

Wingspan

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Secretary of the Navy, wife pay visit to NAS Corpus Christi Couple tours NHCC, Child Development Center, Helicopter Mine Countermeasures Squadron 15

Story and photos by JO2 Jeffrey Fretland

Naval Air Station Corpus Christi and Navy Region South recently welcomed the new Secretary of the Navy, the Honorable Dr. Donald C. Winter, and wife Linda. They arrived at NAS Truax Field Fri., Jan. 13. The SECNAV and his wife had arrived to attend the commissioning ceremony for the USS San Antonio (LPD 17) at Naval Station Ingleside the following day.



Secretary of the Navy Dr. Donald Winter and his wife, Linda, toured the NAS Fleet and Family Support Center with employees (from left) Melinda Brown, Ignacio Cruz and Kathy Rock. These Fleet and Family Support Center staff comprised the NAS Community Support Center, assisting evacuees from Hurricanes Rita, Katrina and Wilma. Their work will continue until all displaced individuals are accounted for and properly re-settled in Corpus Christi and neighboring communities.



Dr. Winter visits with childcare provider Nelia Gipson (right) and some of the two-year-old children during their lunchtime at the NAS Child Development Center. The Winters toured the center briefly during their visit to NASCC, discovering the various day-to-day routines and functions involved with caring for the children.

Escorted by Chief of Naval Air Training and Navy Region South Commanding Officer Rear Adm. Donald Quinn and wife Jean, and NAS Commanding Officer Capt. Timothy Coolidge, the Winters and their entourage first paid a visit to Naval Hospital Corpus Christi. After meeting the hospital's commanding officer, Capt. James Rice and Executive Officer

Capt. Eleanor Valentin, Dr. Winter and his wife visited the hospital pediatrics department, and the Family Practice clinic. They also made a brief stop at the NHCC Dental Department, where they were briefed on its support mission.

"I never realized what a large active and retired military population this hospital and the dental department serves," said Winter to the assembled dental officers and technicians.

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Dr. Winter visits with several NASCC and NS Ingleside Sailors at the Corpus Christi Bay Club including (from the left), AM1 (AW/NAC) Thomas Andrews, MA1(SW/AW) Misty Galang, AM1 (AW) Christopher Desantiago, AC2 Kurt Lilja, YN1(AW/SW) Alvin Lozada and EN3 Timothy Leonard from the USS San Antonio. They all sat down to enjoy lunch with the SECNAV.

Corpus Christi Army Depot hosts Secretary of the Army

by Lois Contreras, CCAD PAO

The sleek Gulf Stream jet made a sharp contrast in the midst of Navy T-44 and T-34 trainer aircraft as it landed at NAS Truax Field just past 9 a.m. on Wed., Jan. 25. Onboard were the Honorable Francis J. Harvey, Secretary of the Army and Gen. Benjamin S. Griffin, Commanding General, U.S. Army Materiel Command who came to visit the Corpus Christi Army Depot (CCAD). Col. Tim Sassenrath, CCAD Commander, and NAS Commanding Officer Capt. Timothy Coolidge were on hand to welcome the Secretary and his party.

At CCAD, Dr. Harvey and Gen. Griffin viewed the Command video and then toured selected Depot facilities. At the cross service assembly line, George Kunkle, CCAD process optimization manager, briefed the party on the Pavhawk and crash damage aircraft workload. At the T-700 engine assembly line, Dr. Harvey received an impressive close-up view of damage caused by desert sand to power turbine nozzles and compressor sections.

Manuel Torres, Bearing Facility supervisor, greeted each member of the Secretary's party as they entered the shop. Torres then introduced Michael Sparks, who was hired under the "Always a Soldier" program and Blas Medrano, III, both Operation Iraqi Freedom

veterans and Bearing Shop employees. The U.S. Materiel Command created the "Always a Soldier" program for Soldiers wounded in combat who, due to injuries, cannot remain on active duty. The program helps these Soldiers find employment at Army installations. Sparks says he still feels part of the Army knowing that he is helping the Soldier in the field by working on aircraft.

At CCAD Hangar 44, Dr. Harvey addressed Hangar 44 and Lean Office employees involved in a Value Stream Analysis event.

"You are all part of an important Army-wide initiative called Lean/Six Sigma," Dr. Harvey told the group. Through Lean/Six Sigma initiatives implemented at CCAD, turnaround time on the T700 family of engines and the UH-60 A to A Recapitalization Program has been dramatically reduced.

"This (Lean/Six Sigma) is going on parallel with our forces transformation," the Secretary continued. "When you increase the productivity and quality of output, you can bring in more work and will save more money. What you are doing here today is not just an exercise for saving money. The point is to free up financial resources and give that money back to the war fighter. We want to ensure 100 per cent readiness at all times,"



CCAD Commanding Officer Col. Timothy Sassenrath (left) and NASCC Commanding Officer Capt. Timothy Coolidge (center) greet the Secretary of the Army, the Honorable Francis Harvey, (center, right) and the Commanding General, U.S. Army Materiel Command, Gen. Benjamin Griffin (far right). Harvey and Griffin arrived on board NAS and toured selected CCAD facilities Jan. 25. (Photo by Lois Contreras)

concluded Harvey.

"Thank you. You are doing great work here," Gen. Griffin said to the group after the Secretary's address.

"I'll be back," said the Honorable Secretary Harvey with a big smile, seemingly pleased with his first visit to the Depot.

From the Skipper

Navy Core Values more important than ever-use them wisely

by Capt. T.E. Coolidge



Coolidge

Due to the recent rash of disciplinary problems the Navy is experiencing, I want take a few moments today to discuss with you the three most profound words in the Navy: honor, courage and commitment. These ideals are what every service member in the Navy should live by. Have you ever really stopped and seriously contemplated what these concepts truly mean? They are the foundation and framework of our organization, and it is our solemn duty to live our lives according to these three principles.

The Navy core values are ideals we take to heart before we pledge and commit to serve our country. They are the essential components of how the Navy operates. The core values were constructed on a foundation mapped out by our founding fathers more than two centuries ago. Throughout

naval history, events, traditions and people have built our service branch into the excellent military force it is today. These examples have been paid for with bloodshed, sweat, tears and sacrifice. The core values are based on the culmination of toil and a strong resolve to be ready for any conflict.

The core values define the Navy, as well as ourselves. The first of these, honor indicates that we abide by an uncompromising standard of moral integrity. We are required to keep our word and maintain full responsibility for all our actions. We must conduct ourselves in a professional, ethical manner. We must continually be honest and truthful in our dealings with everyone within and outside the Navy. Too often I've had to conduct CO's masts where this core value has been ethically breached, and it bothers me greatly. Honor is the most difficult core value to uphold, but it must be done to maintain high morale, good discipline and esprit de corps in the Navy. Courage indicates meeting the demands of

our professions and completing the missions as they occur to the best of our abilities. We make proper decisions and act on the Navy's best interests and concerns, without regard to personal consequences. In addition to overcoming all challenges, we must fiercely maintain loyalty to our nation and ensure all equipment and resources are utilized honestly and efficiently.

The third, but by no means the least of our core values - commitment, instills the concept of supporting and defending the Constitution of the United States. We develop and foster respect up and down the chain of command. We care for the professional and personal aspects of all service members working with us. We exhibit respect toward all people without regard to race, gender, creed or religious preference. We show the highest instances of moral character and competency in everything said and done.

Core values are intertwined in everyday routine tasks and duties. Attending confer-

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Chaplain's Corner

Choices have Consequences: Choose Wisely!

by Chaplain Armando Torralva

Life is full of choices and when we fail to make the right choices, we suffer the consequences. One of the most difficult things in life to deal with is disappointment with ourselves. We become disappointed with ourselves when we reap the consequences of walking in the wrong pathway or choosing the wrong course of action.

Several times in God's word we are exhorted or commanded to make a choice. We find ourselves having to make moral choices between what is considered right and what is considered evil. Sometimes the choices we have to make may not seem very dramatic. However, we should remember that the choices we make all have some degree of consequence, whether positive or negative. We should also remember that every choice we make will affect those who are directly involved in our lives. The following scrip-

tures are relevant to this subject.

Deuteronomy 30:19: "This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses: Now choose life, so that you and your children may live."

Joshua 24:15: "But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your forefathers served beyond the River, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord."

1 Kings 18:21: "Elijah went before the people and said, 'How long will you waver between two opinions? If the Lord is God, follow him; but if Baal is God, follow him.' But the people said nothing."

God has set before us life and death: blessings and cursing. The choice, however,

is ours. God's admonition is to choose life so that our children and we can live and enjoy life. I cannot put it any better than Joshua did. Let me encourage you to choose life. You choose life when you accept the gift of eternal life offered freely by God to all who will accept it. Choosing to live in accordance with God's will is a life of adventure. It requires faith and courage to do or go were He leads.

We do not have to have all the details nor do we have to wait until it "feels right." However, we have to trust Him as we follow His lead. If you would like to discuss this matter more fully and get a better understanding of the significance of this wonderful choice, please call or come by the Chaplain's Office.



Torralva

Healthwatch

Brush Your Teeth and Help Your Heart?

by Lt. Nate Ruttig

No really, it may be possible. Researchers are now discovering just what an impact good oral hygiene can have on one's overall health. Periodontitis is inflammation around the tooth. This inflammation causes the gums to retract from the teeth and form "pockets" that become infected. The body's immune system fights the bacteria as



Ruttig

plaque spreads and extends below the gum line. The bacterial toxins and the body's enzymes fighting the infection begin to break down the bone and connective tissue that

hold teeth in place. If untreated, the bones, gums, and connective tissue that support the teeth are destroyed. The teeth may eventually become loose and have to be removed. Now we are learning that this is not all that is happening.

Due to the infection, platelet counts, white blood cell counts, plasminogen activator inhibitor-1, and C-reactive protein levels all rise in the body's bloodstream. This process is being thoroughly investigated. Recently, an Australian and Norwegian study supported the hypothesis cardiovascular risk may often be lowered by treating periodontal disease.

But lowering your risk of heart disease and heart attacks may not be the only reason to brush and floss regularly. Other associa-

tions such as increased risk of delivering pre-term, low birth weight babies, increased risk of stroke, and difficulty controlling blood sugar levels in those with diabetes have been made with periodontal disease. It is estimated that 80 percent of American adults currently have some form of periodontitis. Signs of gum disease usually become apparent between the ages of 30 and 50 year. Men are more likely to have periodontal disease than women. Symptoms of periodontitis include halitosis (bad breath); swollen or erythematous gums; gum tenderness or bleeding; painful chewing; loose teeth; and tooth sensitivity. The treatment of periodontitis is generally a course of antibiotics and simply increasing oral care. If you have any of these symptoms or are concerned that you may have periodontitis, don't hesitate to contact your healthcare professional or dental provider.

Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

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Jumah Service - 1:30 p.m.
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"I'm very impressed with the numbers of beneficiaries you serve, and the excellent quality of care you provide to all the patients."

Dr. Winters found time in his busy schedule to commission Hospital Corpsman Second Class Elizabeth Angelo to the rank of Ensign. Angelo admitted after the ceremony she was totally shocked to see the Secretary of the Navy walk into the NHCC Auditorium for her ceremony.

"I was really nervous at first, but I was amazed to see what really down-to-earth people the Secretary of the Navy and his wife really are," said the newly commissioned Angelo after the ceremony. "They definitely made you feel at ease."

Next stop for the SECNAV and his wife was a visit to the NAS Child Development Center. While there, they were treated to a rousing rendition of "Anchors Aweigh" by the four and five-year-old children, and received a poster from the kids. Dr. Winters also paid a "surprise" visit to the two and three-year-olds, who serenaded the Winters with the theme song "I Love You, You Love Me" from the popular kid's television show "Barney." They also stopped briefly to visit the infant childcare room, where many of the toddlers were sound asleep.

"I'm really pleased with the quality of care they give to the children here," said Mrs. Winters. "The little ones seem like they are very well looked after. That's one of my ma-

enances and meetings with different people regardless of ethnicity requires the respect they are entitled to because they are equal team players. This is where HONOR and COMMITMENT are achieved. Every instance where performance of one's duties requires sound, prudent judgment in decision - making constitutes COURAGE. Honest and difficult resolutions require courageousness even when they may unpopular at the moment.

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Even though we have overthrown cruel dictatorships in Iraq and Afghanistan, we are still at war. Our core values unite us and assist with accomplishing the mission where we could not function by ourselves to complete the tasks at hand. Continue to live and abide by the core values, and they will ensure we continue to serve our nation proudly and with great distinction.

tor interests-child care issues affecting military families."

The Winters caravan briefly stopped and visited one of the new efficiency housing units situated on Jayhawk Loop, just off Ocean Dr., and then took a quick windshield tour of the base. They then met several outstanding NAS Navy Sailors of the Quarter at the Corpus Christi Bay Club for lunch.

"They were interested in everything we were doing-what we did at work-what our responsibilities are," said AC2 Kurt Lilja from NAS Air Operations Department. "The SECNAV seems like he really cares about the Sailors."

The SECNAV and his wife made a final stop at the Helicopter Mine Countermeasures Squadron 15, located at Building 42. They took a quick trip through a Blackhawk CH-53E Sea Dragon helicopter, and were briefed by the squadron officers.

Dr. Winters was impressed by the pride and professionalism of the military and civilian personnel on board NAS.

"We were welcomed with open arms," said Dr. Winters. "Everyone here has been very gracious and accommodating to us. The knowledge these folks have, and the way they carry and conduct themselves is fantastic! I'll always remember our visit to Naval Air Station Corpus Christi as one of the highlights of our trip here."

Angelo is a Lab microbiology technician, and it was Winter's first time to perform a commissioning ceremony. He presided at the ceremony during his visit to Naval Air Station Corpus Christi.

SECNAV commissions new Ensign at Naval Hospital Corpus Christi

by Bill W. Love, Naval Hospital Corpus Christi Public Affairs

The Secretary of the Navy, Honorable Donald C. Winter, commissioned Hospital Corpsman 2nd Class Elizabeth R. Angelo an Ensign today during a brief stop at the Naval Hospital Corpus Christi (NHCC).

Angelo is a Lab microbiology technician, and it was Winter's first time to perform a commissioning ceremony. He presided at the ceremony during his visit to Naval Air Station Corpus Christi.

"I am honored to commission you," Winter told Angelo in front of friends, family, and hospital staff, "because this is my very first time to do this since taking office last week."

Winter became the 74th SECNAV Jan. 3, and is in town for the commissioning of the USS San Antonio (LPD 17) at Naval Station Ingleside Jan. 14.

Angelo, a native of New Castle, Penn., has been a member of the NHCC team since Jan. 2, 2004 when she reported from Naval Hospital Jacksonville, Fla.

After earning her Bachelor Degree in Health Science and Clinical Lab Management Angelo applied for the Medical Service Corps commissioning program in Sept. 2004.

She was accepted into the program in Dec. 2004 and she knew that her commission was certain, but she never expected that she would meet the Secretary of the Navy, or that he would administer the commissioning oath to her.

"I just can't believe it," Angelo exclaimed. "What an honor it is for me to have the Secretary of the Navy read me the oath and congratulate me!"

Angelo said that obtaining a direct commission was a challenging one.

"And just when you think you got it right," Angelo confessed about the amount of paperwork that she completed, "there is more paperwork! But, it was well worth it in the long run because this will be the most memorable occasion during my stay at NHCC and in my military career. I am very appreciative that Dr. Winter took time from his busy schedule for me."

Angelo detached NHCC Jan. 20, and will report to Newport RI for Officer Indoctrination School (OIS) for 30 days and follow on orders to Twenty-nine Palms, Calif. where she will be the Laboratory Department Head.



The Secretary of the Navy, Honorable Donald C. Winter, and Mrs. Winters with Hospital Corpsman 2nd Class Elizabeth R. Angelo (center) and Capt. James P. Rice, Medical Corps, after Winter commissioned Angelo an Ensign Jan. 13 during a brief stop at the Naval Hospital Corpus Christi (NHCC). Angelo is a Lab microbiology technician, and it was Winter's first time to perform a commissioning ceremony. (Photo by Bill W. Love)

Are you yearning to meet new friends? Are you interested in participating in community service projects? The NAS First Class Petty Officer's Association will be having its next meeting at 11 a.m. on Feb. 10 at the USO, located in Building Three on board NAS. We are searching for new members to lend their time and share their talents. For more information, contact LN1 (AW) Marlene Hodges or LN1 (SW) Dennis Baker at 961-3568, or AO1 (AW/SW) Richard Zule at 961-5218.

Station Spotlight



Rachael Lovette
Housekeeping Supervisor, Navy Lodge Corpus Christi

Lovette, whose hometown is Corpus Christi, has been on board NAS Corpus Christi for a little more than a year.

"My favorite part of my job is that I arrive to work on base during daylight hours, and that I get to work with such great people," said Lovette.

Lovette plans to stay with the Navy Lodge as long as possible, and hopes to move up to a higher position one day.

Lovette's hobbies include playing on the computer, and trying to learn her way around the kitchen.

"Lord knows I can't cook," she laughed.

Lovette is married with a thirteen-year-old daughter and a seventeen-year-old son.



AST2 Larry Graham
Aviation Survival Technician, Coast Guard Air Station

A native of Litchfield, Ill., Graham has been on board NAS Corpus Christi for seven months. This is his second tour of duty here.

He was first assigned to the Coast Guard Air Station from 1997 to 2001. His previous duty stations included Coast Guard Air Stations in Clearwater, Fla., and Detroit, Mich.

Graham has served in the Coast Guard 17 years. He has spent 13 years in his present rate.

"I love being in a flight status on board the helicopters, and responding to Search and Rescue cases," explained Graham. "I also

enjoy going out to the schools and sharing the Coast Guard experiences with the kids. Those are the favorite things about my job."

Graham's future goals and career plans include attending college, and retiring from the Coast Guard after 30 years of service. He hopes to become a game warden for the Illinois Department of Fish, Wildlife and Parks.

Graham's hobbies include football, basketball and deer hunting.

Graham has been married 13 years. He and wife Erika have two sons, Lucas, 10 and Logan, 7.

NAS Security Blotter Report

NAS Fire/Police responded to the following calls from January 5 to January 25

One Navy deserter was apprehended and detained.

One incomplete 911 call was received.

Five unsecured buildings and one unsecured gate were discovered and locked.

One suspicious package was reported and responded to.

Three alarm malfunctions, seven intrusion alarms, one cyanide alarm and one emergency exit alarm was answered.

Eight fire alarms were answered, and ten medical assistance calls were completed.

Twenty-three military ID cards and two contractor ID cards were reported lost.

Six minor accidents with no injuries were reported to.

One Hazmat spill was reported and answered.

One barracks violation involving a dog was reported and answered.

Two larcenies of personal property and one of government property were reported.

Four incidents of damage to personal property and one of damage to government property were reported.

On Jan. 7, a civilian was apprehended at the South Gate and charged with driving while intoxicated, driving without a license, and an open alcoholic container in a motor vehicle.

On Jan. 8, a military member reported being scratched upon the back by a pit bull terrier while walking on NAS. Security officers responded and found the animal owner's gate was accidentally left open.

On Jan. 8, eight civilians with no affiliation were apprehended at the South Gate for being illegal aliens. They were turned over to the custody of a Border Patrol Agent.

On Jan. 9, a domestic dispute was reported on NAS. Security officers responded and received allegations from the military member of

child endangerment by the spouse. The member was ordered to leave the residence, only to return upon command authorization.

On Jan. 9, a civilian was apprehended at the South Gate and charged with possession of a controlled substance and possession of drug paraphernalia.

On Jan. 10, a civilian with no affiliation was stopped and the South Gate after being recognized as on the "Be On The Look Out" list. He was detained for questioning.

On Jan. 12, NAS Security Officers responded to a downed U.S. Navy aircraft on Yorktown Blvd. at Oso Bay Creek Bridge. There were no injuries and security remained on scene until the aircraft was transported back to NAS Corpus Christi.

On Jan. 12, a civilian with no affiliation was apprehended on Ocean Drive outside of the North Gate and charged with possession of marijuana, no driver's license, and no vehicle insurance.

On Jan. 14, a Texas Parks and Wildlife Department Officer brought a civilian suspected of driving while intoxicated. The suspect's BAC was taken. The civilian was transported off station for further processing.

On Jan. 16, a military member was stopped for speeding. The member then became belligerent and was taken to Building 104 for further processing.

On Jan. 18, a civilian with no affiliation was apprehended on Ocean Drive outside of the North Gate and charged with being an illegal alien, possession of marijuana, and open alcoholic container in a motor vehicle.

During two separate incidences on Jan. 21 and Jan. 23, two civilians with no affiliation was apprehended on Ocean Drive outside of the North Gate and charged with possession of marijuana and possession of drug paraphernalia.

WE WANT YOU FOR THE AOSC!

The All Officers' Spouses Club of the Coastal Bend (AOSC) provides area military officers' spouses an opportunity to meet spouses in the area, to foster friendships and to provide moral support. The AOSC is open to all officers' spouses of any service and officer rank, as well as spouses of retired or deceased officers. The Club meets monthly and is further supported by social special interest groups such as a Book Club and a Cooking Club. It is part of the Club's philanthropic endeavors to support charitable organizations.

Contact person: kurt.bonniejohnson@sbcglobal.net

Career Counselor's Corner College courses enhance promotion opportunities

by NCCS (SW) Terri Green



The new college semester is getting ready to start again. If you are not sure what you need to do and have never taken classes before, start with a math, science, English, history, government or a similar course. Everyone will need the general classes to get their degree. You can worry about the school you are going to graduate from when you get closer to graduating. You can take classes from many colleges and transfer them to your home college. Using the college road map on the Navy Campus (www.navycampus.navy.mil) web site is a great source of information. Don't get hung up with that. Get into a class! That is the most important first step.

Decide on your class and fill out your Tuition Assistance (TA) form 1560-3 and take that to Navy Campus. They will in turn give you the completed TA form to take to your college. Then you are signed up, and only need to pay any difference between what TA picks up and what the classes cost. Next, order your books.

If your class cost more than TA pays and you have the GI Bill then you can use your "TOP UP". This program is designed to pay you the difference between what TA picked up and the cost of the college up to the cap.

To use your Montgomery GI Bill (MGIB) you need to complete the VA Form 22-1990, application for education benefits. You can obtain it from the VA web site (www.va.gov), have your Command representative sign Section II of the form and fax or mail it back to the VA. You only need to fill this form out once to use benefits for the rest of your eligibility.

Shields takes helm as new NAS Security Officer

Story by JO2 Jeffrey Fretland

Lt. Cmdr. Jeff Shields recently took over the helm as Security Officer of the NAS Police Department. Shields replaced Lt. Rolando Ayala, who transferred to Naval Station Guantanamo Bay, Cuba. Shields began his first day of work Dec. 5.

Though he has been in charge for nearly two months, Shields plans no major changes in the day-to-day operations of the department.

"I'm still getting a feel for the way the security department operates here," explained Shields.

Shields became an officer through the Limited Duty Officer accession program. He was a crossover from engineering to security. His previous duty stations as a security officer included Naval Security Force Detachment, Jebel Ali, United Arab Emirates, and Naval Deputy Security Director, United Arab Emirates and Southwest Asia. Shields also completed a 10-month tour of duty at Naval Support Facility, Manama, Bahrain.

Shields chose to come to NAS because he desires to remain in the Corpus Christi area after he retires in 2008.

"I have a home here, so this seemed like the best choice," said Shields.

Write TOP UP on the top of your TA paperwork and mail it to your VA office. Check the web site for the proper address to mail the forms. The Texas region falls under Oklahoma. The address is Western Region, VA Regional Office, P.O. Box 8888, Muskogee, Okla., 74402-8888.

Talk to your university if you have run out of TA for the year and they can initiate the paperwork to have MGBI pay for the class. How does it work? You will receive monthly checks, and you will be required to pay the school.

You also have the option of taking traditional classes or taking on line education. If you are unsure what is the best for you talk to your shipmate's about their experiences and talk to the personnel at Navy Campus. Both methods of instruction are good and serve a legitimate purpose.

The Advanced Educational Voucher (AEV) Program provides selected Chief Petty Officer's (E-7 to E-9) the ability to get a Baccalaureate or Master's degree in selected areas. Be on the look out for the new FY06 program, but don't wait to start your college. Those that have already started their degree have a better chance of being selected than those that have no track record.

Everyone that is on shore duty should be attending college and those on sea duty should try. Remember those personnel going up for chief beginning FY 2011 selection board have to have a degree by validation FY 2010 (November 2009). That is only three years! Don't wait to get back to school!

For more information visit Navy Campus Bldg. 1731, or call them at 961-3236, and speak to John or Ellen. Talk to your Command Career Counselor, or ask a shipmate who is attending college to help you get started.



Lt. Cmdr. Jeff Shields, the new NAS Security Officer. (photo by MA3 Craig Bruner)

Shield's immediate goal is to watch his changes in action.

"I'm trying to learn as much as I can from the troops I serve with," said Shields. "I'm always observing and learning from the security officers in the field. Watching them perform their duties helps me evaluate what works, and what doesn't, and what may need to be changed."

Shields resides in Portland, Texas with his wife, Beth, and daughter Maria, a 23-year-old student at Texas A&M University Corpus Christi.

Valentine's Day straight from the heart

by MN3 Craig Bruner

There are several different theories on how the holiday of Valentine's Day first originated. Many believe that it was taken from an ancient Roman festival. Others believe that it was started to commemorate the death or burial of a man named St. Valentine. Still others believe that it was taken from the Middle Ages.

The Lupercalia festival was a pagan celebration held in early Rome. It began on the 15th of February as a fertility festival dedicated to the Roman founders Romulus and Remus and to the Roman god of agriculture. Goats would be sacrificed for fertility and dogs for purification. The goat hides were cut into pieces, dipped in blood, and spread on women and crops in order to make them more fertile. Then all the women in the city would put their names into a large urn and all of the unwed men would take turns drawing. The young man would then be paired with the young woman whose name he drew for the coming year. This practice was denounced when the Roman Empire became Christian. Pope Gelasius then declared February 14th to be Valentine's Day around the year 598.

St. Valentine was a priest who by legend lived around the time of the Emperor Claudius in early Rome. Purportedly, Claudius decided that single men made better soldiers, and outlawed marriage for young men. Valentine disagreed with this decree and continued to marry young couples in secret. When Claudius found out, he had Valentine put to death. Another legend is that when Valentine was imprisoned he fell in love with the jailor's daughter. Before he was put to death he allegedly wrote her a letter signed 'from your valentine'. Many believe that this is

where the idea of sending Valentine's Day cards began. Other people suggest that Valentine was a man killed for helping Christians escape from Roman torture.

In France and England during the Middle Ages, it was believed that February 14th was the beginning of the birds' mating season. This is often credited with being the reason that the holiday became associated with love and romance.

Valentine's Day began to be celebrated in England around the 17th century. Friends and lovers began to exchange personal handwritten notes there in the middle of the 18th century. With printing technology came ready-made cards, which quickly took the place of these personalized letters. The practice of exchanging hand-made cards made its way to America in the early 1700s. In the 1840s, Esther Howland became the first person to produce the ready-made Valentines for the American public. She is known as the Mother of the Valentine.

Whatever the origin, Valentine's Day has become a very important holiday in American culture. It is a time to show the people around us how much we care for them. An estimated one billion cards are bought each year, putting the holiday as second in card sales behind Christmas. Across the entire country, flowers, candy, and gifts are exchanged between loved ones.

This year, a special effort should be made to show the people we love how much they mean to us. This can be done with gifts, a card, or even some kind words from the heart. There is only one thing that you have to remember to make certain it goes well. The date.

During February the jet stream position shifts from the Mexican border to just north of the local area. Cold fronts pass through the coastal bend area every five to six days, then decrease in frequency near month's end. Increased low-pressure development in the Gulf of Mexico produces some of the most unpleasant weather experienced at NAS Corpus Christi.

Onshore flow from the Gulf mixes with colder air over land causing damp, dreary weather in the form of drizzle, fog and low clouds. Drizzle accounts for the majority of February's nearly two inches of precipitation occurring an average of 14 days during

NAS February weather promises to be cool, drizzly

by AG1(AW/SW) Keniss Haugen, Naval Atlantic Meteorology and Oceanography

Frequently throughout February, dense sea fog forms when warmer air moves over cooler water. The average temperature on NAS Corpus Christi increases to 67 degrees Fahrenheit, while the average minimum temperature rises to 53 degrees Fahrenheit. Temperatures here drop below freezing an average of one day during the month. The predominant wind direction shifts from the North to the Southeast, with a mean wind speed of 11 knots.

Allow extra time for your morning commute and drive carefully as February's morning fog and drizzle decreases visibility. Point your browsers to <https://web.nlmof.navy.mil/cc/>, or call 961-4500 for the latest weather updates as well as other useful weather information.

The buffet breakfast ticket price is \$6 and can be purchased through designated representatives at various command locations on base, or by contacting the Chaplain Department directly. For specific ticket sale locations or for more information, contact the NAS Religious Ministries Department at 961-3751.

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VITA Tax Program now in full swing

by LNC Robert Howeth

The Navy's Volunteer Income Tax Assistance (VITA) and program is back and ready for this year's tax season. The goal of the VITA program is threefold: to take care of the junior enlisted personnel first, to ensure no Sailor pays for commercial tax preparation services unless they want to, and to take tax services to the Sailor. These goals will be accomplished.

The VITA program presents numerous benefits.

Mail service and IRS processing times often delay the amount of time it takes for a Sailor to receive his refund check, especially if he is on deployment or located overseas. By electronically filing, Sailors can expect to have their refund deposited as early as nine days after their return is submitted to the IRS. In addition electronic filing allows an automatic system for direct deposit to allow Sailors delay in dealing with the mailing of refund checks, especially is the Sailor is located at a remote location.

Many commercial tax preparation companies offer short-term loans to taxpayers who are desperate to get their tax refunds as soon as possible. The problem with these loans is that they often charge exorbitant fees and interest. VITA and ELF render these loans unnecessary by allowing Sailors to receive their refunds at the rapid turnover of one to two weeks.

Although we would like to assist everyone, certain rules prescribe who is eligible to receive tax assistance. In general, the following individuals are eligible for assistance: active duty U.S. Military; retirees from U.S. Military; Dependents of the first two categories; DOD employees stationed in foreign countries who were "U.S. hires" and their dependents; reserve US Military on active duty for 30 days or more; Reserve U.S. Military during pre-mobilization; reserve US Military up to 30 days after demobilization, and 20/20/20 spouses/dependents receiving transitional compensation. If you have any questions about your eligibility, please contact your local Navy Legal Services Office to inquire.

Taxes are prepared on a first come-first serve basis. Taxpayers should bring their military IDs, original W-2s, 1099s and other relevant forms to show income and federal taxes withheld. After meeting with a tax preparer and completing the necessary forms, a FORM 8453 will be produced for the taxpayer to sign. If a taxpayer is married and filing jointly, both taxpayers must be present to sign the 8453 or be able to present a Power of Attorney for taxes.

For more information, visit the Navy Region South Legal Service Office. Hours are from 8 a.m. to 4 p.m. Monday to Friday. The phone number is (361)-961-3595. The program runs from Jan. 23 to April 15.

Effective Jan. 3, Navy College testing will be on Tuesdays at 7:45 a.m. and Thursdays at 1 p.m. ACT/SAT tests will be on the third Wednesday of the month. For more information, contact the Navy College Center at 961-3266.

Motorcycle Safety Courses are being offered through the NAS Safety Department. The Basic Motorcycle Rider Course will be held Feb. 13 and 14. The Experienced Rider Course begins on Feb. 21. For more information, or to register for the course, contact EM1 Brad Waite at 961-1690 or 961-3673.

The Military Officers Association of America is pleased to announce the opening of the 2006 scholarship application season. Scholarship grants of \$1,000 to 25 dependent children of military personnel will be awarded. Applications can only be made online. Deadline for on-entry is noon Eastern Standard Time March 1. No exceptions. For more information, go to <http://www.moaa.org>.

The Boys and Girls Clubs of America are currently looking for interested volunteers. NAS Sailors, Marines and civilian personnel are encouraged to investigate this potential. For more information, contact program director Mimi Gutierrez at 961-2355, or stop by the NAS Youth Activities Center, located in Building 39.

St. Paul the Apostle Catholic Church, 2233 Waldron Rd., will hold its annual Ethnic Festival Feb. 25 from 11 a.m. to 5 p.m. Ethnic cuisine will be offered. Entertainment includes native dances and antique car displays. For more information, contact Luz Garcia, Management Analysis Division, at 961-4711, extension 281.

The City of Corpus Christi Parks and Recreation Department is looking for volunteer coaches for the North Bay Basketball League. The program, held at Coles Adult Education Center, is designed to allow neighborhood students the opportunity to participate in the eight-week program. For more information, contact George Johnson at 825-3588, 884-2194 or 884-4168.

Junior Achievement is searching for volunteers to assist as mentors in the Flour Bluff School District. A training orientation will be held from 1 p.m. to 2:30 p.m. in the Naval Hospital Corpus Christi conference room. Prospective volunteers will be paired with one teacher for approximately six to eight weeks. Volunteers will help kids grades K-12 learn to manage their finances. For more information, contact MA1 John Burch at 961-2376 or 442-8205, or by e-mail at john.birch@navy.mil.

The annual Physical Readiness Test is just around the corner. The Spring 2006 Assessment will be held the week of April 4-7 for all personnel assigned to NAS Headquarters Command. Weigh-Ins are scheduled for March 28-31. Every service member assigned to the command on or before February 10 will be required to participate in the Body Fat Composition Assessment and Weigh-In. The weigh-ins will be conducted in the E-Street Gymnasium Boxing Room. All CFL/PRT Coordinators are required to attend all PRT sessions unless otherwise arranged through respective chain of commands.

In addition, all personnel reporting on or before February 10 are expected to take part in the Physical Fitness Assessment Test. If there is a medical issue or concern, a Physical Activity Risk Factor Form (PARFQ) and an SF 600 Medical form must be completed by Feb. 10.

The PFA event will be observed in the E Street Gymnasium, and the run will be held along Ocean Drive adjacent to the Corpus Christi Bay Club.

The required medical documents can be found by logging onto <https://prims.bol.navy.mil>. Any questions answered yes, will require a visit to the NHCC Family Practice Department for review by a physician.

For more information, contact BUC (SW) Manuel Segura at 961-2468/2383, SK2 Michael Torres at 961-5371, or your command physical fitness leader.

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NASCC Physical Fitness Test Weigh-In Schedules Announced

Story by JO2 Jeffrey Fretland

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MWR News and Events

by Laurie Garcia, NAS MWR

Superbowl Party at the GLC

ARE YOU READY FOR SOME FOOTBALL!!!

On Sunday, Feb. 5, starting at noon – 10 p.m., the GLC will host the Superbowl Party with plenty of free food, cash bar and plenty of games and prizes. The cost is FREE; all you have to do is show up! View the game on one of our four big screen TV’s or watch it on one of our sub-stations. The first 20 customers to walk through the doors will automatically win a prizes. Don’t be late, and come join in the fun!

Balloon Bouquets on Sale at the Youth Activities

Are you looking for a special way to say “I Love You” to that special someone this Valentine’s Day? Why not do it with a Balloon Bouquet from the Youth Activities Center? Valentine Balloon Bouquets are now on sale. So just stop by the Youth Activities Center or call 961-2355 to place your order. Included with the cost of your bouquet is free delivery on base. It’s easy, it’s fun, so call today at 961-2355 and get your order in!

Corpus Christi Bay Club

Let the Corpus Christi Bay Club help you celebrate Valentine’s Day with a special candlelight dinner dance on Feb. 14. What better way to say “Happy Valentine’s Day” to your loved one than with a delicious romantic dinner? Dinner starts at 5 p.m. and will be served until 8:30 p.m. The dance will be from 5:30 p.m. until 9:30 p.m. The buffet will feature: Fresh garden salad and Waldorf salad, Chicken Marsala, Steamship Round of Beef, Stuffed Salmon, Various Vegetables, Potatoes, Rice, New Orleans Style Bread Pudding, Apple Cobbler, and Tea or Coffee. The cost for this great dinner is \$15.95 for members and \$16.95 for non-members. RESERVATIONS ARE REQUIRED TO SERVE YOU BETTER.

Specials For February:

Feb 3 & 10: Shrimp A Peel \$15.95

Feb 4: Medallions of Beef Bernaise \$15.95

Feb 11: Chateaubriand Flambe for Two - \$31.95

Feb 18: Flaming Kabobs - \$13.95

All the above specials are served along with the A la Carte from 5 p.m. – 8:30 p.m. Prices are for Club Members. An additional \$1 per person is added for non-members. Salad, Ice Tea or Coffee are included with all meals. Reservations are required for the specials in order to serve you better.

Special Events For February:

Feb 3 & 24: Winging Designation Ceremonies will be held in the main Ballroom at 3 p.m.

Feb 10: Winter Texan’s and Member’s Appreciation Night with all you can eat Shrimp-A-Peel from 5 p.m. – 9:30 p.m. Cost is \$14.95 for members and \$16.95 for non-members.

Feb 24: Mongolian BBQ

Reminder: The club will be CLOSED on Feb. 20 in observance of President’s Day.

For more information, please call the CCBC at 961-2541.

E Street Gym

Captain’s Cup Volleyball League:

Register at the E-Street Gym before Feb. 10. A mandatory Captain’s meeting will be held at the Gym on Feb. 15 at 4:30 p.m. The league will begin in March and end in April. Monday-Thursday evenings.

Winter Racquetball League:

Register at the E-Street Gym before Feb. 24. Matches will be played on Tuesday and Thursday evenings. The league will be played March-April depending on how many players register. Trophies will be given as awards. Players that miss more than 1 match will be dropped from the league. Players must wear protective eyewear. E-Street Gym Holiday Hours President’s Day, Feb. 20, 10 a.m. – 6 p.m.

Sports at a Glance

Sport	Registration	Event	Deadline
5-5 Soccer	March 3	April-May	
CC Softball	March 17	April-June	
CC Golf	April 7	May-Aug.	

For additional information, call the E-Street Gym at 961-2401.

Fitness Express

Health Fair at Fitness Express Feb. 15:

Come get the latest health information on Wednesday, Feb. 15. The health fair will be located in the group fitness room. The Blood Mobile will be available for your donations. Call 961-3164 for more information.

Battle of the Bulge:

Our new incentive program, *Battle of the Bulge*, began Jan. 15. Workout time at the Fitness Center converts to points. These points will be accumulated in a log at the front desk. Participants may “buy” prizes with their points from an array of prizes located in our prize store. Come and join the fun!

The operating hours for Fitness Express are 5:30 a.m. – 10 p.m. Monday through Friday, 8 a.m. – 6 p.m. on Saturdays, noon – 6 p.m. on Sundays and 10 a.m. – 6 p.m. on holidays.

Group Fitness Classes:

Each week will offer different classes depending on customer demand. Please ask about our new evening Pilates class. Tuesday and Thursdays at 9 a.m. is our Battle of the Bulge fitness class. This is a great class to start waging the war on weight gain of the holiday season. Aerobic conditioning, strength training and fitness information will be distributed.

For more information, please call Fitness Express at 961-3164.

Gonzalez Liberty Center

February Programs:

Feb. 5: Superbowl Party noon – 10 p.m.

Feb. 10: Pre-Valentine’s Day Paintball Shoot, 3 p.m. – 6 p.m. Want to have some real fun with your significant other. Then how about an evening of popping them with a paintball? All couples will receive a mask, hopper, marker, PPE and 500 rounds of paint for FREE! Any additional paint is \$10 a bag. Sign up no later than Feb. 6 at the GLC.

Pool Tournament Feb. 23:

There is a \$5 entry fee. All players may sign up for the tournament no later than 6 p.m. Feb. 23. 1st place winner will receive 80% of the entry fees and 2nd place winner will receive 20% of the entry fees. Must have a minimum of 6 players for the tournament. Must be 18 years or older to enter.

Paintball Shop:

High Pressure Air Fill Station is HERE! Schedule your paintball game with us. Stop paying those high prices out in town when you can get it all here at the GLC. Field is FREE, air is FREE, and the cost of rentals is close to FREE. If you want to schedule a command tournament, let us know!

Riddle or Trivia:

The first customer to come to the GLC and give the correct answer to either the riddle or trivia will win a prize.

Riddle: What is so fragile that when you say its name you break it?

Trivia: When was the first magazine published and what was the name of the magazine?

For more information on any Gonzalez Liberty Program event, please call 961-6405.

Information, Tickets and Travel

Sea World Season Tickets:

ITT now has new Sea World Season Passes available for purchase.

One Year Season Pass	\$51
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Two Year Season Pass	\$85
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Fiesta Texas Season Pass: ITT now has the 2006 Season Pass for Fiesta Texas in San Antonio.

ITT YOU SAVE

Adult/Child	\$49	\$3.50
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(1) Year Parking Pass	\$20	\$4
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Walt Disney World (Florida): ITT has the following Tickets available for purchase.

(3) Day Hopper	Adult	\$205
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(3) Day Hopper	Child	\$172
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(4) Day Hopper	Adult	\$220
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(4) Day Hopper	Child	\$183
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(4) Day Hopper	Adult	\$235
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(4) Day Hopper	Child	\$198
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Spurs Tickets on Sale Now:

Cost for tickets range from \$23.50 to \$36.50.

Rayz Games:

ITT will be carrying discounted tickets this year to the Rayz games. Tickets will be running \$11 per ticket if purchased at the ITT office.

Entertainment Book: \$25.00

The ITT office is open Monday thru Friday from 8:30 a.m. to 5 p.m. and is located on the Westside entrance of Building 39.

Call ITT at 961-3961 to find out the complete array of tickets available.

Lighthouse Lanes

Have Fun with Lighthouse Lanes

February Specials:

Mondays: 75 Cents per game all day .

Sundays: \$1 per game all day.

Rock N Bowl: \$1 games on Saturday nights 7 p.m. – midnight.

President’s Day Hours:

Feb. 20, 2 p.m. – 10 p.m.

There will be no open bowling between 7 p.m. and 10 p.m. on Tuesday , Wednesday and Thursday due to league bowling.

Come to the “300 Fun Zone Game Room” for some video game fun! Watch College and Pro Basketball Games with the Big Screen T.V. located inside the bowling center.

Pro shop items available during bowling center hours. We also special order items not on hand.

Bowling Center Hours:

Monday – Thursday: 2 p.m. – 10 p.m.

Friday: Noon – 11 p.m.

Saturday: Noon – Midnight

Sunday: Noon – 8 p.m.

For more information, please call Lighthouse Lanes at 961-3805.

Marina/Outdoor Recreation

Motor Boat Qualification Classes at ORAC

ORAC marina offers motor boat qualification classes every Saturday. Don’t wait until summer to take advantage of these classes, stop by the marina and sign up for your motor boat class today. While you are there you can sign up for scuba classes also. These classes range from beginner to advance levels. Don’t forget that the marina also has a variety of equipment to meet all your fishing and camping needs.

For more information, please call 961-1293.

AROUND THE STATION

Street Scoop

Wingspan readers want to know: "What's your favorite Valentine's Day memory?"



"My husband serenaded me at one of his fraternity functions." Veronica Sanchez, military dependent (ret.), Corpus Christi, with sons Jacob and Elijah.



"I was able to make it home from UAE to spend the day with my family." Staff Sergeant Rosieann Burlingame, VT-35, Corpus Christi, Texas.



"We went out to dinner at a historic home in Southern Virginia." Ensign Dan Peters, VT-22, Grand Island, Neb. with wife, Alison, Ivor, Va.



"When I was visiting my family in Maine, my husband sent me a bouquet of flowers from back home." Debora Tedfrod, military spouse (ret.), Pastel Reflections at the NEX.



"When I got my engagement ring." Staff Sgt. Tara Schaefer, VT-35, Cincinnati, Ohio



USS San Antonio commissioned January 14 at NS Ingleside



Hail to the Chief
Former President George Bush is rendered honors as the 41st Commander-in-Chief. USS San Antonio Commanding Officer Capt. Jonathen Padfield proffers his salute to Bush. (Photo by Richard Stewart)



Manning the Rails

USS San Antonio Sailors race up the gang plank after Texas Republican Senator Kay Bailey Hutchinson gave the order to bring the ship to life during ship commissioning ceremonies held Sat., Jan. 14 at Naval Station Ingleside. More than 6,000 dignitaries, military and civilian personnel attended the festivities. (Photo by Richard Stewart)



Establishing the first watch

Mr. Richard Kleberg (left) passes the looking glass to prospective USS San Antonio Commanding Officer Capt. Jonathen Padfield as part of the setting of the watch ceremony. Former President George H.W. Bush, (center) was the keynote speaker. (Photo by Richard Stewart)

Sailors of the Year Designates

Congratulations to the following NASCC Sailor of the Year designates for 2005:

Senior Sailor of the Year
MA1 Jose Olivencia

Junior Sailor of the Year
AC3 Adam McGinnis

AWARDS AND ACHIEVEMENTS

Pilots soar to new heights



The following pilots received their "wings" designating them as aviators, during a "winging" and graduation ceremony held Jan. 13 at the Corpus Christi Bay Club on board NAS. In alphabetical order the 18 member class is as follows: 1st Lt. Sarah Alcaide, USMC; Ensign Matthew Baber, USN; 2nd Lt. Todd Beales, USAF; Capt. Benjamin Boyd, USAF; 2nd Lt. David Brandt, USAF; 2nd Lt. Dennis Cesarz, USAF; 2nd Lt. Louis Graffeo, USAF; Lt. j.g. Bryan Guzman, USN; 1st Lt. John Johnson, USAF; 2nd Lt. Michael LeClair, USAF; Ensign Stephen Lovelace, USN; Ensign Miles McAllister, USN; 2nd Lt. Alan Rathjen, USAF; 2nd Lt. Caleb Ritland, USAF; 2nd Lt. Robert Shuping, USAF; 1st Lt. Nicholas Sills, USMC; Ensign Kari Szewczyk, USN; and 2nd Lt. George Whisler, USAF. (Photo by Hugh Lieck)

NAS Air Operations Department recognizes outstanding achievers



AC2 Kurt Lilja (left) is presented a Safety Pro Award from Capt. Coolidge. Lilja was also presented Navy and Marine Corps Achievement Medals for his quick response to a recent plane accident at West Oso Bay in Corpus Christi. (Photo by JO2 Jeffrey Fretland)



AC2 Jason Barnes, NAS Air Operations Department, (left) receives a NAS Safety Pro Award from NAS Commanding Officer Timothy Coolidge (right) during an awards ceremony Fri., Jan. 13. Barnes was recognized for his quick response contributions regarding a recent military plane crash which occurred adjacent to West Oso Bay in Corpus Christi. (Photo by JO2 Jeffrey Fretland)



AC2 Brian Aronson (left) receives an NAS Safety Pro Award from NAS Commanding Officer Capt. Timothy Coolidge (right) Jan. 13 for outstanding service to the command. (Photo by JO2 Jeffrey Fretland)



ACAN Austin Howell (left) is presented an NAS Safety Pro Award from Capt. Coolidge for outstanding service to the command. (Photo by JO2 Jeffrey Fretland)

NASCC bids Chaplain Snyder Fair Winds and Following Seas

Chaplain (Lt.) Alan Snyder, (left) NAS Religious Ministries Department, is congratulated by NAS Commanding Officer Capt. Timothy Coolidge for receiving a Navy Marine Corps Commendation Medal during Snyder's farewell ceremony Jan. 12 at the Corpus Christi Bay Club on board NAS. Snyder was cited for outstanding service to the Chaplain's Department. (Photo by NAS Executive Officer Cmdr. Milton Stubbs)

