2004 Captain's Cup Golf League: The 2004 Captain's Cup Golf League began in late April with eight teams from various commands around the Station. The double round robin league ran through August with a lot of very close matches. NLMOD was the most improved team during the league, starting with 3-3 win loss record in the first round and finishing with an 8-4 record. One team had to drop out near the end of the league leaving seven remaining teams to play in the play-off tournament. At the end of the league, the teams win loss records were as follows:

CCAD Payasos	10-2	VT-31 Wise Owls	7-5
NLMOD	8-4	CNATRA	2-10
CCAD Blue Satins	8-4	NHCC	2-10

For the past two years VT-31 and the CCAD Payasos have been first and second in the play-offs. So, this year's play-off tournament was as close as it gets to a gentlemen's grudge match. Even though VT-31 was fourth in league play, the two teams were even up; each team won one and lost one against each other. During the play-offs, VT-31 and the Payasos were both undefeated until they met for the championship match. The match was as close as close as it gets, the VT-31 Wise Owls beat the CCAD Payasos by one point. The rest of the play-off teams were the CCAD Blue Satins and the Hospital who shared third and fourth place, the last three teams did not place. The athletic department and the golf course would like to thank Casey Barrera and Dan Richardson from one of the CCAD team for volunteering to keep the weekly handicaps for the league.



VT-31 Wise Owls, Captain's Cup Golf League Champions. From left to right: Mr. Cyre, Joe Moran, Robert Odem, and Mike Zeman.



CCAD Payasos, Captain's Cup Golf League Runners Up. From left to right: David Hernandez, Billy Edgar, Casey Barrera, Dan Richardson, and Lee Haynes.

Attention!! Free Event!
Career and Education Expo
 Friday, September 17
 10 a.m. to 3 p.m.
 Portland Community Center
 2000 Billy G. Webb Dr. in Portland
 Representatives from health care, federal government, Texas Veterans Commission, colleges and universities and others will be on hand. For more information, contact the Fleet and Family Support Centers at (361) 961-2372 or (361) 776-4551.

Sailors complete personal computer course

Story and photo by Ellen Murphy

The first class held at the new ECPI College of Technology facility located in the Education Center, completed a ten-week course of instruction in PC Maintenance and Configuration on Aug 23, 2004. The course, CET 100, A+ Prep, is designed to provide students with an in-depth understanding of the operation and basic maintenance of personal computers and various PC operating systems with an emphasis placed on Windows 95/98/NT/2000 and XP. The goal of the course is to prepare students for the CompTIA A+ Certification Exam, a universally recognized professional IT certification.



Pictured (L-R) are Mr. Nick Horak (ECPI Instructor), AZC (AW) Jeffrey Noyes (CNATRA), MN2(SW) William Campion (COMOMAG), SK2(SW) Eunice Defro (COMINEWARCOM), and OS1(SW) Adrian Davis (COMOMAG).

Future CPO wives meeting



Photo by MAC (SW) Anita Torres

Maria A. Cisneros, spouse of NAS Corpus Christi CMDCM, and Linda Port, spouse of HM-15 CMDCM, had the opportunity to brief the newly selected Chief Petty Officers wives at Naval Air Station Corpus Christi on August 13, 2004. The group discussed the history and traditions of the Chief Petty Officer, the training process of new chiefs, command involvement issues, support teams, social protocol, and many other items of interest relevant to a new CPO spouse.

October expected to be cooler, drier

By AG3 (SW) Christina Leighty

Naval Training Meteorology and Oceanography Command

October is the first full month of the autumn season. As high pressure begins to retreat south and east, cold fronts push south through the local area. October temperatures are cooler than in September, with an average maximum of 83° Fahrenheit and an average minimum of 70° Fahrenheit. Southeast winds averaging 10 knots are the norm, however, northerly winds begin to increase in frequency toward the end of the month.

Rain occurs approximately six days during the month with an average accumulation of 3.52 inches. Thunderstorms occur on an average of three days during the month as cooler, drier air from the central U.S. clashes with the warm, moist tropical air over the area.

Tropical storm and hurricane formation is still possible in the Caribbean. The tropical cyclone threat to the Texas coast is less this month than during September. Point your browsers to <https://web.nlmof.navy.mil/cc/> for the latest tropical updates as well as plenty of other useful weather information.

For current weather conditions that are updated hourly, please call 961-4500.

INGLESIDE SHIPS ARRIVE



Mine Hunters return safely home from six-month deployment

Story and photos by Mike Antoine
Naval Station Ingleside Public Affairs



Eleven-year-old Taylor Cook waits patiently for her dad's ship. She is the daughter of Tracy and EN1 Darren Cook, of USS Defender (MCM 2).

You could have cut the excitement with a knife, as five ships of Mine Countermeasures Squadron Two returned home safe and sound earlier this month. They had been deployed for the past six months as part of Mine Warfare Readiness Group One.

USS Kingfisher (MHC 56) and USS Black Hawk (MHC 58) pulled in Sept. 1, followed by USS Robin (MHC 54) on Sept. 2, and USS Avenger (MCM 1) and USS Defender (MCM 2) Sept. 8.

With the ships' return, reunited Navy families will once again be free to carry on again "normally."

"It'll be great to laugh with dad again," said 8-year-old Adrianna, daughter of Nancy and MN1 Cary Kazmaier, of USS Black Hawk (MHC 58). "Yeah," adds Adrianna's sister, 10-year-old Lydia. "He's the playful type."

It was hard to tell who missed whom more, the families -- or the Sailors.

"It was so hard being away from my family," said 11-year Navy veteran YN1(SW) Louisa Jones, of USS Kingfisher (MHC 56). "It just feels so great to be back home and enjoy all the little things we normally take for granted."

And it looks like, for SK1(AW) Tim Mennor, of USS Avenger (MCM 1), he got back just in time. "I missed my goodnight hugs and kisses!" said his daughter, 10-year-old Juanita.

Kingfisher, Black Hawk, and Robin sailed in the Western Atlantic Operating Area, conducting mine countermeasures operations along the eastern seaboard.

Kingfisher and Blackhawk participated in the Commander Joint Task Force Exercise 04-2, a multi-national exercise, and a mine exercise off the York River in conjunction with the U.S. Coast Guard during their deployment.

Kingfisher and Black Hawk, along with Robin, covered 183 nautical miles in surveys of waters along the coasts of Earle, N.J., Long Island, N.Y., Norfolk, Va., Kings Bay, Ga., Miami and Mayport, Fla.

Avenger and Defender conducted mine countermeasures operations in the Southern California Operating Area, and participated in Rim of the Pacific Exercise 2004 near Hawaii in June.

During the last six months there were two changes of command. CDR Patrick Heute was relieved of command by LCDR Mark Kesselring on board Black Hawk in a ceremony that took place May 8 in Norfolk, Va.

Robin also had a change in leadership while in Earle, when LCDR Leon Jablow IV relieved CDR Ted Bradfield, July 9. The ships covered 2,740 nautical miles and visited 11 ports in the eastern United States and Caribbean.

(LT Herlinda Rojas contributed information for this article).



YN1(SW) Louisa Jones, of USS Kingfisher (MHC 56), wastes no time dashing off the brow to hug her husband, Rick; and their two children, Liam two and Tristan five.



Returning deployer, LCDR Brian Goldschmidt, XO of USS Avenger (MCM 1), greets his four-month old baby, Kayla, for the first time. Also seen is Goldschmidt's wife, Marica.



Seventeen-year-old Sherylle watches as her sister, Haunani (11), hugs her Sailor dad, IC1 Samuel Sharp, of USS Kingfisher (MHC 56).



Seven-year-old Darrell waves the red, white, and blue as he and his mom, Sheri, get ready to "welcome home dad," EN1 James Schuman, of USS Kingfisher (MHC 56).



Ten-year-old Juanita is all smiles about dad's return. She is the daughter of Nena and SK1(AW) Tim Mennor, of USS Avenger (MCM 1).

AWARDS AND ACHIEVEMENTS

Pilots receive wings



Photo by Ensign Piro

The following individuals received their "wings" designating them as aviators, during a "winging ceremony" at the Corpus Christi Bay Club August 27, 2004. In alphabetical order: Lt.j.g. Michael A. Benson, USCG; 2nd Lt. Anthony M. Bilotto, USAF; 2nd Lt. John F. Cuddy, USAF; 2nd Lt. Nicholas F. Dew, USAF; Lt.j.g. Megan M. Donnelly, USN; 2nd Lt. Christopher J. Dorough, USAF; Ensign Brian S. Edwards, USN; Ensign Stephen E. Flynn, USN; Ensign Bradley L. Gilbertson, USN; 2nd Lt. Zebediah M. Krantz, USAF; 2nd Lt. Wynn, T. Pfeiffer, USAF; 2nd Lt. Jose R. Roman, USAF; Ensign Joseph W. Sallee, USN; 2nd Lt. Tyler P. Sharrett, USAF; Lt.j.g. Jonathan E. Sullivan, USCG; Ensign Matthew R. Vance, USN; 1st Lt. Drew M. Walters, USAF, and 2nd Lt. Jeremy M. Woodson, USAF.

Pro Safety awards photos by Jose Acosta



NASCC Commanding Officer Captain Paula Hinger is presented with the Pro Safety Award from NASCC Safety Officer CDR Robert Smith on September 8th, 2004.



NASCC Commanding Officer Captain Paula Hinger presents NASCC Management Services Officer, Donna Bazar, with a Pro Safety Award on September 8th, 2004.