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Wingspan

Vol. 12, No. 12

Naval Air Station Corpus Christi, Texas

Thursday • June 8, 2006

Navy Academy Tall ship of Columbia to arrive in Corpus Christi



For the first time in more than a century, a "tall ship" will pay the Port of Corpus Christi a visit. The A.R.C. Gloria from Colombia is making a port visit this week and some of its crew will visit the Air Station as part of their port visit. The crew from the ship will get a tour of some of our aircraft and will have the opportunity to use aircraft Micro-simulators to see how compatible Sailors from a foreign country can simulate becoming a pilot. If you've never seen one of these sailing vessels up close, today and tomorrow is a perfect opportunity to see what shipboard life was like - in the last century. The tall ship will be in port through Friday afternoon, before it passes under the Harbor Bridge to continue on its training mission. (Photo by Barbara Gonzalez Limberg)

NASCC promotes motorcycle safety with Memorial Day weekend bike run



The Bay Ride is the first installment in the Safety Department's plan of using 'fun rides' to improve the culture of safety amongst motorcycle riders by inviting younger, less experienced riders and then encouraging them to ride and relate with more experienced riders in a safe, PPE (Personal Protective Equipment) required environment. The Safety Department also hopes to pull in some of the weekend and night bikers out there who ride without command knowledge. Safety encourages these riders to come take a free Experienced Rider Course (ERC) or Basic Rider Course (BRC), get your decals, and take part in these fun rides that finish with a free BBQ lunch. The Safety Department is also planning another ride in August, so don't miss out. (Photos by Bob Torres)

From The Skipper

Summertime sails on the Bay

By Capt. T.E. Coolidge



Coolidge

If you've had time to look towards the harbor recently, you were probably surprised to see a ship unlike any these waters have seen in some time! What you saw is an historical "tall ship." The *A.R.C. Gloria* from Colombia is making a port visit this week and, if sailing the seas is of interest to you, please take the time to go see it before it leaves tomorrow afternoon.

Some of the crew from the ship will be visiting our base as we give them a tour of some of our aircraft and let them use the micro-simulators to see how adept a "Sailor" from a foreign country can simulate becoming a pilot. So, if you see someone in a uniform you don't recognize, it's probably a Colombian Sailor. If you speak Spanish, you might be surprised that they'll enjoy talking with you.

A little historical trivia - when these sailing ships roamed the seas in the 1800s, one

such ship was enroute to Mexico. As someone from the crew's nest looked toward land, he saw what he thought were mounds of flour in the distance. The crew knew that the barrier island known as Padre Island was sand, but in the distance it appeared like a bluff made of, you guessed it, flour. So now you know how Flour Bluff got its name on Sept. 13, 1862.

If you ever wondered about "Corpus Christi," Spanish explorer Alonzo Alvarez de Pineda discovered a lush semi-tropical bay on the southern coast of Texas in 1519 as he traversed the Gulf of Mexico in a sailing vessel. The bay, and the city that later sprung up there, took the name from the Roman Catholic Feast Day celebrating the "Body of Christ."

The name of the city was transcribed in rolls and taken back to Spain. It became inhabited and began as a frontier trading post, founded in 1838-39 by Colonel Henry Lawrence Kinney, an adventurer, impresario and colonizer. The small settlement was called Kinney's Trading Post, or Kinney's Ranch.

In 1851, the settlement had grown and the city took the name Corpus Christi because a "more definite postmark for letters was needed." It was incorporated on Sept. 9, 1852, and residents elected a city council and a mayor, Benjamin F. Neal, who served from 1852

to 1855. So, as Paul Harvey would say, that's the rest of the story.

Today, Corpus Christi is the sixth largest port in the nation according to historical archives. However, it's been a long time since a ship like this has come to visit our waters. Go take a look and imagine what it might have been like to spend weeks and months on a ship like this.

On a more important topic, I want to thank everyone because the Memorial Day holiday went well with no major accidents or deaths associated with our local Sailors, their families and our civilian families. Thank you! Taking care of each other, and being "safe" is a top priority here.

Last week's rain came just in time to save some of our lawns, and for some of us, it was a relief in the pocketbook. For those of you who have not spent a summer here, just be aware that it will get hotter and more stifling before we really get any cool weather.

I don't want to be talking about safety every time I write, but please know that the welfare and safety of everyone on this base, is a concern to me. Please ensure that anyone working or playing outdoors stays hydrated so that we don't have any heat-related casualties.

Captain continued on page 13

Chaplain's Column

Extra thoughts and scriptures that can make look at things a different way

By Chaplain Gary Heatherly

I was looking through one of my old notebooks last week and came across a few thoughts and scriptures I have written down over the years.

They are very simple phrase that have caused me to look at things different, and think about things different.

Maybe today you are in need of a little pick me up; something to help you through the day and point you in the right direction. I hope you find a bit of inspiration in the following words and they point you in the right direction.

"Do not be anxious for anything, but in everything, make your request to God" Philippians 4:6

Faith is knowing that it is not what I am

doing but what He is doing in me that really matters. Faith is living with the unexplained.

- Little is much if God is in it.
- A minute of thought is worth more than an hour of talk.
- Conscience is God's built-in warning system. Be very happy when it hurts you. Be worried when it doesn't.
- Although the tongue weighs very little, few people are able to hold it.
- We learn to express Love by asking God for help.
- Patience is the quality you admire in the driver behind you and scorn in the one ahead.
- The grass may look greener on the other side, but it still has to be mowed.
- "Consider it pure joy my brother, whenever you face trials, because you know that

the testing of your faith develops perseverance." James 1:2-3

- It is good to remember that the tea kettle, although up to its neck in hot water, continues to sing.
- Come what may, let us trust and not be afraid. God's will never leads us where His grace cannot keep us. I hope the above writings from the back pages of one of my books help you today.
- I pray that God would give you peace as you go about your work.



Heatherly

Health Watch

Preventing Cancer

By Lt. Tricia Slattery

March is National Colon Cancer Awareness month. Colorectal cancer is the second leading cause of cancer related deaths in the United States, in both men and women. This disease surpasses both breast and prostate cancer in the number of lives it claims each year, and is second only to lung cancer in mortality.

The good news is that colon cancer is preventable! Knowing the facts and being proactive in screening for the disease could spare thousands of lives each year. However, many people are embarrassed to talk about colon cancer. This contributes to a general lack of understanding about the disease and the circulation of



Slattery

mistruths and myths amongst the public.

The key to preventing colon cancer lies in screening. Screening tests and procedures exist in which the precursors to cancer are found and eliminated. These precursors, or polyps, are protruding growths on the lining of the colon and rectum, and if left in place, will become cancerous over time. Removing the polyps prevents colon cancer from ever developing. Unfortunately, there are no symptoms associated with the presence of polyps, which is why routine screening is so highly recommended. Routine screening can also save lives by identifying polyps, which have already become cancerous, leading to definitive surgical and medical therapy for cancerous growths in their earliest and most curable stages.

There has been recent research on the role of high fiber diets and regular exercise as an approach to prevention. Healthy diets and regular exercise are certainly encouraged lifestyles for general health and wellbeing, but it remains controversial whether there is a di-

rect connection in the reduction of the development of colon cancer. At this time, a diet high in fiber and a regular exercise routine are suggested in combination with routine colon cancer screening. Research in this department is ongoing.

Who is at risk? The answer is very simple. Everyone is potentially at risk for developing colon cancer. Colon cancer affects both men and women equally. It affects all ethnicities and the risk of developing the disease increases with age. The current guidelines recommend routine screening to begin at age 50. However, people with risk factors such as a family history of the disease, or other predisposing diseases, such as ulcerative colitis, should be screened even earlier.

All men and women should talk with their health care professional about colorectal cancer and colorectal cancer screening tests. It is also very important to know your family medical history, because colorectal cancer can be hereditary.

Wingspan

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Public Affairs Officer
 Robert D. Torres
Layout/Production Editor
 L11 Janell Alvarez
Writer/Photographer
 L12 Paul Hewitt

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 Sunday Bible Study - 8:45 a.m.

JEWISH WORSHIP SERVICE
 *Temple Beth El (4402 Saratoga Blvd.)
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 Temple Beth El at 857-8181

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 Islamic Society of South Texas
 (7341 McArdle Rd.)
 Jumrah Service - 1:30 p.m.
 For other worship service times,
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JUNE CALENDAR OF EVENTS

- **Warning:** Nuevo Laredo, Mexico, is designated off-limits to all military personnel in UICs 00216, 31457 and 42094 by the Commanding Officer, NASCC, and Commander, Navy Region South. The ban, in effect since March 4, 2005, is in response to increased violence due to drug trafficking, kidnapping and murders along the U.S.-Mexico border.
- The Operation Paintbrush Program is searching for volunteers. This program paints homes for elderly residents or people too seriously ill or injured to maintain their homes. For more information, contact AC2 Ashley Drange at 961-2503.
- Classified Control located at Headquarters Building 2, will complete Fd-258 fingerprint cards for security investigations on NAS military and DOD civilian personnel. This service is provided only from 1:30 to 3 p.m. on Tuesdays, Wednesdays and Thursdays. For more information, contact Assistant Security Manager Estella Jiminez at 961-3370.



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2005 Annual Drinking Water Quality Report

Special Notice for the ELDERLY, INFANTS, CANCER PATIENTS, people with HIV/AIDS or other immune problems:

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. The EPA/Centers for Disease Control and Prevention (CDC) guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the **Safe Drinking Water Hotline (1-800-426-4791)**.

Public Participation Opportunities NASCC:

Date: Monday - Friday (8:00 a.m. - 4:00 p.m.)
Location: NASCC (Environmental), Bldg. 19
Phone: (361) 961-3776

City of Corpus Christi (Annual Public Meeting):

Date: Wednesday, June 28, 2006 at 6:00 p.m.
Location: Water Utilities Conference Room 2726 Holly Road, Corpus Christi, TX
Phone: (361) 826-1200 (Water Utilities Lab)

En Español
Este informe incluye información importante sobre el agua potable. Si tiene preguntas o comentarios sobre este informe en español, favor de llamar al tel. (361) 961-3776 para hablar con

Source Water Assessment

A Source Water Susceptibility Assessment for our drinking water source(s) is currently being conducted by the Texas Commission on Environmental Quality and should be provided to us this year. The report will describe the susceptibility and types of constituents that may come into contact with your drinking water source based on human activities and natural conditions. The information in this assessment will allow us to focus our source water protection strategies.

ALL Drinking Water May Contain Contaminants.

When drinking water meets federal standards there may not be any health-based benefits to purchasing bottled water or point of use devices. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling EPA's Safe Drinking Water Hotline (1-800-426-4791).

Secondary Constituents

Many constituents (such as calcium, sodium, or iron) that are often found in drinking water can cause taste, color, and odor problems. The taste and odor constituents are called secondary constituents and are regulated by the State of Texas, not the EPA. These

constituents are not causes for health concerns. Therefore, secondaries are not required to be reported in this document but they may greatly affect the appearance and taste of your water.

About the Following Pages

The pages that follow list all of the federally regulated or monitored contaminants, which have been found in your drinking water. The U.S. EPA requires water systems to test for up to 97 contaminant.

Our Drinking Water Meets or Exceeds All Federal (EPA) Drinking Water Requirements

This report is a summary of the quality of the water we provide our customers. The analysis was made by using the data from the most recent U.S. Environmental Protection Agency

Definitions

(MCL) Maximum Contaminant Level

The highest permissible level of a contaminant in drinking water. MCL's are set as close to the MCLG's as feasible using the best available treatment technology.

(MCLG) Maximum Contaminant Level Goal

The level of a contaminant in drinking water below which there is no known or expected health risk. MCLGs allow for a margin of safety.

(MRDL) Maximum Residual Disinfectant Level

The highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

(ppt) Parts per trillion, or nanograms per liter
(ppq) Parts per quadrillion, or picograms per

NAVALAIR STATION CORPUS CHRISTI Inorganic Contaminants NOT TESTED OR REPORTED, OR NONE DETECTED

Organic Contaminants TESTING WAIVED, NOT REPORTED, OR NONE DETECTED

Maximum Residual Disinfectant Level Year 2005

Disinfectant Chloramine Residual Average Level 2.05

Minimum Level 0

Maximum Level 7.4

MRDL 4

MRDLG 4

Unit of Measure ppm

Source of Disinfectant Disinfectant used to control microbes.

Disinfection By-products Year 2005

Contaminant Total Haloacetic Acids Average Level 37.6

Minimum Level 16.9

Maximum Level 52.7

MCL 60

Unit of Measure ppb

Source of Contaminant By-product of drinking water disinfection.

Year 2005

Contaminant Total Trihalomethanes Average Level 35.9

Minimum Level 25.6

Maximum Level 60.6

MCL 80

Unit of Measure ppb

Source of Contaminant By-products of drinking water disinfection.

Unregulated Contaminants NOT REPORTED OR NONE DETECTED

Lead and Copper Year 2004

Contaminant Lead

The 90th Percentile 4.9

Number of Sites Exceeding Action Level 0

Action Level 15

Unit of Measure ppb

Source of Contaminant Corrosion of household plumbing systems; erosion of natural deposits.

Year 2004

Contaminant Copper

The 90th Percentile 0.375

Number of Sites Exceeding Action Level 0

Action Level 1.3

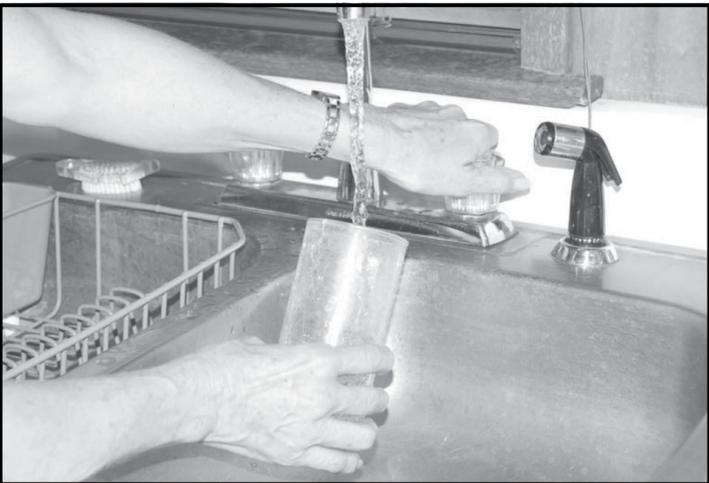
Unit of Measure ppm

Source of Contaminant Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.

Turbidity NOT REQUIRED

Total Coliform REPORTED MONTHLY TESTS FOUND NO COLIFORM BACTERIA

Fecal Coliform REPORTED MONTHLY TESTS FOUND NO FECAL COLIFORM



Corpus Christi receives its drinking water from surface water resources. The Atascosa, Frio, and Nueces Rivers supply water to Lake Corpus Christi/Choke Canyon Reservoir System. (Photo by LI2 Paul Hewitt)

(EPA) required tests and is presented in the attached pages. We hope this information helps you become more knowledgeable about what's in your drinking water.

WATER SOURCES: The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals, and in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in the source water before the treatment includes: microbes, inorganic contaminants, pesticides, herbicides, radioactive contaminants, and organic chemical contaminants.

Where do we get our drinking water?

Naval Air Station Corpus Christi purchases water from the City of Corpus Christi. Corpus Christi's primary supply of water comes from surface water resources. The Atascosa, Frio, and Nueces Rivers supply water to Lake Corpus Christi/Choke Canyon Reservoir System. Water from Lake Texana is transported through the 101 mile long Mary Rhodes Pipeline.

(MRDLG) Maximum Residual Disinfectant Level Goal

The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLG's do not reflect the benefits of the use of disinfectants to control microbial contamination.

(TT) Treatment Technique

A required process intended to reduce the level of a contaminant in drinking water.

(AL) Action Level

The concentration of a contaminant, which, if exceeded, triggers treatment or other requirements, which a water system must follow.

Abbreviations:

(NTU) Nephelometric turbidity units (a measure of turbidity)

(MFL) Million fibers per liter (a measure of asbestos)

(pCi/L) Pico-curies per liter (a measure of radioactivity)

(ppm) Parts per million or milligrams per liter (mg/L)

(ppb) Parts per billion or micrograms per liter (µg/L)

Water continued on page 6

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Friday, 4:30 PM to 8:30 PM (13 weeks course)
NET 156 - NETWORK PLUS PREPARATION:
18 Nov05 - 24 Feb 06. This course provides a fundamental understanding of computer networks. Through hands-on training, students learn the networking skill and concepts that affect all aspects of networking, Internet Addressing, and User Management concepts of Data Protection, Network Security, and Network Troubleshooting and Maintenance. Room215. Instructor: TBD

"A" PLUS PREPARATION COURSE
Tuesdays and Thursdays, 5:00 PM to 9:00 PM (10 weeks) CET 100 - "A" PLUS PREPARATION COURSE: 80 clock hours, 5 credit hours. 10 Jan 06 - 16 Mar 06. The course is designed to provide students with in-depth understanding of the operation and basic maintenance of personal computers and various PC operating systems with emphasis placed on DOS and Windows 95/98NT/2000. Students are instructed in the methods and procedures required to upgrade, maintain and repair personal computers. Emphasis is placed on the use of diagnostic software, memory expansion, and hard drive replacement. Laboratory activities include upgrade and maintenance of PC systems. Room215. Instructor: TBD

FIBER OPTICS DESIGNER COURSE BY ETA
Monday and Wednesday, 5:00 PM to 9:00 PM (5 weeks course) CET 108 - FIBER OPTICS DESIGNER: 40 clock hours, 2 credit hours. 13 Feb - 15 Mar 06. This new course will provide an in-depth knowledge of optical local area networks. This course covers all aspects of a successful fiber optic system design from network protocols, network configurations, optical cabling, industry communications standards, determination of fiber count, hardware selection, splicing/termination methods, and cable system testing and documentation. All that is learned in class is put into practice through multiple and intensive case studies. Room211. Instructor: Mr. Tim Erickson.

FIBER OPTICS INSTALLER COURSE BY ETA
Thursday, 4:00 PM to 9:00 PM (5 weeks course) CET 105 - FIBER OPTICS INSTALLER: 24 clock hours, 1 credit hour. 12 Jan 06 - 09 Feb 06. The class consists of classroom and "hands on" laboratory instruction in the characteristic, preparation, and installation of Fiber Optics cable. Students are instructed in the various tools and techniques utilized to splice, test, and terminate fiber optic cable with additional emphasis placed on the application of learned skills. Students will be prepared to take the ETA Fiber Optics Installer Certification examination which is administered by the instructor on the last day. Room211. Instructor: Mr. Tim Erickson.

Contact: Phil Salcido
(361) 937-6382

Are you ready for the hurricane season?

Story by LII Janell Alvarez

With the Gulf Coast region already one week into the hurricane season (the hurricane season is from June 1 to November 30), it's still not too late to prepare for disaster or even to double check that you are set for the next few months. It cannot be stressed enough the importance of being prepared for a hurricane, especially after last year's very active season.

Know what each Tropical Cyclone Conditions of Readiness (COR) stands for and ensure that your family is aware and knows what they mean is crucial. As each COR condition changes ensure that you and your family knows exactly how to prepare and what they should do or be doing. NASCC has signs with roman numerals that state the COR. This is what they mean:

- COR V (5) - Destructive force winds are possible within 96 hours.
- COR IV (4) - Destructive force winds are possible within 72 hours.
- COR III (3) - Destructive force winds are possible within 48 hours.
- COR II (2) - Destructive force winds are anticipated within 24 hours.
- COR I (1) - Destructive force winds are anticipated within 12 hours.

NASCC has already been placed in COR V since the start of hurricane season. Evacuation of the area is considered at COR III. Don't wait until the last minute to prepare for an evacuation.

Have an evacuation plan. Know ahead of time where you will go if you and your family are told to evacuate. You may have to take alternate routes to get to your evacuation shelter due to major roads being closed or clogged. Keep a map and telephone numbers handy in case this should happen. If you are not evacuating to San Antonio, ensure that your command is aware of where you and your family will be and that you have a reliable telephone number where your command can reach you. Mission essential personnel should ensure that their families know where to evacuate since you will be reporting to the base. If you are told to evacuate, do it immediately.

Assemble a disaster supplies kit. You should already have one. Double check to ensure that at least the following are included: - First aid kit and prescription medications (contact your doctor for further advice such as handling and storage for medication). Your first aid kit should at least include the following: two pairs of Latex, or other sterile gloves (if you are allergic to Latex); sterile

dressings to stop bleeding; cleansing agent soap and antibiotic towelettes to disinfect antibiotic ointment to prevent infection; bur ointment to prevent infection; adhesive band dages in a variety of sizes; eye wash solution to flush the eyes or as general decontaminant and thermometer. Things it may be good to have in your first aid kit: cell phone; scissors tweezers; tube of petroleum jelly or other lubricant; and non-prescription drugs such as aspirin or nonaspirin pain reliever; anti-diarrhea medication; antacid (for upset stomach) and laxative

- Canned food, can opener, eating utensils, and other nonperishable food items (keep at least a three day supply of food for each person). Select foods that require no refrigeration, preparation or cooking and little or no water. Choose foods that your family will eat.

- One gallon of water per person each day for drinking and sanitation (keep at least a three day water supply for each person). Water should be stored in clean plastic containers such as water bottles.

- Protective clothing, rainwear, and bedding or sleeping bags.

- Battery-powered or hand crank radio flashlight, and extra batteries.

- Whistle to signal for help.

- Special items for infant, elderly, or disabled family members. Also include feminine supplies and personal hygiene products.

- Important documents such as your military ID, driver's license, Social Security card, proof of insurance, insurance policies, wills, deeds, birth and marriage certificates, tax records. Ensure that these documents are in order and that they are in a waterproof bag or container.

- Cash or traveler's checks and change.

- Written instructions for how to turn off gas and water if authorities advise you to do so.

- If you have a pet, ensure that you have enough food and water to last them for at least three days.

A good rule of thumb is to prepare you supplies to last you and family members for a least three to seven days. For additional check lists, see the National Red Cross website http://www.redcross.org/services/disaster/0,1082,0_587_00.html.

Those who live in the barracks or rent should look into renter's insurance. The government will not reimburse you for hurricane damage.

Hurricane continued on page 11



Emergency preparedness kits like this one - which can be purchased through the Red Cross website - contain most of the sufficient supplies needed during an emergency evacuation for one adult for three days. This particular kit contains survival type items such as food bars, water flashlight, radio, and a personal first aid kit (www.redcross.org)



NAS Security Blotter Report

Fire/Police responded to the following calls from May 12 to May 26:

Twenty-five ID cards were reported lost or stolen.

Five fire alarms were responded to and answered.

Eleven medical calls were responded to and assisted.

Two security alarms were responded to and answered.

Three minor accidents were responded to and assisted.

During security checks one building was unlocked.

One account of personal property damage was responded to.

On May 12, a civilian was apprehended at Pass and Tag parking lot for suspicion of driving while intoxicated and illegal possession of a firearm.

Captain continued from page 2

alties. Make sure you get your pets checked by the veterinarian on base to prevent heart worms or other diseases that can affect your (and its) happiness.

Enjoy the summer and the opportunity to spend time with your family! I don't have to tell you about the beach, I'm sure your children have already let you know they want to go. From swimming, to fishing, kayaking, sailing, boating, diving, kids of all ages can spend the summer in or on the water.

Please take advantage of everything

available here but enjoy it safely. And rumor has it that Roger Clemens will sign a one-year contract with the Houston Astros. That means it's possible that the renowned pitcher might play a few games with the Corpus Christi Hooks (Astros's minor league team) on June 11 or 12. He heads to Houston beginning June 22.

While we're talking about the Hooks, if you haven't been to night games, the Friday night fireworks can make up for a long week of work! See you at the beach or at the game!

MWR continued from page 12

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

Gonzalez Liberty Center Join the GLC for Last Buck Night June Programs:

June 14: Last Buck Night! Starting at 5 p.m. - 8 p.m. Come enjoy an evening of good food featuring pot roast, veggies and dessert and play some indoor basketball as well.

June 23: Girls Night Out at the Barracks! Starting at 4 p.m. - 10 p.m. Ladies the Liberty Center would like to take some time to get your feedback on how we can better meet your needs, dinner will be provided and a lot of pampering. Please sign up at the Gonzalez Liberty Center. Don't miss this opportunity to connect with us. For more information, please contact Yvette Armocido at 961-3768.

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!

For more information on any Gonzalez Liberty Program event, please call 961-6405 or 961-3768.

Youth Activities Center
Join Summer Camp at the Youth Activities Center

Summer is here! Come join the Youth Activities Center and Camp Adventure for a remarkable summer. Join us for song, dance arts, sports, and much more. Enjoy a day filled with fun, field trips, swimming, and laughter all summer long. The Youth Activities provides breakfast, and an afternoon snack. Youth Activities is open from 5:30 a.m. - 6 p.m. Monday through Friday. Come in today to register for an unforgettable summer.

For more information, please call the Youth Activities Center at 961-2355. Summer Fun at The Youth Activities Center Start your summer out with all the fun activities planned at The Youth Activities Center.

- June 8: Animate Your World
- June 9: Pre-Teen Food n Flick
- June 10: 3 on 3 Basketball Challenge
- June 12: Fight Night
- June 13: Fitness Express
- June 14: Dance Revolution Tournament
- June 15: Cooking Club
- June 16: Art Club: Picture Frames
- June 17: Smart Moves
- June 18: Job Ready
- June 19: Image Makers Photography Club
- June 20: Keystone Club
- June 21: Stackers Night
- June 22: Knock Out Basketball

For more information on these or any other youth events, call The Youth Activities Center at 961-2355.

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We're having another first time home buyer event
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MWR News and Events

By Laurie Garcia, NAS MWR

Bayside/Oasis Pools
 Start planning your summer fun at the Oasis and Bayside Pools. Don't stay inside and be bored, come on out to the pools and have some fun in the sun! Bayside pool hours of operation are Wednesday through Friday noon - 7 p.m., Saturday from noon - 6 p.m., Sunday from 1 p.m. - 6 p.m. and closed on Monday and Tuesday. The Bayside pool is a family recreation pool with a slide and baby pool. The Oasis Pool hours of operation are Tuesday through Friday 11 a.m. - 1 p.m., 4 p.m. - 6 p.m. and Saturday from 10 a.m. - noon.

Swimming Pool Fees:
 All lap swimmers: No charge
 Active duty military and active reserve card holders: No charge
 Dependents (E1-E6): \$1 daily fee, \$20 monthly pass, \$45 season pass
 Dependents (E-7-Above & Retired Military): \$1 daily fee, \$30 monthly pass, \$60 season pass
 DoD Civilians & Dependents: \$1.50 daily fee, \$35 monthly pass, \$90 season pass
 Guests: \$2 daily fee
 Children under 2: No charge. Must wear swim diaper
 Pool passes are for family members only; ID's must be presented. The monthly pass is valid from June-August.

Water Aerobics: Tuesday through Friday 6:10 p.m. - 7:10 p.m. Sign up at the Fitness Center.

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

customer relations), home inspections and background checks.
For more information, on becoming a certified Navy Child Development Provider or to set up an appointment, please call the CDH office at 961-1166.

Corpus Christi Bay Club
 Remember Dad at the Corpus Christi Bay Club The Corpus Christi Bay Club invites you to celebrate Father's Day with them. They have planned a very special menu just for all those special Dads. They also have planned a month full of sizzlin' summer time specials. Come by and see what's cooking at the CCBC in June.

Specials for June:
 June 2: Shrimp A Peel - \$15.95
 June 3: Prime Rib - \$17.95
 June 9: Chateaubriand Flambe for Two - \$31.95
 June 10: Surf N Turf - \$14.95
 June 23: Flaming Kabobs - \$17.95

Special events for June:
 June 16: Winging Designation Ceremonies will be held in the main ballroom at 3 p.m.
 June 18: Father's Day - A delicious Father's Day Champagne Brunch will be served from 10 a.m. - 1:30 p.m. The cost is \$13.95 for members and \$14.95 for nonmembers. Reservations are advised in order that we may serve you better.

June 24: Free meal for Club members only! Meal served from 5 p.m. - 8:30 p.m. Featuring traditional barbecue brisket, Spanish rice, pinto beans, cornbread and butter, cole slaw, and iced tea or coffee. Please call the Club if you plan to attend, so that we may plan accordingly, in order to serve you better. Cost for nonmember is \$10.95, children ages 5-10 \$4.95, children under 3 eat free.
 June 30: Mongolian BBQ
For more information, please call The Club at 961-2541.

E Street Gym
 Register for Captain's Cup Flag Football **Sports Program:** Captain's Cup sports are unit competition; all players must be attached to the same unit. Register on time, late entries will not be accepted. Registration for each sport will begin one month before registration deadline. Please register on time. Coach's meetings are mandatory and are held on the Wednesday evenings at 4:30 p.m. Send an alternate to the meeting if the coach cannot attend. No show, no vote. Awards are given for first and second place only.
 For more information please call the E-Street Gym at 961-2401.

Fitness Express
 Group Fitness classes are available six days a week and are appropriate for all levels of fitness. Yoga, Pilates, Step, Sculpting and Kickboxing are only a few of the current classes for you to enjoy. A schedule of all classes offered may be obtained from the front desk at the fitness center.
 Tae Kwon Do, adult self-defense classes are offered on Tuesday and Thursday night at 6 p.m. The fee for this class is \$25 per month.

MWR continued on page 13

Heartworm disease in pets and their effects

Capt. Erin Graves, U.S. Army Veterinary Services

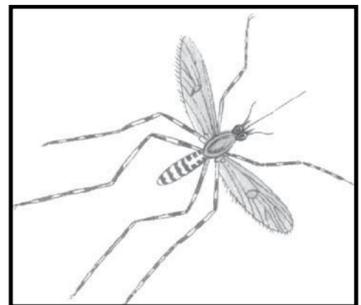
Heartworm disease is caused by the parasite *Dirofilaria immitis* which is carried by mosquitoes and can affect dogs, cats and other mammals. Heartworms are a major problem in Texas, therefore, U.S. Army Veterinary Services tests for heartworms yearly.

The adult worm is up to 12 inches long and lives in the pulmonary arteries. If a dog is infected with male and female worms, the worms reproduce resulting in microscopic circulating "babies" called microfilariae (L1). The microfilariae (L1) allow other animals to become infected. A mosquito sucks blood containing L1 from an infected dog. The L1 then develop further in the mosquito and are infective in about 2 weeks. The mosquito then bites another dog and transmits the infective larvae. The larvae develop further in the dog and migrate to the heart and pulmonary arteries in about 4 months. The adult heartworm typically lives 5 to 7 years.

One to 200 heartworms can live in the heart and pulmonary arteries. The pulmonary arteries become thickened and inflamed making the heart work harder to push blood through the lungs. The lungs also become inflamed. Signs of heartworm disease range from nonexistent to exercise intolerance, cough, weight loss, labored breathing and heart failure. At later stages, death may occur.

Heartworm disease is typically diagnosed by an ELISA test, which looks for antigens produced by female heartworms. False negative results can occur if a dog is only infected with male heartworms. Heartworm disease can also be diagnosed by looking for L1 in the blood under a microscope. Both of these tests can be performed in the course of a routine visit to the veterinarian. If a dog tests heartworm positive, another blood test will be drawn and sent to a reference lab to confirm the result before treatment is started.

After a diagnosis of heartworm disease is confirmed, blood work and chest radiographs should be performed. The blood work consists of a complete blood cell count, serum chemistry profile and urinalysis. The blood count may show elevations in different white blood cells (especially eosinophils), anemia and possibly a low platelet count. The blood chemistry helps evaluate liver and kidney function. Dogs with kidney disease are at greater risk for thrombembolism, a serious complication of heartworm treatment. Liver disease may be exacerbated by heartworm treatment and may make it more difficult for the dog to metabolize the medication. The urinalysis further helps evaluate kidney function. It is important to do these tests to rule out the presence of sub clinical disease, which may change the therapeutic plan. Radiographs are important to help to determine the extent of damage that has occurred to the lungs and the presence of heart enlargement due to the



presence of heartworms. Severe lung and heart changes may affect the therapeutic plan.

Once the blood work and radiographs are completed, you and your veterinarian can decide on a treatment plan for your pet. Treatment options include a series of injections over a two to three month period or administration of Heartguard over an approximately three year period. There are advantages and disadvantages to each treatment and you can discuss these with your veterinarian.

Due to the high incidence of heartworm disease in South Texas, the Corpus Christi Veterinary Treatment Facility requires annual heartworm testing even if a dog has been on preventative. Heartworm preventative is not dispensed to dogs with an unknown heartworm status or heartworm positive dogs due to the risk of an anaphylactic reaction caused by dying larval stages. If the owner is using Heartguard as a treatment for the disease, they must sign an informed consent acknowledging the risks involved with this treatment method. On rare occasion, heartworm preventatives fail and it is important to know if this happens. All of the manufacturers of heartworm preventatives offer some kind of program to compensate owners if there is proof that a product failure has occurred. Three kinds of heartworm preventative are available here at the Corpus Christi VTF. Heartguard is effective at preventing heartworms and treats roundworms and hookworms (intestinal parasites). Interceptor prevents heartworms and treats roundworms, hookworms and whipworms (intestinal parasites). Typically, Frontline is used with either of these products to prevent fleas, four kinds of ticks, chewing lice and the hatching of flea eggs. Revolution prevents heartworms, fleas, ear mites, sarcoptic mange mites, one kind of tick and the hatching of flea eggs. Our veterinary staff can help you determine which product is best for your pet based on your pet's environment, lifestyle and family situation. For example, Heartguard or Interceptor is recommended for families with small children since intestinal parasites can be transmitted to children through contact with the eggs.

If cats live in an area where there are infected dogs, it is recommended they be on a heartworm preventative. Cats are not routinely tested for heartworms because there is not a single test that is reliable for testing cats. Heartworm infections in cats, typically, are single sex infections and consist of fewer worms making the test used in dogs less reliable. Clinical signs in cats are not as well defined as in dogs and many times the first sign is sudden death. Practical treatment options do not exist for cats; however, worms have a shorter lifespan in the cat (1-3 years) when compared to dogs. For all of these reasons, it is highly recommended that cats in south Texas be on a monthly preventative.

Heartworm disease is caused by the parasite *Dirofilaria immitis* which is carried by mosquitoes (left) and can affect dogs, cats and other mammals. Heartworms are a major problem in Texas. (Wingspan file photo)

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Water continued from page 3

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Inorganic Contaminants

Year or Range 2004

Contaminant Barium

Average Level 0.089

Minimum Level 0.089

Maximum Level 0.089

MCL2

MCLG2

Unit of Measure ppm

Source of Contaminant Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits.

Year or Range 2005

Contaminant Fluoride

Average Level 0.62

Minimum Level 0.62

Maximum Level 0.62

MCL4

MCLG4

Unit of Measure ppm

Source of Contaminant Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer & aluminum factories.

Year or Range 2005

Contaminant Nitrate

Average Level 0.22

Minimum Level 0.22

Maximum Level 0.22

MCL10

MCLG10

Unit of Measure ppm

Source of Contaminant Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits.

Year or Range 2004

Contaminant Selenium

Average Level 4.8

Minimum Level 4.8

Maximum Level 4.8

MCL50 MCLG50

Unit of Measure ppb

Source of Contaminant Discharge from petroleum & metal refineries; erosion of natural deposits; discharge from mines.

Year or Range 2005

Contaminant Gross beta emitters

Average Level 4.1

Minimum Level 4.1

Maximum Level 4.1

MCL50

MCLG0

Unit of Measure pCi/L

Source of Contaminant Decay of natural & man-made deposits.

Organic Contaminants TESTING WAIVED, NOT REPORTED, OR NONE DETECTED

Maximum Residual Disinfectant Level

Year 2005

Disinfectant Chloramine

Average Level 20.1

Minimum Level 17.3

Maximum Level 46.3

MRDL4

MRDLG<4

Unit of Measure ppm

Source of Disinfectant Disinfectant used to control microbes.

Disinfection By-products

Year 2005

Contaminant Total Haloacetic Acids

Average Level 20.3

Minimum Level 8.1

Maximum Level 37.4

MCL60

Unit of Measure ppb

Source of Contaminant By-products of drinking water disinfection.

Year 2005

Contaminant Total Trihalomethanes

Average Level 31

Minimum Level 17.3

Maximum Level 46.3

MCL80

Unit of Measure ppb

Source of Contaminant By-products of drinking water disinfection.

Unregulated Contaminants

Bromoform, chloroform, bromodi-chloromethane, and dibromochloromethane are disinfection by-products. There is no maximum contaminant level for these chemicals at the entry point to distribution.

Year or Range 2005

Contaminant Chloroform

Average Level 2.34

Minimum Level 2.34

Maximum Level 2.34

Unit of Measure ppb

Source of Contaminant By-products of drinking water disinfection.

Year or Range 2005

Contaminant Bromoform

Average Level 10.66

Minimum Level 10.66

Maximum Level 10.66

Unit of Measure ppb

Source of Contaminant By-products of drinking water disinfection.

Year or Range 2005

Contaminant Bromodichloromethane

Average Level 6.3

Minimum Level 6.3

Maximum Level 6.3

Unit of Measure ppb

Source of Contaminant By-products of drinking water disinfection.

Year or Range 2005

Contaminant Dibromochloromethane

Average Level 9.62

Minimum Level 9.62

Maximum Level 9.62

Unit of Measure ppb

Source of Contaminant By-products of drinking water disinfection.

Lead and Copper

Year 2005

Contaminant Lead

The 90th Percentile 2.1

Number of Sites Exceeding Action Level 0

Action Level 15

Unit of Measure ppb

Source of Contaminant Corrosion of household plumbing systems; erosion of natural deposits.

Water continued on page 7

Requirements for H.A.R.P. duty

By NCCS (SW) Terri Green



Green

home. You will be able to see how recruiting is conducted and what steps are required to turn a civilian into a service member. HARP allows you to return to your hometown for 12 days. While visiting you will assist Navy recruiters in all facets of their job. The second option is Blue Jacket Hometown Area Recruiting Program (BJHARP) is a funded program.

As a volunteer you will be allowed to return home for 10 working days. Once participant you are expected to assist recruiters. You will need to have TAD orders that can be used in conjunction with regular leave. Also provide their own transportation to and from the assigned Navy Recruiting Station. You will be expected to procure your own lodging. As BJHARP participant you will incur an incidental per diem rate of \$10 M&IE total per diem on each day that they are on BJHARP.

The third option is Senior Minority Assistance to Recruiting Program (SEMINAR). The program will allow the member to return home for 20 days. There is a stipulation any service member applying for the program must be in pay grades E-6 through O-6. Seminar is performed in conjunction with PCS orders and, in most cases, the participant is entitled to

per diem and travel allowances.

As with all the different types of HARP Programs you will assist Navy Recruits in various ways. You will take pending members to a MEPS station, or visit a school to speak in front of an audience. When visiting community locations you will have the chance to discuss navy opportunities. Members who participate in the program can do so on permissive, no cost temporary additional orders (TAD).

Also while on leave in conjunction with permanent change of station (PCS). There are a few requirements in order to participate in HARP program. First you will need to fill out a request chit and blue jacket HARP request form. Secondly you will need to sign a page 13 informing that HARP duty is a voluntary and you must personally obtain lodging and airline tickets unless driving to the destination.

Third, the days you want to participate in the program along with your regular leave. Service members participating in the program must obtain a NAVPERS 1070/613, administrative remarks, from the recruiter in charge of the Navy recruiting station where assigned. The Commanding Officer of the NRD documenting the member's participation in the HARP program will sign the NAVPERS 1070/613. The document will authorize servicing personnel support detachment (PSD) to credit the volunteer with up to 12 days of non-chargeable leave.

If you have any questions contact your Divisional Career Counselor, or visit the Command Career Counselors office.

Hurricane continued from page 4

damages to your household goods in military quarters. If you are renting, take a recent utility bill with your current address to prove that you live in the area. Though you should always have your military ID and driver's license on your person, they will not get you back into the disaster zone after the storm.

Prepare for high winds. Remove or secure all loose items in your yard and any watercraft you may own. They may become damaging flying or free-drifting debris if they come loose in the storm. Make trees more wind resistant by removing diseased or damaged limbs, then strategically removing branches so that wind can blow through. Buy plywood and supplies to cover windows. Measure and custom pre-cut your plywood because your windows are typically not all the same size. For homeowners, contact your insurance company for further details on plywood and window covers. Some insurance companies will not cover damage to your home if you do not meet their specific requirements.

Choose someone outside of Texas that everyone in your family can contact should you get separated. It can help you regroup and keep your loved ones informed of your status.

Ensure your vehicle is in good working order. Before you evacuate, be sure to top off your tank or have it at least ¾ full. The last thing you want is a breakdown during an evacuation. You should inspect your vehicle's cooling system. Overheating is a common occurrence during the summer especially in stop-and-go traffic which may occur during evacuation. Ensure you check the levels, condition and concentration of your cooling system. Perform maintenance if need be. Check the wear and tear of your tires. Ensure that

you have the correct tire pressure and the tread of your tires. Inspect your hoses and belts. Ensure the level of your oil is within the recommended standards of your vehicle. Check and replace filters (air, fuel, etc.) as well as windshield wipers and lights on your vehicle. Also check your brakes for wear as well as your battery. Ensure that you have an emergency kit in your vehicle such as tools, a first aid kit, flares, flashlight, etc. A properly maintained vehicle will get you far and will give you less to worry about while relocating to a safe place during an evacuation.

Check for updates on the news, Internet, and radio. You can call the automated toll-free NASCC Hurricane Hotline: 1-877-989-6743 for updates. It will have the latest status and forecast track of the hurricane and whether an evacuation has been ordered. Please give this phone number to your dependents to keep them informed because everyone who works at NAS Corpus Christi, NAS Kingsville, or NS Ingleside will be very busy getting the base ready for the storm. This number is also important to have because it will be the main means of letting everyone know that recovery personnel are being recalled back to the base after the storm hits.

Here is a list of useful telephone numbers and websites:
NASCC Hurricane Line: 1-877-989-6743
Lackland AFB muster numbers: 210-671-2648/0167/0582/2784
American Red Cross (S.A.): 210-224-5151
Animal Defense League (S.A.): 210-655-1481

READYAmerica: www.ready.gov
Federal Emergency Management Agency: www.fema.gov
Nat'l Oceanographic and Atmospheric Admin.: www.noaa.gov

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Water continued from page 7

Source of Constituent Naturally occurring calcium and magnesium.
Year or Range 2004
Constituent Magnesium
Average Level 8.1
Minimum Level 8.1
Maximum Level 8.1
Secondary Limit NA
Unit of Measure ppm
Source of Constituent Abundant naturally occurring element.
Year or Range 2004
Constituent Manganese
Average Level 1.1
Minimum Level 1.1
Maximum Level 1.1
Secondary Limit 50
Unit of Measure ppb
Source of Constituent Abundant naturally occurring element.
Year or Range 2004
Constituent pH
Average Level 7.8
Minimum Level 7.8
Maximum Level 7.8
Secondary Limit 7
Unit of Measure units
Source of Constituent Measure of corrosivity in water.
Year or Range 2004
Constituent Sodium
Average Level 90
Minimum Level 90
Maximum Level 90
Secondary Limit NA
Unit of Measure ppm
Source of Constituent Erosion of natural deposits; by-product of oil field activity.
Year or Range 2005
Constituent Sulfate
Average Level 54
Minimum Level 54
Maximum Level 54
Secondary Limit 300
Unit of Measure ppm
Source of Constituent Naturally occurring; common industrial by-product; by-product of oil field activity.
Year or Range 2005
Constituent Total Alkalinity as CaCO₃
Average Level 76
Minimum Level 76
Maximum Level 76
Secondary Limit NA
Unit of Measure ppm
Source of Constituent Naturally occurring soluble mineral salts.
Year or Range 2003
Constituent Total Dissolved Solids
Average Level 205
Minimum Level 205
Maximum Level 205
Secondary Limit 1000
Unit of Measure ppm
Source of Constituent Total dissolved mineral constituents in water.
Year or Range 2001
Constituent Total Hardness as CaCO₃
Average Level 223
Minimum Level 223
Maximum Level 223
Secondary Limit NA
Unit of Measure ppm
Source of Constituent Naturally occurring calcium.

Water continued from page 6

Year 2005
Contaminant Copper
The 90th Percentile 0.168
Number of Sites Exceeding Action Level 0
Action Level 1.3
Unit of Measure ppm
Source of Contaminant Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.
Turbidity
 Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and associated headaches.
Year 2005
Contaminant Turbidity
Highest Single Measurement 0.20
Lowest Monthly % of Samples Meeting Limits 100.00
Turbidity Limits 0.3
Unit of Measure NTU
Source of Contaminant Soil runoff.
Total Organic Carbon
 Total organic carbon (TOC) has no health effects. However, TOC provides a medium for the formation of disinfection by-products. Disinfection is necessary to ensure that water does not have unacceptable levels of pathogens. By-products of disinfection include trihalomethanes (THMs) and haloacetic acids (HAAs) which are reported elsewhere in this report.
Year 2005
Total Organic Carbon Plant I
Lowest Removal % 27.2
Range of Detected Level 2.5 – 3.8
Unit of Measure ppm
Source of Contaminant Naturally present in environment.
Year 2005
Total Organic Carbon Plant II
Lowest Removal % 27.2
Range of Detected Level 2.4 – 4.0
Unit of Measure ppm
Source of Contaminant Naturally present in environment.
Year 2005
Total Organic Carbon Raw Water Lowest Removal % —
Range of Detected Level 4.75 – 6.5
Unit of Measure ppm
Source of Contaminant Naturally present in environment.
Total Coliform
 Total coliform bacteria are used as indicators of microbial contamination of drinking water because testing for them is easy. While not disease-causing organisms themselves, they are often found in association with other microbes that are capable of causing disease. Coliform bacteria are harder than many disease-causing organisms; therefore, their absence from water is a good indication that the water is microbiologically safe for human

consumption.
Year 2005
Contaminant Total Coliform Bacteria
Highest Monthly % of Positive Samples 2
MCL *
Unit of Measure Presence
Source of Contaminant Naturally present in environment. *
Presence of coliform bacteria in 5% or more of the monthly samples.
Fecal Coliform REPORTED MONTHLY TESTS FOUND NO FECAL COLIFORM BACTERIA
Secondary and Other Constituents Not Regulated (No associated adverse health effects)
Year or Range 2004
Constituent Aluminum
Average Level 0.133
Minimum Level 0.133
Maximum Level 0.133
Secondary Limit 50
Unit of Measure ppm
Source of Constituent Abundant naturally occurring element.
Year or Range 2005
Constituent Bicarbonate
Average Level 76
Minimum Level 76
Maximum Level 76
Secondary Limit NA
Unit of Measure ppm
Source of Constituent Corrosion of carbonate rocks such as limestone.
Year or Range 2004
Constituent Calcium
Average Level 49.4
Minimum Level 49.4
Maximum Level 49.4
Secondary Limit NA
Unit of Measure ppm
Source of Constituent Abundant naturally occurring element.
Year or Range 2005
Constituent Chloride
Average Level 47
Minimum Level 47
Maximum Level 47
Secondary Limit 300
Unit of Measure ppm
Source of Constituent Abundant naturally occurring element; used in water purification; by-products of oil field activity.
Year or Range 2004
Constituent Copper
Average Level 0.001
Minimum Level 0.001
Maximum Level 0.001
Secondary Limit NA
Unit of Measure ppm
Source of Constituent Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.
Year or Range 2005
Constituent Hardness as Ca/Mg
Average Level 111
Minimum Level 111
Maximum Level 111
Secondary Limit NA
Unit of Measure ppm
Water continued on page 10

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AROUND THE STATION



NAS Corpus Christi Fire Department is recognized for outstanding performance

The NASCC Fire Department was recognized recently by VT-27 for outstanding performance during a plane crash Jan. 27, which occurred just outside of Waldron field. Some members were also recognized for their 10 – 20 years of faithful and continuing service. From left to right: Victor Villarreal; Mark Buchanan; Antonio Moron; Gerardo Garza; John Neely; James Adams; Luis Martinez; Arturo Dominguez; Jason Fallier; Joel Davis; Jason Rodriguez; Gherado Diaz; Michael Plata (Photo by Richard Stewart)

Seabee 100th reunion



Naval Air Station Command Master Chief Mike Cisneros speaks to Maria Castro and members of the 101st Seabee reunion during their recent visit. More than 30 guests gathered to tour the Training Wing-4 Micro-simulators, took a driving base tour and had lunch at the Sub Pub. "It was an honor for me to speak to these members of the 'greatest generation' and thank them for their service," said Cisneros. Castro, who was a young girl in the Pacific islands when the Seabees arrived, was able to travel to the United States (Kansas) and make it her home, after World War II. (Photo by Bob Torres)

Navy-Marine Corps Relief Society finds a new home



When ever you need help or assistance in a new duty station The Navy-Marine Corps Relief Society have moved to building 1738, located next to the NAS Ceramic Shop on E street just past the Auto Skills Shop. For more information please call 961-3482. (Photo by L11 Janell Alvarez)

NASCC Visitors Quarters is awarded the Silver Pineapple



The NASCC Visitors Quarters recently were awarded the Performance Plus System Silver Pineapple Plaque. The Silver Pineapple is presented by the American Hotel and Lodging Educational Institute to properties that have successfully implemented Performance Plus, Certification, and Distance Learning into their operations. "This award is a testimony to both guests and employees your commitment to excellence and quality guest service," said Lt. Cmdr. George Williams, Navy Region South, when informed of the award. "I commend you for a job well done." Since then, the group was also selected as the recipients of the Zumwalt Award for excellence. (Photo by Bob Torres)

HM-15 observes Asian-Pacific Islander American Month



AE2 (AW) Audra Mills, who is half Filipino, proudly stands before her display of the Philippines. The HM-15 Cultural Awareness Committee held an Asian-Pacific Islander American Expo at the Reserve center May 19. The committee had many displays of Asian countries and served various Asian foods. (Photo by L11 Janell Alvarez)

AWARDS AND ACHIEVEMENTS

Fruge recognized for 30 years of faithful service



Herman Fruge (left) was presented a certificate from Rear Adm. Donald P. Quinn, CNATRA, for 30 years of faithful service during ceremonies held at CNATRA headquarters May 15. (Photo by Bob Torres)

Pena recognized for 40 years of faithful service



Cipriano Pena, Jr. (left) was presented a Career Service Award from Rear Adm. Donald P. Quinn, CNATRA, for 40 years of faithful service during ceremonies held at CNATRA headquarters May 15. (Photo by Bob Torres)

Armstrong awarded Meritorious Service Medal



Commander Timothy Armstrong (left) was awarded the Meritorious Service Medal from Rear Adm. Donald P. Quinn, CNATRA, for outstanding service as CNATRA Navy Region South Assistant Chief of Staff and Staff Civil Engineer during ceremonies held May 15 at the CNATRA headquarters. (Photo by Bob Torres)

Lundberg receives Navy and Marine Corps Commendation Medal for meritorious service



AMCS (AW/SW) Bryan Lundberg (left) was awarded the Navy and Marine Corps Commendation Medal by Rear Adm. Donald P. Quinn, CNATRA, during ceremonies held at CNATRA headquarters May 15 for meritorious service as the TH-57/T-34 Class Desk Manager, CNATRA. (Photo by Bob Torres)

AIMD bids fair winds and following seas to Mabee

At the Wings Auditorium, AD1(AW) Robert E. Mabee Jr. (right) retired after 20 years of dedicated service. He served from July 1986 to July 2006. Mabee's ceremony was held on May 26. He was with Aircraft Intermediate Maintenance Detachment Truax Field (AIMD). Making the presentation in photo is Lt. Cmdr. Todd D. Becker, Commanding Officer AIMD (left). (Photo by Richard Stewart)

