

Wingspan

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Helicopter Mine Countermeasures Squadron 15 sponsors Annual NJROTC Competition

Story by ATC Richard Reid, HM-15 Public Affairs

Pop and snap was the order of the day as NJROTC Cadets from 16 Texas High Schools converged at NAS Corpus Christi Sat., Jan. 28 to challenge each other's skills on the grinder. This highly anticipated evolution drew Cadets from as far away as El Paso, Texas. Hosted by King High School, under the leadership of Cmdr. Bill Huguen and Chief Petty Officer Joe Mayes, the day's events stacked the talents of more than 700 Cadets in a vast array of complex drills and physical challenges. Other high schools participating were



Corpus Christi Mary Carroll High School NJROTC cadets participate in an Armed Basic Drill formation competition. (Photo by JO2 Jeffrey Fretland)

Flour Bluff, Carroll, Aransas Pass, Moody, Tuloso-Midway, Miller, Montwood, Fabens, Clements, A.C. Jones, Tomball, San Benito, Los Fresnos, Spring Branch, and Laredo South United. The top two schools advanced to the State Championship.

HELMINRON FIFTEEN "BLACKHAWKS" were given the distinct honor of providing primary sponsorship for the

Black History Month time to recognize, celebrate achievements, accomplishments on board NAS

Story by JO2 Jeffrey Fretland

February marks the observance of Black History Month. It provides a unique opportunity to honor and appreciate the contributions and achievements of African Americans to the total American experience. Black Americans have made major strides, and have become positive role models for generations of children and adults alike. They have achieved great careers in everything from sports to the arts.

Notable individuals include professional basketball player, Shaquille O'Neal; television personality Oprah Winfrey; inventor and scientist Dr. George Washington Carver; Secretary of State, Dr. Condoleezza Rice; Former Chairman of the Joint Chiefs of Staff and former Secretary of State Army, Gen. Colin Powell; U.S. Supreme Court Justice,

Clarence Thomas; syndicated columnist, Thomas Sowell; pastors and social activists, Reverend Jesse Lee Peterson and Reverend Jesse Jackson; and civil rights icons, Rosa Parks, Dr. Martin Luther King, Jr., and wife Coretta Scott King.

The distinguished individuals mentioned overcame many obstacles in their lifetime and careers to reach the pinnacle of success they have achieved. It should be dually noted that the passing of Mrs. King Jan. 31 occurred right before the start of Black History Month. She and her husband, Dr. King, endured many hardships during their quest for equality. They and members of their family were continually harassed through wiretaps, beatings, arrests and verbal assaults. They managed to persevere and bring the civil

rights struggle to the forefront of the American social conscience.

First Annual "Coastal Bend Blackhawk Edition Classic Drill Competition," held in Hanger 42. HM-15's Commanding Officer, Cmdr. George Parisi led more than 100 volunteers providing judging and coordination services for this massive event. The Helicopter Squadron's Executive Officer, Robert Bennett was also on hand and shared Parisi's vision to substantially impact the professional development of these aspiring men and women through aggressive partnership in events such as this and other initiatives. Both agreed that the NJROTC Program, an official Chief of Naval Education and Training Program, warrants a high level of sustained support from its Active Duty Counterpart. In fact, supporting one of the State's largest drill meets is in keeping with a continued and expanding partnership the Squadron has cultivated over the past few years. They have sponsored several unique programs including NJROTC Career Days, Leadership Camps, Campaign Drug Free Presentations and a host of individual and group based Mentorship projects. Collectively, these initiatives hold a central focus designed to help the Cadets identify and comply with Navy Core Values.

"It's simply an investment in our communities, their schools, and our future Military Leadership," explained Parisi. "Our partnership also serves to reaffirm these values of Honor, Courage and Commitment in our own personnel and provides a continual reminder of why we serve."

Regardless of ones background, civilian or military, observing the Cadets' pride and military precision demonstrated throughout the day was a source of inspiration. Projecting confidence and teamwork, each school was represented well as their Cadets flawlessly executed a series of complex maneuvers. Specific events included Color Guard, Personnel Inspection, Armed and Unarmed Basic Drills, Armed and Unarmed Exhibition Drills. To ensure the Cadets are well rounded, they also matched wits in an Academic Challenge and matched brown in Athletic Competitions.

Overall winners included the Flour Bluff High School NJROTC who captured first place. Second place went to

Aransas Pass High School NJROTC; third place, El Paso Montwood High School NJROTC, and Los Fresnos High School NJROTC finished fourth. The top four teams were awarded trophies at the conclusion of the meet.

HM-15 does not stand alone in its commitment to the community. Capt. Timothy Coolidge, Commanding Officer for NAS Corpus Christi, was also abundantly represented by a host of volunteers. NAS Community Service Liaison, MA1 John Burch, coordinated judges and other volunteers



A2Z Ricci Patterson, AIMD, inspects the uniforms of NJROTC cadets from Los Fresnos High School, located in the Rio Grande Valley. Uniform inspections were just one of several events the cadets participated in during the annual HM-15 Blackhawks NJROTC Competition. (Photo by JO2 Jeffrey Fretland)

from the Naval Hospital, MATSG-22, and the Coast Guard Commands to ensure station-wide support for this competition was adequately provided. Consistent with HM-15 leadership, Coolidge asserted his intent was to provide a continuing legacy of partnership with the Cadets to maximize their potential for development. He also wanted to provide them the exposure to opportunities in the Armed Forces.



The Kings lead demonstrators to the state capitol in Montgomery, Ala., at the end of a five-day civil rights march, on March 25, 1965. (Bettmann/Corbis photo, NPR)

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From the Skipper

President's Day a time to honor all American leaders

by Capt. T.E. Coolidge



Coolidge

There's probably no occupation that is more demanding than being President of the United States. As Commander-in-Chief of our armed forces, the president deserves our utmost admiration and respect. But have you ever wondered about the origins of President's Day as a federally sanctioned holiday? Let me have a few moments of your time to explain how this special day came into existence.

The original version of the holiday was created in commemoration of George Washington's birthday in 1796 (the last full year of his presidency. Washington died in 1799). Washington, according to the calendar that has been used since the mid-eighteenth century, was born on February 22,

1732. According to the old-style English calendar in use back then, however, he was born on February 11.

In 1796, many Americans celebrated his birthday on the 22nd, while others marked the occasion on the 11th instead. By the early 19th century, Washington's Birthday had taken firm root in the American experience as a bona fide national holiday. Its traditions included Birth Night Balls in various regions, speeches and receptions given by prominent public figures, and a lot of raucous revelry in taverns throughout the country.

Then along came Abraham Lincoln, another revered president and fellow February baby (born on the 12th of the month in the year 1809). The first formal observance of his birthday took place in 1865, the year after his assassination, when both houses of Congress gathered for a memorial address. While Lincoln's Birthday did not become a federal holiday like George Washington's, it did be-

come a legal holiday in several states.

In 1968, congressional legislation (HR 15951) was enacted that affected several federal holidays. One of these was Washington's Birthday, the observation of which was shifted to the third Monday in February each year, whether it fell on the 22nd or not. This act, signed by President Richard Nixon, took effect in 1971. It was designed to simplify the yearly calendar of holidays, in addition to giving federal employees some standard three-day weekends in the process.

While the holiday in February is still officially known as Washington's or Lincoln's Birthday, it has become popularly (and, perhaps in some cases at the state level, legally) known as "President's Day." This designation made the third Monday in February a day for honoring both Washington and Lincoln, in addition to all other individuals who have served as president.

Chaplain's Corner

Beware of Trojan Horses in Your Home!

by Chaplain Armando Torralva

I always liked ancient history, especially reading about military campaigns. The Peloponnesian Wars, Hannibal's 16 years in Italy and Caesar's Gallic Wars. You really had to be a strategist to win wars in those days. No launching missiles from cruisers several hundred miles away or firing smart bombs from stealth bombers.

One of my favorite stories involved the use of the Trojan Horse. Now that was intelligent. It sure saved a lot of fighting to get into the city. Imagine, getting your enemy to think he's getting a gift when he's really letting in that particular thing which will ultimately destroy him. How clever! How deadly!

In this generation, I get the feeling that history is repeating itself. Certain influences have been so subtle, so cloaked in popularity that we have failed to recognize them for what they are. The enemy is not obvious.

There are no invading barbarian hordes. Instead, they come as wolves in sheep's clothing. Because we have not seen them for what they are, we've embraced these influences. Like Trojan Horses, they look like gifts. However, once we let them into our gates, we are attacked.

I am particularly concerned with family life in this electronic age. As many family members are happily spending more time with their electronic toys, they are abandoning communication with each other. As a result, many American families are media-rich and communication-poor. Too much leisure time is dedicated to media consumption and far too little to family conversation and listening.

I am always amazed at the number of parents who simply give computers with Internet access or cell phones to their children with no desire to be part of the child's

technological life. It's almost as if the parents view the new innovations as toys instead of a communications technology. Don't get me wrong. I am not against the innovations in communications: from internet to cell phones to iPods and a host of other things, I love it all. But we need to be aware that each is a potential Trojan Horse.

Parents must be vigilant to the potential dangers that come into the home when we allow our children access to the internet or give them their own cell phone. I am particularly concerned when children communicate online in chat rooms and on web blogs. Do parents really know their children's cyber friends? Are these cyber friends really friends or are they simply a username?

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Torralva

Healthwatch

UTIs painful, can cause damage if not properly treated

by Lt. Nate Ruttig



Ruttig

and, at times, can be very serious. Over 95 percent of urinary tract infections begin in the urethra, that portion extending from the bladder to the opening of the body where urine is discharged. When this infection spreads upwards to the bladder and kidneys,

it can lead to complications. Children, infants, those with impaired immune systems, those with diabetes, pregnant women, and hospitalized patients are particularly prone to developing more severe UTIs.

The urge to urinate frequently, painful burning sensation with urination, discomfort or pressure in the lower abdomen, cramping in the pelvic area or back- which may or may not be associated with fever, are some of the symptoms of urinary tract infections in adults and children. Women are 30 times more likely to develop urinary tract infections. The reason for this is the difference in structure of the female urinary tract, and women's risk increases further after menopause.

Treating a urinary tract infection is es-

sential in preventing more widespread infections and in preventing damage to the kidneys. Almost all cases of UTIs should be treated with an antibiotic. Vitamin C and cranberry juice are not cures for urinary tract infections once they have started. They are more for prevention. These juices work by acidifying the urine, making it more difficult for bacteria to multiply. Also, cranberries, blueberries, and lignonberries have pigments in them called tannins. These pigments make it more difficult for bacteria to adhere to the lining of the urinary tract.

If you have any of the above symptoms, or questions or concerns about urinary tract infections, do not try and treat it yourself with over the counter preparations. Consult your healthcare provider for further advice and treatment.

February 16, 2006

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Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

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

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STATION SPOTLIGHT

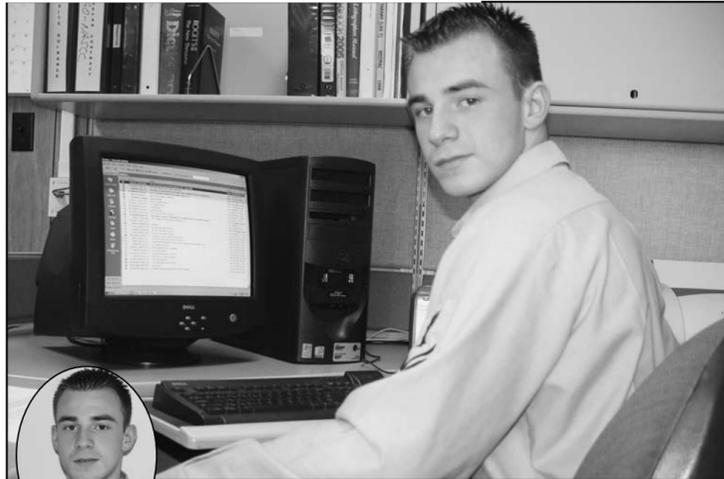


Cheryl Mills, Registered Nurse, NAS Navy Marine Corps Relief Society Office

A native of Hallettsville, Texas, Mills works as a visiting nurse and a lactation consultant for the Navy Marine Corps Relief Society. Mills advises military mothers on the proper care of newborn infants, including breast-feeding. She has been on board NASCC for almost five years. Assisting each individual family with accomplishing their health care goals is a big part of my job," explained Mills. "I feel it's my job to give back to the military families."

Mill's future goals include improving and making the NMCRS Visiting Nurse's Program larger and more accessible. Mills hopes to offer more classes to new families regarding newborn infant care.

"Serving the military is and has been a golden opportunity," said Mills. "It's amazing the sincere desire of our families to learn about breast feeding and caring for newborns. There's nothing quite so fulfilling."



AC2 Jason Barnes, Air Traffic Controller, NAS Air Operations Department

Originally from Caulfield, Mo., Barnes had been on board NASCC for three-and-one-half years. He has worked at his current occupation for four-and-one-half years. He works primarily in the flight tower at Truax Field, monitoring and directing take offs and landings of the T-34 and T-44 Aircraft. He also is responsible for providing directives insuring the safe landing of Customs, Air Force, Coast Guard and all aircraft flying within designated NASCC airspace. In ad-

dition, he frequently examines the radar to watch for approaching planes.

"I like constructing a plan that started looking chaotic, and then executing the plan I formed," said Barnes. "That's my favorite aspect about my work."

Barnes future career plans include applying to the Limited Duty Officer Program.

Barnes has been married two years to wife Lindsey. She is employed at the NAS Navy Army Federal Credit Union.

Recognizing the privilege of prayer



(From left) Chaplain (Lt.) Robert Christian, NAS Religious Ministries Department, Jean Quinn, and guest speaker Commanding Officer Navy Region South and Chief of Naval Air Training Rear Adm. Donald Quinn applaud Navy Region South and NAS Command Chaplain (Capt.) Brian Kelly during the annual NAS National Prayer Breakfast. Kelly delivers his opening remarks as NAS Commanding Officer Capt. Timothy Coolidge (far right) looks on. The event was held Feb. 9 at the Corpus Christi Bay Club on board NAS. (Photo by JO2 Jeffrey Fretland)

FEBRUARY/MARCH CALENDAR OF EVENTS

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>.

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 from Germany, Ireland, Korea, the United States and other countries will be offered. Entertainment includes native dances and antique car displays. Raffle tickets and games for the children will be available. For more information, contact Luz Garcia, Management Analysis Division, at 961-4711, extension 281.

Effective Dec. 1, 2005, all DOD installations cell phone use is prohibited in moving vehicles, unless used with a hands-free device. A \$50 fine applies if motorists are caught. For more information, contact the NAS Safety Department at 961-2375/2282.

The American Automotive Association/Driver Improvement Program is being offered free of charge from February 22-28. The course will be offered at Building 7, Room 210. You can register for the class by contacting the NAS Safety Department at 961-3673.

The March 2006 advancement exams will be given on the following dates: E-6, Thurs., March 2; E-5, Thurs., March 9 and E-4 Thurs., March 16. The exams will be administered at 7 a.m. on the dates listed above, at the Gulf Stream Recreation Center. Participants must be in uniform of the day, and an ID Card is required. No cell phones, beepers or wrist-watches are allowed. For more information, contact Mr. Braden at 961-1289/3849.

The Texas Veteran's Land Board Workshop will be held Feb. 23rd from 9:30 a.m. to 11:30 a.m. in the Video Tele-Conferencing Room, located on the first floor of Naval Hospital Corpus Christi. For more information, contact Cristoval Perales at 961-2861.

The Navy Marine Corps Society Scholarship Program is now available on their website at www.nmcrs.org/education. Applications will be available until March 1. For more information, contact NMCRS at 961-3482, or 1-703-696-4960, or e-mail to www.education@hg.nmcrs.org.

NAS Security Blotter Report

NAS Fire/Police responded to the following calls from January 26 to January 2:

NAS Fire/Police responded to four medical assists.

Twelve military and dependent ID cards were reported lost or stolen.

Six fire alarms were responded to.

Four buildings were found unsecured.

One loud noise complaint was investigated.

One suspicious package left unattended was investigated.

Two intrusion alarms were answered.

On Jan. 27, at 9:48 a.m., a report of a Navy Training aircraft went down and crashed near the intersection of Yorktown Blvd. and Matteson St. was received. NAS Fire/ Security personnel responded and cordoned off the area. The resulting aircraft fire was extinguished at 10:08 a.m. On Jan. 29th, the Navy aircraft was removed from site and transported back to NAS Corpus Christi.

On Jan. 28, at 7:23 a.m., a Coast Guardsmen reported damage to the left front fender of his vehicle while it was parked at Building 1281. Fender was previously in excellent condition.

On Jan. 28, at 11:06 a.m., a civilian with no affiliation was taken into custody at the South Gate after secu-

rity personnel noticed a strong odor of marijuana emanating from the vehicle.

Other occupants within the vehicle were removed to conduct a search.

The civilian stated he had marijuana on his person. After an intensive search of the vehicle, the individual was brought to Building 104 for further processing.

The civilian's vehicle was released to a relative.

On Jan. 31, at 2:57 p.m., one report of a domestic disturbance off base was received and noted. The couple had been arguing and physical assaults ensued. Corpus Christi Police Department originally responded to the call.

On Feb. 1, at 2:06 a.m., two civilians with no affiliation were apprehended outside the North Gate for possession of an illegal firearm, an unidentified illicit drug, and an open alcoholic beverage inside a motor vehicle.

On Feb. 2, at 10:05 a.m., an individual reported her vehicle was damaged after colliding with a pickup while both were backing up simultaneously. No injuries were reported. Information was exchanged between the two drivers. Damage to the vehicle consisted of a 13-inch dent on the rear passenger door by the door handle. No damage to the pickup was reported.

NHCC Dental Department to observe National Children's Dental Health Month

Story by JO2 Jeffrey Fretland

One of the major concerns military (and civilian) parents face is their children's overall dental health. Fortunately, there is plenty parents can accomplish to ensure their kids develop and maintain good dental hygiene habits their entire lives. Since the month of February is designated National Children's Health Month, the Naval Hospital Corpus Christi Dental Department is strongly promoting kid's dental health. Department Leading Chief Petty Officer HMC (SW/AW) Michael Zazzara indicated representatives from the department plan to visit local schools again this year to teach youngster how to properly brush and floss their teeth.

"We try to limit our participation to one or two schools per year," explained Zazzara. "Since we don't serve military dependants anymore, we have to educate military and civilian kids the proper methods for maintaining quality oral hygiene. This includes explaining to them the importance of having a healthy diet."

Kids are most at risk between the ages of five to eleven, when baby teeth are developing, and gradually being replaced by adult teeth, as they grow older. It's important to educate kids at a young age, and to reach children who may have never been to a dentist.

"We want them to learn about good dental hygiene so they'll be able to keep their teeth all their lives," said HM2 Isabell Cortinez. "We went to two different schools last year-the Jewish Community Center School and the London Elementary School. We had great experiences at both schools. The kids were very receptive. We'll do the same thing this year."

Zazzara indicated the only exception to servicing military family members is if a service member and dependants are being sent to an overseas duty location. The family members must be properly screened for overseas duty. They must then be evaluated by a military dentist. Military family members are normally treated through the military Tri-Care Dental Program.

"It's still our responsibility, in good faith, to bring good dental education to the kids, since they cannot otherwise be seen here," acknowledged Cortinez.

During their outings to various schools,

the dental technicians often recruit school staff members to perform skits promoting dental health. The techs also bring goodie bags full of hygiene supplies, to distribute among the youngsters.

"We also provide class instruction on the proper techniques for brushing," explained HM1(FMF) Richard Peplinski, Dental Department Leading Petty Officer. "We teach them to use soft bristle brushes, and to sweep upward on the lower teeth from the gums, and downward on the upper teeth. It's kind of a broom-style motion. We also show them how to brush each individual tooth in a circular motion across the enamel."

Zazzara added that flossing involves grabbing a strand and placing either end between thumbs and index fingers, and moving the strand between the teeth in a crossways motion. Kind of like a saw. It helps remove particles the brush can't reach.

Zazzara emphasized the importance of using a good dental rinse.

"Parents should encourage their kids to brush and floss at least twice a day," said Zazzara. "In addition, they should use a good mouthwash or rinse. Act is an excellent brand for kids to use. Some mouthwashes can cause third-degree burns, if they are not used with care. Rinse once a day, and read the mouthwash labels carefully. Be sure you look for the American Dental Association Seal of Approval."

Peplinski added kids should drink more water, and consume more fruits and vegetables such as apples, grapes, celery and carrots. They should avoid lemons, pickles and any foods with high acidic contents.

"Their mouths aren't developed to withstand acid burns," said Peplinski.

The American Dental Association held the first national observance of Children's Dental Health Day (NCDHM) on Feb. 8, 1949. This single day observance became a week-long event in 1955. In 1981, the program was extended to a month-long celebration. Since 1941, the observance has grown from a two-city event in Cleveland, Ohio, into a nationwide program.

NCDHM messages reach millions of people in communities across the country and at

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HMC(SW/AW) Michael Zazzara explains the functions of a dental uniform to children at London Elementary School in Corpus Christi. Zazzara, along with fellow dental technicians, visited the school to promote good dental hygiene. He convinced a staff member to portray a dentist/technician to make the children feel more at ease about visiting the dentist's office. (HMC(SW/AW) Michael Zazzara photo)

New LINKS Program educates spouses about Marine Corps life

Story by JO2 Jeffrey Fretland

The Marine Aviation Training Support Group 22 (MATSG -22) took a major step toward improving Quality of Life Issues recently. The Marine Corps LINKS Program, designed to educate young Marine spouses about the expectations and culture of the Marine Corps, held its first organizational meeting Jan. 28th at the USO.

"We want the newly arriving Marines and their spouses to feel they are a welcome part of the Marine Corps family here," said Maj. John Brooks, MATSG-22 Family Readiness Officer.

Seven wives sat attentively as LINKS On-Installation Facilitator Sandy Malone covered various topics, from financial management to deployment preparations to Marine Corps traditions.

"By explaining how the Marine Corps functions and operates, and the expectations associated with being in the Marines, we can transition them in without too much shellshock," said Florina Remoser, a LINKS assistant on-installation promoter. "They gradually learn to adjust to and cope with the rigors and challenges of being separated during long deployments, and being separated from their loved ones."

LINKS stands for Lifestyle, Insight, Networking, Knowledge and Skills. Facilitators stress the importance of spouses familiarizing themselves with the customs, courtesies and etiquette associated with being a part of the Marine Corps. In addition, spouses acquire information about Department of Defense benefits and privileges, and base resources such as Navy-Marine Corps Relief Society. Special needs classes such as parenting skills and information about Childcare and Command sponsored kid's activities are also included in the information brief.

"We attempt to teach them about the link between the spouse and the Marine Corps," said Remoser. "That's essentially where this program received its name. The bond is

passed on to the spouses from the Marines themselves. Among the spouses, there is one common bond of unity, with no rank involved."

The Links program serves both active duty and Reserve Marines, focusing on immediate needs as opposed to long-term concerns.

"We have a small chapter, simply because we are not on a full-fledged Marine Corps base," acknowledged Malone. "This works out well, as we can keep our groups small and intimate. We're better able to share information among four or five spouses, as opposed to 20 or 30."

Marine Corps spouses are encouraged to serve in the military community, doing everything from hospital work to assisting at the base library.

"It's better than sheltering and isolating yourself," said Remoser. "We try to get the spouses to become more involved in church and their kids' school activities."

The strongest aspect LINKS emphasizes is staying with the Marine Corps. Originally adapted from a similar program created by the Army, Links was established with the intent of preventing the slide in retention rates among the active duty and Reserve Marine Components. The program emphasizes the benefits of remaining with the service.

"We've noticed lately we've had problems with retention, especially from the Reserves," explained Remoser. "We're attempting to accomplish what we can to convince Marine families to stay Marine, especially the Reservists. If we can convince them to remain with Corps, we've succeeded in our mission."

The NAS Links Chapter is scheduled to meet once a quarter, or four times a year.

For more information on the Links program, contact Maj. Brooks, at 961-3484, or stop by the MATSG-22 Headquarters Office, located in Building Three adjacent to the USO.

SAVI Training scheduled for February 22-24



The next upcoming Regional Sexual Assault Victim Intervention (SAVI) training is slated for Naval Air Station Corpus Christi.

As outlined in OPNAVINST 1752.1A, each Command should have a trained POC to deal with sexual assault issues facing the Command. The instruction also asks for active duty and civilian personnel with access to the base to become trained victim advocates. The training is the same for both designations.

SAVI Advocate and Point of Contact Introduction Training will be held February 22-24, (Wednesday to Friday), from 8 a.m. to 4 p.m. It will be at the Breezeway Inn (Combined Bachelor's Quarters), Bldg. 1281, Classroom One.

The training is mandatory for all Command nominated SAVI Advocates and/or POCs. SAVI Advocates or POCs who need to complete their 10 hours of Refresher Training are also required to attend. Any active duty or family member over the age of 21 and capable of handling confidential, sensitive and difficult scenarios is eligible to become a SAVI advocate. Registration is required, and the uniform of the day is appropriate civilian attire.

For registration or additional information, contact the Sexual Assault Response Coordinators (SARCs), Pat Kapitan at (361)-961-1670, or pat.kapitan@navy.mil, or Brigette O'Reilly, (361)-961-1785, brigette.o'reilly_ctr@navy.mil.

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numerous armed service bases abroad. Local observances often include poster, coloring, and essay contests; health fairs, free dental screenings, museum exhibits, classroom presentations and dental office tours.

The American Dental Association produces a program planning kit for its state and local societies and dental alliances to assist them in local promotional efforts. Planning kits include a poster, planning workbook, suggested resources, reproducible handouts, and publicity information. For more information on National Children's Dental Health Month, or to arrange a school visitation, contact the NHCC Dental Department at 961-3838, or visit the department, located on the first deck of NHCC.

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FOR SALE: 30 Gallon Fish Tank (under gravel filter) with Wood Stand. \$60 OBO. Heater, gravel, thermometer and automatic light timer free. Please call 765-9320 or 961-3213.

FOR RENT: NORTH BEACH CONDO at Villa Del Sol. Furnished, pools, hot tubs, gated complex. 1 bedroom, all bills paid. \$795. (210) 710-4185.

Runners, Joggers, Cyclists, Body Builders, Swimmers. "The Sports Breather" is a must for anyone wanting to increase their endurance, tone abdominal muscles, or just breathe better. AND there is no risk to YOU because of our 100% money back LIFETIME GUARANTEE. www.health-fitness-center.com. 877-419-1729 toll free or 361-852-2474 (mention you saw it in WINGSPAN for your Military Discount).

FOR SALE: Couch and loveseat \$75. Washing machine, like new \$75. Iron bunk bed \$75 or best offer. 1985 BMW, engine runs, needs minor body work. \$700. Call 937-3375.

I HAVE ROOM FOR 2 BOARDERS. \$300 per month each. Call (361) 937-3570 for details.

Career Counselor's Corner New Program Provides Civilian Certification for Navy Jobs

by Eva Kowalski, Training Support Center
Great Lakes Public Affairs

Sailors and career counselors from Great Lakes, Ill., learned about the benefits and new features of the United Services Military Apprenticeship Program (USMAP), Jan. 26.

USMAP, managed by Naval Education and Training Command, is a formal military training program that provides active-duty Coast Guard, Marine Corps, and Navy service members the opportunity to improve their job skills and to complete their civilian apprenticeship requirements while they are on active duty.

"Providing our Sailors, Marines and Coastguardsmen with opportunities to validate their skills through the USMAP certification is a vivid example of the Navy's commitment for life-long learning," said Vice Adm. Kevin Moran, commander of NETC. "We are making the Navy an employer of choice for people looking for career opportunities that offer long-term growth potential while in uniform, and beyond if they decide to move on to careers in the private sector."

The Department of Labor requires 144 hours of classroom instruction for every 2,000 hours of OJT. Kenneth Ledbetter, Subject Matter Expert USMAP Registrar said, the trades average from 2,000 to 10,000 hours and vary in the amount of time they will take to complete from one to four years.

Service members get recognition for their jobs in the civilian world just by logging their hours during on-the-job training (OJT) and meeting the knowledge specifications of the program. According to Ledbetter, it is also the largest apprenticeship program in the military, with 13,054 members enrolling in fiscal year 2005.

"We have 124 trades that we offer apprenticeship certification, which covers every rate in the military except for three: Air Traffic Controller, Cryptologic Technician Interpretive and Musician," said Ledbetter. "An average Sailor doing an eight-hour job can complete 2,000 hours in a year."

USMAP has undergone numerous changes since it was developed in 1976. Most recently, the program was realigned to fit under the certifications and qualifications vector of the 5 Vector Model, which has been continually under development since it was first launched in 2004.

The Five Vector Model, a part of the Navy's Revolution in Training, is accessible through Navy Knowledge Online. It is divided into five vectors (professional development, personal development, military education and leadership, certifications and qualifications, and performance), allowing Sailors to keep track of their careers in the Navy and take credit for their accomplishments.

For more information on USMAP, Sailors may contact their career counselor or visit <https://www.cnet.navy.mil/usmap>.

Seminars to focus on children's health insurance programs, benefits

Does your child have adequate health insurance coverage?

Driscoll's and McDonald's are teaming up to offer a unique opportunity to enroll in a low cost and free children's health care coverage.

In 2003, 21 percent of children in the state - over 1.3 million - lacked healthcare coverage. For the cost of a movie a month, apply for low-cost Children's Health Insurance Program (CHIP) or free Children's Medicaid Health Insurance (pending qualification). The meetings are scheduled held Sat., Feb. 18 from 8 a.m. to Noon. They will be held at the participating McDonald's restaurants listed below:

4101 Leopard - Corpus Christi
5560 S.P.I.D. - Corpus Christi
4102 S. Port - Corpus Christi
1821 S.P.I.D. at Greenwood Dr. - Corpus Christi

1916 W. Wheeler Ave. - Aransas Pass
2301 N. Mary St. - Beeville
427 N. Alamo St. - Refugio
You can call toll free 1-(877)-451-5598 for more information.

Every child deserves a happy and healthy start in life! In 2003, Texas had the highest rate of uninsured children in the United States. Simple annual checkups can easily prevent these children from developing more serious medical conditions and much higher expenses down the road.

Driscoll Children's Health Plan helps grow healthier South Texans by providing affordable, quality health insurance options for children. To continue that, the organization will be offering a unique enrollment event for qualifying families to sign up for low-cost (Children's Health Insurance Program - CHIP) or free children's health insurance (Children's Medicaid) on Saturday, February 18 from 8 a.m. until Noon, at participating McDonald's (see above) in and around the Coastal Bend.

CHIP provides low-cost healthcare coverage for uninsured children whose parents earn too much to qualify for Medicaid, but cannot afford private health insurance. Chil-

dren are covered from birth through age 19 and may be eligible if they:

Reside in the State of Texas
Are under the age of 19
Are a United States citizen or a documented legal immigrant
Have no other health insurance and not insured for at least six months

Live in a family which does not qualify for state employee insurance
Live in a family of four making up to \$38,000 a year

Children's Medicaid provides free health-care coverage to uninsured eligible children who might otherwise go without coverage. Children are covered until age 21 and may be eligible if they:

Reside in the State of Texas
Are under the age of 21
Are a United States citizen or a documented legal immigrant

Have no other health insurance and are not insured for the last six months
Live in a family with at least one child currently making \$18,000 per year or less.

CHIP and Children's Medicaid offer excellent benefits, some of which have been recently restored and enhanced, including:

Vision care - Now Available!
Dental care - Coming Soon!
Only one six-month enrollment period
Regular checkups and doctor office visits
Prescription drugs

No pre-existing condition requirements
It's as easy as one-two-three! Enrolling families need to bring the following documents with them to McDonald's:

Proof of income (check stub or other income verification)
Proof of child's residency or immigration status or Social Security Number card

Enrollment Form
Driscoll Children's Health Plan is owned and operated by Driscoll Children's Hospital, serving the health needs of South Texas children for more than 50 years. With this partnership, the health plan has become a name you know and trust.

Black History continued from page 1

"It's about educating the general public," explained Peters. "History eliminates ignorance, and it keeps people from saying or doing something that might destroy a potential friendship. I think it would be great if cities like Corpus Christi had one museum featuring displays of all the different cultures and nationalities that helped build the social fabric of the city. It would go a long way toward removing stereotypes, and give some valuable insight."

Chaplain's Corner continued from page 2

A very popular website with teens is MySpace.com. The Trojan Horse to watch out for with MySpace.com is that many people who send out messages are not who they seem to be; adults posing as children or teens. Due to this potential Trojan Horse and all the dangers that go with it, parents need to know who their children are communicating with online. If you have young children or teenagers, you may consider us-

ing some kind of parental controls provided by your service provider. But perhaps the best way to assure that your children are having positive online experiences is to stay in touch with what they are doing. Communication and some system of accountability are essential in guarding our homes and our children from Trojan Horses. We must watch what we allow into our homes. Be vigilant and be proactive!



These Marine Corps spouses are all smiles after successfully completing the LINKS Program. From left to right they are as follows: (Back Row) Tina Martin-Nims, Micki Pomarico (Advisor), Lacey Mahoney, Monica Reyna, Stephanie Alvarez, and Abbie Elliott. (Front Row): Florina Romoser (Team Coordinator), Laurie Stuteville (Mentor), Stacy Malone (Mentor). (Photo by Maj. John Brooks)

MWR News and Events

by Laurie Garcia, NAS MWR

Aquatic News

Lifeguard registration will begin March 1 at E-Street Gym or Bayside Pool. The training dates and times are:

April 1-2	Noon – 6 p.m.
April 8-9	Noon – 6 p.m.
April 22-23	Noon – 6 p.m.

Corpus Christi Bay Club

Specials For February:

Feb 18: Flaming Kabobs - \$13.95

Special Events For February:

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

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

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.

Captain's Cup 5-A-Side Soccer League:

Register your team at the E-Street Gym before March 3. Pick up a registration packet and fill it out completely. Late entries will not be considered. A mandatory Captain's meeting will be held at the gym on March 8 at 4:30 p.m. Send an alternate if the team Captain cannot make it. The League will start after DST begins and matches will be played twice a week in the evenings.

Captain's Cup Softball League:

Register your team at the E-Street Gym before March 17. Pick up a registration packet and fill it out completely. Late entries will not be considered. A mandatory Manager's meeting will be held at the E-Street Gym on March 22 at 4:30 p.m. Send an alternate if the team Manager cannot make it. Games will be played on Monday – Thursday evenings.

St. Patrick's Day 5K Run: Register at Fitness Express before March 15. The race will be held on Saturday, March 18 at 8 a.m. Check in time



Bodymaster and free weight equipment are two of the many types of fitness opportunities available at the NAS Fitness Express Center. (Photo by JO2 Jeffrey Fretland)

is 7:30 a.m. For additional information about the race and location call the Fitness Center at 961-3164.

E-Street Gym Holiday Hours President's Day, February 20: 1000-1800.

Sports at a Glance

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

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

Fitness Express

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!

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

Gonzalez Liberty Center

February Program:

February 23: Pool Tournament-\$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 entry fees and 2nd place winner will receive 20% of the entry fees. Must have a minimum of six players for the tournament. Must be 18 years or older to enter.

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
Two Year Season Pass	\$85

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
(1) Yr. Parking Pass	\$20	\$4

Walt Disney World (Florida): ITT has the following Tickets available for purchase.

(3) Day Hopper	Adult	\$205
(3) Day Hopper	Child	\$172
(4) Day Hopper	Adult	\$220
(4) Day Hopper	Child	\$183
(4) Day Hopper	Adult	\$235
(No Expiration)		
(4) Day Hopper	Child	\$198
(No Expiration)		

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

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

Lighthouse Lanes

February Specials:

Monday's: 75 Cents per game all day .

Sunday's: \$1 per game all day.

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

President's Day Hours: Feb. 20th, 2 p.m. – 10 p.m.

There will be no open bowling from 7 p.m. – 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.

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.

Oasis Pool

The Oasis pool will be opening for lap swim on April 1. The hours of operation for the Oasis Pool will be as follows:

Tuesday-Friday	11 a.m. – 1 p.m.
	4 p.m. – 6 p.m.
Saturday	10 a.m. – 1 p.m.

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

AROUND THE STATION

NAS bids farewell to lost comrades during Memorial Service Heartfelt tributes ring out for Jimenez, Drag after plane crash



(Top left): Naval Station Ingleside Chaplain Lt. Cmdr. Jairo Moreno (left), NAS Protestant Chaplain Lt. Robert Christian (center), and NAS Catholic Chapel Choir Director Richard Allegria (at keyboard) stand as the NAS Color Guard prepares to render Colors. The guard presented Colors during the memorial service held Feb. 1 for Lt. Raul Jimenez and Ensign Jeremy Drag. Jimenez, an instructor pilot with VT-27, and Drag, a student pilot in the same squadron, were killed when their T-34 training plane crashed three miles south of NAS, near Waldron Field. The accident occurred Jan. 27th. (Photo by JO2 Jeffrey Fretland)

(Top right): Rear Adm. Quinn consoles Drag's mother, Kathryn, with words of comfort during the service. (Photo by Richard Stewart)



(Bottom left): A lone bugler plays "Taps" as the assembled crowd renders honors to the fallen pilots. (Photo by Richard Stewart)

(Bottom right): Chief of Naval Air Training, Rear Adm. Donald Quinn, presents Ensign Jeremy Drag's mother, Kathryn Robbins, with his pilot's wings during the service. (Photo by JO2 Jeffrey Fretland)

VT-27 Memorial Fund established for pilots' families

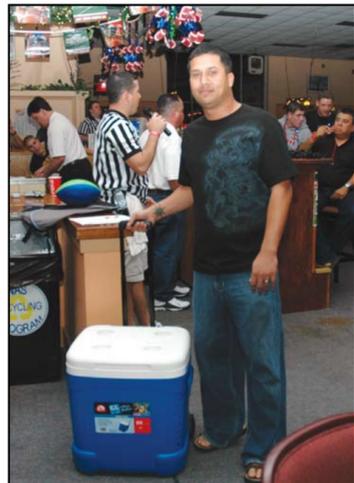
After losing fellow officers, Lt. Raul Jimenez and Ensign Jeremy Drag, in the tragic T-34 accident on Jan. 27, friends and family established memorial funds for the pilots' surviving families. Memorials donations are being accepted at the following locations:

Lt. Raul Jimenez
Navy Army Federal Credit Union
Donations can be dropped off at the Saratoga Blvd. branch or the NAS branch, under the name of the Jimenez Memorial Fund.

Ensign Jeremy Drag
Citizens State Bank
815-498-2396

The donations should be made under the names James Robbins Jr. and Kathryn Robbins. The routing number is 071104427 and account number is 374865.

The VT-27 Officer Spouses' Club would also like to thank the many community businesses and military commands for their support and assistance during VT-27's tragic loss. You allowed them to show the families of the fallen aviators the love and support of the entire Corpus Christi community. The Jimenez and Drag families thank you.



Super Bowl fever hits Gonzalez Liberty Center

(Top left): Super Bowl patrons come to life as the Pittsburgh Steelers make their first touchdown of the game. (Bottom left): GLC patrons laugh while watching some of the comical Super Bowl commercials. (Top) YNC(SW/AW) John Sordia poses with his winnings, an esky cooler. Sordia won the cooler when participating in one of the games the GLC staff held during their Super Bowl party, Feb. 5. (photos by L11 Janell Alvarez)



AWARDS AND ACHIEVEMENTS

Aviators flying high



The following pilots received their "wings," designating them as aviators, during a recent "winging" and graduation ceremony. It was observed Fri., Feb. 3 at the Corpus Christi Bay Club on board NAS. In alphabetical order the 17 member class is as follows: 2nd Lt. Justin Burton, USAF; 2nd Lt. Seth Connell, USAF; 2nd Lt. Graeme Destow, USAF; Ensign Alderaban Fletcher, USN; 2nd Lt. Sarah Fortin, USAF; 2nd Lt. Ryan Hall, USAF; 2nd Lt. Joshua Herman, USAF; Capt. John Malley, USAF; 2nd Lt. Terry Nail, USAF; Lt. j.g. Richard Ravendo, USN; Lt. j.g. David Schmaldienst, USN; 2nd Lt. Jason Spaulding, USAF; 2nd Lt. Andrew Talbert, USAF; Lt. j.g. Phillip Thisse, USCG; 2nd Lt. Joseph Vaeth, USAF; 2nd Lt. Luke Vitolo, USAF; and 2nd Lt. Jennifer Wolf, USAF. (photo by Hugh Lieck)

Naval Reserve Center honors outstanding personnel



Naval Reserve Center Commanding Officer Lt. Cmdr. Johnny Martinez (left) presents a Navy Commendation Medal to HMI (FMF) Juan Arreola (right). Arreola was chosen Sailor of the Quarter for the fourth quarter of fiscal year 2005.



SK1 (SW/SCW) Jose Diaz (right) receives a Navy Reserve Plaque from Lt. Cmdr. Martinez (left). Diaz was selected as outstanding Sailor of the Year. (Photos by Richard Stewart)



Lt. Cmdr. Martinez (left) congratulates EN2 (SW) Eric Diaz (right) after awarding him a Navy and Marine Corps Achievement Medal for being designated Junior Sailor of the Year.

NAS Corpus Christi bids fair winds and following seas to retirees



NASCC Commanding Officer Capt. Timothy Coolidge, (left) congratulates ET1 (SW) Robert Brier, (right) after awarding him a Navy Achievement Medal. Brier retired after 20 years of service during ceremonies on board the USS Lexington (CVA-16) Museum Jan. 30. (Photos by Richard Stewart)



NAS Command Master Chief CMDCM (AW/SW) Miguel "Mike" Cisneros (left) presents a retirement shadow box in the shape of a ship's helm to ATC (AW/SW) Humberto Lucero (right). Lucero served as Control Chief for Naval Air Station Corpus Christi Search and Rescue Unit, and as NASCC Headquarters Senior Watch Officer. He retired after 20 years of service during ceremonies Jan. 27 at the Corpus Christi Bay Club.



Coast Guard Senior Chief Maintenance Technician Michael Octon (right) receives a Certificate of Appreciation from Coast Guard Sector Logistics Officer Capt. Mark Carmel during Orton's retirement ceremony. It was held at the Coast Guard Air Station's Hangar 41, located on board NAS. Octon retired Jan. 27 after 29 years of service.