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Hundreds of New Year's resolutions off to a good start with 5K/10K run for wounded veterans

by Bob Torres, Public Affairs Officer

On a cool, brisk day the first weekend of the New Year, more than 500 people gathered on Sunfish Beach for the first Wounded Warrior Fun Run aboard NAS Corpus Christi.

Held on Jan. 5, the event had the self-proclaimed slogan, "If you can run, walk or crawl we want you to participate." The day's offerings included a flyover by several US Coast Guard aircraft, a demonstration from the Base Fire Department and even a "Pooh bear" participant.

This year's theme was "Warriors Helping Warriors," since many of the participants were active duty or retired and the money raised from entry fees went directly to the Wounded Warrior Project.

"I ran for Lieutenant Kevin Davis," informed a

Warriors continued on page 8



Runners take off after a shotgun start on Sunfish Beach. With a total of 522 runners, \$7660 was raised for the Wounded Warrior Project.

Greetings from NASCC deployed XO: "You can be proud of what your Army is doing"

by Cmdr. "Bo" Lankford

Howdy, NASCC! Hope all is well in the Coastal Bend. As some of you know, I have taken an extended "vacation" from my duties as Base Executive Officer and am on an Individual Augmentation (IA) assignment to Iraq for a year or so. I left Corpus in August and expect to come home in September or October of 2008.

I am attached to Joint CREW Composite Squadron One (JCCS-1), which provides counter-RCIED (Radio Controlled Improvised Explosive Device) and Electronic Warfare support to the Army and Marine units in theater. While there is a headquarters in Baghdad, most of us are assigned to units throughout the country. I am currently the Electronic Warfare Officer (EWO) for the 4-2 Stryker Brigade Combat Team at Forward Operating Base (FOB) Warhorse. Warhorse is a relatively small base

near the city of Baqubah, about 50km north-east of Baghdad.

My job is to run the Electronic Warfare fight for the Diyala Province of Iraq, which is about the size of Maryland. We currently have the biggest brigade in Iraq, because there is so much work to do here. I manage the Counter-RCIED Electronic Warfare (CREW) assets, oversee nine Battalion EWOs and their efforts, and coordinate electronic attack (jamming). My work is interesting, and more importantly, helps save the lives of service members every day by preventing the enemy from using the electromagnetic spectrum effectively.

While the base is small, the food and living conditions are good. I am living in a CHU (Container Housing Unit - a CONEX shipping

Lankford continued on page 6



Cmdr. Bo Lankford, pictured in full combat gear, is currently serving an IA tour in Iraq.

Photo by Bob Torres, Public Affairs Officer

Photo contributed by Cmdr. Bo Lankford

Skipper's Column

by Capt. Timothy Coolidge

Before I begin talking about the New Year, I'd like to take a moment to reflect on some of the things that happened during the holidays.



Coolidge

I know there was plenty of dancing and that everyone had a great time. That's the kind of event Teresa and I look forward to participating in when we can!

I also heard that the Navy Exchange-

Memories and looking forward to 2008!

hosted party at the Bay Club was a roaring success with, again, lots of people dancing and nice door prizes. We had guests from neighboring Naval Station Ingleside participating and they, too, took home some nice prizes. For the record, I'm envious of the young man who won the party cooler with the Texas logo on it. That, for me, would have been a nice thing to take home as a reminder of my time here.

It seems that people enjoyed themselves over the holidays, which makes me happy. The fact that you all came back safe for the New Year makes me thankful. Calendar year 2007 was a tough one and presented a host of challenges for all of us. You all deserved some quality time off to relax and enjoy with your families. It was a perfect time to reflect and get ready for this year!

Speaking of this year (smooth segue), the first week of January we had a Wounded Warrior Fun Run/Walk. As I heard it put, "if you can crawl, you can participate." Folks, I was very pleased with the effort by everyone who helped put the event together. It was a team effort led by Lisa Waterston and Susan Spurlock, both Sikorsky employees who work with CCAD.

The voluntary event raised funds for the Wounded Warrior Project. This is a very worthwhile charity whose efforts provide help to war-wounded service members and their families from recovery to a smooth transition back to civilian life. It did my heart good to see that 522 people participated. I had a great time running the 5K in formation alongside the very impressive

Captain continued on page 12

Chaplain's Message

by Lt. Tim Gault, NASCC Chaplain

Elisha was a powerful prophet who lived in Israel many years ago. The Bible says that late in his life, when he had a terminal illness, the king of Israel went to visit him. Elisha told King Joash to aim an arrow out of a window. Then he said, "This arrow symbolizes the victory the Lord will give you over Syria in the town of Aphek! Take the arrows and strike the ground."

So, the king struck the ground three times. But, Elisha scolded the king, "If you had struck the ground five or six times, you would have annihilated Syria. But now, you will defeat Syria only three times."

Indeed, history records that Joash, King of Israel, defeated Syria three times during his reign but he did not annihilate Syria. (If you want to read it for yourself, you can find this in 2 Kings 13:14-25.)

A fistfull of arrows and a heart for success

The king had an opportunity to eliminate one of his nation's greatest adversaries. But, according to the prophet, he didn't because he did not complete the task assigned to him. Granted, the scenario in this accounting seems a bit bizarre. And, perhaps the king himself was unsure what was happening.

The Bible does not record that the prophet fully explained all the details to him. Perhaps this leads us to the point of the story, though. The king knew the prophet was powerful. He should have trusted the prophet's instruction enough to comply with vigor until he received other instructions. Since he was restrained, the results he obtained were restrained.

Service in today's military gives us many opportunities. Sometimes we may

find ourselves feeling a bit odd in the duties that we have. Sometimes we may feel unsure of the instruction that we receive from our authorities.

Yet, if the orders we receive from those placed in authority over us are legal and moral, we should respond with sustained vitality until that authority gives us other instruction. The results will be greater—maybe even history changing.

Ancient Syria is not the same political

Chaplain continued on page 12

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Security Column

by MACS(SW) Brad Volkmer, Security Officer

These days, preventing the lost or theft of your identification card has become more critical than ever. With all the emphasis being placed on the protection of personal information by the Navy over the past couple of years, we sometimes lose sight of the fact that can often be our own worst enemy.



Volkmer

It is not uncommon for the base Security department to process as many as 10 lost ID card statements in a week. The most common cards reported lost and stolen continue to be Common Access Cards (CAC) and dependant IDs, both of which contain the bearer's social

New identification verification process will begin soon

security number and date of birth. According to the Federal Trade Commission, identity theft has topped the charts for five years straight as the leading consumer complaint. If you or someone you know has not already been affected, chances are they will be soon as it continues to be classified as the fastest growing crime in the United States.

In addition to the concerns associated with identity theft, these lost and stolen IDs can have an impact on smooth entry into the installation as well as create a serious security concern.

All Naval Station Corpus Christi gate sentries are trained to question anything that might seem out of the ordinary. In one of our most common scenarios, active duty military personnel arrive at our gates requesting to gain access by displaying a form of ID other than their Military CAC.

The most common explanation is that the member has simply left their CAC in their computer work station from the day before.

While the second form of ID may be a legitimately issued form of identification granting the bearer access, this sort of situation is one that the sentries are required to question.

Recent trends also show an increase in attempts to reproduce or alter official identification for criminal and terrorist purposes. In many cases these alterations or reproductions may not be easily identifiable to guards.

In an effort to better our ability to identify any such attempts, base security personnel will soon be required to physically handle each identification card presented

Security continued on page 12

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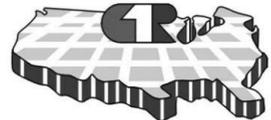
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How's that New Year's resolution holding up?

by Lt. j.g. Caleb Booher, Asst. Public Affairs Officer

Believe it or not, by this time each year, a great number of people have already forsaken their New Year's resolutions and by mid-February, even more will simply give up. The reasons for falling short are as numerous and diverse as the people making resolutions, but there are some simple, practical ways to prevent this year from being as unproductive as last year.

First, the two most fundamental mistakes people make with resolutions is being too broad or general and being unrealistic. "I am going to work out more this year," is far from specific and will never motivate you to action. On the other hand, resolving to work out every day in 2008 is a bit too far-fetched and unattainable even for the most active among us.

However, a year is a long time and naturally requires large, broad goals. So these goals need to be pared down and divided into smaller, less overwhelming steps. Rather than resolving to reduce your financial debt by 50 percent this year, try paying down five to ten percent per month.

A second thing to consider is your own desire to actually accomplish the goals you set. Did you set your goals merely because the New Year was coming and that's what people do? Did you resolve to give up drinking because you really want to, or because you were kneeling in a bathroom stall on New Year's Eve?

Sit down and devote more than five min-

utes to your resolutions. In fact, your first resolution ought to be to set aside 30 to 40 minutes to plan out your goals and steps.

Thirdly, it is important to put your resolutions in writing. Goals remain overly flexible when they are left abstract and you can end up redefining them when you get lazy. But when they are represented by ink and paper, they take on a highly motivating power. If you resolve to exercise four times a week, mark your calendar with an X on days you work out. Looking back at a successful four-X week can motivate you just as much as the disappointment of a two-X week.

Fourth, don't do it alone. Self-motivation, if it even exists, is not nearly as potent as external motivation. Even if you don't have a friend who will make the same commitment as you, talk about your resolutions with them. Your friends can hold you to your goals and you should do the same for them. When others around you know about your resolutions, it gives you one less chance to make excuses to yourself for not achieving them.

Lastly, reward yourself for your successes. Be reasonable though. Eating a chocolate cake is not a good reward after you've eaten well for a week. Buying an Xbox 360 because you successfully paid off a credit card is probably not a good idea either. But if you reduce your smoking from two packs to one, treat yourself to a game of golf or go see a movie.

Remember that it doesn't have to be

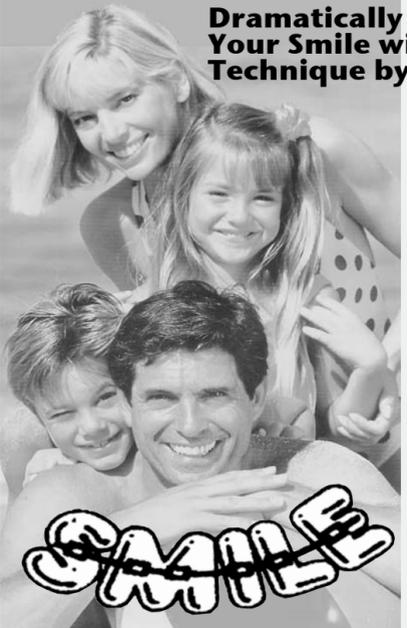
Jan. 1 to start working toward goals. Failing to meet your goals for two weeks or two months is not a valid reason for giving them up altogether. Be honest with yourself. You will not reach your goals merely by setting them. It takes 21 days to form a habit and about six months to transform a habit into a way of life.

Once you have specific, realistic goals which you have a sincere desire to attain, after you have written them down, communicated them and planned them out, the next step is action. Nothing less will help you realize your resolutions. Don't wait. Buckle down and get to it. You'll be happy you did when Jan. 1, 2009 comes around.



Terry Serna (right), a Certified Personal Trainer at Fitness Express, leads Bonnie Sue Zaner through a personalized workout regimen.

Photo by Lt. j.g. Caleb Booher, Asst. Public Affairs Officer



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It doesn't grow on trees and other lessons: kids and money management

by Ellie Kay, best-selling author and contributor to CinCHouse.com

We can give our kids a great gift in their journey toward adulthood by teaching them the value of a dollar while they're in our home. Children who grow up as young adults who can manage money will have stronger marriages and less stress in their families. One of the most effective ways to do this is through an allowance.

The subject of an allowance is highly subjective. Some parents are against the idea of paying a child any money at all. Others believe it's a child's right to get paid for being a member of the family — with no responsibility required. But learning to manage an allowance can save a military family loads of money as the child begins to learn that money doesn't grow on trees. Here are some suggestions to help decide what works best for your family based on your financial situation, training emphasis and your child's individual needs.

The most obvious benefit of an allowance is that it gives the child an opportunity to learn to manage money. When kids learn to manage their money while they're under a parent's care, they have the freedom to fail in a relatively safe haven. When they fail, the parents are there to train them. A child learns to feel good about the fact that he has money of his own to manage. He'll feel even better when he learns to give freely, save diligently and spend wisely.

It's important to give a child their allowance consistently on the same day of the week or month. This gives them something to count on and allows them to budget their needs (and wants) accordingly.

An allowance should be budgeted into your family's finances, and your children need to know this. It sends a message to them about the importance of a budget, thereby priming for the day you will help them develop budgets of their own. The money they receive is theirs, and the parent helps them learn to spend it wisely, according to guidelines of good stewardship. If a parent refuses to let them learn to manage their money, then the teaching opportunity is lost. Teach them to save, spend and share wisely. Take them to the credit union on base, and let them open a junior savings account.

These are the main benefits of an allowance as kids learn both of these invaluable



Photo by Anne Booher, Editor

Children at the Youth Activities Center learn about money and managing their own allowances by playing Monopoly.

life skills. The child is responsible for their chores and their money. They are accountable to you as to how they manage both.

There's a delicate balance between paying your child for chores and withholding a portion of the allowance for chores left undone. Daryl Lucas said in his book "105 Questions Children Ask About Money Matters:" "Try not to tie allowances to chores. Doing so gives children the impression that they should be paid for all work, even cleaning up after themselves. Give them both chores and an allowance because they are part of the family." (Question No. 79, 1997, Tyndale House Publishers).

An allowance based on a child's age is a good place to start. So unless you have twins, all your children will get different allowances. Their chores or responsibilities also would need to be age appropriate.

Even a 3-year-old child can help set a table, carry dishes to the sink, or pick up their toys and clothes. As a 4-year-old, they can begin to learn to make their bed with help

Kids & Money continued on page 10



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Captain continued from page 2

people with whom I work!

In the end, the numbers exceeded the targets that Lisa and Susan set. They were shooting for 300 participants. As previously noted, there were 522. The financial goal was \$5000, but the event brought in \$7660. I call that a huge success!

Thanks for being smart and looking after yourselves and each other over the holidays. The other bases in the Southeast Region had equal success with extremely low holiday mishaps. In fact, RADM Vitale, Commander Navy Region Southeast (my boss) commented to all of us that he was both amazed and impressed with such a mishap-free holiday period!

Since I'm back on the safety topic, please remember that our return to work signals the return to school for our children. Slow down and keep your head on a swivel as you drive through neighborhoods!

Take a look around, take a deep breath, get back into your work groove and let's make this year another one to remember! See ya on the beach!

Chaplain continued from page 2

entity we identify as the Syrian Arab Republic today. We do not view people of Arab descent as our enemies. We have many fine Americans of Arab descent and our nation has Arab allies. Yet, think what life would be like in our world had Joash continued to strike the ground with his arrows until Elisha told him to stop. The whole history of the Middle East may have been very different.

Take up your opportunities for service with vigor and continue in them faithfully. Know that what you are doing is making a difference. Shortcomings will bring results just as enthusiastic service will bring success.

Security continued from page 2

prior to granting access. While the procedure for this physical verification will not be time consuming, many personnel currently approach our gates un-prepared to present their ID. At many of the base's facilities, all employees are required to visibly display their ID on their person at all times. This is usually achieved by inserting the card into a clear plastic sleeve of some sort. While on an individual basis the time required to remove an ID from such a device may seem insignificant as it usually takes no more than 5 -10 seconds. However that time multiplied by the hundreds of vehicles approaching the gate during rush hour could become quite lengthy.

In an attempt to alleviate this delay, we request that everyone has their IDs removed from their wallets, purses, or any such protective device prior to approaching the sentry at the gates. This will allow for quicker screening and prevent unnecessary delays at our installation gates.

Al-Qaida strongholds cleared during Operation Rock Reaper

by Pfc. Kirby Rider, 4th Stryker Brigade Combat Team, 2nd Infantry Division

A dim blue light pierced the darkness as someone yelled, "One-minute out," but the voice was drowned out by noise from the rotating blades of a CH-47 Chinook helicopter.

The helicopter, carrying Soldiers from Company B, 1st Battalion, 38th Infantry Regiment, approached its landing zone near the town of Hadid, 65 miles northwest of Baghdad.

As the light went out, the Soldiers braced themselves for a hard landing. Threats of anti-aircraft guns hidden in the palm groves surrounding the landing zone forced the helicopter pilots to land faster than they normally prefer to land.

Once the helicopter was on the ground, the Soldiers immediately dismounted and the helicopter began its return trip to pick up more Soldiers.

In a single, silent motion after the dust in the air settled, the Soldiers stood up from where they were lying in the field and began moving toward their first objective: securing a palm grove just outside the town.

"It was a tough mission. 'Bayonet Company' had the main effort of the assault," said Capt. Duane Bailey, commander of Company B, 1-38th Inf. "We cleared the town and really focused on target houses, looking for al-Qaida operatives."

The Soldiers had already begun clearing the palm groves by the time the sun appeared over the horizon. They looked for improvised explosive devices (IED) and weapon caches. By the time the sun was completely in the

dren are friendly and everyone is smiling and waving," said Sgt. Johnny Walker, a team leader in Company B.

Soldiers continued moving from house-to-house looking for weapons, contraband and IED-making materials, only taking breaks if they finished clearing their room before their counterparts.

Toward the end of the day, Soldiers returned to a central meeting location to give their detainees to military police (MP) officials. MPs verified identities of the detainees and transported them to a secure holding area at Forward Operating Base Warhorse.

After the detainees were removed from the area, an informant offered to help the Soldiers find wanted men who used fake identification cards and to find weapons that may have been missed.

Soldiers again went house-to-house with the informant, who pointed out men who were wanted. The informant also gave information on a possible weapons cache.

After the informant was done, Soldiers took the newly captured detainees to the MPs for identity verification and transportation to FOB Warhorse.

While the detainees were being processed, Soldiers looked for a place to sleep. Some found refuge in a nearby house while others slept outside in Stryker vehicles and wood lines, keeping watch for their fellow team members.

Rock Reaper continued on page 10



Photo by Pfc. Kirby Rider, 2nd Infantry Division

Soldiers negotiate their way through a wall during clearing Operation Rock Reaper in Hadid, Iraq, just west of Baqubah.



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Quick Assistance Loans now available through Navy Marine Corps Relief Society

by Tambi Parker, Director NMCRS



The Navy Marine Corps Relief Society (NMCRS) is now offering Quick Assist Loans (QAL) up to \$300 as of January 23. These loans are designed to help service members with emergency needs for basic living expenses. This includes housing, utilities, food and clothing; medical or dental expenses; vehicle or transportation expenses; or to assist during family emergencies. Like the Society's other loans, QAL's are interest free. The maximum loan amount is \$300 with a 10 month-or-less repayment period. Appointments will still be made for clients who do not qualify for the QAL or who have a

financial need greater than \$300. In a 12-month period, you can receive no more than two QALs. Before the second is given, the first must be paid in full. QALs are not available for spouses, retirees, or weekend drilling Reservists.

Any active duty Sailor or Marine who has no outstanding loans from the society and who is in good standing is eligible for a QAL. If a Sailor or Marine has a regular NMCRS loan, they will be ineligible for a QAL. The goal is to serve clients in as little as 15 minutes. To help reach that goal, service members must have their most recent Leave and Earnings Statement and their active duty ID card. Applicants can speed up the short process by filling out the single page application available on the NMCRS website: www.nmcrs.org.

If you have any questions or to set up an appointment, please call (361) 961-3482.

Judy C. Hill



1944-2007

retired to Rockport, Texas with her husband, Michael.

During her career, she also worked for the U.S. Army at Darnell Army Community Hospital for 13 years as the Lead Coding Medical Technician, and at the Department

of Defense Schools in Seoul, Korea for three years.

Hospital Corpsman 1st Class (FMF) Aaron J. McEntire, leading petty officer in Medical Records at the time and a now a former staff member, remembered Hill with fond regards upon her retirement in 2006.

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

Funeral services were held in Rockport on December 30.

by Bill Love, NHCC PAO

Lankford continued from page 1

container that has been turned into a small "house"). It is air conditioned/heated, as are the separate shower/bathrooms (yea!). Much better than the temporary tent cities I lived in while in Kuwait and Baghdad.

I spend most of my time inside the wire, but get out regularly for some fresh air. This keeps me grounded in what the Soldiers go through every day. It also shows my confidence in the equipment I want the Soldiers to trust, shows that I am on the same team with them, and helps me understand what they do so I can better support them.

You can be very proud of what your

Army is doing over here. Not only are they working to rid Iraq of the insurgents and terrorists that threaten the future of the country, but they are also helping the people of Iraq rebuild their country and get back on their feet after years of living under tyranny.

I am both humbled and proud to be a part of what the U.S. is doing here. It is especially impressive that the Army units stay here for 15 months at a time, and keep up a very high operational tempo that whole time! They are Great Americans. Please keep all of us in your thoughts and prayers.

Free tax preparation through VITA available at Navy Legal Services

by Lt. j.g. Candice Albright, JAGC, USN



Albright

Through this program, service members not only can save hundreds of dollars on tax preparation fees, but they also get their refund in just a couple of weeks.

The VITA Clinic is located in Building 3, on the first deck in the legal service offices. The hours of operation are Monday through Friday, 8 a.m. to 5 p.m. VITA services are by appointment only, so please call (361) 961-3641 to schedule an appointment.

NAS Corpus Christi once again offers free tax preparation services to active duty, dependents, retirees, and reservists on active duty for more than 30 days through Volunteer Income Tax Assistance (VITA).

When you arrive for your appointment, you will need your military ID card, a Social Security card for all family members who will be on the tax return, all W-2s, 1099s and 1098s, all forms of income-bank statements and income information, Power of Attorney (as needed), and a voided check, if you are expecting a refund.

Please remember that Navy Legal Services will not provide tax preparation assistance without all of the required documents listed. Also, it is helpful if you have a copy of last year's return and supporting documents for our reference.

If you prefer to do your taxes on your own, www.irs.gov is a useful resource for required forms and information regarding income taxes. Additionally, active duty, guard and reserve members can access free tax preparation software online at www.militaryonesource.com. We look forward to assisting you.



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Kids & Money continued from page 4

and by the time they're 5 years old, they're doing a fairly decent job of it. They will learn to work long before they learn to manage an allowance.

A good age to start giving an allowance is around seven years old, depending upon the maturity of the child and your family's finances. A good rule of thumb is 50 cents per year of age. An 8-year-old would get \$4. This could be paid every week or every other week, depending upon your family's budget.

Kids get an allowance because they're a responsible part of the family, but it doesn't mean that there are no conditions placed on that allowance. Children have a responsibility to do their chores (even though they're

not getting paid to do chores as we've already stated.) For example, when our oldest son Daniel was in the habit of leaving his bed unmade, we decided to pay his sister (from his allowance) to make his bed. He had the double agony of losing money and seeing it go to his sister. He never left his bed unmade again.

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Rock Reaper continued from page 4

After a short rest, their gear was loaded onto the Strykers, and they linked up with Iraqi Army soldiers who helped clear the remaining part of Hadid.

On the second day of the mission, an al-Qaida training camp was found. While searching the camp, Company B Soldiers found two suicide vests that were completely made and ready to be put on, grid coordinates of Iraqi police stations in the area, grid coordinates of Coalition force bases and combat outposts in the area, 18 large-caliber mortar shells filled with explosives and three fire extinguishers filled with explosives.

Soldiers also found five potential car

bombs in Hadid and took in 13 detainees.

"The mission was a huge success, several IEDs were taken off of the roadways and there were no casualties on the Iraqi side and on our side," Bailey said. "The mission will be a bigger success when the Iraqi police force and the Iraqi Army can setup fighting positions to keep the town secure."

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(Left to right) CMDM Pat Flavin, Capt. Tim Coolidge, Commanding Officer, and Cmdr. Bruce Emero, Executive Officer receive the Command Challenge trophy from Lisa Waterston, event coordinator, and Susan Spurlock. NASCC was the command with the most participants.



AC2 Jamie Wright (center), Junior Sailor of the Year, "swipes" the Command Challenge trophy as she and AC1 Kristen Walker (right), Sailor of the Year, pick up their pub glasses. The glasses were given to each participant in the winning command.



A group of participants from the Navy Lodge celebrate after finishing the 5K Walk.

Warriors continued from page 1

grizzled veteran wearing a Blue Angels baseball cap. When he took off the cap, he showed Davis' name written on the brim. He bought the cap during the Blue Angels air show in the April 2007 South Texas Shootout. The following week, Davis was killed while performing at an Air Show in South Carolina. This veteran and runner did not want him forgotten.

For others, the Fun Run provided a chance to run for friends, family and service members serving in the Global War on Terrorism. Another group walked the 5K event simply to show their support.

Runners chatted and talked about what the event meant to them. The 5K entrant line got longer and longer, delaying the start of the race, but it didn't matter. Being there was more the thought-frame of the participants.

"I just wanted people with whom I served to know that I support them," said Lt. Cmdr. Jason Greene, public safety officer, who recently returned from Afghanistan.

"I took some shrapnel in Iraq," said former Marine Lance Corporal Carlos Gaytan. "I'm still able to run and I wanted to be here."

The Wounded Warrior Project Fun Run had 522 participants and raised \$7660 dollars that will go directly to the charity. This exceeded the initial goal of 350 participants and raising \$5000.

"I want to personally thank you all for your support through this entire process," said Lisa Waterston, Base project coordinator, and Sikorsky employee. "What started out as a small base-wide fun run turned into more than I had ever expected. You all really pulled through for a really great cause and I can't begin to thank you enough."

For more information on the Wounded Warrior Project, please visit www.woundedwarriorproject.com.

AROUND THE BASE IN 2008



An NASCC contingent, which included the Executive Officer, Cmdr. Bruce "Omar" Emero, Command Master Chief Pat Flavin and Commanding Officer, Capt. Tim Coolidge, ran the 5K portion of the Wounded Warrior Fun Run in formation.

Mercadel promoted to Lieutenant



Photo by Bob Torres, Public Affairs Officer

On January 2, Mike Mercadel was promoted to the rank of Lieutenant. His bars were placed on him by his wife, Deanna (left), and mother, Pearl Rousseau. NASCC Commanding Officer Capt. Tim Coolidge's personal Lieutenant bars were presented to Mercadel as a gesture of his appreciation. "I was taken aback and proud to wear them," said Mercadel.

1st Class Petty Officer's Association toy drive is big success



Photo by First Class Petty Officer's Association

(from left to right) EN1 Richard Romero, DC1 Rehenia Bispham, and AO1 Richard Zule, representatives from the First Class Petty Officer's Association, dropped off about \$500 worth of toys and game boards to the Wishes and Dreams drive before Christmas. In addition, the local Saturn dealership donated 100 teddy bears to the Association. The First Class Petty Officer Association thanks everyone who donated for giving from the heart and for bringing a smile to a child's face on Christmas morning.